



‘Rosie the Riveter’ women
share slice of ...

HISTORY

PAGES 14-15



LGBT members should lead fearlessly

In June 2015, I had the distinct privilege of hosting a Lesbian Gay Bisexual Transgender Pride event at Joint Base Lewis-McChord, Washington, called "Color Our World with Pride."

The event was a resounding success and several Airmen commented they never imagined such a gathering happening on that installation.

Since the repeal of don't ask, don't tell and the Defense of Marriage Act, I have seen dramatic and sweeping changes in the military regarding diversity and LGBT inclusion among



Commentary by Col. Scott McLaughlin
349TH AIR MOBILITY WING

our forces. As I reflect on my career, it becomes abundantly clear just how much change has taken place.

I began my Air Force career in 1986, seven years before the enactment of DADT. Back then, most LGBT service members wouldn't dare speak of "gay issues" out of fear of suspicion, reprisal and potential military discharge.

Although DADT offered a glimmer of hope for the armed forces' LGBT population, it had, at least for me, the opposite effect. I respect- ed DADT during its 18-year

Commander's Commentary

enforcement. However, my compliance was not an easy thing to do.

I had to be untruthful about who I was in an organization that valued integrity first. I felt compelled to build an impenetrable wall between my career and personal life in an Air Force that encouraged the blending of both.

I dreaded the inevitable questions about my personal life at military gatherings. I worried about my partner (now spouse) of 20 years holding our household together

while I was deployed without any of the support offered to military spouses.

I purposefully downplayed my contributions to the Air Force and delayed "checking the boxes" knowing that if I rose in rank, my personal life would become increasingly more public. My biggest regret, though, was my Airmen friends never knew who I truly was as a person.

But that was then, and this is now. Indeed, many things for LGBT service members have changed for the better, but challenges remain. As we continue to take positive steps toward full inclusion of the LGBT community in all services, I want to take

this opportunity to thank the LGBT members serving in the Air Force and their supporting loved ones for their courage, perseverance and outstanding service to our great nation.

Although the Department of Defense no longer officially recognizes June as LGBT Pride Month, I encourage all of our LGBT members to lead fearlessly and take advantage of your right to be honest with your fellow Airmen. I know this may still be difficult for some, but I can tell you firsthand that serving openly is a truly liberating and enriching experience – one that makes you a better leader and the Air Force a better place to serve.

Innovation reshapes squadrons in 21st century



Commentary by Chief Master Sgt. Jimmy Brumeister
349TH AIR MOBILITY WING

Jeff Bezos and Elon Musk are two titans of industry who have impacted our lives and changed the way business is conducted in the 21st century.

While assigned at Air Force Space Command, I met both of them, and what resounded from their stories of success was the same: failure.

Each of them told AFSPC leadership how their journeys were shaped by failure and how the lessons from failure were more valuable than those from success. In business, risk is a key component and with risk comes success and sometimes failure. Musk

Chief's Commentary

and Bezos welcome failure for the opportunity to learn and improve, but both were clear that they do not accept failure.

What does this mean to you and what does this have to do with the Air Force?

We are all part of an Air Force that is re-inventing itself and placing focus back on the squadron. In doing so, our leaders are asking for our help redefining what the 21st century squadron looks like. Innovation is being pushed at all levels, and with

innovation comes risk and possible failure. For the leaders reading this, do you have the appetite to allow for failure?

This may sound cliché, but to look forward, we must look back at history. Our tactics, techniques and procedures of today have roots in the successes and failures of yesterday. The Air Force was born from technology and innovation. The giants that came before us and fought in previous wars knew all too well about risk and failure, and their leaders could stomach failure. Those Airmen were resilient and found innovative ways to keep planes flying when the environment

was contested and degraded.

I see our squadrons as organizations that employ innovation in everything they do. We have no choice but to do so. Contested and degraded operating environments will certainly be in our future and could mean the loss of communications or access to automation. Our near-peer opponents may take away the systems we rely on to carry out our missions and we must be innovative if we are to succeed.

Innovation does not come from headquarters or leadership; it comes

See BRUMEISTER Page 22

Sacramento Republic FC, Travis share goals

Staff Sgt. Amber Carter
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Team Travis hosted staff from the Sacramento Republic Football Club June 24 for a tour and a pick-up soccer match with Airmen.

The Sacramento Republic FC is a United Soccer League Championship franchise and the 2014 USL Cup champions.

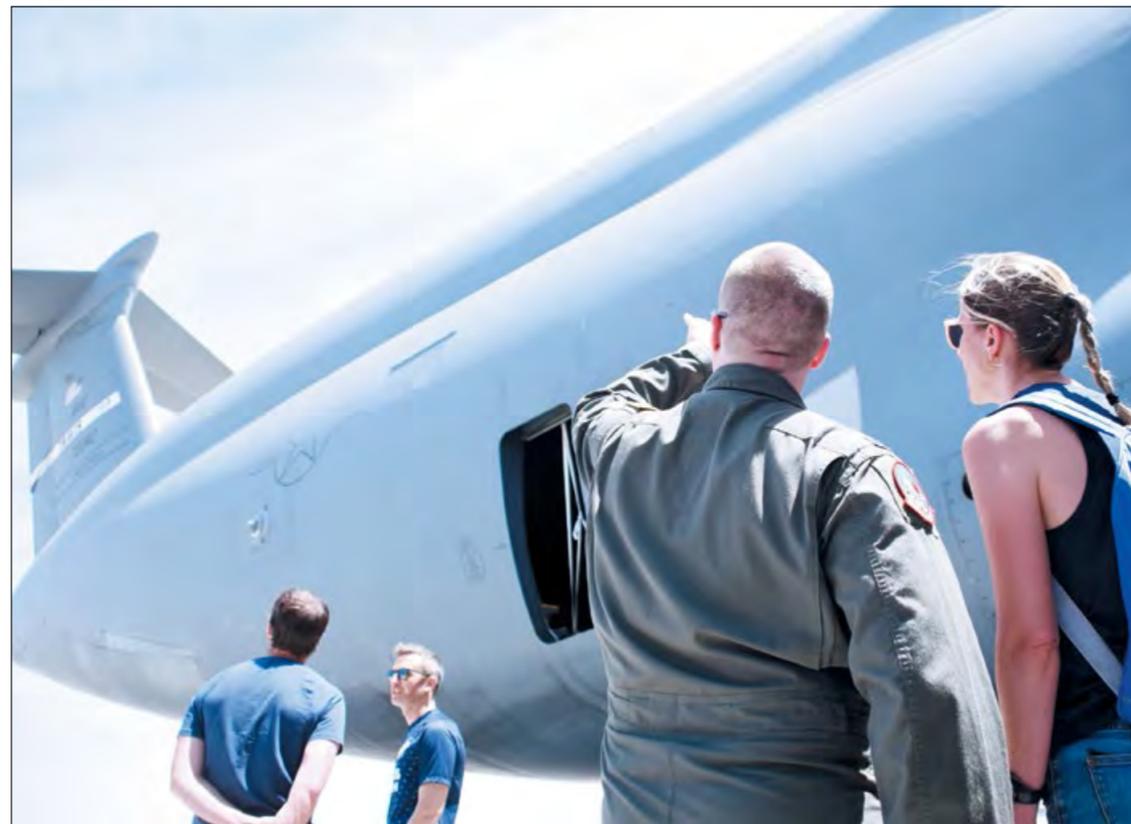
Col. David Hammerschmidt, 60th Maintenance Group commander, welcomed the group, making note of the parallels between the goals of soccer players and Airmen.

"You refer to it as a pitch; our pitch is out on the flight line," Hammerschmidt said. "Each and every day our personnel are going into battle. Much like you and your team, we try and bring energy into our mission and a positive attitude. Your mission and vision statement said, 'lifting up the area that you serve and representing the soul and swagger of Sacramento,' and hopefully you will see that we represent the heart and soul of our aircraft."

The visit included a tour of a C-5M Super Galaxy, where the team learned how the 60th Air Mobility Wing rapidly projects American power anytime, anywhere.

"Through all of the parallels that Col. Hammerschmidt mentioned, much like the Airmen we take our role very seriously, but there is one distinct difference between us and you," said Ben Gumpert, Republic FC president and chief operations officer. "You all put your lives on the line for us, and on behalf of all of us we really appreciate everything you do, day in and day out, and what you all have given. Thank you for the opportunity, partnership and love."

The visit is part of the Republic FC's



U.S. Air Force photo/Senior Airman Christian Conrad

1st Lt. Ryan Bailey, 22nd Airlift Squadron C-5M Super Galaxy pilot, gives Sarah Korpi, from the Sacramento Republic Football Club, a tour of the aircraft June 24 during a visit at Travis Air Force Base, California. The staff members played a pick-up soccer match with Airmen and learned about the Travis AFB mission ahead of their "Salute to Service Night."

community outreach leading up to the club's "Salute to Service Night" July 3 as well as Team Travis' goal of building strong community partnerships.

