

Travis deploys to Afghanistan to assist with **EVACUATION**

PAGES 3, 4, 6, 10 & 11



TAILWIND



Congressman John Garamendi visits Gonge Innovation Lab

Airman 1st Class Alexander Merchak

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Travis Air Force Base, Calif. — John Garamendi, congressional representative of California's 3rd District, attended the Lt. Gen. John F. Gonge Innovation Lab grand opening ceremony Aug. 20, 2021, at Travis Air Force Base, California.

Garamendi also serves as the Chairman of the House Armed Services Subcommittee on Readiness and oversees over one-third of the Department of Defense's annual budget, has jurisdiction over 1,100 military installations and bases worldwide, and oversees all U.S. military training, logistics, and equipment maintenance.

"As the chairman of the House of Armed Services Subcommittee on Readiness, I understand the significance of innovation in the military," Garamendi said. "It offers endless, creative solutions to problems and has a substantial impact on enhancing mission readiness."

Proceeding the ribbon cutting ceremony, Maj. Eric Robinson, Phoenix Spark director, updated Garamendi on the Travis AFB Exceptional
See GARAMENDI Page 18



John Garamendi, congressional representative of California's 3rd District, speaks to Team Travis and community leaders inside the Lt. Gen. John F. Gonge Innovation Lab at Travis air Force Base, California, Aug. 20, 2021.

U.S. Air Force photo by Airman 1st Class Alexander Merchak

Women celebrate a rich history of resiliency

Staff Sgt. Savannah Slaughter
75TH COMPTROLLER SQUADRON

HILL AIR FORCE BASE, Utah — For 100 years, women and their allies worked to obtain equal rights. They deployed radical campaigns, hunger strikes, and picketing at the White House.

On Aug. 26, 1920, they achieved a major victory. The 19th Amendment was signed, prohibiting the government from denying the right to vote based on sex, giving women the right to vote.

Over eight million women across this nation were able to vote for the first time. Throughout history, women have continued to persevere and speak out for those whose voices have been stifled.

Elizabeth Cady Stanton and Susan B. Anthony organized the first women's rights convention in 1849. Tired of being denied their ability to participate in the American political process, they would spark the fight for a universal suffrage amendment to the U.S. Constitution

One hundred twenty-five years later, President Richard Nixon issued Proclamation 4147 designating August 26, 1972 as Women's Rights Day.

The rapid progression of women's rights in the 20th
See WOMEN Page 12

US central to one of largest, most difficult airlifts in history, Biden says

TERRI MOON CRONK
DOD NEWS

The civilian evacuations in Afghanistan involve one of the largest and most difficult airlifts in history, and the only country in the world capable of projecting that much power is the United States, President Joe Biden said in a televised address to the country.

Since he addressed the nation Monday, August 16, 2021, the U.S. military has made significant progress, the president said. "We've secured the airport, enabling flights to resume — not just military flights, but civilian charters and others from other countries, and the [non-governmental organizations] taking out civilians and vulnerable Afghans."

There are nearly 6,000 U.S. troops on the ground, including the 82nd Airborne, providing airport runway security. The Army's 10th Mountain Division is standing guard around the airport and the 24th Marine Expeditionary Unit is assisting the civilian departures, he said.

The U.S. military moved out 5,700 evacuees yesterday and Biden said the government is working to verify the number of Americans who are still in Afghanistan and how many U.S. citizens have been able to return to the United States.

Briefly closed this morning to process evacuees at the transit points, the Hamid Karzai International Airport in Kabul has resumed flights this afternoon, Eastern Daylight Time, he noted.

"We've already evacuated more than 18,000 people since July and

approximately 13,000 since our military airlift began Aug. 14," Biden said. "More have been evacuated on private charter flights facilitated by the U.S. government ... [including] American citizens and permanent residents, as well as their families. It includes [special immigration visa applicants] and their families, the Afghans who have worked alongside the United States and its coalition forces, served alongside us, went into combat with us and provided invaluable assistance to us, such as translators and interpreters," he added.

The U.S. military is also arranging flights for U.S. allies and its partners and is working closely on operational coordination with NATO, Biden said. Troops also provided overwatch for the French convoy, bringing hundreds of their people from the French Embassy to the airport.

"These operations are going to continue over the coming days before we complete our drawdown," the president said. "We're going to do everything we can to provide safe evacuation for our Afghan allies, partners and Afghans who might be targeted because of their association with the United States."

As the United States continues to work on the logistics of evacuation, it's in constant contact with The Taliban, to ensure civilians have safe passage to the airport, he said. "We made clear to the Taliban that any attack on our forces or disruption of our operations at the airport will be met with swift and forceful response," he emphasized.

U.S. troops are also keeping a close watch on potential terrorist threats at or around the airport, including from



U.S. Marine Corps photo by Lance Cpl. Nicholas Guevara

A Marine checks in evacuees before their flight during an evacuation at Hamid Karzai International Airport, Afghanistan, Aug. 18, 2021. U.S. service members are assisting the Department of State with an orderly drawdown of designated personnel in Afghanistan.

