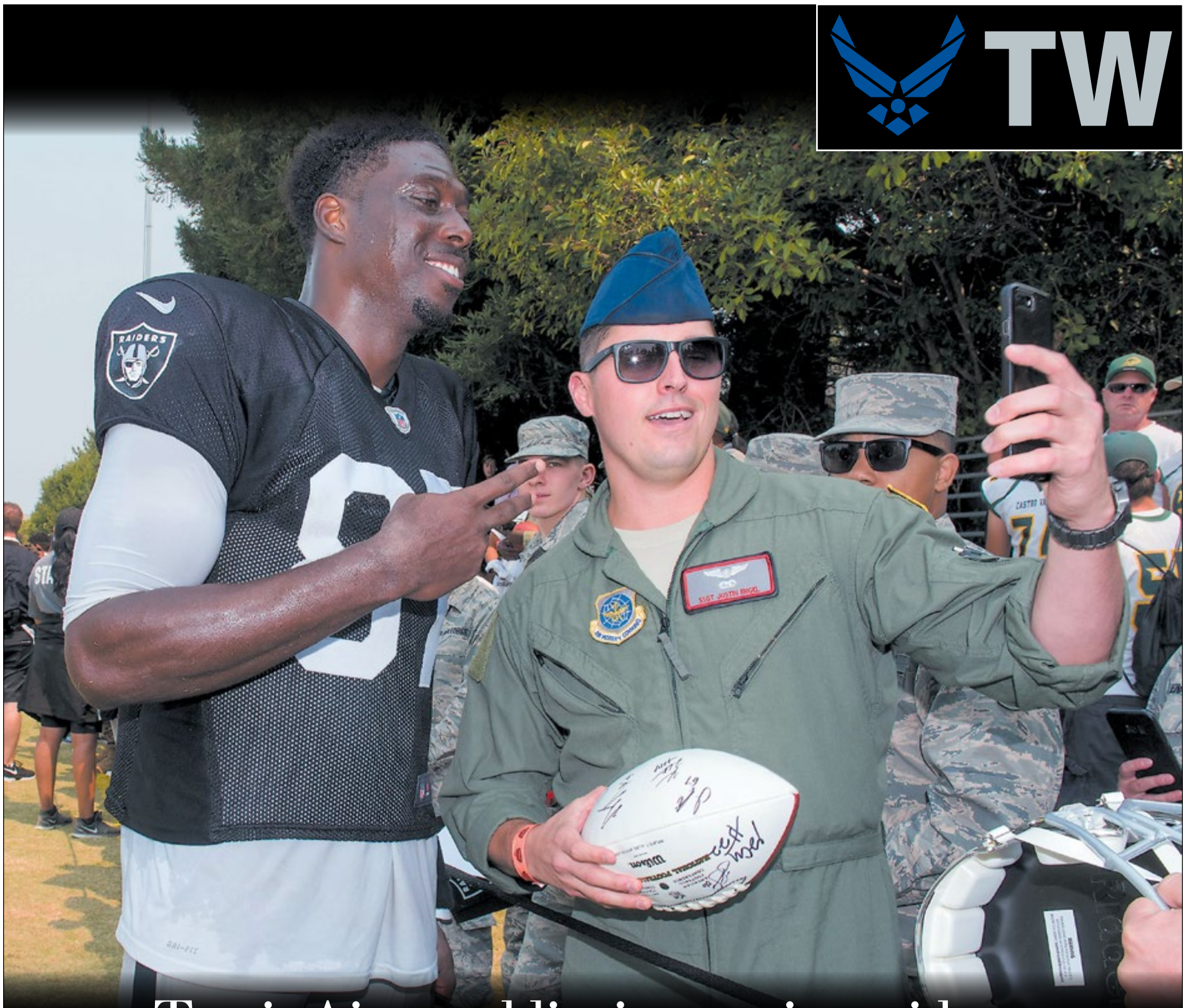




Travis Airmen blitz into action with ...

# RAIDERS

PAGES  
16-17



# Bloom where planted to grow stronger

This past June, I reported to Travis Air Force Base, California. As I drove through the main gate, I thought back to my experience 14 years earlier when I drove through the same gate as a second lieutenant. Being new to the Air Force, I was provided with many pieces of advice during my first few months here. One piece that was given to me by one of my earliest commanders was to “bloom where you are planted.” It was not a unique piece of advice. I am sure most everyone



**Commentary by Lt. Col. Scott Zarbo**  
821ST CONTINGENCY RESPONSE SUPPORT SQUADRON

reading this has heard and perhaps even given it to someone at some point. Usually, when it is provided, it is in the context of informing a member of a good way to do well in a job to meet career goals. It is how I took it at the time as well. It made sense that if one performs to the best of their ability, it would demonstrate the potential and merits of the individual for the next level of responsibility or rank. However, with a few more years in the Air Force than I had then, I see there is a greater

## Commander's Commentary

importance to heeding this piece of advice that goes beyond the scope of an individual and increases its value. Blooming where one is planted is not relegated to what one can do to be successful in their careers, but how their enhanced contributions are important to meet the needs of both fellow Airmen and the mission. There are no unimportant jobs. Each duty position serves as a block in the overall structure required to achieve mission success. Every Airman giving their best to their mission

roles allow for their fellow Airman to do the same. I am excited to be planted back here at Travis because we consistently have an opportunity to make a difference around the globe. The capability that resides here provides for game-changing options for the warfighter. These options come in many forms. The air mobility missions of the KC-10, C-5 and C-17 aircraft, the contingency response units that stand ready to deploy short notice to anywhere in the world to advance global reach as well as the skilled Airmen that not only take care of the home station mission, but also deploy to expeditionary locations around

the world. The phrase “bloom where you are planted” has been around a long time. If you as a leader choose to give this piece of advice, please consider expounding on its effects beyond the sphere of that person's career. While blooming where one is planted is good advice to the member on how to approach a new job, its focus should not just be on individual career impact, but on how doing your best in each job pays forward daily in ways that may not be readily seen or felt. When every Airman is blooming where they are planted, there is no limit to the success of Team Travis or the Air Force.

# Embassy life: Challenge accepted, path altered



**Commentary by Chief Master Sgt. Todd Farlee**  
821ST CONTINGENCY RESPONSE SUPPORT SQUADRON

Opportunities come at all stages in your life. It's what you do with them that often shapes your future. While stationed at MacDill Air Force Base, Florida, and at 22 years of service, I received an email from my assignment team that was just that – an opportunity. It stated, “You have been selected to work in the Defense Attaché Service at the U.S. Embassy in Baku, Azerbaijan.” Not knowing much about that region of the world, it was a daunting task trying to explain to my wife over the phone. After some convincing and quite a few web

## Chief's Commentary

searches, we accepted the assignment and were ready for our next adventure. I learned that a normal assignment in the DAS requires a four-year commitment. The first year is usually dedicated to prepare you for an assignment to a Defense Attaché Office. Monday through Friday for four hours a day, I learned how to speak Azerbaijani. It took me six months to complete language classes and I ended up being such a good student that I went

through four different teachers. After a long grueling stint of four-hour days, language classes were complete and I was fluent at stating my name in Azerbaijani. After language, I was required to attend a 13-week course at the Joint Military Attaché School located at Joint Base Anacostia-Bolling, Washington, D.C. At JMAS, I learned what it meant to be a diplomat and an operations coordinator in a DAO. The students were being stationed all over the world from large embassies like London, England, to small embassies like Yerevan, Armenia.

Our Defense Attaché Office in Baku at the time was comprised of a Senior Defense Official/Defense Attaché, Marine Attaché, Navy Attaché, Operations Coordinator, an Army Operations non-commissioned officer, an Air Force OPSNCO and two locally employed staff. Our LES were the bedrock of our office, maintaining the continuity for a shop that changed out every two years. Our office represented the Department of Defense to the host-nation government and military, assisted and advised the

See FARLEE Page 24

# Opioid pain medications come with risks

## Greg Chadwick

AIR FORCE MATERIEL COMMAND  
HEALTH AND WELLNESS

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Pain is the most common reason people seek medical treatment. According to the National Institutes of Health, more than one in 10 Americans have chronic pain or pain every day for the preceding three months. When used as directed by your physician, opioid medications safely help control acute pain, such as pain you experience after surgery. However, there are risks when the medications are used incorrectly. The National Institute on Drug Abuse reported over 17,000 deaths were attributed to overdosing on commonly prescribed opioid medications in 2016, the latest year for which statistics are available. For every death, more than 30 people are admitted to the emergency room as the result of opioid complications. “Using opioid pain medications can have some serious side effects,” states Steven Callon, AFMC Drug Demand Reduction Program Manager. “Before you consider taking them, you should discuss with your healthcare provider if the benefits of using prescription opioids are likely to outweigh the risks. With prescription opioid use, it is critical to be a highly informed patient.” Prescription opioids can be



U.S. Air Force graphic

an effective form of pain management but they carry serious risks of addiction and overdose, especially with prolonged use. This question and answer guide explains what opioids are, and how and why they are dangerous. **How do opioids affect the brain and body?** Opioid drugs work by binding to opioid receptors in the brain, spinal cord, and other areas of the body. They reduce the sending of pain messages to the brain, and inhibit the transmission of pain signals. They also affect the brain areas that control emotion, which helps diminish the effects of a painful stimulus. For this reason, opioids medications can be addictive.

**What are opioid medications?** Prescription opioids are powerful pain-reducing medications often prescribed following surgery or injury, or for painful health conditions such as cancer. Commonly prescribed opioids include: Hydrocodone (Vicodin), Oxycodone (OxyContin, Percocet), Hydromorphone (Dilaudid) and Oxycodone (Opana).

**Why are opioids dangerous?** Respiratory depression is the chief hazard associated with prescription opioids. Opioids can slow down breathing, depriving the body of oxygen which can lead to accidental overdose or death. It is very dangerous to combine opioids with other medicines or drugs that cause sleepiness, in particular alcohol, sleeping pills, and anti-anxiety medications because this can increase the respiratory depression caused by opioids. If someone is drinking or taking sleeping pills and takes what would be the usual dose of opioids, he or she may pass out, stop breathing and die. **What treatment options are available to manage pain without prescription opioids?** Talk with your doctor about ways to manage your pain that don't involve prescription opioids, such as:

- Physical therapy and exercise.
- Massage therapy.
- Cognitive behavioral therapy.
- Meditation and relaxation.
- Acupuncture.
- Chiropractic.
- Yoga.

**What support services are available for someone struggling with prescription opioids?** If you or someone you know is struggling with opioid pain medications, free confidential consultations and referrals are available for AF civilian employees, members of the military, and their family members. **See OPIOID Page 27**

# Tailwind



**Travis AFB, Calif.**  
60th Air Mobility Wing

**Air Force**  
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60th Air Mobility Wing commander

**Tech. Sgt. James Hodgman**  
NCO in charge of command information

**Airman 1st Class**  
Jonathon D. A. Carnell  
Command information staff writer

**Airman 1st Class**  
Christian Conrad  
Command information staff writer

**Daily Republic**  
Nick DeCicco  
Tailwind editor

**Todd R. Hansen**  
Copy editor

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Deadline for copy is 4:30 p.m. Friday for the following Friday's issue. Swap ads must be brought to Bldg. 51 by noon Monday for possible print in that Friday's issue. Emailed or faxed Swap Ads are not accepted.