"Being able to serve a community

that has an understanding of the military is important," Hammerschmidt said. "It means we are doing our job right and they can go home feeling safe and sound without having to worry. We don't ask

for any additional praise for that – that's what we all volunteered to do. We are here to serve you all and we look forward to building an even stronger relationship with our local communities."

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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60th Air Mobility Wing commander
- 2nd Lt. Mike Longoria
Officer in charge of command information
- Tech. Sgt. Traci Keller
NCO in charge of command information
- Tech. Sgt. James Hodgman
- Airman 1st Class Jonathon Carnell
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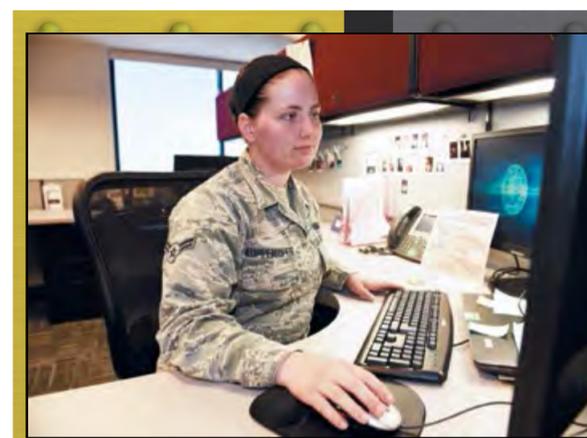
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On the cover

Kay Morrison, 95, journeyman welder from 1943-1945, delivers remarks during a base visit June 25 at Travis Air Force Base, California.

U.S. Air Force photo/Heide Couch



U.S. Air Force photo/Airman 1st Class Cameron Otte

WARRIOR OF THE WEEK

Name:
Airman 1st Class Desiree Koppenhofer.

Unit:
60th Logistics Readiness Squadron.

Duty title:
Logistics planner.

Hometown:
Grand Rapids, Michigan.

Time in service:
Two years.

Family:
Spouse, Yohannys Mendez.

What are your goals?
Complete a Bachelor of Arts in early childhood education, preserve strong relationships with family and friends and maintain a well-balanced lifestyle.

What are your hobbies?
Basketball, running, spending time with family and my dogs.

What are your greatest achievements?
Joining the military and continuing higher education after earning my five-skill level two months early, where I achieved a score of 90 percent on my end-of-course exam.

DeCA collects food for campaign

Jessica Rouse

DEFENSE COMMISSARY AGENCY
PUBLIC AFFAIRS SPECIALIST

FORT LEE, Va. — State-side commissaries are serving as collection points for the Feds Feed Families campaign for 2019, which began June 26, and continues through Aug. 9 at participating military installations.

Participating installations help collect items most needed by food pantries and donate them to area food banks.

Commissary customers and employees participate by purchasing food and personal hygiene products for donation while shopping at the commissary, or bring items from home and drop them off at the store.

Another option commissaries have made available are prepackaged donation bags. Store workers assemble bags of various appropriate items. They're placed around stores where patrons can easily pick them up as they shop to donate at the checkout.

This year marks the 10th consecutive year commissaries have participated.

"The employees and patrons of DeCA really stepped up to the plate in 2018 by collecting more than 1.52 million pounds of donations," said Randy Eller, DeCA logistics director. "The DOD collected a little over 2 million pounds, which makes DeCA's collections approximately 75 percent of all donations."

Once collected, installation officials work with the commissary to deliver donations to local food banks.

Some of the most-needed items include:

- Canned vegetables that are in low sodium or that have no salt.

See FOOD Page 23



A pipe housing water and other utilities sits on a roller in the David Grant USAF Medical Center basement June 14 at Travis Air Force Base, California. Most of the pipes are fitted with seismic bracing and rollers to allow for shifting in the event of an earthquake.

Hospital prepared for anything

Staff Sgt. Amber Carter

60TH AIR MOBILITY WING PUBLIC AFFAIRS

With its own power plant, water supply and emergency response teams, David Grant USAF Medical Center at Travis AFB is a powerhouse in terms of structural design and team dynamics.

Mondell Anderson, 60th Medical Group emergency manager, guarantees DGMC is always prepared for the worst by ensuring the seven medical squadrons, with different mission sets, are fully trained at all times.

"If something bad happens here and we need to respond to an active shooter, an aircraft accident on the flight line or an emergency in the local community, we have about 1,500 active duty military people at David

Grant who are all placed on one of about two dozen different disaster relief teams," Anderson said. "We have clinical support teams, decontamination teams, surgical teams, manpower teams and more. There are about 25 of these teams in the hospital."

When the hospital was built in 1988, it was designed with a specific natural disaster in mind.

"The hospital was built with added seismic bracing on all utilities to withstand an earthquake," said Gary Seaver, 60th Medical Group lead stationary engineer. "It also has 'rollers' that some of the large diameter pipes ride on to allow for movement. These added safety features would help keep the building structurally sound

in the event of a high magnitude earthquake.

Instead of one large structure, the building is in multiple connected sections.

"The hospital was built on expansion joints to allow for any type of shifting," Seaver said. "The doorways in the hospital are sitting on two plates that can shift independently, which would prevent the building from collapsing if we were directly hit with an earthquake."

DGMC survived the 1989 Loma Prieta earthquake, and Seaver can attest to the strength in design.

"I was at David Grant when the last big earthquake hit the Bay Area," he said. "DGMC shook, but had no damage at all to the infrastructure or utilities."

With fires becoming

more prevalent in California, fire safety is now a hot topic within emergency management.

"This past year, wildfires have risen right next to earthquakes at the top of the list of threats," Anderson said. "If a fire comes right up to the building, it can be more dangerous in some instances to move a patient, even if the facility has been damaged. Those are big decisions that the commander has to make."

Updates to fire alarm systems within DGMC make it easier to pinpoint any alert notification.

"We can look at a computer graphic of the entire hospital and see a device and its location for faster response

See HOSPITAL Page 18



U.S. Air Force photo/Staff Sgt. Christopher Hubenthal

Dr. Gregory Johnson, right, Tripler Concussion Clinic medical director, has Army Spc. Andrew Karamatic, Department of Medicine combat medic, follow his finger with his eyes during a neurologic exam at Tripler Army Medical Center, Honolulu.

Brain injury center issues advice on rehab from TBI

Defense and Veterans
Brain Injury Center

The Defense and Veterans Brain Injury Center, the Defense Health Agency's traumatic brain injury center of excellence, recently released the "Cognitive Rehabilitation for Service Members and Veterans Following Mild to Moderate Traumatic Brain Injury Clinical Recommendations."

These recommendations build on the 2016 VA/DoD Clinical Practice Guidelines on Concussion/Mild Traumatic Brain Injury. While there has been new research on cognitive rehabilitation over the past few years, clinical practice varies widely in the MHS and throughout the VA.

To diminish this variation, DVVIC established subject matter expert work groups from the DoD, VA, civilian health care, and academia;

nearly 40 experts were involved. Many of these individuals had previously been involved in developing clinical guidelines in professional settings such as the National Academies of Sciences, Engineering, and Medicine.

Drawing on both published literature and their own expertise, the working group developed a consensus opinion in August 2017 that helped shape how the recommendations were developed. The new DVVIC recommendations provide resources to enable consistent care delivery across the Military Health System, Veterans Health Administration, and civilian providers.

Cognitive rehabilitation focuses on improving thinking and communication skills such as attention, problem solving, planning and memory. More generally, it provides strategies to target cognitive difficulties

in daily life. For example, an individual having difficulty keeping track of appointments would work with the cognitive rehabilitation provider to develop and rehearse specific strategies, like the use of a smartphone calendar app and reminder, to track and successfully attend appointments. These types of strategies can help improve the daily functioning and independence of TBI patients. The new recommendations offer providers detailed guidance for treating service members and veterans with mild to moderate TBI and cognitive dysfunction as they move through each phase of recovery.

"These clinical recommendations are a unique contribution to the field of cognitive rehabilitation," said Navy Capt. Scott Pyne, DVVIC division chief. "They provide

See TBI Page 26

60th CPTS changes leaders



U.S. Air Force photo/Airman 1st Class Jonathon Carnell

Maj. Andrew Wilkins, right, assumes command of the 60th Comptroller Squadron from Col. Jeff Nelson, 60th Air Mobility Wing commander, June 28 at Travis Air Force Base, California. During the ceremony, Lt. Col. Jared Mitchell transferred command to Wilkins.

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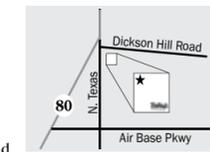
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Airmen aim for hoop



Airmen 1st Class Cody Shelton, left, and Rico Polk, 60th Civil Engineer Squadron electrical system technicians, play basketball June 24 at Travis Air Force Base, California. The Airmen engaged in an impromptu basketball game prior to a squadron group photo.

Air Force officials announce tour length changes

Sarah Loicano
 2ND AIR FORCE PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. — Air Force officials are reducing targeted special duty and instructor tour lengths to create a more ready and resilient force.

