



# Travis takes 9/11 anniversary to ... **REFLECT**

**PAGES 16-17**



# Coping with loss: It's OK not to be OK

Commentary by  
Senior Airman Denise Jensen  
28TH BOMB WING PUBLIC AFFAIRS

Enlisted  
Commentary

ELLSWORTH AIR FORCE BASE, S.D. — “I love you, baby bear. You're the best thing that ever happened to me.”

My mom said these words to me every day, for as long as I can remember. She would describe me as the light of her life who made the dark times feel better.

Growing up, it was just my mom and I. Between all of life's changes – moving back and forth from Oklahoma to Arkansas and my mom developing various illnesses – we always had each other, and that's what made our bond so tight.

When my mom started to get sick, I had to learn how to take care of her and myself. Since I was 6 years old, I was able to do our laundry, cook dinner on the stove, and even help my mom get out of bed on days when her arthritis was debilitating.

Despite these issues, she was determined to give me the best childhood she could. We took road trips, weekend camping trips, and even went fishing in the pond in our backyard in Arkansas. It was simple, but as a kid, it meant the world to me.

When I was in the fifth grade, we moved back to Oklahoma to be closer to family and better healthcare. That's when my mom's health began

to steadily decline. With her Crohn's disease, rheumatoid arthritis and multiple surgeries, it became more and more difficult for her to move around, let alone go out and run errands. The stress of her condition and a poor financial situation started to take its toll on our relationship.

There were many milestones and important high school events that she missed, including my junior and senior prom, national-level marching band competitions, and even my participation in the 2013 Macy's Thanksgiving Day Parade. As a temperamental teenager, I felt hurt and a little angry.

Although I knew her health issues made it taxing for her to be out for hours at a time, I still felt bitter about some things. I wanted her to be there in person for support and to cheer me on like the other moms. I also wanted to make her happier. Yet, it seemed like nothing I tried would work.

My stress over high school while taking care of a sick parent, and my mom's stress from her own body fighting against her, put our relationship in a pretty bad place. We rarely talked and argued almost every day, but we still loved each other.



Courtesy photo

Mary Nevins holds her 1-year-old daughter, Denise, in Tulsa, Okla., in 1996. Now a senior airman, Denise Jensen serves with the 28th Bomb Wing Public Affairs office at Ellsworth Air Force Base, S.D.

It was just hard sometimes.

After I graduated, I decided to join the Air Force. I'd hoped that by joining the service I'd gain new life experiences while also helping my mom out financially. My mom was determined to see me through this by going to my first meeting with the recruiter, being with me before I shipped off to the Military Entrance Processing Station in Oklahoma City, Oklahoma, and then reuniting at my basic training graduation at Lackland Air Force Base, Texas.

Knowing the condition she was in when I left for training,

I was ecstatic when she told me she'd be there when I finished. During that weekend, our relationship slowly started to repair. We were able to talk about our past issues without getting in to a screaming match, and it provided closure for both of us.

I then shipped out to my first base, and after almost three years at Ellsworth Air Force Base, South Dakota, I got a frantic call from my aunt.

I can still hear her words to this day.

“Your mom is in the hospital again and the doctors don't think she's going to make it

home. She's dying.”

I immediately booked a flight and went back home. As soon as I stepped off the plane, I met my grandma and went to the hospital to see mom. They warned me she wasn't responsive or breathing on her own, so I should be prepared. But nothing would prepare me for any of this.