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### On the cover

**Oakland Raiders tight end Jared Cook poses for a photo with Staff Sgt. Justin Engel, 22nd Airlift Squadron from Travis Air Force Base, Calif., after his practice Aug. 7 in Napa Valley, Calif.**

U.S. Air Force photo/Louis Briscese



U.S. Air Force photo

# WARRIOR OF THE WEEK

|                                                                              |                                             |                                                                                           |
|------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------|
| <b>Name:</b><br>Tech. Sgt. Gary Cantarutti.                                  | <b>Hometown:</b><br>San Rafael, California. | 349th weapons safety manager.                                                             |
| <b>Unit:</b><br>60th Air Mobility Wing Safety Office.                        | <b>Time in service:</b><br>Eight years.     | <b>What are your hobbies?</b><br>Running and reading.                                     |
| <b>Duty title:</b><br>Munitions safety craftsman and weapons safety manager. | <b>Family:</b><br>One son.                  | <b>What is your greatest achievement?</b><br>Graduated from the University of California. |
| <b>What are your goals?</b><br>Learning a new position as the                |                                             |                                                                                           |



# DGMC services limited during exercise

60th Air Mobility Wing  
Public Affairs

The David Grant USAF Medical Center at Travis Air Force Base, California, will provide limited services Aug. 22-23 as a result of a base-wide readiness exercise at Travis.

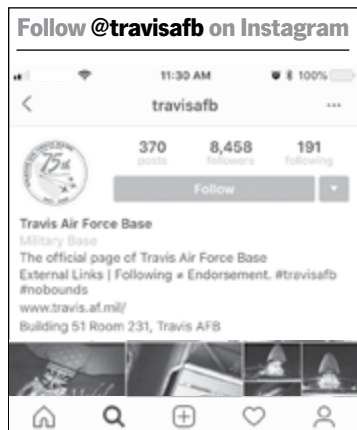
Family medicine, the pharmacy and emergency department will be open; however wait times may be slightly longer. Patients with scheduled appointments will be seen.

The following services will be available:

- Primary care clinics
- Emergency department.
- Family medicine.

- Specialty clinics
- Gastroenterology.
- Hematology/oncology.
- Nephrology/dialysis.
- Oral/maxillofacial surgery.
- Radiation oncology.

- Ancillary services
- Clinical labs and pathology.
- Diagnostic imaging.
- Pharmacy.
- Hyperbaric medicine.
- Pain management clinic.



Lt. Col. Patrick Kennedy, 60th Medical Group, poses with members of the Diagnostic and Therapeutic Flight in front a U.S. Army UH-60 Black Hawk medical evacuation helicopter at Bagram Airfield, Afghanistan, during a deployment October 2017 to May.

## Leader credits team for Bronze Star

Merrie Schilter-Lowe  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Lt. Col. Patrick Kennedy, 60th Medical Group Lab and Pathology Flight commander at Travis Air Force Base, California, has been awarded the Bronze Star Medal for meritorious achievement while deployed to Craig Joint Theater Hospital at Bagram Airfield, Afghanistan, from October 2017 to May 2018. He credits the medal to his team.

“I was very fortunate to have the people I had,” said Kennedy. “They came up with the ideas; my job was to make sure we put them in place.”

The Bronze Star Medal is awarded to members of the U.S. armed forces for heroic achievement, heroic service, meritorious achievement or meritorious service

in a combat zone.

Although the hospital did not suffer any direct hits during his deployment, it was targeted two to five times per month. The enemy’s goal was to reduce the number of military members returning to duty, said Kennedy.

While assigned as the Diagnostics and Therapeutics Flight commander with the 455th Air Expeditionary Wing, Kennedy and his team not only increased efficiency at the hospital, they also helped increase patient survival rates from 98 percent to 99.23 percent.

According to the citation, Kennedy’s expertise was particularly evident in the lab where he improved diagnostic capability, lab results and quality assurance.

“The doctors in the trauma bay would give us a syringe of blood and we would

analyze the basic chemistry so the doctors could determine a course of treatment,” said Kennedy.

“But over time, there was no quality control over the system. We implemented a program to make sure the equipment was properly maintained and calibrated so we could be confident in the results.”

Kennedy also collaborated with Master Sgt. John Cardenas, 60th MDG lab technician and flight chief during the deployment, to develop a form that reduced the amount of paperwork and time needed to request blood products.

The team also revised the mass transfusion protocol, which reduced the time between the surgeon’s request for blood and the blood being delivered to the operating room.

The previous MTP required the person picking up the blood to jointly inspect the trauma package with the lab technician, sign for it and rush it to the operating room.

“We changed the MTP so two lab techs could certify blood type and the number of units ahead of time so, when the surgeon requested blood, the technician only had to sign for it and go,” said Cardenas. “This cut the delivery time from 12 to 15 minutes to 3.5 minutes, which is huge when a patient is bleeding out.”

Another change standardized the ratio of blood components in the trauma packs based on U.S. hospital standards.

“By communicating directly with the provider, we cut blood waste loss by 75

See BRONZE STAR Page 27

# Feral cats pose problems

Christopher Reddin  
60TH CIVIL ENGINEER SQUADRON

Imagine the most dangerous predator you can, a species that kills as many as 16 billion birds and small mammals a year, is considered by the International Union for Conservation of Nature as one of the 100 worst invasive animals and has caused the extinction of 65 different species.

Well, this predator is real and it lives in the homes of more than 1 out of 3 American households.

Domestic cats, wonderful pets and loving companions that they may be, can be a major threat to the natural world. Researchers at the Smithsonian Conservation Biology Institute looked at previous studies on domestic cat population sizes and predator behavior from across the United States. They estimated that free-roaming cats kill between 1.3 and four billion birds and between 6.3 and 12.3 billion small mammals, such as mice and rabbits annually. Additionally, based on data from Australia and New Zealand, they estimate as many as 1.1 billion reptiles and amphibians could be falling prey to felines as well. This



Courtesy photo/Airman 1st Class Amy Younger

A cat rests in the grass.

is of particular concern at Travis Air Force Base, California, as the federally threatened California tiger salamander uses the many vernal pools on base, particularly around the Castle Terrace housing subdivision.

While feral cats, who lack an owner and must fend for themselves, are the biggest

menace to the wildlife around our homes, cats with owners still account for over 30 percent of all wildlife depredations.

So what can you do? Get rid of your pet? Outlaw cats, which some conservationists in New Zealand proposed in 2013? Of course not. Cats make

See CAT Page 24

# BX shoppers save with new accounts

Jessica Jones  
ARMY AND AIR FORCE EXCHANGE  
SERVICE PUBLIC AFFAIRS

Military Star savings are getting even better for Travis AFB Airmen and their families from Aug. 17-30.

New account holders will receive 15 percent off all purchases they make the first day instead of the 10 percent discount regularly offered. Discounts will appear as a credit on the customer’s first monthly billing statement.

Airmen and families can save on Military Star purchases at Army and Air Force Exchange facilities, Shop-MyExchange.com and select Morale, Welfare and Recreation locations. This includes Armed Forces Recreation Center resort destinations: Dragon Hill Lodge in Seoul, South Korea; Hale Koa Hotel in Honolulu, Hawaii; Edelweiss Lodge and Resort

in Garmisch-Partenkirchen, Germany; and Shades of Green in Orlando, Florida.

“Military Star provides a significant value to the military community,” said Flor Payton, Travis Main Exchange general manager. “This limited time offer is a great chance for Airmen and their families to take advantage of the exclusive savings and benefits.”

Other benefits of the Military Star card include:

- Two points per dollar on purchases and a \$20 gift card after 2,000 points earned.
- The lowest flat-rate annual percentage rate (11.99 percent) among store cards—rate is offered to all cardholders.
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See ACCOUNTS Page 26



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# CRW Airmen expand operational capabilities



U.S. Air Force photo/Tech. Sgt. Liliana Moreno

Contingency Response Airmen assigned to the 621st Contingency Response Wing from Travis Air Force Base, Calif., secure a cargo load to a UH-60 Blackhawk helicopter Aug. 8 during exercise Northern Strike at Alpena Combat Readiness Training Center, Mich. Northern Strike is a robust military readiness exercise coordinated by the Michigan Army National Guard that features joint and multinational militaries working together.

**Tech. Sgt. Liliana Moreno**  
621ST CONTINGENCY RESPONSE  
PUBLIC AFFAIRS

GRAYLING ARMY AIRFIELD, Mich. — The distinctive sound of aircraft propellers echoed over the airfield as dozens of aircraft arrived to take part in the joint and multinational exercise called Northern Strike 2018 from Aug. 4-18.

The 821st Contingency Response Group from Travis Air Force Base, California, deployed two small teams in support of the exercise. With one team at Grayling Army Airfield and one at Alpena Combat Readiness Training Center, both located in northern Michigan.

Northern Strike is a robust military readiness exercise coordinated by the Michigan Army National Guard and features Army, Navy, Marines, Air Force, Coast Guard and military members from Estonia, Germany, Hungary, Latvia, Lithuania, Poland and United Kingdom working together for

total force integration.

With approximately 5,000 participants, the primary mission of the exercise is to maximize the full-spectrum combat readiness of each unit participating.

During the exercise, the CR teams worked alongside multiple Army units and the Air National Guard's 165th Airlift Wing from Savannah, Georgia.

"It is critical to our mission that our counterparts know how a CR team fits into their operations," said Capt. Jared Foust, 921st Contingency Response Squadron maintenance flight commander.

"Communication is the number one challenge between services. We talk different, our command structure processes info and requests different, and we work different. It comes down to face-to-face meetings with our counterparts to understand how we can better support each other."

The first mission for the team at Grayling AAF was to

**See CAPABILITIES Page 25**

# 9th LRS, reservists fuel Beale aircraft

**Senior Airman Justin Parsons**  
9TH RECONNAISSANCE WING PUBLIC AFFAIRS

BEALE AIR FORCE BASE, Calif. — The 9th Logistics Readiness Squadron petroleum, oil and lubricants flight works to ensure the mission at Beale Air Force Base, California, maintains a steady rate.

POL runs 24-hour operations to ensure the 9th Reconnaissance Wing's inventory of U-2 Dragon Ladies, RQ-4 Global Hawks and T-38 Talons receive fuel needed to execute the mission. In addition, they support the 940th Air Refueling Wing's KC-135 Stratotanker mission.

"In distribution, we are responsible for delivering fuel to all the aircraft, both at home station and transient, as well as any other facilities that need fuel," said Staff Sgt. Kenny Mau, 9th LRS fuels distribution supervisor. "That includes working with the 940th (ARW) to make sure their aircraft are

fueled up."