The tour length reduction from four to three years for military training instructors, military training leaders, Air Education and Training Command technical training instructors with prefix "T", "J", or "X" and stateside professional military education instructors was announced July 1, renewing the focus on increasing operational readiness and improving Airmen resiliency.

"The Air Force is committed to returning our experienced and professional workforce to their operational career fields and reducing the unique stressors associated with these special duty tours," Maj. Gen.

Timothy Leahy, Second Air Force commander said. "The decision to reduce tour lengths is about increasing our readiness and lethality while growing today's Airmen for the force we need."

All special duty assigned Airmen serving as MTIs, MTLs, TTIs or stateside PME instructors on or after July 1, 2019, will receive a three-year assignment. Airmen already serving in one of these positions on or after July 1, 2018, through June 30 will have 30 days to either accept a three-year tour or opt to keep their original four-year tour. Airmen assigned to one of the targeted DSDs before July 1, 2018, or in an overseas tour, will finish their original assignment.

Due to the length of time required to get Air Force recruiters trained and certified, the tour length reduction does

See TOUR Page 18

Practice yoga to stimulate mind, body, spirit

Dr. Bhagwan Bahroo, staff psychiatrist, demonstrates a deep-breathing posture as he leads a weekly yoga class for Psychiatry Continuity Service Program participants at Walter Reed National Military Medical Center in Bethesda, Maryland.

Department of Defense photo/Leigh Culbert



Military Health System Communications Office

Two programs that incorporate yoga at Walter Reed National Military Medical Center in Bethesda, Maryland, demonstrate the ability of the ancient practice to help heal the mind and body.

"The word 'yoga' in Sanskrit means to yoke together, and the idea is to bind together our mind, body and spirit, and not just to bind, but to create a balance among the three aspects," explained Dr. Bhagwan Bahroo, a psychiatrist in the Psychiatry Continuity Service program at Walter Reed. "Having personally realized the significance of yoga, I wish to share the many benefits with our service members."

Bahroo grew up practicing yoga in India and re-connected with it 10 years ago when asked to integrate the practice into Walter Reed's behavioral health program. Today he teaches a one-hour class for up to 12 participants

once a week using basic poses and various breathing techniques, finishing each session with Laughter Yoga, an ancient practice now seeing a resurgence worldwide, according to Bahroo. "A good yoga session not only improves muscle tone, adds strength, and improves flexibility of the joints, but also helps bring peace of mind, reduces anxiety, and improves mood," he explained, noting that laughter is contagious and lightens the heart and mind.

Given the nature of yoga, not all patients are willing participants. "You wouldn't believe the excuses I get from patients," Bahroo chuckled. Over the years, he has adapted his approach, now inviting patients to observe and then to join as they feel ready. "Eight out of 10 come to the mat eventually. If they have any type of pain, I'm able to show them how to modify poses for maximum benefit."

Bahroo described one patient who

See YOGA Page 17

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Airmen from the 334th Training Squadron try out the new virtual reality technology of the 334th TRS at Cody Hall June 28 on Keesler Air Force Base, Mississippi. The 334th TRS incorporated a VR classroom to teach airfield maintenance more efficiently with visual simulation.

Virtual reality training begins

Airman Seth Haddix
 81ST TRAINING WING PUBLIC AFFAIRS

KEESLER AIR FORCE BASE, Miss. — The 334th Training Squadron incorporated the first virtual reality training for airfield management students in the Air Force at Keesler Air Force Base, June 28, so they can get more of a “hands-on” learning experience.

Chief Master Sgt. Paul Portugal, Airfield Management career field manager, the

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Pentagon, Arlington, Virginia, relates this new technology to the mission of Air Education and Training Command. “Innovation and the continuum of learning has always been a priority of AETC to make our Airmen more effective and efficient,” Portugal said.

Master Sgt. Joshua Stillwagon, 334th TRS instructor, believes this new technology can teach Airmen more efficiently than the previous, lecture-based class because of the hands-on experience.

“This system gives instructors the capability to not just tell Airmen, but instantly show them a concept,” Stillwagon said.

The simulation includes the setting of an airfield and allows students to practice their job as if they were operational.

“The VR technology gives our students a visual representation of airfield hazards that can be unsafe,” Portugal said. “They don’t need to imagine it, they can visualize cranes, trees or other things that can affect flight safety.”

Portugal believes this

See VR Page 17



An F-35 Lightning II pilot from Hill Air Force Base, Utah, waits to taxi onto the runway June 20 at Mountain Home AFB, Idaho. This double exposure photo was captured in camera by combining two perspectives, a photo of the F-35 and photo of the sky, to create a singular image.

Gunfighters use 1950s tech on F-35 for huge win

Airman 1st Class Andrew Kobiak
 366TH FIGHTER WING PUBLIC AFFAIRS

MOUNTAIN HOME AIR FORCE BASE, Idaho — “Things aren’t made the way they used to be” is a sentiment often tossed around when a new car or appliance breaks down.

Even with all the new inventions and integrated technology, there’s something to be said about the simplicity of an original design. Mountain Home Air Force Base, Idaho, members are learning this lesson firsthand.

Airmen from the 366th Logistics Readiness Squadron, also known as Gunfighters, are the first in the Air Force to perform hot-pit refueling on F-35 Lightning IIs with a Type 1 hydrant system from the 1950s and hose cart from the 1970s.

A hot-pit is when a plane lands, refuels then takes off again without turning off the engine, explains Senior Airman Christian Cook, 366th LRS fuels operator. The typical refueling procedure consists of landing, turning off the engine and a laundry list of to-do’s.

Traditional refueling takes upward of two hours while the hot-pit gold standard takes 13 minutes, which translates to huge monetary saving.

During hot-pits, Gunfighters initially used eight R-11 refueling trucks that hold 6,000 gallons of fuel each. One R-11 is only capable of refueling two jets and requires a new truck to come out with additional fuel to meet the demands of the mission, said Tech. Sgt. Zachary J. Kiniry, 366th LRS fuels service center noncommissioned officer in charge.

“This method is not time-efficient, ties up 50 percent of the base’s R-11s and associated personnel and creates traffic on an active flight line that could pose a safety hazard,” Kiniry said.

His team realized that more moving parts was not the answer, Kiniry said. With a new, simplified approach they found a resourceful solution in using older-generation equipment to better complete the mission.

Now, Gunfighters use a Type 1 hydrant system from the 1950s and hose carts from the 1970s directly connected to 500,000 gallon tanks, allowing Gunfighters to virtually endlessly refuel F-35s.

“Our old equipment is persisting and performing up to the hot-pits gold standard of 13 minute turnarounds,” Kiniry said.

With this process, Gunfighters have the capability to run hot-pits 24/7, saving 15 minutes between every other F-35 that was previously needed to set up a new R11.

“We have eliminated safety concerns from the heavy traffic on the flight line and reallocated eight R11’s with their associated personnel to perform the rest of the mission outside of hot-pits,” Cooks said.

Altus Airman named AF-level Pharmacy Technician of Year

Airman 1st Class Breanna Klemm
 97TH AIR MOBILITY WING PUBLIC AFFAIRS

ALTUS AIR FORCE BASE, Okla. — Tech. Sgt. Stacie Hamilton, 97th Medical Group, pharmacy flight chief won the annual Leadership Pinnacle Senior Technician of the Year Award, May 2019, at Altus Air Force Base, Oklahoma.

The purpose of the award is to recognize the most outstanding senior pharmacy technician throughout the Air Force each year. The award encompasses leadership, training and career development throughout the career field. Hamilton proved to excel in these categories helping her earn the title of the best in the Air Force.

“The continual process improvements we’ve made at the pharmacy over the last year has helped tremendously,” Hamilton said. “We had constant advancements and upgrades to the facility, which bring us forward and help us focus on patient health and safety.”

The annual Leadership Pinnacle Senior Technician of the Year Award is very competitive. One of the many requirements for application is a minimum of 15 years time-in-service within the pharmaceutical career field. This factor alone put Hamilton up against master and senior master sergeants throughout the Air Force.

Hamilton was notified she had won the award in May of 2019, but will not actually receive the award until the Pharmacy Convention held at the end of October.

“I was really excited when I found out I had won,” Hamilton said. “I really thought that the work I do here, day-to-day, is just my usual work. It is really nice to know that somebody somewhere, or a team somewhere, is recognizing that we do work really hard every day.”

Hamilton and the Airmen of the 97th MDG pharmacy strive for excellence in patient care. From labeling prescriptions to counting patient medication, every job is essential and all efforts put into the job do not go unnoticed.

Christine J.J. Chao, O.D.
 Optometrist

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President visits troops in North Korea trip

Tech. Sgt. Rachelle Blake
 51ST FIGHTER WING PUBLIC AFFAIRS

OSAN AIR BASE, South Korea — For the first time in history, the President of the United States, Donald J. Trump, stepped onto North Korean soil, meeting with Chairman Kim Jong-un as part of a two-day visit to the Korean peninsula, June 29-30.

Reliving the historic moment, Trump addressed troops charged with maintaining stability in the region from all services under U.S. Forces Korea at Osan Air Base.