ISIS affiliates in Afghanistan, Biden said, adding, "We're going to retain a laser focus on our counterterrorism mission, working in close coordination with our allies and our partners, and all those who have an interest in ensuring stability in the region."

The president said the G-7 Summit will convene next week, so the nations' heads of state can coordinate a mutual approach on Afghanistan. The United States has also discussed the need to work with the international community to provide humanitarian assistance,

such as food, aid, medical care for refugees who have crossed into neighboring countries to escape the Taliban, and to bring international pressure on the Taliban with respect to the treatment of Afghan people overall, but particularly women and girls.

Biden said any American who wants to come back to the United States can return home.

"Make no mistake: This evacuation mission is dangerous and involves

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Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

Col. Corey A. Simmons
60th Air Mobility Wing commander

1st Lt. Jasmine Jacobs
Chief of command information

Senior Airman Cameron Otte
Tailwind staff

Daily Republic

Glen Faison | **Todd R. Hansen**
Tailwind editor | Copy editor

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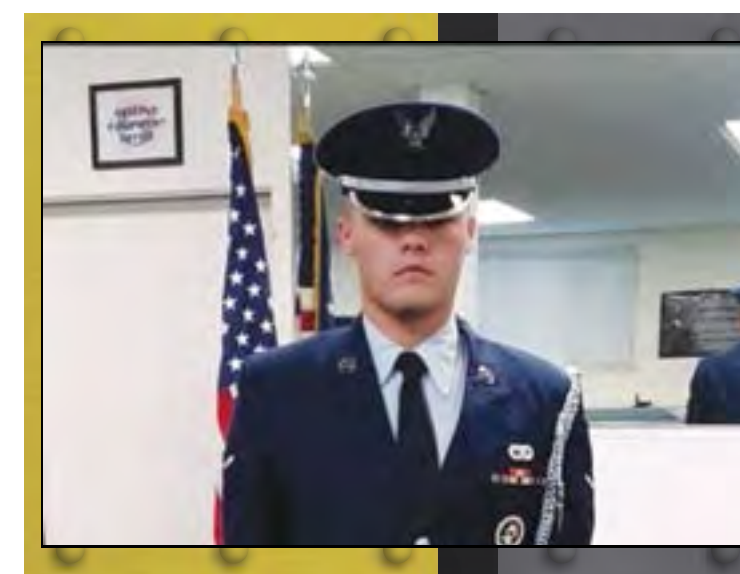
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On the cover

U.S. Airmen assigned to the 821st Contingency Response Group board a C-17 Globemaster III before their deployment to support operations in Afghanistan at Travis Air Force Base, California, Aug. 14, 2021.

U.S. Air Force photo/Staff Sgt. Dennis Hoffman



U.S. Air Force photo

WARRIOR OF THE WEEK

Name:
A1C Garrett J. Graves

Duty title:
2T251, Fleet Services Apprentice

Squadron & Duty Section:
60 Aerial Port/Fleet Operations

Hometown:
Grass Valley, CA

Time in service:

2 years and 3 months

Family:
None

What are your goals?
Earn a bachelor's degree and become a pilot

What are your hobbies?
Video games, target shooting, playing guitar

What is your greatest achievement?
Selection for the 2020 Travis AFB Honor Guard Memorial Day video.
<https://www.dvidshub.net/video/753789/memorial-day-tribute>

Operation Allies Refuge: Ramstein transforms into major evac hub

Ms. Kelly Sanders
86TH AIRLIFT WING PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany — As the Air Force's largest mobility hub, Ramstein is often a flurry of activity. But for more than a week, the base has been experiencing an unprecedented level of activity as thousands of Airmen, Soldiers, volunteers, augmentees, and other community partners support a massive evacuation operation here.

Following the rapid deterioration of security in Afghanistan, the first of many aircraft carrying U.S. citizens, Special Immigrant Visa applicants and other vulnerable Afghans landed here Aug. 20 as part of Operation Allies Refuge. Since then, Ramstein has received more than 11,000 evacuees as they await transportation to their final destination. More than 2,500 people have already departed Ramstein for the United States.

"While U.S. military members defended our homeland through combat operations in Afghanistan over the last 20 years, we depended on local Afghans to provide information, guidance, interpretation and more," said U.S. Air Force Maj. Gen. Randall Reed, Third Air Force commander. "Now those partners who served alongside us need our help."

With little time to prepare, the base initially cleared out two of its aircraft hangars and set up hundreds of cots and sleeping bags to provide temporary shelters. That plan quickly changed when base leaders realized Ramstein would become U.S. European Command's primary evacuation hub. Base Airmen, joint partners, and an entire village of family members and volunteers worked around the clock to expand the base's capacity to provide a safe haven for as many evacuees as possible. The effort required a broad spectrum of expertise and support including medical, logistics, maintenance, civil engineering, security and food services.