I spent the next week with visiting family members as we tried to sort through mom's house, preparing for the worst, but we also talked with different hospital agents and hospice

See JENSON Page 26

# Enlisted spouses retire after 47 combined years

Heide Couch  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

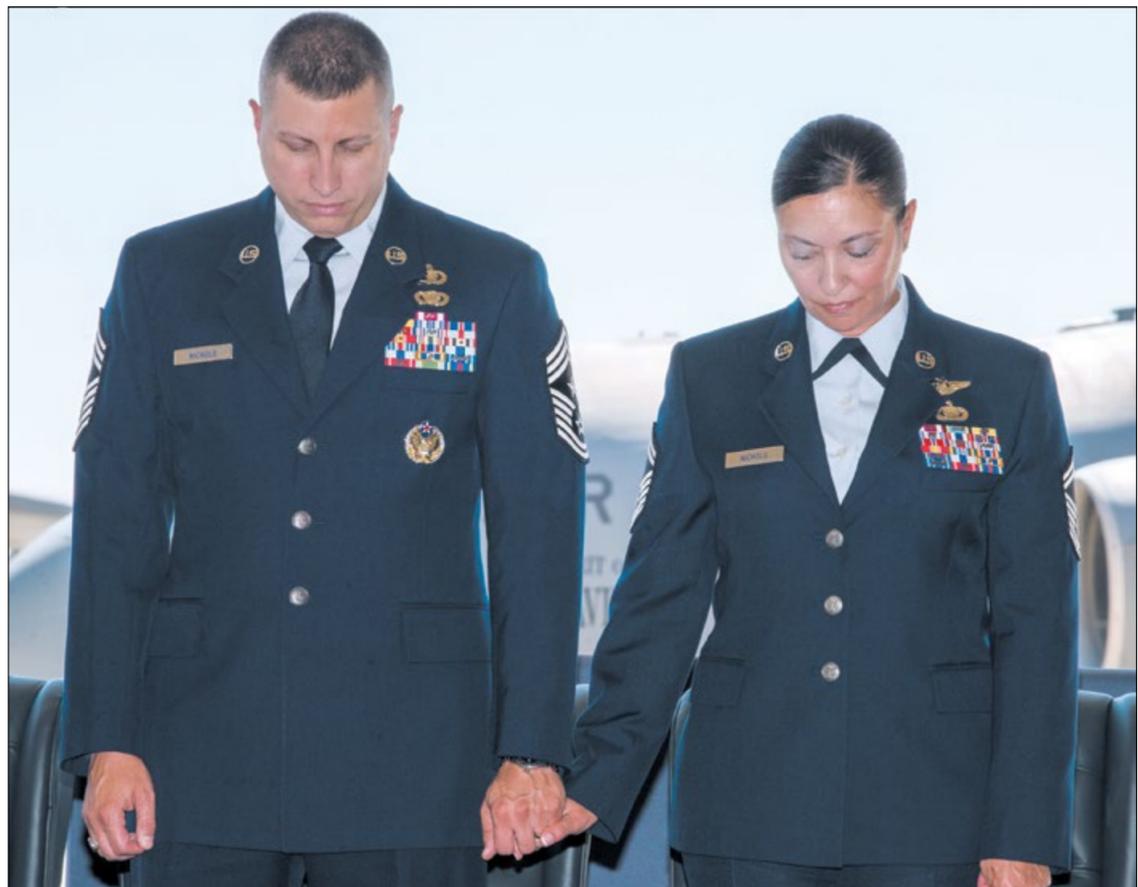
After 47 years of combined service, Chief Master Sgt. Steve Nichols and Senior Master Sgt. Angell Nichols said farewell to Travis Air Force Base, California, during a double retirement ceremony, Sept. 7, 2018.

Family, friends and the Travis military and civilian community gathered to recognize the distinguished careers of the two honored Airmen. Steve Nichols has served as the command chief for the 60th Air Mobility Wing since July 14, 2016. Angell Nichols served as squadron superintendent for the 60th Operations Support Squadron.

“Serving as the command chief in the Air Mobility Command's crown jewel and the premier Air Mobility Wing has absolutely been my pleasure,” he said. “Although this beautiful place has really challenged me, it has made me grow. Our Airmen have amazed me every day I have come to work for the last 25 months.”