"We had a great meeting," Trump said. "We are in this together and want to get this thing solved. It has been going on a long time."

Hundreds of service members and their families gathered to hear the president's message.

"To all the service members from U.S. Forces Korea, today I am here to tell you that 330 million American hearts beat with gratitude for your selfless service," he said. "We are also joined by many amazing military spouses and families. They keep you going and you wouldn't be the same without them."



U.S. Air Force photo/Staff Sgt. James L. Miller

President Donald J. Trump addresses service members during his June 30 visit to Osan Air Base, South Korea. U.S. forces across the peninsula are charged with the mission of deterring aggression, defending the Republic of Korea and maintaining stability in Northeast Asia.

Trump was accompanied by Secretary of State, Mike Pompeo, and his daughter and adviser, Ivanka Trump.

"It is wonderful to get a chance to see the fighting men and women of America," Pompeo said. "Thank you for what you do to serve America each and every day."

Ivanka echoed his sentiment. "God bless America and God bless each and every one of you for being out here, for

everything you do and your sacrifices and your service," she said. "We are very grateful to you and your loved ones who serve our nation out of uniform."

Trump also shared his enthusiasm for the Department of Defense budget increase allowing for production of new aircraft, ships and tanks, but recognized military members as the ultimate asset.

"Together the men and women of America's armed forces are the most extraordinary warriors ever to walk the face of the earth," he said. "You stand ready to vanquish any danger and deliver the full might of American justice whenever and wherever duty calls. ... You are prepared to deter, defeat and defend against any threat."

Trump closed with a moment of gratitude.

"Let me thank every warrior in the audience who serves a righteous mission," he said. "You are fantastic. I salute you. Our nation will never forget the sacrifices of every American service member here today and those stationed throughout the world ... No one is tougher and no one is braver."

Slife takes command of Special Operations

Staff Sgt. Lynette M. Rolan
 AIR FORCE SPECIAL OPERATIONS
 COMMAND PUBLIC AFFAIRS

HULBURT FIELD, Fla. — At a ceremony at Hurlburt Field, Florida, June 28, Lt. Gen. Jim Slife took command of Air Force Special Operations Command.

Air Force Chief of Staff Gen. David L. Goldfein, presided over the ceremony where Slife took over for Lt. Gen. Brad Webb, who will go on to serve as the commander of Air Education and Training Command in the coming weeks.

"He is the perfect man at the perfect time for this critical someone for AFSOC's continuing legacy, Slife was the obvious choice," Goldfein said. "He brings with him the expertise to take this command to new heights. As the United States Special Operations Command vice commander, he ensured our special operations forces had the resources they needed to get the mission done."

Also present at the ceremony was U.S. Army Gen. Richard D. Clarke, commander of USSOCOM. Clarke spoke about Slife's leadership abilities.

"When it came time to pick

See **COMMAND** Page 17



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AFRL puts new technologies into space aboard world's most powerful launch vehicle

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88TH AIR BASE WING PUBLIC AFFAIRS

WRIGHT-PATERSON AIR FORCE BASE, Ohio — The Air Force Research Laboratory successfully put new technologies into space, June 25, as part of the Department of Defense Space Test Program mission, managed by the Air Force Space and Missile Systems Center, Los Angeles Air Force Base, California.

A SpaceX Falcon Heavy rocket, the most powerful launch vehicle in the world, blasted off from Launch Pad 39A at Kennedy Space Center, Florida at 2:30 a.m. EDT. It was the Falcon Heavy's first night flight and just its third launch overall. It was also the first Falcon Heavy to fly using reused boosters.

The rocket carried 24 experimental satellites into space, including the Green Propellant Infusion Mission spacecraft, which enables the first ever on-orbit demonstration of the AFRL-developed Advanced Spacecraft Energetic Non-toxic Propellant.

Space demonstration of this new propellant, ASCENT, formerly known as AF-M315E, marks a major milestone in a national effort to develop new energetic propellants to replace hydrazine, the current established chemical propellant of choice for nearly all satellite propulsion. Not only is ASCENT 50% higher performing than hydrazine, it is also a vastly safer alternative, allowing for streamlined ground operations relative to legacy propellants. While hydrazine is flammable, toxic and requires the use of Self Contained Atmospheric Protective Ensemble suits for handling operations, ASCENT propellant requires minimal personal protective equipment such as a lab coat and a splash



NASA photo/Joel Kowsky

A SpaceX Falcon Heavy rocket carrying 24 satellites as part of the Department of Defense's Space Test Program-2 mission launches June 25 from Launch Complex 39A at NASA's Kennedy Space Center, Florida. The satellites include two AFRL technology and science payloads.

guard for the face.

"The demonstration of a revolutionary green propellant for spacecraft propulsion is critical as we move toward space operations being the new normal," said Dr. Shawn Phillips, chief of AFRL's Rocket Propulsion Division at Edwards Air Force Base, California.

Also part of the STP-2 mission was AFRL's Demonstration and Science Experiments (DSX) spacecraft. The first of its kind globally, the DSX flight experiment will conduct new research to advance DoD's understanding of the processes governing the Van Allen

radiation belts and the effect they have on spacecraft components. DSX's elliptical path in medium Earth orbit will increase understanding of this orbital regime, and advance understanding of the interplay between waves and particles that underlie radiation belt dynamics, enabling better specification, forecasting and mitigation. This will ultimately enhance the nation's capability to field resilient space systems, AFRL officials said.

DSX's mission is different from most other Air Force flight experiments as it is a purely scientific mission. The spacecraft is equipped with a

unique suite of technologies such as space weather sensors and graphite antenna booms used to conduct experiments with very-low frequency radio waves. DSX has two sets of immense deployable booms due to the large antenna requirements of these experiments. One set extends 80 meters tip-to-tip and the other extends 16 meters tip-to-tip, making the DSX spacecraft one of the largest deployable structures in orbit.

"The space domain has never been more important to our nation than it is today," said Maj. Gen. William Cooley, AFRL commander. "The DSX

satellite experiment will greatly increase our understanding of the environment spacecraft operate in and will give us the knowledge to build even better satellites to protect and defend our space assets. I am immensely proud of the AFRL scientists, engineers, and technicians that conceived and built the DSX satellite."

The DSX program is led by the AFRL Space Vehicles Directorate at Kirtland AFB, New Mexico, with key team members from the Air Force Space and Missile Systems Center. DSX will conduct on-orbit experiments for at least a year.

'Rosie the Riveter' women share experiences with mobility Airmen



1

1) Master Sgt. Asia Cook, 860th Aircraft Maintenance Squadron debrief noncommissioned officer in charge, takes a picture of Maj. Kelly Womble, 860th AMXS operations officer and "Rosie the Riveters" Marian Sousa, Marian Wynn, Agnes Moore and Kay Morrison June 25 at Travis Air Force Base, California. The Rosies were at Travis AFB to share experiences with female maintainers assigned to the 60th Maintenance Group. Used in movies, newspapers, posters, photographs and articles, the Rosie the Riveter campaign stressed the patriotic need for women to enter the workforce during World War II. Though women filled many positions during the war, the aviation industry saw the greatest increase in female workers. 2) Morrison, 95, signs a print out of her biography June 25 at Travis. 3) 1st Lt. Krista Kelly, right, 860th Aircraft Maintenance Squadron aircraft maintenance unit assistant officer in charge, poses for a photo with Moore, journeyman welder from 1942-1945, June 25 at Travis AFB.



2

U.S. Air Force photo/Tech. Sgt. James Hodgman



3

U.S. Air Force photo/Heide Couch

Tech. Sgt. James Hodgman
60TH AIR MOBILITY WING PUBLIC AFFAIRS

They broke through barriers by proving women could perform the work of men in factories and shipyards across the United States.

From 1942-1945, when many men left their jobs to serve in World War II, 6 million women stepped in to fill the void and keep America's war machine running. These women are known as "Rosie the Riveters" for their "can do" spirit, according to the Rosie the Riveter WWII/Home Front National Heritage Park website.

Travis AFB welcomed four Rosies June 25 for a base visit. During the visit, Agnes Moore, 99, Kay Morrison, 95, Marian Sousa, 93, and Marian Wynn, 92, shared their experiences working at the Richmond, California, Kaiser Shipyard during a presentation at the base theater.

"When the Japanese bombed Pearl Harbor, we were devastated and we wanted to do something to help our country," said Morrison, who hails from Chico, California.

Morrison applied for a job at the Kaiser Shipyard where her husband worked as a carpenter helping build ships. When she arrived at the shipyard in February 1942, she found a sign outside with the words, "No Women."

"I was determined to help my country, so I ignored the sign and went inside," Morrison said. "I told a man that I wanted to go to work and build ships for my country. He said, 'We're not taking women.' I was crushed."

Five months later, the shipyard opened employment to women to serve in a variety of capacities. Morrison returned to the shipyard in January 1943 and was able to apply for a job.

"I wanted to do my part to help America win the war and solidify peace," she said.