Mau believes it's important that his shop supports the 940th ARW mission because of the role the wing plays.

"They support missions throughout the West Coast and down range in refueling fighters and other aircraft," said Mau. "Not just Reserves (aircraft) either, they refuel our (active duty) jets as well, helping us complete the mission."

Besides working to keep 940th ARW aircraft ready to fly, the POL shop also works with Reserve Airmen to ensure they stay proficient in their skills by having them work on various aircraft housed at Beale AFB.

Mau said Airmen who need a refresher, or have just graduated from technical training, will work alongside active duty members to gain real-world experience.

Meeting the demand for both wings brings a high work tempo and creates challenges, which Airmen overcome everyday.



U.S. Air Force photo/Senior Airman Justin Parsons

Airmen with the 9th Logistics Readiness and 9th Aircraft Maintenance Squadrons refuel a U-2 Dragon Lady Aug. 9 at Beale Air Force Base, Calif.

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<sup>1</sup>Military Severe Injury Benefit is available to active duty in the United States Armed Forces and United States Armed Forces Reserve. Provides \$25,000 to help with the expenses in the event of certain injuries while performing military duties. These injuries include dismemberment and loss of limb function, such as paraplegia; loss of vision; and severe burns, as long as base policy is in effect. Rider Form 1806/1807 05-07 (may vary by state). NY Form NR06/175NY 04-07. Included at no additional cost. APRs range from 8.15% to 27.15% and will vary with the market based on Prime Rate. There is a balance transfer fee of 3% of the amount of each balance transfer and each convenience check (in excess of \$500 per transfer/check), and also 3% of each cash advance (no maximum). We must receive notice within 165 days after your PCS report date or return from deployment. We reserve the right to require documentation. <sup>2</sup>Availability of lender's insurance to residents of another country is limited to qualified members. Life insurance and annuities provided by USAA Life Insurance Company, San Antonio, TX, and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. All insurance products are subject to state availability, issue limitations, and contractual terms and conditions. Each company has sole financial responsibility for its own products. USAA means United States Automobile Association and its affiliates. © 2018 USAA. 250808 05 18





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# Exercise Pitch Black 2018 strengthens alliances

**U.S. Air Force Gen. CQ Brown, Jr., Pacific Air Forces commander, right, speaks with Senior Master Sgt. Eric Bennett, center, 80th Aircraft Maintenance Unit superintendent, and Capt. Donovan Ricks, 80th AMU officer in charge, Aug. 13 during Exercise Pitch Black 2018 at Royal Australian Air Force Base Darwin, Australia.**

U.S. Air Force photo/Senior Airman Savannah Waters



**Senior Airman Savannah L. Waters**  
8TH FIGHTER WING PUBLIC AFFAIRS

ROYAL AUSTRALIAN AIR FORCE BASE DARWIN, Australia — Exercise Pitch Black 2018 is a Royal Australian Air Force-hosted biennial multinational large force employment exercise held from July 27 through Aug. 17. This year's event, the largest since its inception, involves 16 nations, 140 aircraft and more than 4,000 personnel – approximately 150 of which call the 8th Fighter Wing from Kunsan Air Base, South Korea, their home.

U.S. Air Force Gen. CQ Brown, Jr., Pacific Air Forces commander, received an orientation of Exercise Pitch Black 18 and visited with participating Airmen Aug. 13.

“The National Defense Strategy talks about strengthening alliances and attracting new partners,” Brown said. “The Juvats (80th Fighter Squadron) are

participating in an exercise with the opportunity to work with other countries’ aircraft and military. It’s a full integration of planning efforts and capabilities, allowing us to really build those relationships so we can continue to work together in the future.”

Exercise PBK18 allows participant nations to exercise deployed units in the tasking, planning and execution of offensive counter-air and offensive air support while using one of the largest training airspace areas in the world – Bradshaw Field Training Area and Delamere Air Weapons Range.

“The airspace here is about three times the airspace of Nellis Air Force Base, Nevada, one of our larger airspaces in the United States,” Brown said. “From my personal experience as a command pilot, to have the vast airspace that

**See ALLIANCES Page 24**

## Revitalizing squadrons, service outlines progress

**Tech. Sgt. Robert Barnett**  
SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

WASHINGTON — Since Chief of Staff of the Air Force Gen. David L. Goldfein announced his initiative to revitalize squadrons, the assigned task force produced many visible changes and is moving forward with additional changes in an implementation plan.

“The squadron is the beating heart of the United States Air Force; our most essential team,” Goldfein said in a letter to Airmen. “Our vision demands that ‘squadrons be highly capable, expeditionary teams who can successfully defend our nation’s interests in both today’s and tomorrow’s complex operating environments.’”

The task force conducted an Air Force-wide review, driven by Airmen in the field, to promote best practices and identify improvements. Consisting of Total Force Airmen from diverse backgrounds, they reviewed survey data and gathered inputs from across the Air Force through on-line crowd sourcing and face-to-face discussions with nearly 4,000 individuals, including spouses, from

25 bases representing all major commands, Reserve and National Guard.

Along the way, the Air Force implemented improvements to include authorizations to rebuild the command support staffs, while addressing the manning for superintendents. Additionally, enlisted professional military education has been improved, performance report requirements have been removed for the rank of airman first class, computer-based and ancillary training requirements have been reduced, all based on the feedback from Airmen.

“This is incredibly humbling and exciting to be a part of because if we can get this right, we can hopefully impact the lethality and effectiveness of the entire Air Force,” said Col. Russell Williford, current director of the revitalizing squadrons task force. “We can also make Airmen’s lives better and more fulfilled.”

The team further analyzed the feedback to develop a comprehensive model for squadron vitality.

According to the findings indicated in the implementation plan, Williford said there are

**See REVITALIZING Page 26**




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# Colombian air force steps up participation in Red Flag

Tech. Sgt. Angela Ruiz  
12TH AIR FORCE (AIR FORCES SOUTHERN) PUBLIC AFFAIRS

NELLIS AIR FORCE BASE, Nev. — The Colombian air force made history while participating in the U.S. Air Force's premier air-to-air combat training exercise, Red Flag 18-3, July 16 to August 3.

The U.S. and Colombian air forces have been working together for the previous year and a half to advance their role in the Red Flag scenarios since Colombia began participating in the exercise in 2012.

"In the last six years, they've (the Colombian air force crews) made significant modifications to their aircraft hardware and software that has allowed them to have greater capabilities and to participate with greater interoperability," said U.S. Air Force Maj. Carlos Nivia, U.S. Embassy in Colombia director of operations for U.S. Air Force.

The Colombian air force kicked off their participation in the exercise with their 767 Multi-Mission Tanker Transport Jupiter aircraft refueling a U.S. Navy EA-18 Growler from the VAQ-132 Scorpions at Naval Air Station Whidbey Island, Washington.

According to the U.S. Embassy in Bogota, Colombia, this marks the first time in history a Colombian aircraft has refueled a U.S. aircraft. The 767 MMTT Jupiter refueled the Growlers and Colombian Kfirs throughout their eight day and night mission flight sorties throughout the exercise.

When the Colombian air force participated in 2012 they only refueled their own Kfir fighter jets. Since then, they worked with both Canada and Brazil to gain experience refueling foreign aircraft and obtained authorization to refuel U.S. aircraft, explained Colombian



U.S. Air Force photo/Staff Sgt. Angela Ruiz

Colombian air force Kfir fighter jet crew chiefs signal Kfir pilots on the flightline in preparation of a night mission flight July 31 during Red Flag 18-3 at Nellis Air Force Base, Nev. The Colombian air force's Kfir fighter jets are training alongside U.S. Forces for Red Flag 18-3 in realistic air-to-air combat training scenarios.

air force Lt. Col. Juan Carlos Ariza, 767 MMTT Jupiter pilot. Artza continued to say that refueling a U.S. aircraft is a huge step in Colombia's journey to become more compatible with partner nation assets.

The Colombian Kfir fighter jets flew 36 day and night sorties in the exercise, and a Colombian Kfir pilot led a group of multiple aircraft in a simulated strike package.

Colombian air force Maj. Freddy Figueroa, 111th Fighter Squadron commander, trained in Red Flag 2012 as the youngest Kfir fighter jet pilot. He returned this year as a seasoned Kfir pilot and the first Colombian package strike commander for a Red Flag exercise.

A package strike commander is responsible for all aircraft as they strike against targets in enemy territory. They plan the entire mission and during execution are in charge of making tactical

See RED FLAG Page 26

# Air Force promotes pilot diversity with program

1st Lt. Kaila Bryant  
SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

DELAWARE STATE UNIVERSITY, Del. — The inaugural class of the U.S. Air Force's Aviation, Character and Education Flight Program graduated from the three-week pilot training camp on Aug. 4.

The ACE Flight Program is one of the service's new initiatives working to combat the growing pilot shortage affecting the Air Force. The joint effort between the Air Force and Delaware State University provided students initial flight training in civilian aircraft and a structured environment offering exposure to and education on military aviation careers. It was designed to motivate participants to pursue aviation careers, including the Air Force, through mentorship and tangible flight experiences.

During the three-week-long camp, students received five to 10 hours of simulation instruction and 15 hours of flight instruction, culminating in a solo flight for most students. Each day the students trained on Air Education and Training Command's Pilot Training Next, a virtual reality simulation



U.S. Air Force photo/Wayne A. Clark

Vice Chief of Staff of the Air Force Gen. Stephen W. Wilson speaks Aug. 1 with trainees from the Aviation Character Education Flight Program, Pentagon, Arlington, Va.

technology initiative which began in February. Students also received hands-on training in a PA-28 Piper facilitated by certified flight instructors of DSU's aviation program. By the last week of camp, students were trained to complete their first solo flight, operating the aircraft from takeoff to landing on their own.

"This was probably the greatest experience I've ever had in my life," said 18-year-old Amon Jackson from Chicago. "It's not just the fact that all 24 of us got to fly every single day, but also the friends we made, the laughs we shared, the places we visited. Because of this program, I've solidified my passion for flying, and flying for the Air Force. To

say I've been blessed is truly an understatement."

After a student flies a plane by themselves, their confidence levels are boosted tremendously and it confirms they can achieve anything that they put their minds to, said Maj. Kenneth Thomas, Combat Systems Officer instructor and ACE Flight Program deputy director.

Students not only completed ground training and flying operations briefings, they also participated in character lessons led by active duty, Air National Guard and Air Force Reserves officer role models and mentors. These lessons gave the students the opportunity to visualize their goals and plan for the future. Students learned how their personality traits contribute to their decision making capability, prepared for college applications, set personal and professional goals and created life maps.

"The character lessons helped establish a baseline for the students," said William Charlton, ACE Flight Program DSU liaison. "It was meant to help them better understand themselves in an effort for better interactions between other students, their leadership and later,

See DIVERSITY Page 21

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# New leader at Expeditionary Center

**Lt. Col. Laurie Arellano**  
U.S. AIR FORCE EXPEDITIONARY CENTER

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Leadership of the U.S. Air Force Expeditionary Center was officially passed to its newest commander, Maj. Gen. John R. Gordy II, Aug. 9 at Joint base McGuire-Dix-Lakehurst, New Jersey.