"Ramstein personnel are working tirelessly to ensure the evacuees have a safe, secure place to rest," said U.S. Air Force Brig. Gen. Josh Olson, 86th AW commander. "I am incredibly proud of our team's ability to adapt and mobilize this herculean effort at a moment's notice."

An undertaking of this magnitude requires enormous resources, planning and people to support and sustain it. More than 350 tents now provide temporary shelters on the base's ramps, complete with more than 10,000 cots and sleeping bags. The encampment, known as pods, also contains tents for prayer and medical services,



U.S. Airmen assigned to Ramstein Air Base, Germany help set up tents on Aug. 19, 2021.



U.S. Air Force Airmen assigned to Ramstein Air Base set up cots at a hangar on Ramstein Air Base, Germany, Aug. 19, 2021.



U.S. Air Force Airmen assigned to Ramstein Air Base, Germany, set up an electrical system at Ramstein Air Base, Germany, Aug. 19, 2021.

showers, more than 600 Porta Johns, and space for recreation. The base also quickly procured a contract with a local vendor to provide 30,000 meals per day. Dozens of pallets of water bottles are trucked in daily, and 14 water buffaloes provide additional water.

To meet mission demand, Ramstein adjusted non-essential base services, cancelled routine medical appointments and postponed leadership courses, such as Noncommissioned Officer Academy, First Term Airman Course and Airmen Leadership School, to free up additional manpower to sustain the operation.

"Even standard ops tempo at Ramstein is fast paced, but we continue to dig deep to find bandwidth to carry on in support of OAR," said 86th AW Command Chief Master Sgt. Hope Skibitsky. "Right now our Airmen are getting more than an education in leadership theory. But it's important we find rest where we can. This is a marathon, not a sprint. What I'm seeing on the ground is leadership in action from all ranks,

See RAMSTEIN Page 8

EOS Airmen accelerate change with app, VR technology

Maj. Tania Bryan
U.S. AIR FORCE AIR EXPEDITIONARY CENTER PUBLIC AFFAIRS

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Through two innovative new programs currently under development, Airmen at the U.S. Air Force Expeditionary Operations School are accelerating change to improve the training courses offered here.

The group is leading innovation in the U.S. Air Force Expeditionary Center with two pilot programs bringing advanced technology to enhance efficacy and efficiency, moving beyond traditional training approaches.

The EOS trains and educates total force Airmen for a broad spectrum of expeditionary operations. To better deliver this training, Air Education Training Command's Special Mission Training Division brought the notion of a mobile application, or app, to the 421st Combat Training Squadron. The team at 421st CTS worked together with Orchestra Macro Systems to build the app, called Orchestra.

"Orchestra is a data collection application to allow for deeper analysis of level of learning achieved by the students and monitor risk factors for muscular skeletal injuries sustained during training," said Evan "Rusty" Hoyt, 421st CTS course director.

With Orchestra, course facilitators can use health history inputs provided by the students and physical fitness assessment scores to generate training plans customized to each individual student. The app uses predictive maintenance to do this by enhancing the value and accuracy of personnel assessments to predict future health and performance. The technology allows instructors to minimize the

See VR APP Page 20

Air Force revises wing, vice and group command screening board process

Secretary of the Air Force
Public Affairs

WASHINGTON (AFNS) — This year, the Air Force implemented a revised process for the 2022 wing, vice and group command screening boards to streamline notification, align more closely with joint partners and enhance senior leader talent management.

Approximately 24% of all O-6 positions are command billets and half of the 780 command positions come vacant each year.

These revisions support Air Force Chief of Staff Gen. CQ Brown, Jr.'s Action Order A: Airmen and Action

Order B: Bureaucracy to ensure the competitive command screening board places the right talent to meet the Air Force's mission needs, while taking care of Airmen and their families.

The new process reduces the announcement to a single notification of the command select and alternate candidates. This revision provides greater alignment with similar processes to the Air Force's sister services.

"Releasing the results of the command screening board once all the matches have been accomplished allows everyone eligible to know what their immediate future holds. Everyone

knows at that point whether they are on the list and matched, on the list as an alternate, or not on the list," Brown said.

In addition, revisions to the process allow results to be released up to three months sooner than the previous wing, vice and group command match lists. This gives members and their families up to a year to prepare for their assignment. Moreover, revising the process to one release allows other talent management processes to continue.

Brown stated, "It helps families plan and members know much earlier whether

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Department of the Air Force releases staff sergeant/21E5 promotion cycle statistics

Staff Sgt. Kiana Pearson
AIR FORCE'S PERSONNEL CENTER
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) — Department of the Air Force officials selected 15,660 Air Force senior airmen for promotion to staff sergeant out of 44,663 eligible for a selection rate of 35.06% in

the 21E5 promotion cycle, which includes supplemental promotion opportunities.

The average overall score for those selected was 345.35. Selectees' average time in grade was 1.73 years and time in service was 4.24 years.

The staff sergeant promotion list is available on the Enlisted Promotions

page of the Air Force's Personnel Center website, the Air Force Portal and myPers. Members can access their score notices on the virtual Military Personnel Flight via the AFPC secure applications page.