She was hired as a welder. After completing two weeks of training, she was assigned to work in yard 2 of the shipyard where she worked the graveyard shift. She served nearly three years as a welder and fondly remembers the time she spent at the shipyard.

"The more ships I built, the sooner the men would come home from the war, that's where my focus was," she said.

The women working in the Richmond shipyard during that time helped build 747 ships, the most ever during a four-year period.

"We wanted to get our people home," said Wynn, a native of Pine River, Minnesota, who worked in the shipyard as a pipe welder for 11 months. "It seemed like everyone had a relative in the war or knew someone who had gotten killed in the war."

Wynn's brother, Donald Parsons, was killed in action in France in July 1944 while serving with the U.S. Army Signal Corps. Shortly after his death, she made the approximate 1,895 mile trip from Minnesota to apply for work in the shipyards.

"I wanted to help," she said. "After completing high school, I got a job bagging granulated rock wall insulation for 53 cents an hour and it took me two months to save enough money to come to California. I arrived in Richmond around Aug. 21, 1944, on a Greyhound bus, it took forever to get there. During the trip, I learned Morse code from a Sailor who was on the bus next to me."

Wynn was hired to work in shipyard no. 3.

"I was trained in the shipyard for two weeks and then I was put to work welding pipes together that were installed throughout the ships," she said.

Moore said she learned about the need for women to work at the shipyards while listening to the radio.

"I was in the car one day and an announcement came over the radio and said 'Women, do something for your country, go to the Richmond shipyards and be a welder,'" she said.

She arrived to apply for the position in a black suit, gloves, veiled hat and high heels. The receptionist at a Richmond hiring hall suggested Moore apply for office work.

"She looked me over and said, 'Well, we have lots of jobs vacant



4

U.S. Air Force photo/Tech. Sgt. James Hodgman

4) Marian Sousa, left, Marian Wynn, center, and Kay Morrison, right, walk toward the Monarch Dining Facility June 25 at Travis Air Force Base, California. The women worked in the Richmond, California, Kaiser Shipyard during World War II. They visited Travis to meet with 60th Air Mobility Wing leaders, dine with Airmen and share their experiences.

in the offices," Moore said. "I said, 'Oh no, this is an important job. They're advertising for us on the radio to go do this, and that's what I want to do.'"

Moore served as a welder on the outfitting dock and fondly remembers that time.

"I was not a native Californian," she said. "I had only seen the ocean a few months before I was hired to be a welder, so everything was new and exciting."

Sousa was hired to work in the shipyards as a draftsman, where she was responsible for revising blueprints that were constructed in the engineering department.

"Your T-Square was your guide to everything," she said. "Your measurements and everything had to be very precise."

Sousa travelled to Richmond from Oregon in the summer of 1942.

"The women proved they could hold their own as welders," she said.

Recalling what her and her female co-workers accomplished, Wynn shares Sousa's sentiment.

"Women can do anything and we've proven it time and time

again," she said. "We had electricians and welders. One of the women we worked with actually had to change the original plans designed to accommodate two beds in the sleeping quarters on the ship. She found a way to add a third bed and she was only 17."

Morrison said she hopes the Riveter stories help motivate today's service members.

"I want to empower them, the women and the men too, to help one another," she said. "We really have to stick together. We weren't successful individually, it took all of us riveters to help end the war."

The former welder, who is now a great grandmother, shared high praise for the men and women serving in America's armed forces.

"Today's military members are doing a terrific job protecting us and carrying on where we left off," she said. "They step up to every call and I think that's tremendous. They deploy on short notice all over the world, leave their families behind and they're always ready to go. I think all of them are very brave because they face so many obstacles, and the unknown

and they charge right into it. That takes courage."

Staff Sgt. Courtney Dohn, 660th Aircraft Maintenance Squadron aerospace propulsion craftsman, attended the riveter presentation and said she was glad she did.

"It's important to know our past and to appreciate the hard work and commitment the generations who came before us put forth, especially for female maintainers," she said. "It hasn't always been easy for women in the workforce and the Rosies broke through barriers so we can do what we do today."

"The Rosies are living history," added Master Sgt. Shanna Peters, 60th Aerial Port Squadron traffic management office cargo operations section chief. "They paved the way for future maintainers."

The senior NCO said it was a privilege to learn about each "Rosie" story from the "Rosie" who lived it.

"We don't know where we're going unless we know where we've been," she said. "It was such an honor to hear from the Rosies today."

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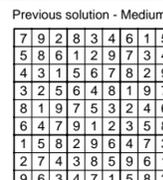
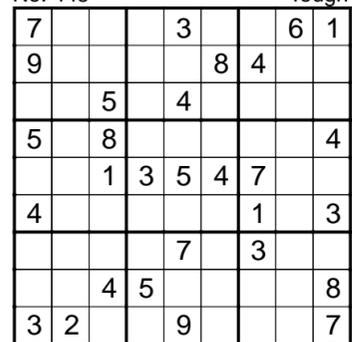
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How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

SUDOKU

No. 445 Tough



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

The solutions will be published here in the next issue.

Retiree Corner

AAFES recruiting vets to fill downrange positions

DALLAS — The Army & Air Force Exchange Service is recruiting veterans to bring a taste of home to warfighters downrange.

The 123-year-old Department of Defense retailer is seeking veterans to deploy to fill various positions wherever the Exchange

operates within Southwest Asia and Eastern Europe.

The Exchange operates 41 direct-run stores on 32 installations in eight Middle East countries, including Iraq, Afghanistan, Kuwait, Qatar, Jordan, Saudi Arabia and Egypt, as well as on installations in Europe, such as Bosnia, Kosovo, Romania, Poland and Bulgaria.

— AAFES News Service

Chapel programs

Recurring events

Catholic

Twin Peaks Chapel

- Roman Catholic Mass: 9 a.m. and noon Sunday.
- Children's Church: 10:15 a.m. Sunday.
- Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.

- Infant Baptism Prep Class: Two classes. Registration required. 6 to 7 p.m., quarterly.
- Youth Choir: 1 p.m. Sunday.
- Children's Choir: 2 p.m. Sunday.
- Adult Choir: 4 p.m. Sunday.
- Women's Bible Study: 10 a.m. (at First Street Chapel).

- Catholic Women of the Chapel: 6 p.m. first Monday of every month, Annex.
- Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
- RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.

First Street Chapel

- Mom's Group: 9 to 11:30 a.m. Thursday and Friday.

DGMC Chapel

- Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday, except for federal holidays.

The Church of Jesus Christ of Latter-day Saints

- Sacrament services: 9 and noon Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.

DGMC Chapel

- Latter-day Saints Service: 4 to 4:30 p.m. Sunday at DGMC Medical Center Chapel.
- For all other inquiries, call LDS Military relations representatives at 707-535-6979.

Protestant

First Street Chapel

- Protestant Community Service: 9:30 to 10:30 a.m. Sunday.
- Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.
- Children's Ministry is provided for 6-month-olds through fifth grade.

- Protestant Men of the Chapel, 6-8 p.m. every second and third Tuesday of the month at First Street Chapel Annex, vice 8-9 a.m. first Saturday of the month.

- Moms group. Jesus Cares ministry, EFMP children's ministry, 4:30-6:30 p.m., every third Saturday of the month at First Street Chapel Annex.

Twin Peaks Chapel

- Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.

DGMC Chapel

- Protestant Traditional Service: 10 to 11 a.m. Sunday.

Airmen's Ministry Center

- The Peak is open from 5:30 p.m. to 9 p.m. Monday through Friday at Bldg. 1348. Home-cooked meal from 6:30 p.m. to 7:30 p.m. Tuesdays followed by Bible study.

- ◆ ◆ ◆ For more information about chapel programs, call Twin Peaks Chapel at 707-424-3217.

Recurring

Air Force Office of Special Investigations

To report a crime, get a foreign travel brief or request information on joining AFOSI, report to Bldg. 380B, second floor. Send correspondence to AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.

Air Force Recruiting Office. Now open at the Solano Town Center mall. Learn more about what the Air Force has to offer, such as up to 100-percent tuition assistance, 30 days paid vacation per year, free medical and dental care, tax-free housing and food allowance and much more. Contact Tech. Sgt. George Yardley at 707-889-3088 or stop by the office located at 1350 Travis Blvd., Suite P2, Fairfield, in the Solano mall.

Air Force Sergeants Association

"Walter E. Scott" Chapter 1320. General membership meetings are at 2 p.m. on the second Friday of each month at Wingman's in the Delta Breeze Club and include a free breakfast. For more information, contact Master Sgt. Reynoldo Rios or Master Sgt. Rosel Agapay.

Airmen's Attic. The Airmen's Attic is open from 10 a.m. to 2 p.m. Tuesday and Thursday and 4 to 6 p.m. Wednesday. 560 Hickam Ave. For more information, call 707-424-8740 or visit the Facebook page "The Attic at Travis AFB."

Alzheimer's Caregiver Support Group

Meetings take place from 1 to 2:30 p.m. the third Thursday of the month in the diabetic education classroom on the first floor in Internal Medicine at David Grant USAF Medical Center. For more information, call 707-423-7227.