Steve Nichols was born in Lawrenceburg, Indiana, into an Air Force family. He graduated from Gwinn High School in Gwinn, Michigan, and entered the Air Force in February 1994. He began his Air Force career in security forces and later transitioned to personnel management. He has held positions at the base level, major command level, at Headquarters Air Force and at the Pentagon.

While serving at Air Force Headquarters and at the Pentagon, he was deeply involved in Air Force-wide changes to programs such as the heritage uniform, the physical fitness program and enlisted performance reports program.



U.S. Air Force photo/Louis Briscese

Chief Master Sgt. Steve Nichols, 60th Air Mobility Wing command chief, and his spouse, Senior Master Sgt. Angell Nichols, 60th Operations Support Squadron, retire together in a dual ceremony Sept. 7 at Travis Air Force Base, Calif.

As command chief for the Air Force's largest air mobility wing, he was the primary adviser to the installation commander on matters

concerning the morale, welfare, health and discipline of more than 4,100 enlisted men and women. “Steve has impacted the lives of

thousands of Airmen every day and he did so by getting out and about; turning wrenches, cooking food, cleaning

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## Tailwind

Travis AFB, Calif.  
60th Air Mobility Wing

**Air Force**

Col. Matthew A. Leard  
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**

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**On the cover**

Airmen with the 60th Air Mobility Wing stand in formation during a Patriots Day ceremony Sept. 11 at Travis Air Force Base, Calif. Throughout the ceremony, Airmen recited the names of those who died on 9/11.

U.S. Air Force photo/Master Sgt. Joey Swafford



U.S. Air Force photo/Heide Couch

## WARRIOR OF THE WEEK

<b>Name:</b> Senior Airman Yong Kim.	<b>Hometown:</b> Seoul, South Korea.	Force degree and continued education.
<b>Unit:</b> 60th Civil Engineer Squadron.	<b>Time in service:</b> Two years.	<b>What are your hobbies?</b> Sports and recreation.
<b>Duty title:</b> Pavements and equipment journeyman.	<b>Family:</b> None.	<b>What is your greatest achievement?</b> Table tennis champion of the shop.
	<b>What are your goals?</b> Community College of the Air	

## Travis wraps up Colombia exercise

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

RIONEGRO, Colombia—Two U.S. Air Force aircraft and more than 90 U.S. Airmen are participating in Angel de los Andes, a Colombian led international search and rescue training exercise Sept. 3-14.

The Air Combat Command number 5 unit at Arturo Lema Posada Air Base in Rionegro is the staging ground for the exercise. This is the second time the Colombian Air Force has conducted Angel de los Andes, the first was in 2015.

"I'm confident that Angel de los Andes, with its mission to save lives, will extend and further our relationship, cooperation and exchange of best practices which will benefit the U.S. and Colombian Air Forces," said Colombian Air Force Chief of Staff Gen. Carlos Eduardo Bueno Vargas. "The significant importance of the U.S. being here is that we have the opportunity to strengthen our relationship so we can be prepared to confront future threats together."

One C-17 Globemaster III from the 14th Airlift Squadron at Joint Base Charleston, South Carolina and one C-130 Hercules from the 133rd Airlift Squadron with the Minnesota Air National Guard are among the eight U.S. Air Force Active, Guard and Reserve components participating.

"The U.S. has been our 'big brother' for many years and we have a special relationship based on gratitude and respect and that is why they are our guest of honor to this important exercise," Bueno Vargas said. "While all of the participating countries are important Colombian allies, the U.S. has a special relationship with Colombia

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See **COLOMBIA** Page 24



U.S. Air Force photo/Airman 1st Class Christian Conrad

**Dr. Joy Lere, a licensed clinical psychologist at the Mental Health clinic at David Grant USAF Medical Center, poses for a photo Sept. 6 at Travis Air Force Base, Calif.**

## Clinic treats mental health issues

**Airman 1st Class Christian Conrad**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

"I think I was about halfway through writing an apology letter to my mom for what was to be my suicide when I made the decision to call the mental health clinic. In my mind, I saw my sadness as something like a virus; something infectious. And I knew that (if) were I to follow through with my plan to end my life, my pain wouldn't have gone away – it would've just spread."