For more information about Air Force personnel programs, visit the AFPC public website.

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DOD courtesy graphic

Election season do's and don'ts for DOD personnel

Katie Lange
DEFENSE.GOV

WASHINGTON — It's election season — the time when federal, state and local political campaigns kick into high gear. Whether you're extremely involved in politics or you aren't even registered to vote, the Defense Department has expectations for the way its military service members and civilian employees conduct themselves during this time.

Here are some of the most notable guidelines:

Voting

Active-duty military and civilian employees are encouraged to take part in their civic duty by voting. In fact, DOD voting assistance is provided through the Federal Voting Assistance Program.

Attending Events

Service members can attend rallies, debates, conventions, political club meetings and fundraising events — but only spectators. Members of the Armed Forces — active duty, Reserve, Guard or retired — cannot wear their uniforms at these events, unless they're members of the color guard at a national convention.

Opinions/Donations

DOD employees are also allowed to make personal monetary donations and express their personal opinions on candidates and issues, but service members can't as they are representatives of the Armed Forces.

Employees can write letters to the editor of a news outlet expressing their personal views — as long as they're not part of an organized letter-writing campaign or are

soliciting votes for a party, cause or candidate. Most importantly, the letter must make it clear that the views expressed are solely the writer's and NOT those of the DOD.

Signage

DOD personnel can put their favorite party, cause or candidate's bumper sticker on their car, but no large political signs, banners or posters can be displayed on their car or home. This includes those who live on a military installation in a privatized housing development.

Prohibited Activities

Service members and civilian employees are to refrain from partisan political activities. Any political activity they take

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Ramstein

From Page 4

Military Police Brigade; and 120 Soldiers from the 10th Army Air and Missile Defense Command to aid security operations. Additionally, medical care teams from Landstuhl Regional Medical Center are providing around-the-clock emergency medical care.

Local helping agencies such as the American Red Cross and USO, and good Samaritans in the KMC First Sergeant council, immediately mobilized to source donations and volunteers. An overwhelming outpouring of generosity swept across the Kaiserslautern Military Community, so much so that the Base Exchange says they must increase their supply to meet demand.

As the thousands arrive in clusters, medical teams and helping agencies are among the first to greet evacuees before settling into temporary quarters. The wing made sure that culture, dietary restrictions and religious support were integrated into the planning and execution. Prayer tents offer a quiet space, and Chaplain (Capt.) Mir Ali — one of only five imams in the Air Force — blesses thousands of meals daily.

Evacuees remain on the installation as they transit through Germany. The pod cities are a bustle of activity, mostly stemming from energetic children challenging Airmen to soccer matches. Several military volunteers dedicate time to keep the youngsters engaged and busy.

This historic mission comes as the world grapples with an ongoing pandemic. The base is taking appropriate security and health protection measures to protect the safety and wellbeing of the evacuees and members of the community.

To date, Ramstein has received evacuees from Afghanistan on more than three dozen military aircraft flights, and the number continues to grow by the day. Base officials make daily assessments and problem-solve in order to increase lodging capacity.

For more on Operation Allies Refuge, follow Team Ramstein on Facebook @ RamsteinOfficial, Instagram @ramsteinairbaseofficial and Twitter @RamsteinAirBase.



U.S. Marine Corps photo by Lance Cpl. Nicholas Guevara

Marines escort evacuees during an evacuation at Hamid Karzai International Airport, Afghanistan, Aug. 18, 2021.

Airlifts

From Page 3

risks to our armed forces, and it has been conducted under difficult circumstances," the president said. "I cannot promise what the final outcome will be ... without risk or loss. But as commander-in-chief, I can assure you that I will mobilize every resource necessary. And as an American, I offer my gratitude to the brave men and women of the U.S. armed forces who are carrying out this mission."

"This past week has been heartbreaking," Biden said. "We've seen gut-wrenching images of panic — people acting out of sheer desperation. They're frightened or sad, and uncertain of what happens next. I don't think any one of us

can see these pictures and not feel that pain on a human level."

Biden said he talks to U.S. commanders on the ground every single day. "I make it clear to them we'll get them whatever they need to do the job. They're performing to the highest standard under extraordinarily difficult and dynamic circumstances. Our NATO allies are strongly standing with us and their troops are keeping sentry alongside ours in Kabul. Whenever I deploy our troops into harm's way, I take that responsibility seriously. I carry that burden every day," he said.

The evacuations comprise the United States' focus now, Biden said, adding, "and when this is finished, we will complete our military withdrawal and finally bring to an end the 20 years of American military action in Afghanistan."