Base emergency numbers. Mobile phone users must dial 707-424-4911 if they have an emergency on base. Those using government or home phones can call 911. For more information, call the Travis Air Force Base Fire Prevention Office at 707-424-3683.

Base illicit discharge number. To report sewage/water leaks or illegal dumping, call 707-424-2575. For hazardous chemical/material spills, call the base emergency numbers.

Civilian Health Promotion Services.

Will perform free wellness screenings from 7:30 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit www.afmcwellness.com or contact CHPS at 707-424-CHPS or CHPSTravis@foh.hhs.gov.

Crisis text line. Free, confidential, 24/7 counseling for teens and young adults. Text 741-741 anywhere in the United States and a live, trained crisis counselor responds quickly.

Employee-Vehicle Certification and Reporting System. Civilian and military personnel must maintain emissions information with the Web-based ECARS system. For more information, call Xuyen Lieu at 707-424-5103.

Exceptional Family Member Program Sensory Play Group. This group meets from 2 to 4 p.m. the second and fourth Wednesdays at the Balfour Beatty Community Center. For more information, call 707-424-4342 or visit the Facebook page "EFMP Travis AFB."

Family Advocacy Parent/Child play groups.

Toddlers to the Max play group for children ages 1 to 3 meets from 9:30 to 11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries play group for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

Family and Friends Combat Stress Peer Support Group. Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email travospcombatpsts@gmail.com.

Government no-fee passports. All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back;

2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://piform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

Hometown News Releases. To submit a Hometown News Release, visit <https://hns.release.dma.mil/public> and fill out the information.

Mare Island Museum. Open 10 a.m. to 2 p.m. Monday through Friday and 10 a.m. to 4 p.m. Saturdays. 1100 Railroad Ave. in Vallejo. For more information, call 707-557-4646.

M-50 Gas Mask Fit Testing. Takes place from 9 a.m. to 3 p.m. every Wednesday at Bldg. 791. All deployers are fit as necessary. For more information, call 707-424-2689.

Mitchell Memorial Library. Open 9 a.m. to 7 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday, 10 a.m. to 5 p.m. Saturday and closed Sunday.

MPF self-renewal program. Did you know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mR1gl2>. This program is limited only for renewing dependents' IDs. For all other services, visit MPF during duty hours or call 707-424-8483.

On-base child care. The Air Force requires on-base residents to be licensed by the 60th Mission Support Group if they provide more than 10 hours of care per week in their homes. For more information, call 707-424-8104 or 707-424-4596 or stop by Bldg. 380B.

Photocopying of military identification. The prohibition of photocopying of U.S. government identification Common Access Card announced by the Office of the Assistant Secretary of Defense, dated Oct. 27, 2011, does not apply to medical establishments, applying for government-issued, no-fee passport and other U.S. government agencies in the performance of official government business. This requirement does not apply to minors ages 16 or younger. However, it applies to sponsors. For more information, call 707-424-5324.

Professional Loadmaster Association.

The Professional Loadmaster Association meets at 7 p.m. the first Tuesday of each month at the Delta Breeze Club. For more information, call Mark Raymond at 707-416-5331.

Retiree Activities Office. Openings for volunteers. Customers are retired American service members and their family members. It is the RAO's responsibility to maintain open communication and to ensure retirees receive the service and the respect they deserve. If you would like to apply for a volunteer slot and have three hours or more to give, call 707-424-3905.

Solano/Napa Habitat for Humanity.

This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at mathew.clayton@us.af.mil.

Travis Community Thrift Shop. 10 a.m. to 2 p.m. Tuesday and Thursday. Ongoing need for volunteers to organize, sort and price donations. For more information, contact the Thrift Shop at 707-437-2370.

Travis Composite Squadron 22 Civil Air Patrol. Open to youth from 12 to 18, as well as adults ages 18 or older who train and serve as the volunteer component of the total force. UTA is 6:30 to 9 p.m. Monday, Bldg. 241-B-2. Open to all students with a 2.0 or higher grade-point average. For more information, contact CAP 1st Lt. Jo Nash at 707-424-3996 or recruiting@squadron22-cap.us, visit during a UTA or check out <http://squadron22-cap.us>.

Travis Air Force Base Heritage Center. Open 10 a.m. to 5 p.m. Tuesday through Saturday, Building 80, 461 Burgan Blvd., Travis Air Force Base. Escorts required for general public, call center to arrange. Free. 424-5598, www.travisheritagecenter.org.

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m. Monday, Tuesday, Wednesday and Friday, 9 a.m. to 1 p.m. Thursday. Legal assistance for active duty members and dependents are walk-ins from 2 to 3 p.m. Tuesday. For all wills and retiree legal assistance, call 707-424-3251 to make an appointment.

Tuskegee Airman Lee A. Archer Chapter. Meets at 3 p.m. the third Saturday of the month at the Airman and Family Readiness Center.

Voluntary Leave Transfer Program. The VLTP allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without

availability of paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

What's Cookin' Wednesday. Free lunch at the Travis AFB USO Bldg. 1348. Served from 11 a.m. to 1 p.m. every Wednesday. For active duty, Guard, reservist and their families.

Local events

Events

Benicia Farmers Market. 4 to 8 p.m. Thursdays through August, 4 to 7 p.m. September and October, First Street between B and D streets. www.beniciamainstreet.org

Fairfield Farmers Market and Thursday on the Green. 3 p.m. Thursdays through Oct. 4, Jefferson and Texas streets. www.fairfieldmainstreet.com.

Film Club. "Dark Star," 7:30 p.m. July 11, Empress Theatre, 330 Virginia St., Vallejo. www.empresstheatre.org

Party on the Patio. 5:30 p.m. Thursdays, through Oct. 24, Cast Iron Grill & Bar, 700 Main St., Suisun City. www.facebook.com/castirongrillandbar.

"Sounds of Suspense." Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. www.solanolibrary.com.

Third Thursday Night Market. 5 to 8:30 p.m. through September, Andrews Park, Vacaville. Free admission. www.downtownvacaville.com.

Vacaville Farmers Market. 8 a.m. to noon Saturday, through October, Creekwalk Plaza at Andrews Park. www.vacavillefarmers-market.com.

Vallejo Art Walk. 5 to 10 p.m. second Friday of each month, downtown Vallejo. Free admission. www.vallejoartwalk.com.

Vallejo Farmers Market. 9 a.m. to 2 p.m. Saturdays, year-round, Georgia and Marin streets. www.pcfma.com.

Vintage Market. 9 a.m. to 2 p.m. every third Saturday, St. Paul's United Methodist Church, 101 West St., Vacaville. 925-978-6989.

Music and dance

Ambassadors of Music. "An Afternoon of Songs," 1 to 3 p.m. July 12, Veterans Memorial Building, 427 Main St., Suisun City. Free. 246-2962.

City Sports Bar and Grill. Music begins at 9 p.m. Fridays and Saturdays; 7155 Browns

Here are the showtimes for this weekend's movies at the Base Theater:

Today

- 6:30 p.m. "Spider-Man: Far From Home" (PG-13, first run)

Saturday

- 6:30 p.m. "Spider-Man: Far From Home" (PG-13, first run)

Sunday

- 2 p.m. "Spider-Man: Far From Home" (PG-13, first run)



Valley Parkway, Vacaville. 455-7827, www.starsrecreation.com.

Creekwalk Concerts. Music begins at 6:30 p.m.: Family Dance Party, July 5; Time Bandits, July 12; Creekwalk, Vacaville. www.creekwalkevents.com.

Empress Theatre. A Night of Duos, 8 p.m. July 6; Kevin Frazier, 7:30 p.m. July 10; World music, 8 p.m. July 12; Eric EQ, 8 p.m. July 13; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

First Street Cafe. Open mic, 7 p.m. July 5; Bryan Girard, 2 p.m. July 6; Parts & Labor, 7 p.m. July 12; Jennifer Lee, 2 p.m. July 14; 440 First St., Benicia. 745-1400, www.firststreetcafe.com.

Legends at Paradise Valley. Music begins at 6 p.m.: Garageland Rodeo, July 18; 3990 Paradise Valley Drive, Fairfield. www.legendparadisivalleybeta.com.

Lucca Bar & Grill. Eammon Flynn, 6:30 p.m. July 5; Buzzy Lewis, 1 p.m. July 6; Idlewild West, 6:30 p.m. July 6; Irish music, 3 p.m. July 7; Lisa Marie Johnston, 6:30 p.m. July 11; Tuneriders, 6:30 p.m. July 12; Sweettooth Duo, 1 p.m. July 13; Marina Crouse, 6:30 p.m. July 13; Palo Mio, 3 p.m. July 14; 436 First St., Benicia. www.luccabar.com.

The Relik. Live music, 8:30 p.m. Friday and Saturday; 726 First St., Benicia. www.thereliktavern.com.

Sardine Can. Jazz music from 5 to 8 p.m.: Bob Nadler, July 7; Wayne De La Cruz, July 14; 0 Harbor Way, Vallejo. www.vallejosardinecan.com.