General Gordy's nearly 30-year career includes operational and staff assignments at the squadron, wing, major command, combatant command and joint staff levels. He has commanded at both the wing and squadron levels and has served as Vice Commander at both the wing and Numbered Air Force level.

"General Gordy has been a teacher and a mentor throughout his entire career," said Air Mobility Command commander Gen. Carlton D. Everhart II, who presided over the



U.S. Air Force photo/Tech. Sgt. Jamie Powell

**Maj. Gen. John R. Gordy, right, assumed command of the U.S. Air Force Expeditionary Center during a change-of-command ceremony Aug. 9 at Joint Base McGuire-Dix-Lakehurst, N.J.**

ceremony. "I have full confidence he will take care of our greatest resource, the Airmen who keep us safe every day."

During the ceremony, Gordy told the nearly 14,000 Airmen of the Expeditionary

Center a unified commitment to the Expeditionary Center's vital mission would be more important than ever as the world continues to change.

**See LEADER Page 21**



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# Air Force awards \$480M hypersonic weapon contract

**Secretary of the Air Force  
Public Affairs**

ARLINGTON, Va. — On Aug. 13, the Air Force awarded a contract not to exceed \$480 million to Lockheed Martin Missiles & Fire Control to begin designing a second hypersonic weapon prototype.

This contract will provide the critical design review, test and production readiness support for the Air-Launched Rapid Response Weapon.

"We are going to go fast and leverage the best technology available to get hypersonic capability to the warfighter as soon as possible," said Secretary of the Air Force Heather A. Wilson.

The ARRW effort is one of two hypersonic weapon prototyping efforts being pursued by the Air Force to accelerate hypersonic research and development. The Air Force is using rapid prototyping authorized by Section 804 of the FY16 National Defense Authorization Act to explore the art-of-the-possible and to advance these technologies to a capability in 2021.

Leaders from the Department of Defense, Missile Defense Agency, Air Force, Navy and Army signed a

memorandum of agreement June 28 to work cooperatively on hypersonic boost glide technology development.

"The Joint Team requires the right mix of agile capabilities to compete, deter and win across the spectrum of competition and conflict," said Air Force Chief of Staff Gen. David L. Goldfein. "We must push the boundaries of technology and own the high ground in this era of great power competition and beyond."

This undefinitized contract action allows the government to meet urgent needs by authorizing the contractor to begin work before reaching a final settlement on contract terms and conditions, to include a final negotiated price. The contract is expected to be definitized within 180 days of award.

The Air Force's other hypersonic weapon rapid prototyping effort is called the Hypersonic Conventional Strike Weapon. The ARRW and HCSW efforts are developing unique capabilities for the warfighter and each has different technical approaches. The ARRW effort is "pushing the art-of-the-possible" by leveraging the technical base established by the Air Force/DARPA partnership.

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U.S. Air Force photo/Senior Airman Christopher Maldonado

**Airmen assigned to the 77th Aircraft Maintenance Squadron work on an F-16CM Fighting Falcon in the 20th Maintenance Group weapons standardization hangar on Aug. 9 at Shaw Air Force Base, S.C.**

# Load crews train for deployment operations

**Senior Airman  
Christopher Maldonado**

20TH FIGHTER WING PUBLIC AFFAIRS

SHAW AIR FORCE BASE, S.C. — Imagine mission success laying on the shoulders of the individuals to your right and left. For one team of Airmen, the shortcomings of one can be catastrophic to the task at hand.

These groups of professionals assigned to the 20th Maintenance Group, spanning three fighter squadrons, work in unison to ensure the job is completed efficiently.

The group of Airmen, known in the maintenance world as a weapons load crew, are made up of three members: a team lead who orchestrates the work being completed on the aircraft, a second member who is tasked with assembling weapon racks and launchers and a third who prepares all the munitions for installation.

Tasked with loading various munitions, to include AIM-9X sidewinder missiles and GBU-38s, the Airmen do not take loading and handling of munitions lightly.

"The weapons load crew performs a critical role for the close air support mission, ensuring the pilots have the correct and functional munitions to provide the air cover ground forces need," said Tech. Sgt. Stephen Foulk, 20th MXG loading standardization crew

member. "When it comes to mobilizing aircraft in support of theater objectives, the role of the weapons crews for Shaw (AFB's) F-16 (Fighting Falcons) can be called upon at a moment's notice to forward deploy to various locations."

These Airmen must undergo periodic training to remain skilled for both stateside and deployed operations.

"We train weapons personnel here at Shaw (AFB) to do all combat loading operations needed to go down range," said Master Sgt. Crystal Fults, 20th MXG loading standardization crew chief. "All of our weapons personnel come here once a month to get their training and stay proficient in their craft."

Fults added the initial certification consists of an eight-day training qualifying load crews on all certifiable items and munitions.

For Shaw AFB's F-16CM Fighting Falcons, the loading of munitions must be completed flawlessly while following all technical orders. If the load crew falls short in their attention to detail in loading or unloading munitions, the consequences could range from loss of munition, to loss of life.

"Our job is very by-the-book," said Fults. "We need to train this way to ensure pilot and aircraft safety, following all technical data so we can apply them when we go downrange."

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# AFAS to award more than \$6M

**Secretary of the Air Force Public Affairs**

WASHINGTON — The Air Force Aid Society will award more than \$6 million in Gen. Henry Hap Arnold education grants and AFAS merit scholarships to the dependents of active duty and retired Airmen.

A total of 2,556 college and university students will receive the education grants and merit-based scholarships, ranging from \$500 to \$5,000, during the 2018-2019 academic year.

“Providing ongoing educational support to the families

of Airmen is the generational impact that our founders General Henry Hap and Mrs. Bee Arnold envisioned when AFAS was established over 76 years ago,” said retired Maj. Gen. and AFAS board president Judge William A. Moorman. “We are excited to continue their legacy in recognizing the academic excellence of these students with these awards.”

The General Henry Hap Arnold education grants are awarded based on financial need and take into consideration a family’s income and the student’s educational costs.

See AFAS Page 22



U.S. Air Force photo/Staff Sgt. Damien Taylor

**Explosive Ordnance Disposal Airmen perform the medicine ball toss component of the EOD Tier 2 Physical Fitness Test Prototype Aug. 8 at Dover Air Force Base, Del. EOD Airmen assigned to units in nine states participated in the EOD prototype test.**

## Dover tests new fitness prototype

**Staff Sgt. Damien Taylor**  
512TH ARLIFT WING

DOVER AIR FORCE BASE, Del. — The Air Force Exercise Science Unit at Joint Base San Antonio-Randolph, Texas, traveled to Dover Air Force Base to further its development of the Tier 2 Physical Fitness Test Prototype.

More than 20 Airmen from active-duty, guard and reserve EOD units from nine states, including New York and Massachusetts, participated in an Explosive Ordnance Disposal prototype test Aug. 8-9 in a civil engineer squadron warehouse on base.

Dr. Neal Baumgartner, chief of the Exercise Science Unit, said unlike the Tier 1 test, which measures overall general health to meet Air Force-wide standards and perform daily tasks, the Tier 2 test would examine specific critical fitness capabilities of Airmen with specific jobs. EOD, along with AF battlefield careers, are the first to begin executing the Tier 2 test.

The Tier 1 test is the current AF-wide physical fitness test consisting of a 1.5-mile run,

waist measurement, push-up and sit-ups.

For the Tier 2 test, the ESU analyzed EOD’s critical physical tasks required for mission success and designed 10 specific components to determine total force standards for its future implementation.

EOD Tier 2 Physical Test components:

- Run, 1.5 miles.
- Row ergometer, 1,000 meters.
- Grip strength.
- Medicine ball toss, back, side and log, 20 pounds
- Trap bar deadlift, five repetition maximum.
- Pull-up.
- Extended cross knee crunch, metronome, 56 beats per minute
- Farmer’s carry, 4 x 25 meter, 100 meters.
- Grip end.

Prior to their arrival, the ESU team purchased and shipped crates containing testing equipment to Dover AFB and built the testing arena on site. Chief Master Sgt. Douglas Moore, EOD career field manager at the Pentagon, was a participant in the test as a firsthand evaluator of its benefits.

“First and foremost, our EOD Airmen will perform at a physical fitness standard directly correlated to EOD’s nine core mission areas,” said Moore. “Secondly, it will aid in recruiting individuals, male and female, who can meet the physically demanding requirements of the EOD career field. Third, the EOD Airmen will receive education from the ESU team on how to properly train to meet the demands of the job.”

Moore added guidance from the ESU team should help reduce injuries of EOD Airmen in garrison and on the battlefield, ultimately reducing health care costs as Airmen age and transition out of the Air Force. He said he thinks it’s important to note this change is not about the here and now.

“It’s about the long game,” said Moore. “It’s about changing the mindset of our Airmen to lead healthier lives and properly train, so they don’t suffer the litany of injuries that our current EOD force struggles with after nearly two decades of protracted warfare.”

Tech Sgt. Jessica Mefford, 512th CES EOD team leader,

See PROTOTYPE Page 22

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1) Oakland Raiders quarterback Derek Carr throws a pass during practice at their training facility Aug. 7 in Napa Valley, Calif. 2) Detroit Lions head coach Matt Patricia receives a patch from Staff Sgt. Justin Engel, 22nd Airlift Squadron at Travis Air Force Base, Calif., after their practice. 3) Former Raiders player Jerry Robinson signs an autograph for a veteran Aug. 7 during his visit to the Veterans Home of California Yountville in Napa Valley, Calif. 4) Veterans show off their autographed hats from players of the Raiders alumni at the Veterans Home of California Yountville. 5) Raiders cornerback Nick Nelson signs autographs for Airmen from Travis after practice.

Story and photos by Louis Briscese  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

The Oakland Raiders invited 30 Airmen from Travis Air Force Base, California, to attend their training camp in Napa, California. The Airmen were treated to a scrimmage between the Raiders and the Detroit Lions. After the scrimmage, several players and coaches from both teams signed autographs and took photos with the Airmen.

“Spending time and signing autographs is the least I can do for our heroes in uniform,” said Jared Cook, Oakland Raiders tight end. “I noticed during practice they were present and I wanted to show my appreciation afterwards.”

The invitation to the training camp is part of the Raiders Community Days initiative that honors service members, first responders, and the United Service Organization Bay Area. For Staff Sgt. Christopher Spears, 60th Operations Support Squadron weather forecaster, the opportunity to see one of his favorite teams was a chance of a lifetime.

“The Raiders are my favorite American Football Conference team,” said Spears. “I thought it was a great token of appreciation by the Raiders to invite us, they seemed excited to have us out there, and it was a first class event.”

Honoring our veterans is a great way to build relationships between the community and the military. Tech. Sgt. Scott Appleby, 9th Air Refueling Squadron flight engineer, was thankful for the invitation.