CRW deploys to Afghanistan for evacuation effort

621st Contingency Response Wing

TRAVIS AIR FORCE BASE, Calif. — Approximately 100 Devil Raiders from East and West coasts have deployed to Hamid Karzai

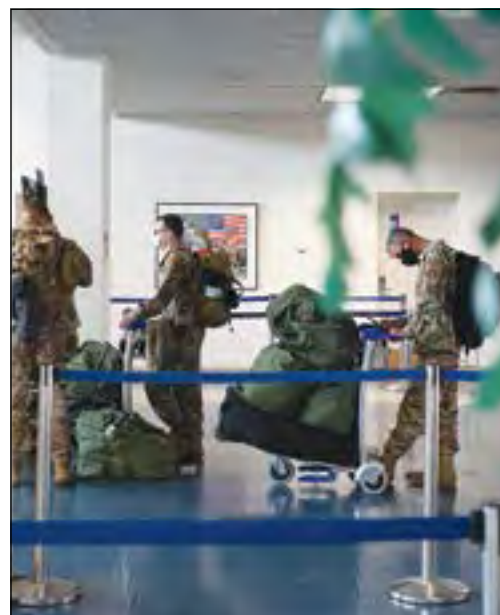
International Airport to assist with the evacuations of U.S. citizens, Special Immigrant Visa applicants and other vulnerable Afghans.

Devil Raiders are providing capabilities at HKIA such as air mobility liaison officer support,

air traffic control, airfield management, cargo and passenger processing, contingency aircraft maintenance, vehicle maintenance, command and control, security, and fuels management among other specialties on the ground.

Left: U.S. Airmen assigned to the 821st Contingency Response Group organize their bags and gear at the passenger terminal at Travis Air Force Base, California, Aug. 14, 2021.

Below: U.S. Airmen assigned to the 821st Contingency Response Group board a C-17 Globemaster III at Travis Air Force Base, California, Aug. 14, 2021.



U.S. Air Force photos by Staff Sgt. Dennis Hoffman

Center left: U.S. Airmen assigned to the 821st Contingency Response Group make their way to a C-17 Globemaster III at Travis Air Force Base, California, Aug. 14, 2021.

Center right: U.S. Airmen assigned to the 821st Contingency Response Group wait to board their flight at the passenger terminal at Travis Air Force Base, California, Aug. 14, 2021.

Bottom: U.S. Airmen assigned to the 821st Contingency Response Group make their way to a C-17 Globemaster III at Travis Air Force Base, California, Aug. 14, 2021



U.S. Air Force photo by Staff Sgt. Dennis Hoffman



U.S. Air Force photo by Nicholas Plich

Airmen from the 60th Aerial Port Squadron load containers with KC-10 Extender repair parts on to K-loaders to be loaded on to a KC-10 at Travis Air Force Base, Sunday, Aug. 15, 2021.

Assist

From Page 6

Facebook page made note of the fact that the flight line at the base was nearly empty as crews left Fairfield to support the evacuation efforts.

The 821st Contingency Response Group, which is a tenet unit at Travis, is also supporting current operations in Afghanistan.

About 100 personnel from both the East Coast and the West Coast have deployed to Hamid Karzai International Airport are providing air mobility liaison officer support, air traffic control, airfield management, cargo and passenger processing, contingency aircraft maintenance, vehicle maintenance, command and control, security, and fuels management, among other specialties on the ground, the 621st Contingency Response Wing reports.

The 821st Contingency Response Group falls under the 621st Contingency Response Wing.

The mission to evacuate U.S. citizens, allied personnel and Afghan citizens who supported the U.S. during its nearly 20 years of operations

in Afghanistan has been what the base in the press release described as “a total force effort” that extends to Air Force Reserves airmen in the 349th Air Mobility Wing, which also deployed personnel to assist with the operations in Afghanistan.

Base officials in the press release confirmed that Travis airmen and aircraft are part of the passenger movements of Afghan citizens to the U.S.

“Our assets are focused on providing the capability we do best: Rapid global mobility,” base officials said in the press release. The use of Travis aircraft “is not tied to any specific destination for the passengers.”

Travis is not tasked at this time to receive or provide housing for any of the people being evacuated from Afghanistan, base officials report.

The Department of Defense, in support of the Department of State, is providing additional temporary housing facilities at Fort McCoy, Wisconsin; Fort Bliss, Texas; Joint Base McGuire-Dix-Lakehurst, New Jersey; and Fort Lee, Virginia, for vulnerable Afghans who were recently brought to the U.S. or will soon arrive in the country.

Women

From Page 2

century can be attributed to the many brave and dedicated women, who risked it all to guarantee the rights they deserved.

Lucy Stone, an anti-slavery activist, was the first to sign the Universal Suffrage Petition, which started it all.

Adelina Otero Warren, a Mexican-American activist, insisted New Mexico ratify the 19th Amendment and organized support from the Spanish-speaking community.

Frances Willard, president of the Women’s Christian Temperance Union, organized for women to sign their petition to fight for women’s right to vote.

Ida B. Wells, a civil rights activist, refused to allow segregation keep her from marching in the main procession with her state during the 1913 Woman’s Suffrage Parade.

Although Native Americans were not granted citizenship and voting rights until 1924, Marie Louise Bottineau Baldwin, a Native American activist, fought for women’s



Historical photo courtesy of 349th Air Mobility Wing

Women working in the Ogden Air Depot’s Engine Repair Shop during World War II.

right to vote.