The patient, whose name they requested be omitted in this article for privacy reasons, is not someone one would typically look at as sad. The caricature of a sad person – moopy, slow and tearful

– exists nowhere in their outward appearance. Not only that, but they appear to anyone else as a person in good health, whose present life could most readily be described as ideal and whose future shows no indication of being anything to the contrary.

"Sometimes, I like to think I was just left out in the sun too long as a baby," the patient said, laughing. "I've been explained the whole psychosomatic deal behind severe depression probably a hundred times and I just don't have the mind for it."

That "whole psychosomatic deal behind severe depression" is what workers at Travis Air Force Base, California's mental health clinic specialize in.

Dr. Joy Lere, a licensed clinical psychologist working at the clinic, said depression is a multi-faceted issue with a multitude of very complex, very personalized factors that have real physiological, biological and even, in some cases, genetic factors that can predispose and contribute to someone experiencing certain symptoms.

"If you were to hear someone be told to 'walk off' a broken leg, you begin to understand the problems with treating depression with 'well, why don't you just cheer up,'" she said. "If depression was a choice, there would never be a need for anyone to come (to the clinic) in order to receive help for it. Nobody wants to be depressed, and to buy into the notion that

it's something a person can simply will themselves into, or out of, can become a significant roadblock to them reaching out for treatment."

A research project done at the RAND Corporation, a nonprofit global policy think tank, found that untreated mental illness correlates with attempted suicide within the military. The Department of Defense's 4th Quarter Suicide Report for 2017 also reported 504 active duty and reserve suicide deaths that year, an increase from 482 in 2016.

For the patient, these findings are troubling, though not surprising.

"I think a large part of it is this tendency we as military members have in seeing

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## AMC welcomes new commander Miller

**Air Mobility Command Public Affairs**

SCOTT AIR FORCE BASE, Ill. — Air Mobility Command welcomed a new commander Sept. 7 at Scott Air Force Base, Illinois.

Air Force Gen. Maryanne Miller took command of AMC from Air Force Gen. Carlton D. Everhart II, who retires after more than 35 years of service. Air Force Chief of Staff Gen. David L. Goldfein, officiated the change of command ceremony.

Miller is the 13th commander to take the reins since the major command was designated as Air Mobility Command, June 1, 1992. She is the first traditional Reservist to be promoted to four-star general and lead an Air Force major command outside of Air Force Reserve Command.

Miller served as the commander of the 349th Air Mobility Wing at Travis Air Force Base, California, from January

2008 to November 2009.

Goldfein opened the ceremony by expressing a personal connection to the Airmen and capabilities of AMC.

"My admiration and appreciation for the Airmen of this command is very personal," he said. "You see, I've been pulled out of many a bad place by air refueling tankers, crews willing to risk everything to provide me and my wingmen the gas we desperately needed to get back to friendly territory."

The chief of staff echoed the words of his senior joint colleagues who have referred to AMC and U.S. Transportation Command as "the most 'can-do' force on the planet." He then reflected on Miller's leadership and expertise.

"In a command where rapid global mobility is not achieved without total force synergy, General Miller brings the perfect blend of operational expertise, servant leadership and strategic policy savvy to take

See **MILLER** Page 22



U.S. Air Force photo/Tech. Sgt. Jodi Martinez

**Air Force Chief of Staff Gen. David L. Goldfein claps for Gen. Maryanne Miller Sept. 7 after she assumed command of Air Mobility Command at Scott Air Force Base, Ill.**



### NOTICE OF AVAILABILITY: RECORD OF DECISION

UNITED STATES AIR FORCE



#### The U.S. Air Force announces the availability of the Record of Decision for the KC-46A Fourth Main Operating Base Beddown.