“I want to personally thank the Raiders for inviting us to training camp today,” said Appleby. “Not only did we get to see them, we had an opportunity to see the Lions as well.”

Along with the Airmen from Travis, the Raiders invited over 100 other military members from different services from the surrounding area. The military presence did not go unnoticed from the players on the field. Derek Carr, Oakland Raiders quarterback, has a great appreciation for those who serve.

“It’s amazing, I say it all the time, they’re the real heroes,” said Carr. “The military are the ones who fight for our freedom and we get to play a game for fun because of it.”

Another aspect of the Raiders Community Day included several Raiders alumni visiting former service members at the Veterans Home of California Yountville, Napa Valley, California. The Raiders alumni have been visiting the veteran’s home since 2001, which houses approximately 1,000 veterans of World War II, the Korean War, the Vietnam War, Desert Storm, and Operations Enduring Freedom and Operation Iraqi Freedom.

The former players spent time signing autographs, handing out memorabilia and listening to the veteran’s tell their stories. For one Raider alum, the visit hits close to home. Bob Rosensteel, former Raiders tight end, lives in the area and has visited the veterans home on several occasions.

“I was asked today to come here and I jumped at the chance to do it,” said Rosensteel. “I’m a resident of Napa Valley, so I appreciate what this veterans home and the vets living here mean to our community.”

Another Raiders alum found the visit to be inspirational. Jerry Robinson, former Raiders linebacker, said his first visit definitely won’t be his last.

“I’m just glad I’m here, I’ve never been here before,” said Robinson. “I will continue to come back because I love and respect what these veterans have done for me and my family.”

Since the Raiders play in close proximity to the home, many of the veterans are or have become Raiders fans over the years. Keith Gestring, a retired U.S. Air Force master sergeant, has been a Raiders fan since their inception.

“I’ve been a Raiders fan since their first season in 1960,” said Gestring. “For them to take time to come here and bring a smile to our faces means so much for us.”

Gestring is well aware that the Raiders will be leaving the area for Las Vegas, Nevada, in the next year or two. He’s hoping that doesn’t mean an end to the annual visit. Either way, he’s appreciative of the support the Raiders have shown military veterans.

“They have been coming here for almost two decades,” said Gestring. “They have a great appreciation for both past and present veterans.”

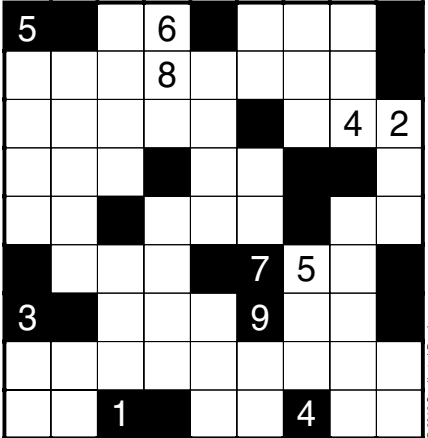




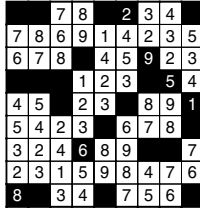
Puzzles

STR8TS

No. 399 Tough



Previous solution - Medium

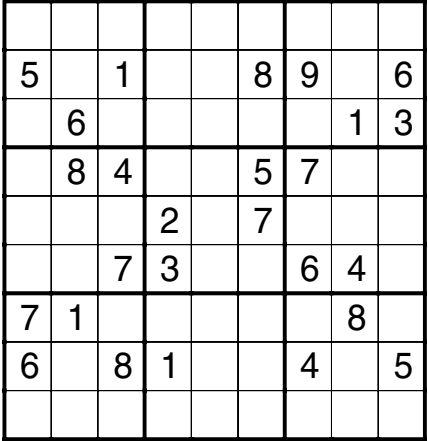


How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order. eg [4,2,3,5]. 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.

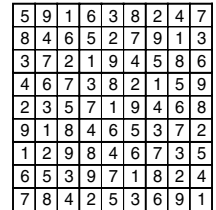
You can find more help, tips and hints at [www.str8ts.com](http://www.str8ts.com)

SUDOKU

No. 399 Easy



Previous solution - Very Hard



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](http://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](http://www.str8ts.com)

The solutions will be published here in the next issue.

News Notes

**Death notice.** 1st Lt. Cheyenne Rolon is authorized to make disposition of the personal property of Senior Airman Tyler Evan Colvin, deceased, 660th Aircraft Maintenance Squadron, as stated in AFI 34-511. Any person having claims for or against the deceased person, contact Rolon by phone at 707-424-2114 or email [cheyenne.rolon@us.af.mil](mailto:cheyenne.rolon@us.af.mil).

**Commissioning briefing.** 2 p.m. Aug. 29 in Room 133, the C-17 training room at Bldg. 165.

60th FSS

Freebies and discounts

**Free baby and pre-K story time.** Sing songs and play at Baby Bounce for children up to 18 months 10 to 11 a.m. Monday. Kids up to age 5 can enjoy crafts and socialize at Pre-K Story Time from 10-10:30 a.m. every Tuesday. For more information, call 424-3279.

**Free T-shirt with climbing challenge.** Train and take the "Climb the Nose" Challenge at Outdoor Recreation. Active duty can begin training today by climbing the free monster climbing wall. From Sept. 7 to Nov. 2, take the challenge by climbing 3,000 feet or 136 climbs. If you meet your goal by Nov. 2, you will receive a free custom T-shirt. For more information, call 424-0969.

**Paint night at Cypress Lakes Golf Course.** On Aug 24, Arts & Crafts is hosting paint night for ages 18 and older at Cypress Lakes Golf Course. The class fee is \$20 for R4R eligible and \$60 for general pricing. Starting at 6 p.m., make and take your own masterpiece painting of the beautiful "Highway 1." Paint night events are very popular, so register today. For details, call 424-2929.

Sports and fitness fun

**Oktoberfest half-marathon and 5K fun run.** On Sept. 22, the Fitness Center will host its Oktoberfest half-marathon & 5K fun run. Activities and fun include root beergarten, bounce houses, prizes and more. Early bird pricing from Aug. 20 to Sept. 14 is \$10 for adults and \$5 kids. Late registration prices from Sept. 15-22 is \$15 for adults and kids. For more information, call 424-2008.

**Youth sports volunteer coaches needed.** The Youth Center is looking for volunteer coaches for youth sports. Volunteers have the option to be a coach for baseball, basketball, flag football and/or soccer. After completing a season of coaching, receive a free Youth Sport's registration voucher for volunteering your time with Youth Sports. For more information, call 707-424-5392

**Smooth Landing hours extended.** Smooth Landing, located at the Fitness Center, has new extended hours. Beginning Aug. 13, Smooth Landing will blend up cool, refreshing goodness from 6 a.m. to 7 p.m. Monday to Friday. Whether you are an early bird needing a smoothie before work or an athlete needing a cold post-workout drink in the evening, Smooth Landing is open to serve you. For more

In the next week ...

**fri** **Ghost Walk, Suisun City.** 8 p.m. Aug. 17, leaves from Virgil's Bait Shop, 201 Main St., Suisun City; 8 p.m. Aug. 18, leaves from the Lawler House, 718 Main St. [www.suisunwaterfront.com](http://www.suisunwaterfront.com).

**tue** **Taste of Benicia.** 6 to 10 p.m. Aug. 21, along First Street. 745-9791, [www.BeniciaMain-Street.org](http://www.BeniciaMain-Street.org).

information, call 424-2008.

Upcoming events

**MLB discount tickets.** Get tickets to the upcoming games: Atlanta Braves at Giants on Sept. 11. For more information, call 707-424-0969.

**Archery Camp.** Sept. 24-28 for ages 9-12 and 13-18. This camp will instruct on and demonstrate the ability to participate in activities to enhance targeting accuracy, strategy, tactical analysis and physical fitness. Space is limited to 35 participants. To register, call 424-5392.

News and notes

**Dependent ID card renewal.** Dependents can now renew their ID cards online at <http://bit.ly/2C01q9e>.

Closures

**NAF Human Resources Office hours.** The office will close every Thursday. Business hours are 7:30 a.m. to 4:30 p.m. Monday, Tuesday Wednesday and Friday. NAF HRO also is closed on federal holidays. For more information, call 707-424-4749.



For more information on FSS, visit <http://www.travisfss.com>.

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Recurring events

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**Twin Peaks Chapel**  
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• 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 11 a.m. 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: 8 to 9 a.m., first Saturday of every month.

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 6 to 9 p.m. Monday through Friday at Bldg. 1348. Home-cooked meal at 6 p.m. Tuesdays followed at 7 p.m. 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 every month at Wingman's in the Delta Breeze Club. For more information, contact Senior Master Sgt. Angell Nichols or Tech. Sgt. Rebecca Linden de Romero.

**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 7:30-9:30 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](http://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 707-424-2689.

**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.

**Montezuma Shrine Club.** Meets every third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gitsham at 707-425-0060.

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 [travspcombatptsd@gmail.com](mailto:travspcombatptsd@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://pfpform.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://jhns.release.dma.mil/public> and fill out the information.

**LGBT Alliance.** General membership meetings take place at 6 p.m. the first Wednesday of every month at the Airman and Family Readiness Center. For more information, email [lgbtalliance707@gmail.com](mailto:lgbtalliance707@gmail.com) or call 707-424-2486.

**Mare Island Museum.** Free admission from Memorial Day to Labor for active and Reserve military, National Oceanic and Atmospheric Administration and dependents with ID cards. 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.

**Montezuma Shrine Club.** Meets every third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gitsham at 707-425-0060.

**MPF self-renewal program.** Did you



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

**Today**

- 6:30 p.m. "Mamma Mia! Here We Go Again" (PG-13)
- 9 p.m. "The Equalizer 2" (R)

**Saturday**

  - 6:30 p.m. "The Incredibles 2" (PG-13)
  - 9 p.m. "Skyscraper" (PG-13)

**Sunday**

    - 2 p.m. "Hotel Transylvania 3: Summer Vacation" (PG-13)

know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mR1g2>. 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.

**60th Air Mobility Wing Information Protection Office.** All requests are done on Thursdays and by appointment only. Schedule an appointment by calling 707-424-3114 or by emailing 60amw.ip@us.af.mil. Fingerprinting is only for federal employment and for agencies with a valid support agreement. For emergencies, call 707-424-3114.

**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](mailto: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 Heritage Center.** The facility is looking to add to its historical collection. It is missing the past 15 years of conflict in which Travis was involved. Do you have something

# THE FLIP SIDE

special to donate for generations to appreciate? The center also seeks volunteers. The gift shop is open 11 a.m. to 4 p.m. Tuesday through Saturday. For more information, call Rick Shea at 707-424-5598 or email [richard.shea@us.af.mil](mailto:richard.shea@us.af.mil).

**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 1 p.m. third Saturday of the month at Nut Tree Airport. For more information, call James Harris at 707-631-6361.