Theatre DeVille. A Tribute to Marvin Gaye, 8 p.m. July 27; 308 Main St., Vacaville. www.theatredeville.com.

Vacaville Performing Arts Theatre. 1010 Ulatis Drive. 469-4013, www.vpat.net.

Waterfront Concert Series. Food, retail vendors open at 4 p.m.; music begins at 6:30 p.m.: The Latin Touch Band, July 12; Suisun City waterfront. Free admission. www.suisun.com/calendar.

Vallejo Jazz Society. Akira Tana, 5 p.m. Aug. 4, Empress Theatre, 330 Virginia St., Vallejo. 552-2400, www.vallejojazzsociety.net.

Museums

Mare Island Museum. Open 10 a.m. to 2 p.m. weekdays, 10 a.m. to 4 p.m. Saturdays, 1100 Railroad Ave., Vallejo. 557-4646, www.mareislandmuseum.org.

Peña Adobe/Mowers Goheen Museum. Western Day, July 6; open 11 a.m. to 2 p.m. first Saturday, 1 Peña Adobe Road, Vacaville. Free. 447-0518, www.penaadobe.org.

Rio Vista Museum. Open 1:30 to 4:30 p.m. July 6-7, 16 N. Front St., Rio Vista. Free, but donations welcome. 374-5169, www.riovistamuseum.com.

Solano History Exploration Center. Open noon to 4 p.m. Friday through Sunday, Lawler House, 718 Main St., Suisun City. www.solanohistorycenter.org.

Vacaville Museum. "Through the Lens: Our Fruitful Heritage," through September; open 1 to 4:30 p.m. Wednesday through Sunday, 213 Buck Ave. 447-4513, www.vacavillemuseum.org.

Vallejo Naval and Historical Museum. Open noon to 4 p.m. Tuesday through Friday, 10

THE FLIP SIDE

a.m. to 4 p.m. Saturday, 734 Marin St., Vallejo. 643-0077, www.vallejomuseum.net.

Western Railway Museum. Open 10:30 a.m. to 5 p.m. Wednesday, Thursday, Saturday and Sunday, 5848 Highway 12, Suisun City. 374-2978, www.wrm.org.

Comedy

Downtown Theatre. Amy Barnes, 7 p.m. Aug. 22; 1035 Texas St., Fairfield. www.downtowntheatre.com.

Auditions

Davis Vacaville West Valley Chorus. 7 to 9 p.m. Mondays, Community Presbyterian Church, 425 Hemlock St., Vacaville. 724-8575.

Solano Community Symphony. Open auditions by appointment, both amateurs and professionals are invited to apply, Mary Eichbauer, orchestra manager. 747-1946, gg-mee@ix.netcom.com, www.solanosymphony.org.

Solano Winds Community Concert Band. Open auditions for brass, woodwind and percussionists, by appointment. 429-0289, sw-info@solanowinds.org.

Art exhibits

Arata Fine Art Gallery. Phillip Venable and Judy Neal, through July 14; open 11 a.m. to 5 p.m. Thursday through Saturday, 1 to 5 p.m. Sunday; 637 First St., Benicia. <https://aratafineartgallery.com>.

Arts Benicia. "Insight," July 27 through Aug. 25; open noon to 5 p.m. Wednesday through Sunday during exhibitions, 991 Taylor St., Suite 114, Benicia. Free. 747-0130, www.artsbenicia.org.



U.S. Air Force photo/Staff Sgt. Marleah Cabano

Air Force Chief of Staff Gen. David L. Goldfein, left, presents Air Force Special Operations Command's guidon to U.S. Air Force Lt. Gen. Jim Slife, new commander of AFSOC, during a Change of Command ceremony June 28 at Hurlburt Field, Florida.

Command

From Page 11

position,” Clarke said. “He set an example for all of us to follow. Your dedication to our nation and its great warriors has left a profound impact on all of us. You are going to continue to keep AFSOC on its global scale and foster the culture of there is a way – we find it.”

Slife's Air Force career spans 30 years. Many of those years were in AFSOC.

He served as an MH-53J instructor pilot, 20th Special Operations Squadron director of operations, 27th Special Operations Group commander, and the 1st Special Operations Wing commander.

Before Slife assumed command, Webb offered comments about his own time in AFSOC.

“I am extremely proud of all of the competence and character I have seen over these past three years,” Webb said. “Our

Airmen in AFSOC exemplify the Air Force core values. I just want to say thank you to everyone here for all you have done.”

AFSOC's mission is to present combat-ready forces to conduct and support global special operations missions. The command consists of highly trained, rapidly deployable Airmen, conducting global special operations missions ranging from precision application of firepower, to infiltration, exfiltration, resupply and refueling of special operations forces' operational elements.

Slife inherits a command with approximately 20,800 air commandos worldwide. He is now the 12th AFSOC commander.

“These Airmen here today – we'll talk about them as legends,” Slife said. “We have Airmen wearing Air Force Crosses and Silver Stars. These are outstanding Airmen. I will serve them with the humble dedication they deserve.”

VR

From Page 8

training will not only help the future of airfield management training, but improve the overall training of Airmen.

“The technological jump that we are making in how we create a more efficient and effective Airman is the biggest

part of this,” Portugal said.

Col. Leo Lawson Jr., previous 81st Training Group commander, was impressed with the quality of the VR experience.

“The VR training simulations blew me away,” Lawson said. “Not only was it able to deliver the training our Airmen need to understand the concept of the job, but it did so with great quality.”

Yoga

From Page 7

began adamantly opposed to joining his yoga class, and reluctantly joined after wary observation. “Upon finishing his 5-week program he said, ‘I wish I had known about yoga earlier in my life.’ This is why I teach yoga and why I'd love to bring it to a wider population in our hospital if I could.”

Another patient population benefiting from yoga practice includes service members undergoing treatment for traumatic brain injury at the National Intrepid Center of Excellence, also in Bethesda next to Walter Reed. The center's integrative approach includes tailored

treatment plans that focus on mind, body, and spirit. Allison Winters, wellness coordinator, is a certified yoga instructor and dance/movement therapist who invites patients to participate at their own comfort level. Feedback after completion of the program has been positive.

“More yoga’ is what I've been hearing, so now we offer yoga as part of the structured intensive-outpatient and outpatient programs,” she said. “We have added three optional classes each week, all of which are always well-attended.”

Winters focuses on gentle and restorative postures. She teaches a maximum of six patients per class and is able to tune in to their individual issues. “I love being able to teach

yoga here. With our patients, my teaching is much more individualized and I am able to connect better with them.”

Winters is convinced that yoga provides a critical mind-body connection for her patients. She believes that part of their healing is a discovery process as they experience the rhythmic and repetitive practice of yoga, incorporated with breathing. They gain flexibility as they tune in to their breath.

“I want their yoga practice to be a tool to use post-rehabilitation to manage stress and transitions when they return to work and home, and also to provide a means of working toward performance goals and returning to readiness,” Winters said.

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Hospital

From Page 4

from hospital engineers and the fire department when the alarm is activated," Seaver said. "The old system would only report what zone the activation was in, which made it very time-consuming to find the exact location for all parties responding to the alarm."

DGMC is part of the National Disaster Medical System, a joint program between four federal agencies: Department of Defense, Veterans Affairs, Homeland Security and Health and Human Services.

"We are a federal coordinating center," Anderson said. "We are one of the three that are owned by the Air Force. The other two include Wright-Patterson AFB, Ohio, and Keesler AFB, Mississippi. We can work with medical centers in the area to either move some of our patients out to other hospitals in the event of natural disaster or even a terrorist attack or, possibly, take patients into our facility if space is available."

Working with the community to build effective disaster preparedness plans ensures the hospital is ready for anything.

"Coordinating with hospitals, county and state



U.S. Air Force photo/Staff Sgt. Amber Carter

A U.S. Airman cuts simulated chemical detection tape June 27 at Travis Air Force Base, California. The tape was used during a hazardous material exercise at David Grant USAF Medical Center.

authorities to make sure that we are able to cover any kind of event is important," Anderson said. "We have had some near misses, especially with some of the fires that have come dangerously close to the base this

past year."

Providing a full spectrum of care to a prime service area of more than 130,000 TRI-CARE eligible patients and 500,000 Department of Veterans Affairs Northern California Health Care System patients, DGMC has planned to

assist the local communities to the best of their ability if ever activated.

"There is a clause that allows the wing commander to act under certain situations to save life, to prevent or mitigate significant suffering or mitigate significant property damage," Anderson said. "If the wing commander at any time thinks that bringing people on base would prevent significant suffering or damage, we could open up the hospital to the local community for a limited amount of time, which is about 48 hours, without further approval from higher headquarters Air Force."

This would give the federal agencies, such as the Federal Emergency Management Agency, enough time to step in and take over the care of patients.

"Sharing notes with the community is significant in that when something happens, you may only have minutes to act," Anderson said. "To have already pre-coordinated a plan, to know exactly who to call, is a huge benefit so you aren't flailing. Through county meetings, through joint exercises, through phone calls, we have made contact with everyone we would need to contact in an emergency and have practiced how we would handle any type of disaster."