The United States Air Force (Air Force) has signed a Record of Decision (ROD) for the KC-46A Fourth Main Operating Base (MOB 4) Beddown. The ROD states the Air Force decision to beddown 24 KC-46A Primary Aerospace Vehicles Authorized (PAA) at Joint Base McGuire-Dix-Lakehurst, New Jersey, and 24 KC-46A PAA at Travis Air Force Base, California. The decision was based on operational analysis, results of site surveys, and environmental, economic, and technical factors discussed in the ROD; environmental impacts as analyzed in the Final Environmental Impact Statement (EIS); input from the public and government agencies; and military judgment factors. The Final EIS was made available to the public on June 22, 2018 through a Notice of Availability in the Federal Register (83 FR 29115) with a 30-day wait period that ended on July 23, 2018.

For further information: Contact Ms. Jean Reynolds, AFCEC/CZN, Attn: KC46A MOB 4 EIS, 2261 Hughes Avenue, Suite 155, JBSA Lackland, TX 78236-9853

[www.KC-46A-MOB4.com](http://www.KC-46A-MOB4.com)

# CRW, Army participate in exercise in Wisconsin

**Airman 1st Class Christian Conrad**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

FORT MCCOY, Wis. — Airmen, Soldiers and officials from the Defense Logistics Agency were sent to Fort McCoy, Wisconsin, Sept. 7-14 as part of Exercise Turbo Distribution 18-02.

The exercise is a Joint Task Force-Port Opening simulation designed to hone joint service interoperability in austere locations for the purpose of opening airfields and forwarding the mobility-centric goals of the Army and Air Force.

Airmen assigned to the 821st Contingency Response Group, 621st Contingency Response Wing, Soldiers assigned to the 688th Rapid Port Opening Element out of Joint Base Langley-Eustis, Virginia, and DLA officials were deployed to the fictitious country of Badgeristan for the exercise.

The JTF-PO team was deployed to demonstrate its ability to arrive in an austere

location, build and secure an airfield, receive airlifted cargo, move the cargo via truck to a forward-operating location to be staged for distribution.

The exercise was not without its variables, though. In addition to C-130J Super Hercules sorties dropping real-world cargo and around-the-clock schedule of cargo shipments, the JTF-PO team also had to contend with simulated chemical attacks, attacks by opposing militants and frequent alarms, in order to test the team's ability to operate under stress, sleep-deprivation and full "battle-rattle," from ballistic plate vests and helmet to a full Mission-Oriented Protective Posture.

This exercise tests the port-opening capabilities, said Lt. Col. Taylor Johnston, 921st Contingency Response Squadron commander.

"This exercise is just one of four the 621st Contingency Response Wing will be conducting this year," he said. "Since

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U.S. Air Force photo/Airman 1st Class Christian Conrad

Airmen with the 621st Contingency Response Wing work to build tents Sept. 8 during Exercise Turbo Distribution 18-02 at Fort McCoy, Wis. The exercise helped hone the Airmen's core port-opening competencies as well as provided upgrade training for them.



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# Researchers tackle tobacco use during training



U.S. Air Force photo/Airman 1st Class Erica Crossen

Despite strict policies on tobacco use and awareness of the risks to health, readiness and performance, some Airmen continue to use tobacco products. Air Force researchers are working with the University of Virginia to understand what factors contribute to Airmen's tobacco use and improve current tobacco cessation efforts.

**Shireen Bedi**  
AIR FORCE SURGEON GENERAL  
PUBLIC AFFAIRS

FALLS CHURCH, Va. — The Air Force strictly regulates tobacco use during basic and technical training, but some Airmen still use it.

Air Force researchers are working with the University of Virginia to uncover why Airmen use tobacco.

Retired Air Force Col. G. Wayne Talcott, consultant, Chief of Air Force Health Promotions at Joint Base San Antonio-Lackland and director, Military Population Health Program at UVA, and Dr. Melissa Little, deputy director, Military Population Health, are researching why

young, enlisted Airmen continue to use tobacco despite knowing the risks and impact on readiness and performance.