**Voluntary Leave Transfer Program.** The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program:

- Kelley D. Brown, Joint Base McGuire-Dix-Lakehurst, New Jersey.
- Erin Duniway, 60th Operations Support Squadron.
- Jessica Pope, 349th Air Mobility Wing.
- Tony Brown, Scott Air Force Base.
- James Van Nostrand.
- Anonymous employee, McConnell Air Force Base, Kansas.

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 Art Walk.** 2 to 7 p.m. second Saturday of September and October, downtown. [www.artsbenicia.org/benicia-artwalk](http://www.artsbenicia.org/benicia-artwalk).

**Benicia Farmers Market.** 4 p.m. Thursdays, through October, First Street between B and D streets. 745-9791.

**Fairfield Farmers Market.** 3 p.m. Thursdays, through Oct. 7, corner of Jefferson and Texas streets. [www.fairfieldmainstreet.com](http://www.fairfieldmainstreet.com).

**Festival de la Isla.** 10 a.m. to 7 p.m. Aug. 25, Peña Adobe Park, 1 Peña Adobe Road, Vacaville. [www.FestivalDeLaIsla.com](http://www.FestivalDeLaIsla.com).

**"Sounds of Suspense."** Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. [www.solanolibary.com](http://www.solanolibary.com).

**Summer Movie Series.** At dusk: "Despicable Me," Aug. 18; Sheldon Plaza, Suisun City. Free.

**Vallejo Art Walk.** 5 to 10 p.m. second Friday of each month, downtown Vallejo. Free admission. [www.vallejoartwalk.com](http://www.vallejoartwalk.com).

**Vacaville Farmers Market.** 9 a.m. to 1 p.m. Saturdays, through Oct. 27, Creekwalk Plaza at Andrews Park, downtown Vacaville. [www.facebook.com/VacavilleFarmersMarket](http://www.facebook.com/VacavilleFarmersMarket).

**Vallejo Farmers Market.** 9 a.m. to 2 p.m. Saturdays, year-round, Georgia and Marin streets. [www.pcfma.com](http://www.pcfma.com).





U.S. Air Force photo/Senior Airman Joshua Magbanua

**A U.S. Air Force C-130J Super Hercules aircraft assigned to the 86th Airlift Wing taxis toward the runway Aug. 3 at Powidz Air Base, Poland. For approximately two weeks, U.S. and Polish troops conducted bilateral aerospace exercises during Aviation Rotation 18-4.**

# US, Polish conclude exercise

**Senior Airman  
Joshua Magbanua**

86TH AIRLIFT WING PUBLIC AFFAIRS

POWIDZ AIR BASE, Poland — U.S. and Polish troops concluded more than two weeks of intense bilateral training Aug. 14 at Powidz Air Base, Poland.

The approximately 100-person strong team - comprised of Airmen, Soldiers, and civilians - arrived in the country to conduct exercise Aviation Detachment Rotation 18-4. The annual exercise featured multiple training events and scenarios; such as flight training, which involved tactical evasions, assault landings on dirt fields, cargo and personnel airdrops, and aeromedical evacuation training.

“It was an awesome experience working with our Polish friends,” said U.S. Air Force Capt. Zackery Williams, 37th Airlift Squadron instructor pilot and this year’s mission commander. “The country is amazing, and the people are gracious hosts.”

The exercise was a massive balancing act requiring full participation from a diverse

spectrum of players: aircrew, maintainers, medics, ground crew, airfield management teams, airborne personnel, and many more.

While every team set their own goals for each day, the whole exercise centered upon two purposes: to improve warfighting skills and build partnerships with Polish allies.

“In each rotation, we are seeking to be more open,” said Polish Air Force Maj. Krzysztof Prabucki, maintenance squadron commander at Powidz Air Base. “We can ask more, (and) learn more—to know more for the future what we can expect from each other.”

This bilateral symphony eventually culminated into a spectacular crescendo: the U.S. and Polish capped off their training with an aerospace competition they call a “rodeo.”

The rodeo challenged both U.S. and Polish aircraft in various maneuvers such as formation flights, airdrops, and touch-and-go’s.

For U.S. Air Force Senior Airman Cameron Davis, 86th Operations Support Squadron aircrew flight equipment technician, the whole event served

as a testament to the friendship between the U.S. and Poland.

“It was interesting to see their aircraft and how they fly in formation,” he said. “It’s important for us to maintain our relationships with our allies here, and we should also get to know them personally as well, not just in a work situation. We work together, so we should also have fun together.”

Williams was impressed with the performance of the Polish Air Force during the competition and the exercise as a whole. He also noted that the annual exercises serve as both a reassurance of U.S. alliances in Europe and a strategic deterrence toward any threats in the region.

“The Americans did well; the Polish did better,” Williams said. “Every time we come here, we reiterate the importance of the Poland as a NATO ally and the importance of our two nations integrating aircraft and personnel to work toward the same goal.”

The whole team encountered some challenges along the way, but they worked hard to overcome these challenges and prevailed, he added.

# 51.12 percent selection rate confirmed for E-5

**Kat Bailey**

AIR FORCE’S PERSONNEL CENTER  
PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — Air Force officials have selected 15,669 senior airmen for promotion to staff sergeant out of 30,651 eligible for a selection rate of 51.12 percent.

The 18E5/staff sergeant promotion rate is an increase from previous years because of the requirements to provide capabilities for a growing force.

The staff sergeant promotion list will be available on the Air Force’s Personnel Center website Enlisted Promotions page, the Air Force Portal and

myPers Aug. 22 at 8 a.m. CDT. Airmen will also be able to access their score notices on the virtual Military Personnel Flight via the Air Force’s Personnel Center secure applications page.

Those selected for staff sergeant will be promoted beginning Sept. 1, according to their promotion sequence number.

Commanders will receive notice of their selects from their senior rater’s agent starting Aug. 15, with the intent to notify their selects no earlier than one day before the public release.

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

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Fri & Sat 6am-10pm • Sun 6am-3pm  
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# Secretary of Air Force visits F.E. Warren

**Airman 1st Class Abbigayle Wagner**  
90TH MISSILE WING PUBLIC AFFAIRS

F.E. WARREN AIR FORCE BASE, Wyo. — Secretary of the Air Force Heather Wilson visited with Airmen at the 90th Missile Wing and 20th Air Force, Aug. 7-8 at F.E. Warren Air Force Base, Wyoming.

During her visit, Wilson engaged with local civic leaders including Wyoming

Governor Matt Mead and asked for the community’s support in reciprocity for licensure and improving education for Air Force families.

Wilson also spoke with some winners of the Warren Shootout, an innovative “Shark Tank” style competition, and held a press conference to speak on the readiness of the 90th Missile Wing within the Intercontinental Ballistic Missile mission.

“The Air Force is modernizing its ground base strategic deterrent, and we are now developing a replacement for the Minuteman III. This base will ultimately get the new system,” Wilson said. “The United States has a new national defense strategy and a nuclear posture review which reaffirm the importance of the strategic triad, so there is a very long future for F.E. Warren (AFB).”

Wilson also noted the importance

of military readiness as a way of deterrence.

“If we are ready to do our missions any day, we are far less likely to be called upon to execute that mission because deterrence works, and no one knows that better than F.E. Warren Air Force Base,” Wilson said. “This is America’s nuclear deterrent force and it is important to the country. We want to be sure we are ready any day, anytime, anywhere.”

## Diversity

From Page 11

when they are in leadership positions themselves.”

Exposure to role models who youth can identify with, while simultaneously presenting viable pathways to aviation careers, will not only increase the pilot pool for the Air Force and the nation, but also bring in new perspectives that sharpen our strategic capabilities. According

to the Federal Aviation Administration, only 5.7 percent of Air Force pilots are women, 1.7 percent are African-American and 2 percent are Asian. The 24 students in the program came from a variety of backgrounds and ranged in ages from high school students to newly commissioned second lieutenants in the Air Force. Of the 24 students, 11 were African-American, four were Hispanic or Latino, two were Asian and eight were women.

“Not only did I have the opportunity to fly with them as an instructor, but as a young pilot myself, I was able to relate to them,” said Maurice Ellis, DSU certified flight instructor. “It was not too long ago when I was in their shoes, faced with the same choices and difficulties that they had to face. While flying with some of these pilots, many who had very little experience with flying, I knew immediately they all had tremendous potential.”

## Leader

From Page 12

“Our mission will not get any easier, and our threats are not going away,” Gordy said. “Together, we will be ready to respond, build partnerships, accelerate aircraft through the global en route system and train and educate world-class Airmen.”

Gordy’s extensive operational experience will further the Expeditionary Center’s

strategy to operationalize and be more responsive to the nation’s partners around the world as global events change rapidly.

“Together, we will continue to provide unmatched airpower from the ground up,” Gordy said.

The Expeditionary Center, located at Joint Base McGuire-Dix-Lakehurst, New Jersey, is the Air Force’s center of excellence for advanced mobility and combat support training and education.

DIRECTORY OF

local worship services

For advertising information about this directory, call Classifieds at 707-427-6940 or email: cjohnson@dailyrepublic.net

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**First Assembly Of God of Fairfield**  
**Lead Pastor: C. Eric Lura**  
• 9:15 AM SUNDAY SCHOOL  
• 10:30 AM \* MORNING WORSHIP  
• KID'z CHURCH Grades K-5th  
• 10:00 AM WEDNESDAY SENIOR PRAYER  
• 7:00 PM WEDNESDAY NIGHT Adult Bible Study  
Girl's Club  
Royal Rangers  
Revolution Youth  
\*Nursery Care Provided  
**707 425-3612**  
2207 UNION AVE., FAIRFIELD  
[www.1agff.org](http://www.1agff.org)  
email: [info@1agff.org](mailto:info@1agff.org)

BAPTIST

**Trinity Baptist Church**  
*Southern Baptist Convention*  
401 W. Monte Vista Ave., Vacaville  
707-448-5430  
[www.tbccvacaville.com](http://www.tbccvacaville.com)  
Greg Davidson, Senior Pastor  
  
Sunday:  
Worship Service & Bible Study.....9:00 am  
Worship Service & Bible Study.....10:30 am  
Evening Worship & Prayer.....6:00 pm  
  
Wednesday:  
Dinner (Sept-May).....4:45 pm  
AWANA (Sept-May).....6:00 pm  
Youth.....6:00 pm  
Choir.....6:30 am  
Bible Study....10:00 am, 1:30 pm, 3:30 pm & 6:30 pm  
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BAPTIST

**Orchard Baptist Church**  
**itsallaboutfamilies.org**  
301 N. Orchard Ave., Vacaville  
707.448.5848  
  
**SUNDAY**  
Classes for all ages.....10:00 am  
Worship.....11:00 am  
CORE Bible Studies 12:30 & 5:00 pm  
(2nd & 4th Sunday)  
  