Similarly, Mabel Lee, a Chinese activist, led marches in New York to have the Exclusion Act repealed to allow Chinese immigrants to become naturalized citizens so they could have the right to vote.

Women’s Equality Day doesn’t just commemorate the

passing of the 19th Amendment, but calls attention to the efforts toward full equality that continue to this day.

Women have made many important contributions to the quality of American life over the years. There is still much that can be done, but we are moving to a prosperous future.

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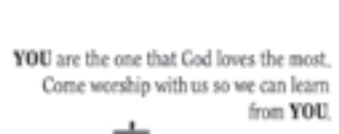


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 AWANA for Kids6:15 pm
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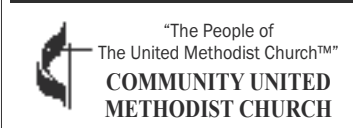


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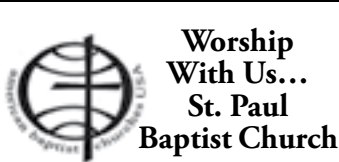
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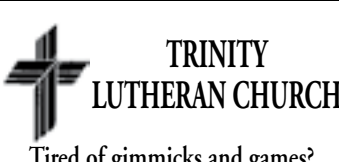


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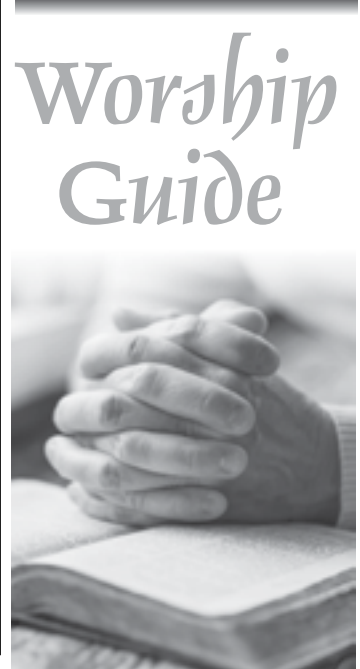
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Revisions

From Page 5

they'll be going to command or will be able to pursue other leadership opportunities within our Air Force."

Lastly, the command screening board process takes a deliberate approach to developing and managing senior talent. Every year, board members are provided specific instructions from the CSAF, known as a memorandum of instruction, to individually consider an officer's comprehensive background, specifically those who display an ability to command and desire to lead the Air Force into the future.

This year's process revisions build on previous efforts to ensure senior leaders are not only the most qualified, but also fully reflect the force and the American society the Air Force serves, further enhancing and cultivating an environment of leadership and

warfighting excellence.

"To remain competitive in a world driven by rapidly changing technology and an environment that includes aggressive and capable global competitors — and acknowledging that diversity is a force multiplier — we need to make every effort to cultivate and encourage service from individuals of all valued backgrounds," Brown said. "This is a deliberate and purposeful approach to ensure the best fit and the most qualified Airmen are considered for command positions."

While not a stand-alone effort, the revised process for the 2022 wing, vice and group command screening boards provides a way to streamline the notification process, align with sister services, and effectively manage senior talent to meet Air Force needs, Air Force officials said.

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Election

From Page 8

part in should — as stated above — clearly avoid implying DOD sponsorship, approval or endorsement of a candidate, campaign or cause.

Prohibited activities include:

- Campaigning for a candidate
- Soliciting contributions
- Marching in a partisan parade
- Writing signed partisan political articles, letters or endorsements in an attempt to solicit votes
- Performing any duty for a political committee or candidate during a campaign

Social Media

Your actions in the virtual online

world can affect your career and the DOD just as much as they can in person. That's why the department also issues guidelines for active-duty service members, active-duty National Guardsmen and federal employees.

DOD employees are allowed to express their own views on issues and candidates, like in a letter to a news outlet. However, if they are identified on their account as active-duty, the post MUST say that the views expressed are their own and not those of the DOD.

DOD personnel shouldn't participate in partisan political activities online, either, which includes posting direct links to a political party, candidate, campaign, group or cause. That's considered the equivalent of distributing literature on behalf of those entities, which is prohibited.

Similarly, service members and civilian employees can "friend," "follow"

or "like" a political party, candidate or cause, but they can't engage in political activities on those pages. For example, they can't suggest that others "like," "friend" or "follow" that page, and they can't forward an invitation or solicitation from that page to others.

Active-duty members are subject to additional restrictions based on Joint Ethics Regulations, the Uniform Code of Military Justice and service-specific rules.

Service members who aren't on active-duty are NOT subject to the above restrictions, but they are required to make it clear that their actions are their own and not endorsed, approved or sponsored by the DOD.

When Can Candidates or Officials Visit Military Facilities?

Political candidates and other

elected or appointed officials may access DOD installations and facilities to conduct official business or various other activities. However, they are NOT allowed to engage in campaign or election-related activities, including:

- Town hall meetings
- Speeches
- Public assemblies
- Fundraisers
- News conferences
- Post-election celebrations or concession addresses

This restriction includes overseas installations and areas under control of U.S. military combat or peacekeeping forces.