"Around 28 percent of Airmen come into the Air Force already using tobacco," said Talcott. "Tobacco use isn't allowed during basic and technical training, so they are essentially forced to quit all through basic training and for the first four weeks of technical training, bringing the total of tobacco-free weeks to 12."

The problem, says Talcott, is that more than half of that 28 percent go back to using tobacco, even though the Air Force has some of the strictest tobacco control policies. Talcott and his team have also found that

around 20 percent of new Airmen who have never used tobacco start using after joining.

"Those numbers are high," said Talcott. "What is really interesting is that most of those who initiate or re-initiate tobacco use start during technical training. We want to know why."

To answer this question, Talcott and his team received a five-year grant in May of this year from the National Institute on Drug Abuse to study what factors lead Airmen to use tobacco products during technical training.

"While interventions and policies discourage tobacco use, there is still an uptake," said Talcott. "We think that the

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U.S. Navy photo/Scott Cregan

Members of the Navy Physiological Episodes Action Team and Air Force PEAT listen to a discussion between Rear Adm. Fredrick R. "Lucky" Luchtman, left, and Air Force Brig. Gen. Edward L. "Hertz" Vaughan, right, as they lay the ground work for the Joint Physiological Episodes Action Team.

## Air Force, Navy announce physiological action team

**Air National Guard Public Affairs**

ARLINGTON, Va. — The Air Force and Navy announced their Joint Physiological Episodes Action Team, or J-PEAT, Sept. 11 at the Pentagon in Arlington, Virginia.

In a collaborative effort of Force Integration, the Air

Force will also rename their Unexplained Physiological Events Integration Team to the AF-PEAT.

"To better align with our National Defense Strategy, secretary of the Air Force tasked us to strengthen

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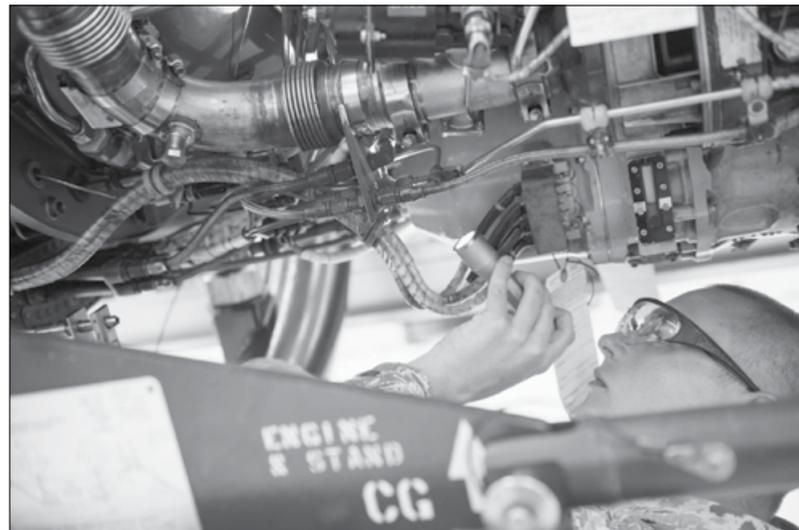
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U.S. Air Force photo/Senior Airman Greg Nash

Tech. Sgt. Matthew Cohen, 23rd Maintenance Group quality assurance inspector, scans the components of an A-10C Thunderbolt II TF34 engine during a quality assurance inspection, May 24, 2016, at Moody Air Force Base, Ga.

## Maintainers make history

Senior Airman Greg Nash  
23RD WING PUBLIC AFFAIRS

MOODY AIR FORCE BASE, Ga. — For the first time, Moody's 23rd Maintenance Squadron's

propulsion flight accomplished an unprecedented feat by ensuring every TF34 engine in their fleet is repaired to serviceable status. This readiness level

relinquishes the need for the flight to perform maintenance on their current A-10C Thunderbolt II engine assets. While they normally maintain the 74th and 75th

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## Air Force releases operational safety review findings

Secretary of the Air Force  
Public Affairs

WASHINGTON — Air Force units across all levels of command are addressing the issues identified by an Air Force-wide operational safety review, initiated this spring by the Air Force chief of staff.