**WEDNESDAY**  
Adult Studies.....2:00 pm  
AWANA for Kids.....6:15 pm  
Adult & Youth Studies.....6:30 pm

CHURCH OF CHRIST

**Church of Christ**  
*Meets at Rockville Cemetery Stone Chapel*  
4221 Suisun Valley Rd, Fairfield  
**9:00 a.m. Sunday Morning Bible Study**  
**9:50 a.m. Sunday Morning Worship**  
**5:30 p.m. Sunday Evening Worship**  
**7:00 p.m. Wednesday Evening Bible Study**  
  
We welcome and encourage you to come and hear the good news of the gospel of Christ, and to learn about eternal salvation for all mankind that is offered through Jesus.  
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Bring a heart and mind willing to hear God's Word and to do His great will...  
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EPISCOPAL

**Grace Episcopal Church**  
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425-4481  
  
**Sunday Services:**  
**8:00 a.m.** Holy Eucharist Rite I  
**9:15 a.m.** Pastor's Forum  
**10:00 a.m.** Holy Eucharist Rite II  
**Tuesday Service:**  
**10:00 a.m.** Healing Eucharist  
Childcare Provided for all Services  
For additional information, contact the office at 425-4481  
*Welcome home to an Open, Caring, Christian Community*

LUTHERAN

**Bethany Lutheran Ministries**  
621 South Orchard Ave. Vacaville, CA 95688  
(707) 451-6675  
  
[bethanychurch@pacbell.net](mailto:bethanychurch@pacbell.net)  
**Worship Services:**  
Sunday: 10:00am with Bible Studies and Sunday School for all ages at 9:00am  
Communion on the 1st and 3rd Sundays of the month @ 621 S. Orchard Ave., VV  
  
Pastor Gregory Stringer  
**Bethany Lutheran Preschool**  
451-6678  
[bethanypreschool@pacbell.net](mailto:bethanypreschool@pacbell.net)  
[www.gobethany.com](http://www.gobethany.com)  
  
**Bethany Lutheran School**  
1011 Ulatis Drive Vacaville, CA 95687  
451-6683 ph • 359-2230 Fax  
[bethanyschool@pacbell.net](mailto:bethanyschool@pacbell.net)  
[www.gobethany.com](http://www.gobethany.com)

MOUNT CALVARY BAPTIST CHURCH

**Worship With Us... St. Paul Baptist Church**  
  
2500 N Texas Street, Suite H Fairfield, CA 94533  
**Rev. Dr. Terry Long, Pastor**  
**Sunday**  
Sunday School: 10:00 a.m.  
Morning Worship Service: 11:00 a.m.  
Children's Church: 11:30 a.m.  
**Tuesday**  
Prayer Meeting: 6:30-7:00 p.m.  
Bible Study: 7:00-8:00 p.m.  
**Web Site:** [www.stpaulfairfield.com](http://www.stpaulfairfield.com)  
**Email:** [stpaulbfairfield@comcast.net](mailto:stpaulbfairfield@comcast.net)  
**Church Phone:** 707-422-2003

MOUNT CALVARY BAPTIST CHURCH

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1735 Enterprise Drive, Bldg. 3 Fairfield, CA 94533  
  
Sunday Worship Services 7:00 a.m. - 9:30 a.m. & 11:45 a.m. (Childcare provided for ages 1-4 at 11:45 Only)  
Children's Church for ages 5-12 on 1st, 2nd, and 4th Sundays  
Youth & Collegiate Church 1st, 2nd, & 3rd Sundays  
  
Sunday School  
Sunday School Classes (Adults) 8:30 a.m.  
Sunday School for Children and Youth (Ages 2 years through high school) 9:30 a.m.  
Discipleship Classes (Adults only) 8:30 a.m.  
  
Ordinances  
Communion and Baptism  
All Services Every 1st Sunday (Baptism)  
All Services Every 2nd Sunday (Communion)  
  
Bible Study  
Tuesday Night - 7:00 p.m. - All ages welcome  
  
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Explosive Ordnance Disposal Airmen perform the Extended Cross Knee Crunch Metronome component of the EOD Tier 2 Physical Fitness Test Prototype Aug. 8 at Dover Air Force Base, Del.

U.S. Air Force photo/Staff Sgt. Damien Taylor



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## Prototype

From Page 14

agreed. She helped coordinate ESU's visit to Dover AFB as the host base to conduct testing.

"The Tier 2 test will keep us medically honest, and prepare us to do our jobs down range," said Mefford. "It's a step in the right direction for the career field and will help ensure our physical capability to save lives should we need to."

The Tier 2 test also focuses on preparing recruits for successful careers as EOD technicians. Moore said prototype test would identify the Physical Ability Stamina Test standards recruits and retrainees must achieve before attending

Basic Military Training and EOD technical training. By the time EOD candidates graduate technical training, they should be able to meet the new fitness standard. The Tier 2 test will most likely replace the Tier 1 test excluding the 1.5-mile run, but the ESU team hasn't made the final determination. The ESU recorded each participant's test results to establish the standard for the test's future implementation. The test prototype took roughly five hours to administer.

"The new EOD Tier 2 test standard will provide tremendous benefits to the career field," said Moore. "It will mean creating a healthier, sustainable force that will be asked to fight the Air Force's future battles."

## AFAS

From Page 14

Each year, named grants are awarded to students in honor of individuals or organizations that have exemplified extraordinary service to the U.S. Air Force. For a full listing, visit named General Hap Arnold education grants.

A select group of incoming college and university freshmen who completed the Gen. Henry Hap Arnold education grant application with a 4.0 GPA were invited to apply for the AFAS merit-based, achievement scholarships. Applications were evaluated based on cumulative GPA scores, high school transcripts and written essays. Each year, topics focus on issues that adversely affect school and college campuses. This year, students were asked to submit essays on sexual assault, bullying and school shootings.

"Our Airmen and their families rely on the financial support we provide each year

through the educational grants and scholarships," said AFAS CEO and retired Lt. Gen. John D. Hopper Jr. "Thank you to our generous donors, who make what we do possible. It means a great deal that we are able to provide financial relief to help offset rising college tuition costs for so many Air Force families."

Students who applied for the Henry Hap Arnold education grants are also eligible to receive an additional \$1,000, no-interest AFAS supplemental education loan for the upcoming academic year to cover incidental college expenses.

Since launching the education program, AFAS has awarded over \$167 million in Henry Hap Arnold education grants to 109,499 students, and 229 merit scholarships totaling nearly \$1 million. Henry Hap Arnold education grant applications for the 2019-2020 academic year will be available beginning January 2019. For more information and eligibility requirements, visit [www.afas.org](http://www.afas.org).

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Cats

From Page 5

wonderful companions, but if you share your home with one, it's recommended you not let it outside unsupervised. Most cats can live perfectly happy and fulfilling lives indoors. Regularly playing with your pet stimulates them and simulates their natural hunting instinct. If you really don't want to keep your pet cooped up, many cats will take to leash training. Other ways of bringing the outdoors to your cat include building a cat patio, or "catio," growing pots of special cat grass for your pet to munch on or putting up bird feeders for the cats to watch from the safety of a window.

Now, maybe you are thinking that you would not mind fewer sparrows and rats in your neighborhood. Understandable, though cats can eat just about any critter they can get their paws on. You know who else isn't a picky eater? Coyotes. Many a pet owner has

let their cat out to hunt only for Puss to become the hunted.

Cats can also become sick by eating things they should not. Many people use poison bait to control mice around their property and if a cat consumes one of these sick mice, they can themselves become poisoned. Even if your cat does manage to escape, zoonotic parasites like rabies and fleas can still be transmitted to your pet, and then onto you and your family. "Cat Scratch Fever" is more than just an old song.

Cats have been vilified many times throughout history, from being considered witches' familiars to being in league with the devil. That is not what this article is trying to do. Cats make great pets, but can cause problems for local wildlife. They can both harm and be harmed by their environment, so please, consider not letting your cat out unsupervised. You will be protecting your cat, the natural community here at Travis AFB, and ultimately, yourself.

Alliances

From Page 9

we do here allows us to bring in a lot more aircraft, and strengthens our pilots' ability to test their warfighting capabilities."

Another unique aspect of this year is the exercise is conducted as part of the Marine Rotational Force-Darwin initiative, one of two components that comprise a force posture agreement between the two nations and serves as a tangible demonstration of the United States' sustained commitment to the alliance and the Indo-Pacific region.

"As good as the U.S. Air Force is, each one of these nations has brought a new level of capability to the fight," Brown said. "As nations come together at Exercise Pitch Black, our allied forces show us how they operate, which will help us

improve how we operate."

The ability to work with U.S. allied nations and partners and expanding capabilities at these bases can give PACAF, especially 8th Fighter Wing Airmen, not only a change of pace, but a better appreciation of their personal capabilities, Brown said.

"Having been a part of the Wolf Pack a few times, I know how hard you exercise," Brown said, who started his career at Kunsan Air Base, Republic of Korea, as a young lieutenant and later served as the wing commander, affectionately known as "the Wolf." "An off-peninsula exercise like Pitch Black provides the Wolf Pack a different perspective from normal operations, as well as the chance to deploy and employ to different locations."

For the Air Force as a whole, there's value to deploying in different locations, Brown said.

"Airmen, no matter what

country you're from, all think alike to an extent," Brown said. "Through this exercise, we can learn more not only about each other's Air Force, but about each other and how and where we operate, improving future joint operations."

Pitch Black began in 1990 as an exercise between Singapore and Australia. This year's participation includes Australia, Canada, France, Germany, India, Indonesia, Japan, Malaysia, the Philippines, Singapore, South Korea, Sweden, Thailand and the U.S. The exercise includes day and night flying, with participants operating out of both Royal Australian Air Force bases Darwin and Tindal.

In addition to the F-16s from the 80th Fighter Squadron "Juvats," U.S. aircraft participation includes Air Force and Marine Corps fighters and bombers; refuelers; rotary wing aircraft; and supporting ground forces.

of DoD distinguished visitor tours and coordinated all U.S. military/civilian diplomatic aircraft landings and overflights. One of the good things about our small office was that the enlisted side of the house could cover down on each other's tasks if someone had to take leave or went on a temporary duty. If you were motivated, there were plenty of opportunities to work directly with the Department of State. Just to name a few, you could be on the embassy hiring committee, joint awards committee, Inter-agency Housing Board and the wellness committee.

One of the most memorable highlights of my two-year tour was being the control officer for the ambassador's trip to the regions of Azerbaijan. It was just after my arrival and forced me to work with and get



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Capabilities

From Page 6

help load an Army M142 High Mobility Artillery Rocket System (HIMARS) into a C-130H Hercules aircraft for transportation to the Alpena CRTC.

"We have some influence over every sphere of the movements for this mission," said Master Sgt. Kyle Prewitt, contingency response team (CRT) chief at Grayling AAF. "It provides a look at some unique mission sets for our CRG members and a wonderful opportunity in smaller scale environment that allows more flexibility for training."

The small team of aerial porters, air traffic controllers, command and control, communications maintenance and ramp coordinators quickly went into action and started planning all the moving pieces to complete the mission.

"This is the first time I'm going to be able to do my job," said Airman 1st Class Karley White, 821st Contingency Response Support Squadron aerial porter. "I'm excited," White exclaimed.