Tour

From Page 6

not currently impact recruiting assignments. Building and maintaining community outreach efforts are critical to Air Force recruiting success, making 48-months the ideal recruiter tour length according to Air Force leadership.

Restoring readiness is one of the Air Force's top priorities. The tour length change addresses readiness by responding to career field managers' concerns over retention, loss of operational expertise and assignment-related burnout. The unanimous feedback from a January 2019 survey of career field managers' supports a move to a shorter, more manageable tour length for MTIs, MTLs, technical and PME instructors.

"This change is about ensuring we are creating additional opportunities for professional development, establishing a more resilient force and returning trained Airmen, with newly acquired professional and leadership training, back to their specific operational specialty," said Chief Master Sgt. JoAnne Bass, Second Air Force command chief. "Reducing special duty tour lengths optimizes Airmen's experience and performance both during their career-broadening experience and their operational career field reintegration."

Input from across five Air Force training wings was factored into the decision to reduce tour lengths. A 2019 survey of MTLs and MTIs indicated that while Airmen reported positive experiences with their career broadening positions, assignment fatigue began to sharply increase around the three-year mark. Survey participants cited a challenging work-life balance including shift work, professional demands and responsibilities outside typical duty hours and the time away from their operational career fields as the primary stressors.

Additionally, a review of other military branches found that in-service instructors and drill sergeants served three-year tours and Army training special duty assignments are currently restricted to two years, with a highly selective third-year option.



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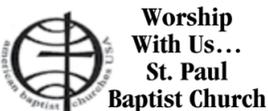
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From Page 2

from the squadron and the individual. I challenge all of you to look at your daily tasks and think of ways you can improve upon them. Focus on ensuring you can complete those tasks in degraded environments.

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From Page 4

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TBI

From Page 5

an integrated source for clinicians: detailed, evidence-informed clinical guidance and links to an array of DoD/VA cognitive rehabilitation resources and tools that support state-of-the-science clinical care.”

Approximately 82% of brain injury cases are considered mild TBIs, otherwise known as concussions. Among those who experience chronic effects from TBIs, cognitive impairment is the most persistent and disabling because it can directly affect return to duty or employment and can have a broad impact on quality of life.

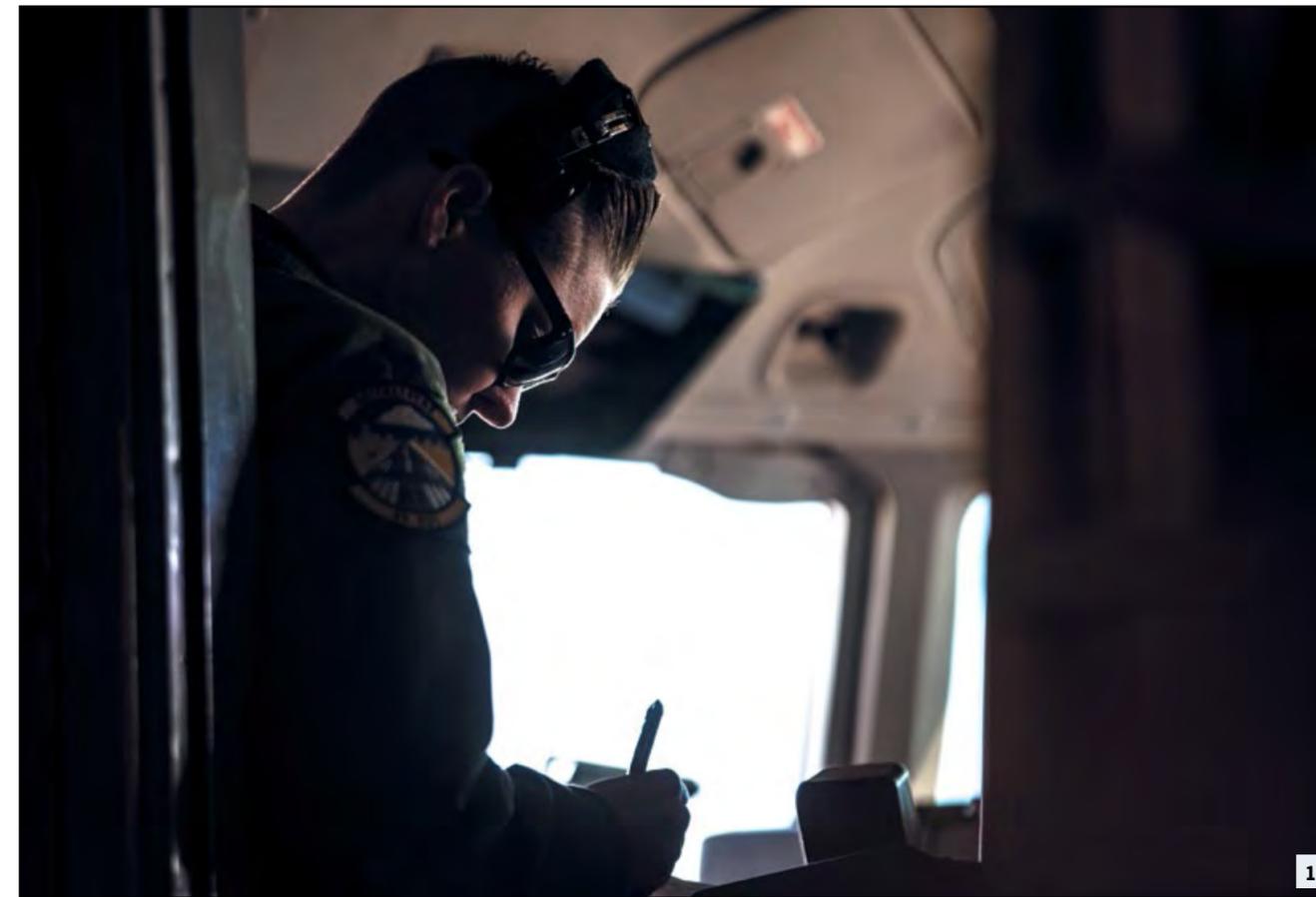
To address these challenges, the new recommendations outline unique considerations, including modifications, specific interventions, strategies, and best practices when providing treatment to this target population.

When developing the recommendations, the working group sought to address the needs of the end-user clinicians by incorporating their feedback and perspectives. As explained by working group member Dr. Wayne Gordon, Chief of Rehabilitation and Neuropsychology Service at Mount Sinai Hospital in New York City, cognitive rehabilitation should not be a “canned intervention” but rather “providers need to be flexible in their approach,” given the nuanced nature of how a TBI patient presents.

The recommendations allow providers to tailor their approach to the recovery needs of service members and veterans, which are often different from those of the general population.

The recommendations are available to download and print via dvbic.dcoe.mil. To further support the clinical recommendations, an interactive web tool has been published on the DVbic website.

The tool outlines clinical content and provides links to resources for cognitive rehabilitation providers, such as occupational therapists, speech-language pathologists, neuropsychologists and other rehabilitation providers.



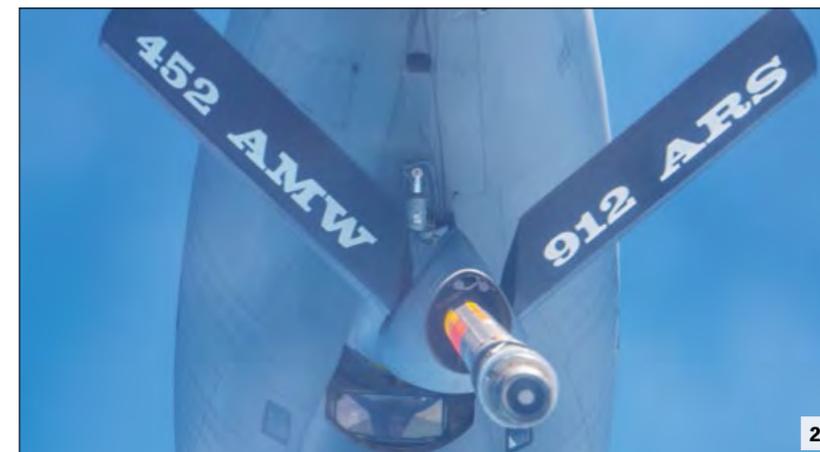
1

1) Tech. Sgt. Blakeley Murdock, 60th Operations Support Squadron Formal Training Unit KC-10 Extender flight engineer instructor, observes a flight engineer student before a training flight, June 26 at Travis Air Force Base, California. Travis Airmen conduct training missions to stay current and be prepared for future mobility operations. 2) Chief Master Sgt. Deborah McGuane, 336th Air Refueling Squadron KC-135 Stratotanker boom operator, conducts aerial refueling training with a KC-10 from Travis June 26 over California. 3) Capt. Andrea Gilkeson, 79th ARS KC-10 pilot, flies a KC-10 while conducting aerial refueling training with a KC-135 from the 912th ARS June 26 from March Air Reserve Base, California.

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