"The review proved tremendously helpful as we continue to seek both high levels of safety with intense and realistic training," said Chief of Staff of the Air Force Gen. David L. Goldfein. "As air superiority is not an American birthright, our training must continue to be challenging and meaningful. But I also want commanders to have the decision authority to determine how far to push," he said.

Secretary of the Air Force Heather Wilson agrees. "We lean forward every day to get the mission done — it's what we do — but we must also know when risks associated with leaning forward outweigh the benefit," she said. "Gen. Goldfein and I will continue to empower leaders to take care of their people as we build the ready force we need."

Air Force safety officials said the review identified several factors that require commanders' continued focus. The Air Force disseminated the findings to the field and flying and maintenance leaders at every level are addressing the issues and using the findings to

inform their decisions.

The review pointed to several potential safety risks: Stress posed by high operations tempos; a lack of time to properly focus on flying basics; mission activities and training; the pressure to accept risk; cultural tendencies to always execute the mission; decreased aircraft availability; and the potential for complacency during routine tasks.

"We're taking necessary steps to ensure our Airmen operate as safely as possible in an inherently dangerous business," Goldfein said.

Goldfein recounted a story from Operation Desert Storm in 1991 that he said helps calibrate his approach to training and safety.

"On my first combat mission in Desert Storm as a captain and F-16 (Fighting Falcon) flight commander, we crossed into enemy territory and the first thing we saw was anti-aircraft fire. Then we had a few surface-air-missiles launched at us. Then an F-15 (Eagle) shot down a MiG-29 and I watched it descend and hit the desert and explode," he said.

"I'll never forget that moment in combat. I realized that nothing I was seeing was new. It was the same formation, the same radio calls, the same threats, just real this time. I realized at that moment that I can do this. I had trained for it and it was just like Red Flag," he said.

## Teams work inside 'beating heart' of Air Force

Peter Holstein  
AIR FORCE SURGEON GENERAL  
PUBLIC AFFAIRS

FALLS CHURCH, Va. — Each squadron in the Air Force faces different stressors and health challenges that require unique solutions.

Chief of Staff of the Air Force Gen. David Goldfein is leading an effort to revitalize Air Force squadrons.

"The squadron is the beating heart of the United States Air Force; our most essential team," Goldfein wrote 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 Air Force Medical Service is supporting that effort by rolling out a new health care model at the squadron level, called Operational Support Teams. OSTs rotate through squadrons at a base, seeking to improve individual health and squadron performance. By focusing on each squadron's unique job, needs and environment, the OST can address the root causes of illness and

injuries, and ensure readiness. Joint Base Elmendorf-Richardson, Alaska, stood up its OST June 4. The OST has a physical therapist, a psychologist, two nutritionists, an exercise physiologist, and a human performance integrator technician, and embeds with units around the base on a rotating basis.

"OSTs lower barriers to care and head off potential injuries and illnesses by being embedded into the unit," said Dr. Alyssa Wu, a physical therapist on the JB Elmendorf-Richardson

See BEATING HEART Page 25



U.S. Air Force photo/Alyssa Wu

From left, Alyssa Wu, a physical therapist, Staff Sgt. Travis McAdams, a diet technician, Dr. Natasha Swan, a psychologist, and Capt. Carissa Bartlett, a nutritionist, all members of the Operational Support Team that recently stood up Sept. 6 at Joint Base Elmendorf-Richardson, Alaska.

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# Cable Dawgs connect service members to fight

**Staff Sgt. Christopher Stoltz**  
386TH AIR EXPEDITIONARY WING  
PUBLIC AFFAIRS

CAMP TAJI, Iraq — Communications, in some shape or form, touch every single part of the Combined Joint Task Force—Operation Inherent Resolve mission.