For more in-depth do's and don'ts concerning political activities, check out DOD Directive 1344.10.

eLearning

From Page 7

Recovery Act, environmental and energy, building and design codes, project management, facilities, contractor, engineering, architect and heating, ventilation, and air conditioning.

"We continuously seek new options that enable us to further develop our installation and mission support professionals," said Robert Jackson, AFIMSC personnel director. "We've seen the success this platform had in a limited capacity, specifically with civil engineers and now we're making it available to the broader audience as we continue to pursue organizational excellence enterprise wide."

The Air Force Civil Engineer Center originally tested the platform in 2012 for 20 students at Tyndall Air Force Base, Florida. After the initial pilot, AFCEC continued to grow the program until 2017, when AFIMSC consolidated all training programs under the Workforce Development Division.

Félix Colón, program manager, recognized RedVector's potential and introduced it to Headquarters Air Force Directorate of Force Development to maximize its capability and to close an Air Force-wide training funding gap.

"Every year we are required

to do an annual training needs assessment and I saw an opportunity to expand this to a larger audience," Colón said. "I brought the idea to Vice Chief of Staff of the Air Force as part of his Challenge Program, and he liked it. So AFIMSC and HAF (Directorate of Force Development) partnered under a new contract to further fund the program and make this a real Total Force training initiative."

Since its relaunch in April, RedVector has proven its value and provided cost savings to the Air Force. The average travel and per diem cost for students to attend training is \$4,700 per course, not including tuition. By offering the same courses online, RedVector saved the Air Force \$6.4 million in 2020 and another \$1.9 million since April, Colón added.

"With tools like RedVector, we are optimizing training opportunities to increase lethality, readiness and organizational knowledge across the Total Force," Colón said.

To register for RedVector and view courses offered, visit <https://afcec.redvector.com/lpe/course/search/b2b>.

Program managers ask enrollees to use work email when registering and to allow one week for confirmation. For any other questions regarding the platform please contact AFIMSC.DPD@us.af.mil.

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Health

From Page 7

Chow said. "There are even concerns on how providers who work from home present themselves virtually and how that may impact the virtual visit. These are things we are taking into consideration to provide the best care."

The COVID-19 pandemic not only changed the delivery of mental health care, but also the demand for mental health care support for frontline providers who were deployed to overwhelmed civilian hospitals across the country.

Chow described how providers across the globe experienced high levels of psychological distress during the initial months of the pandemic. Studies identified things like increased contact with affected patients and prolonged quarantine were key risk factors for mental health effects among providers.

Behavioral health specialists with the 60th Medical Group at Travis Air Force Base, California, deployed between June 2020 and February 2021 as part of the Coronavirus Disease Theater Hospital-1 Task Force. The team presented their experience supporting frontline providers, the challenges they faced, and what they did to best support these providers. They found that frontline providers were experiencing a range of mental health concerns, including acute stress and burnout.

Staff Sgt. Martina

Shannon-Young, a behavioral health technician with the 60th Medical Group, noted that providers who had to deliver end-of-life messages to family who could not be with the patient experienced high amounts of compassion fatigue.

"I had one nurse tell me he had to hold the iPad for one of his patients so the family could say goodbye," Shannon-Young said. "So you have this instance where, as a provider, you are being overly empathetic and giving so much of yourself. This is where this compassion fatigue sets in. This is on top of the burnout with long hours, working in layers of personal protective equipment, and seeing a high volume of patients."

To mitigate some of the psychological consequences frontline providers were experiencing, these behavioral health specialists began using some of the tactics used in a deployed environment. This included command consultations, psychological first aid, operational stress control, post-traumatic stress prevention and leveraging technicians as provider extenders in this environment.

The behavioral health team led meditation classes and provided limited scope counseling on sleep hygiene, grief counseling, acute stress and healthy coping skills. Maj. Jeffrey Smith, a licensed clinical social worker with the 60th Medical Group, spoke about the use of battlefield acupuncture.

"I had a lot of requests to administer battlefield

acupuncture to physicians and nurses who spent long hours in personal protective equipment or experienced tension headaches," Smith said. "There are several studies that have shown the effectiveness of battlefield acupuncture for sleep, stress and post-traumatic stress and trauma. We saw considerable success when we provided this procedure."

Embedded mental health care was another significant theme of the weeklong conference. Col. Leigh Johnson, Mental Health Integrated Operational Support chief, presented on the Integrated Operational Support concept, which is a term used to describe all embedded medical assets within squadrons across the Air Force. There are currently more than 30

See HEALTH Page 20

Garamendi

From Page 2

Family Member Program CareStarter pilot.

Robinson explained the CareStarter Pilot is designed to enable the delivery of essential resources to Airmen and their families based on the age, diagnosis, and location of their loved ones.