Once the HIMARS was loaded into the C-130, White smiled and quickly crawled underneath it to secure it with chains onto the aircraft floor.

Her face showed a sense of accomplishment and pride once the HIMARS was all secured.

As ground operations continued, the CR air traffic controllers stayed busy working side-by-side with the Michigan Army National Guard to ensure safe and secure air flow for all aircraft participating in the exercise.

Northern Strike also afforded the CR teams a unique training opportunity to expand operational capabilities with rotary wing aircraft and gain sling-load experience.

"Our real-world experience from Hurricane Maria involved a massive amount of rotary wing ops. In response, we are seeking out opportunities like Northern Strike to get all CR personnel familiar with this type of aircraft," Foust said. "This exercise gives us a chance to work around rotary wing assets daily. ... I'm talking Navy, Army and Marine



U.S. Air Force photo/Tech. Sgt. Lilliana Moreno

**Contingency Response Airmen assigned to the 621st Contingency Response Wing from Travis Air Force Base, Calif., observe a UH-60 Blackhawk helicopter as it carries a load from a cargo pick-up site during sling-load training Aug. 8 as part of exercise Northern Strike at Alpena Combat Readiness Training Center, Mich.**

helos, all the flavors. Getting our guy's sling-load capable and comfortable with rotary wing airframes is a need for our customers."

When asked, how is such a small team able to make a big impact during the exercise? Prewitt said, "It all starts with understanding the customer

requirements and communicating what we can provide."

"Mission planning and trust in your team is a must," he said. Prewitt believes that early

planning helps build relationships and trust with partner units. Which in turn, allows a CRT chief to make sure their team is well prepared for the mission.

"Everyone takes a lot of pride in being a team who can get any job done...I have never been anything but amazed by how well they do their jobs," he said. "Our Airmen are always prepared to do whatever the mission asks them to do."

He knows flexibility is a key factor and even with the best planning efforts there are always changes.

Prewitt explained how the ability of CR Airmen to step out of their comfort zone, and often in uncertain circumstances or unknown places helps prepare them to execute the mission during real-world contingency operations.

"No one here just does their primary job. They are well-rounded Airmen who understand that they are performing a unique mission set," he said. "Everyone takes pride in their ability to do the hard work in an efficient manner. They prepare everyday for each exercise like it will be the next operational mission."



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# Red Flag

From Page 10

flight decisions for the package.

“For a Colombian pilot it’s an honor to be the leader of the tactical portion of U.S. assets,” Figueroa said. “It was a great opportunity.”

U.S. Air Force Brig. Gen. Robert G. Novotny, 57th Wing commander, and Maj. Gen. Peter E. Gersten, U.S. Air Force Warfare Center commander, expressed throughout the exercise how the training they received at Red Flag exercises in their careers had aided them in real air-to-air combat war missions and possibly even saved their lives.

“I flew in (Operation) Iraqi Freedom on night one of the war back in 2003, and it was really challenging. There were airplanes everywhere, all of the coalition partners, it was night, it was bad weather and the enemy was fighting back,” said Novotny. “I firmly felt that I had the skills available to me because of the two or three Red Flags that I had participated in as a young pilot.”

The Colombian air force Chief of Staff, Gen. Carlos Eduardo Bueno Vargas, also experienced Red Flag 2012 as the first Colombian unit commander to participate in the exercise. Gen. Bueno traveled to Nellis AFB again this year to observe the 130 Colombian Airmen, six Colombian Kfir fighter jets and one Colombian air force 767 MMTT Jupiter participating in Red Flag 18-3.

During his visit, he also meet with Red Flag leadership, visited the U.S. Air Force Thunderbirds aerial demonstration team and presented five U.S. Airmen with the Colombian air force Faith in the Cause Medal for their dedication to the Colombian air force mission.

“We have achieved our goals thanks to determination and will, and we have also had the collaboration and support of some exceptional men who we want to recognize” Bueno said. “Giving them recognition that is a sign of our fraternal feelings and gratitude towards those who have hosted us and have facilitated our participation in Red Flag.”

# Revitalizing

From Page 9

three key attributes to a successful squadron: verifiable mission success, purposeful leadership and esprit de corps.

These key attributes are being implemented through three lines of effort: focus on the mission, strengthen leadership and culture, and taking care of Airmen and Families.

## Focus on the mission

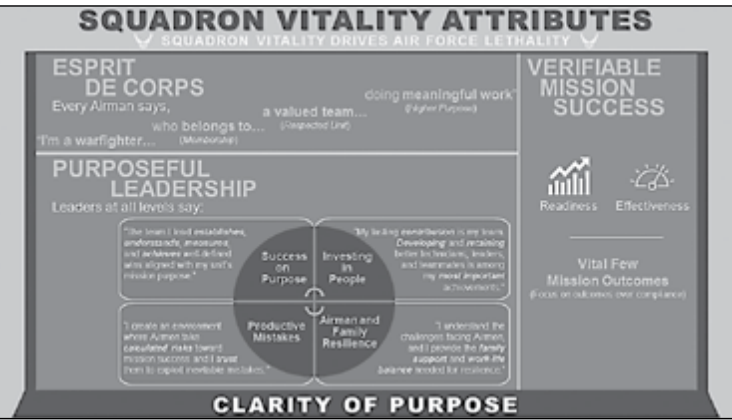
Verifiable mission success means aligning a clearly stated mission purpose from the command-level down to each task an Airman performs. Highly successful squadrons clearly define, understand, and communicate their purpose, asking every member of the squadron, “why?” until the purpose behind every task is aligned to mission success.

While this may appear rather easy, the team found that many units struggled with clearly defining and communicating their purpose.

Verifiable mission success drives a culture described as “mission command” in which members of the unit clearly understand why their unit exists; therefore, their efforts are directly in-line with mission outcomes, which enables empowerment throughout the unit.

The plan also calls for better enabling squadron leaders to focus on their missions. For example, support staffs will work with commanders to push daily decision authority to the lowest practical level while scrubbing overly restrictive Air Force Instructions and updating organization models to align with the new National Defense Strategy.

This helps every Airman gain a clarity of purpose to understand how they contribute,



U.S. Air Force graphic

add value and are valued.

## Strengthening squadron leadership and culture

Purposeful leadership means valuing mission outcomes, investing time in Airmen development, and creating an environment where taking smart risks is rewarded to find better ways of getting the mission done, seizing the opportunity to learn from mistakes.

Starting in the fall an Air University squadron commander foundational course will be launched to better prepare officers (and civilians for squadron-like units) for purposeful command.

“The first time an Airman leads a large team is as a flight chief or a flight commander,” Williford said. “So flight commander and flight chief courses will be developed at the wing-level to help enable leaders to focus on the key skills to succeed in this first essential level of leadership.”

In addition, boosting mental and physical fitness is a key ingredient of the leadership and culture line of effort. While there will be no changes to physical fitness standards and tests, squadron leadership gains authority for administering physical fitness tests, and wing commanders will build incentive programs to reward

innovative unit-level fitness programs that increase Airmen readiness.

## Taking care of Airmen and their families

Williford said the third, esprit de corps, may happen naturally when the previous two are in place.

“It means belonging to a group that’s respected, and they are accomplishing something that’s larger than themselves,” he said. “They are warfighters who belong to a valued team doing meaningful work. That alignment of purpose to the respective unit, to being a member of this group is what we found creates a high level of esprit de corps.”

The plan includes helping squadrons better support Airmen and families by building on their resilience, strengthening family support programs and community connections.

“We tangibly discovered that focusing on supporting families gave the Airmen more focus at work,” Williford said. “An Airman who is fulfilled and has a good work-life balance comes to work more focused.”

“The process of being able to achieve that long-term vision that the CSAF and the Secretary of the Air Force have, that’s incredibly exciting,” the director of the task force said.



Courtesy photo

Lt. Col. Patrick Kennedy, 60th Medical Group, and Col. Walter “Sparky” Matthews, Craig Joint Theater Hospital commander, stand near the Warrior’s Way sign at the hospital’s entrance in Bagram Airfield, Afghanistan, with Staff Sgt. Jefonda Smith, 81st Medical Group; Master Sgt. John Cardenas and Senior Airman Jacob Bigari, 60th MDG; and Senior Airman Bryan Hix, 81st MDG.

# Bronze Star

From Page 4

percent, saving about \$84,000 per year and increasing the amount of blood available to the multinational task force,” said Kennedy.

CJTH is a Role III combat medical hospital providing care to U.S. and coalition forces, U.S. contractors and Afghan soldiers and civilians injured as a direct result of combat operations. The hospital is staffed and equipped to provide resuscitation, initial wound surgery, damage control surgery and post-operative treatment.

“Now that the U.S. mission is basically training and advising, most of our patients were Afghan special forces members and civilians,” said Kennedy.

His flight was composed of 16 Air Force members, including five other Airmen from the 60th MDG at Travis: Master Sgt. Will Weisenburg and Senior Airman Justin Ritzel, diagnostic imaging; Tech Sgt.

Rob Thomas, pharmacy technician; Senior Airman Jacob Bigari, lab technician; and Tech Sgt. Dwayne Salmon, nutritional medicine.

“I wouldn’t have been as successful without these guys,” said Kennedy.

For example, he credited Salmon with reinstating a clear liquid diet for patients and introducing Afghan-specific foods to the menu for the first time in 17 years.

Nutrition is essential to patients regaining their strength, said Salmon, who was responsible for both staff and patient diets.

“Colonel Kennedy got the ball rolling by asking the right questions and setting up meetings with the (U.S.) Army logistics officer,” he said. “We also met with the food services chief to discuss options for patient meals because the Afghans didn’t like our food.”

Kennedy credited Thomas with implementing an allergy alert system to flag patients in the pharmacy computers and

Bigari with implementing the first in theater use of the U.S. Army’s Safe Access File Exchange – an encrypted website – to send test results to forward operating bases. Previously, the lab mailed results, which could take up to six weeks for delivery.

“I had the advantage of being the lab director at David Grant USAF Medical Center we were named the (international) Medical Laboratory of the Year in 2017, so the administration accepted our changes,” said Kennedy.

For instance, U.S. Central Command is in the process of adopting the revised blood request form and the units in Kandahar, Afghanistan, have instituted the allergy alert system as a best practice initiative, said Kennedy.

“Sometimes you get the right synergy when all the pieces come together,” he said. “I was fortunate in that aspect. Our people were focused on the mission: ‘We are here to save lives.’”

# Opioid

From Page 3

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Comprehensive information on the risks and side effects of prescription opioids can be found at the Centers for Disease Control and Prevention website at www.cdc.gov/drugoverdose.

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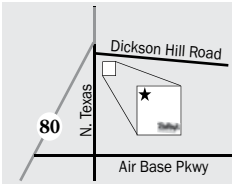
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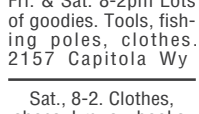
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# 49ERS ... invite Airmen to visit camp

U.S. Air Force photos by Lan Kim



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