"The big thing that will come out of this laboratory... We don't know what it is," Garamendi said. "We do know that there are individuals on this stage, around the military and community that have an idea, that see a problem, see an opportunity and they now have a place to bring that idea, that curiosity, that necessity and suddenly have a solution and

from that solution there will be a problem that will be solved, an opportunity that will be addressed and that's right here."

Garamendi also learned about the Easy Aerial small unarmed aircraft technology used by the 60th Security Forces Squadron.

"It is very crucial that we modernize the Air Force," Robinson said. "This lab and the Airmen within are paving the way to what our Air Force will be 10, 15, 20 years down the road."

After spending a portion of the morning at the Gonge Innovation Lab, Garamendi visited the KC-46A 3-Bay hangar construction site to see the progress and learn what capabilities the KC-46 will bring to Travis AFB.

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Left: KC-10 Extender aircrew assigned to the 70th Air Refueling Squadron board a C-5M Super Galaxy at Travis Air Force Base, California, Aug. 21, 2021.

Above: U.S. citizens and their families process through the passenger terminal at Ramstein Air Base, Germany, Aug. 23, 2021.

Top left: 60th Aerial Port Squadron members load KC-10 Extender seat packs into the cargo bay of a C-5M Super Galaxy at Travis Air Force Base, California, Aug. 21, 2021.

Top right: KC-10 Extender aircrew assigned to the 70th Air Refueling Squadron board a C-5M Super Galaxy Aug. 21, 2021, at Travis Air Force Base, California.

VR App

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possibility of injuries and tailor training by helping to better understand the factors that cause those injuries and enable learning during training, said Hoyt.

"I think there are many training venues that could benefit from this technology as we build and develop the capabilities," Hoyt said. This is why AETC started here to build and test the program.

Furthering the EOS's innovation goals, the 423d Mobility Training Squadron, also under the EOS, has found a way to make the current training environment more engaging. The squadron is responsible for a variety of instruction in logistics readiness, deployment, maintenance, air transportation, aviation operations, and air mobility operations. A key role to enabling air mobility operations is inspecting cargo to ensure it is fit for military airlift. Determining air worthiness requires Airmen to earn and maintain a special certification called Joint Inspector.

Being a Joint Inspector is a highly detailed and technical undertaking which requires consistent practice and annual recertification. Sometimes, due to variations in real-world missions or insufficient cargo available to practice on, getting the practical time processing cargo can be limited, said Staff Sgt. Matthew Reinitz, C-5 Aerial Port Expeditor course director.

"Inspecting cargo is a very interactive, hands-on process and conducting training through a point and click simulator is not the

most realistic tool to keep skills fresh," said Reinitz. "Our thought was if we could build a virtual environment where inspectors had to actually walk around, look inside, look underneath, it would get them a much closer to real life experience and make for much more effective training."

With this in mind, Airmen in the 423d MTS developed a virtual joint inspection yard, complete with pallets and vehicles to be inspected. Using digital models from the current simulator and importing them into video game software that allows for level design, the inspector can put on a virtual reality headset and be in the middle of a deploying unit and interact with the different pieces of equipment, said Reinitz.

"At first it just started as a way to see what cool new things we could play around with, but then it grew into something that absolutely has real world applications," said Reinitz. "Getting the models out of the simulator has opened up the capability to do much more than just teach Joint Inspection."

While the squadron's VR training concept is still in the research and development phase the team has conducted remote training demonstrations with other base units to help refine the capability.

"We invited Airmen in upgrade training to use the VR headsets and our instructor conducted a lesson demonstrating the principles of center of balance from home using his VR headset," said Reinitz. "This proved we are able to teach to a technical level remotely in VR which opens up the door to countless possibilities for remote training."

Health

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IOS programs across the Air Force.

"Our mission is to contribute to the greater Air Force mission," Johnson said. "We are responsible for extending medical support into operational environments for missions with special performance requirements or operational health concerns."

By embedding, mental health providers can improve their understanding of operational demands by being more connected to units, reducing stigma associated with seeking mental health care and addressing mental health concerns early.

Mental Health providers stressed the importance of evolving to best use current mental health assets to meet future demands. One idea was to use a targeted care model to direct service members to the appropriate support, whether it is a mental health care provider, using mental health technicians or directing them to

non-medical support.

"We need to rethink and change the way we operate as a mental health system," said Lt. Col. Aaron D Tricht, Air Force Medical Readiness Agency clinical psychologist. "We won't meet forthcoming demands if we don't start changing how we operate. With targeted care, we meet the patient with the most appropriate resource. This empowers clinicians to drive the best course for care and support."

For help, contact your installation mental health clinic, chaplain staff, the Airmen/Guardian and Family Readiness Center or a military family life counselor. National, Department of Defense, and Department of the Air Force helping resources include:

- Military Crisis Line - 1-800-273-8255
- National Suicide Prevention Hotline - 1-800-273-8255
- Real Warriors Live Chat - 1-800-273-8255
- Military OneSource - 1-800-342-9647
- TRICARE Mental Health Information Resource Center

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