From advanced air-strike capabilities to a simple phone call home, a simple fiber cable, often less than .05 millimeters in diameter, can change a missed opportunity into a successful mission.

Much of the burden lies on various communications warfighters to maintain and troubleshoot the network. However, in order to function in the first place, the network has to be created from scratch. This is where the Air Force Engineering and Installation, Iraq team comes in.

“The AF-EI team is comprised of active-duty Soldiers and Air National Guard Airmen from Tennessee, Georgia and Louisiana,” said Lt. Col. David Moss, AF-EI, Iraq commander. “This team’s mission reaches nearly every U.S. military member and coalition partner in the CJTF-OIR area of responsibility.”

Moss, a 17-year and third-generation veteran from

Knoxville, Tennessee, said his team’s mission is to transition from tactical to enduring cyberspace infrastructure. This long-term change will enable the United States and coalition forces to more-effectively defeat enemy targets while ensuring a more reliable line of communications.

“The best part of my job is seeing the tangible results of the hard work this team puts in every day,” said Moss, who also serves as the commander of the Tennessee Air National Guard 241st Engineering Installation Squadron. “At any one time, we have teams engineering new cyberspace solutions, digging trenches, installing fiber, running aerial cable or installing wiring across several bases within Iraq. We stay busy, but the rewards are very satisfying.”

Unlike their other Joint Expeditionary Tasking and Individual Augmentee counterparts, the AF-EI, Iraq team deploys to comprise an entire unit while fulfilling a similar role – assisting sister-services accomplish the CJTF-OIR mission.

“It is a privilege to be part of this team of professional Airmen and Soldiers providing communication infrastructure throughout Iraq,” said Moss.



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

**Tech. Sgt. Keith Robertson, Air Force Engineering and Installation, Iraq cable and antenna systems specialist, dismounts while Staff Sgt. Allen Cantrell, AF-EI equipment operator, uses a backhoe to dig a trench Aug. 28 at Camp Taji, Iraq.**

“Their motivation, attitude, and desire to contribute to the mission impresses me every day. To some folks a joint, total force, and coalition structure can be intimidating, but our team members excel in this environment.”

One of the Airmen excelling in this environment is Tech. Sgt. Doug Haveman, AF-EI team chief, who manages a team of cable technician installers.

“Everyone on my team has an important role, and I rely on them,” Haveman said. “The job is incredibly fulfilling because we essentially create the backbone for the entire area of responsibility. You can’t do your job if you can’t talk to the person on the other end. Every step

we take forward and every foot of cable we lay is an accomplishment.”

Haveman said prior to any project, the AF-EI team’s engineers fill an essential role by creating a ‘blueprint’ for the project. This blueprint lists the required materials and provides the installation technicians a path to completion. Furthermore, the engineers also provide consultation services and fiber repair solutions to the AOR.

According to Moss, AF-EI, Iraq has celebrated several victories recently as they have completed several high priority missions within tighter-than-normal deadlines. One project Moss highlighted was an

emergency fiber repair for a medical evacuation unit, which decreased their response-time capability by more than half. Their efforts culminated in the team’s recent selection as the “Team of the Month.”

However, often with every step forward, comes a step back. While accomplishments have been prevalent recently, Haveman said there has also been a fair share of challenges for his team.

“With one of our latest projects, we have had to trench through some unfriendly ground,” said the team chief. “On the project we are working on now, the ground consists of something we call ‘fill dirt.’ While digging, the dirt we excavate is often filled with concrete, chunks of trees, shrapnel and metal. You never know what you are going to come across.”

Regardless of the potential speedbumps or 110-degree weather, Haveman, a traditional Tennessee Air National Guardsman who serves as a cable contractor as a civilian, said nothing gets in their way. He attributed their success to his and his team’s varied experience, allowing them to tear through rough terrain, conduct equipment repairs and keep the mission moving – even when they hit a roadblock.

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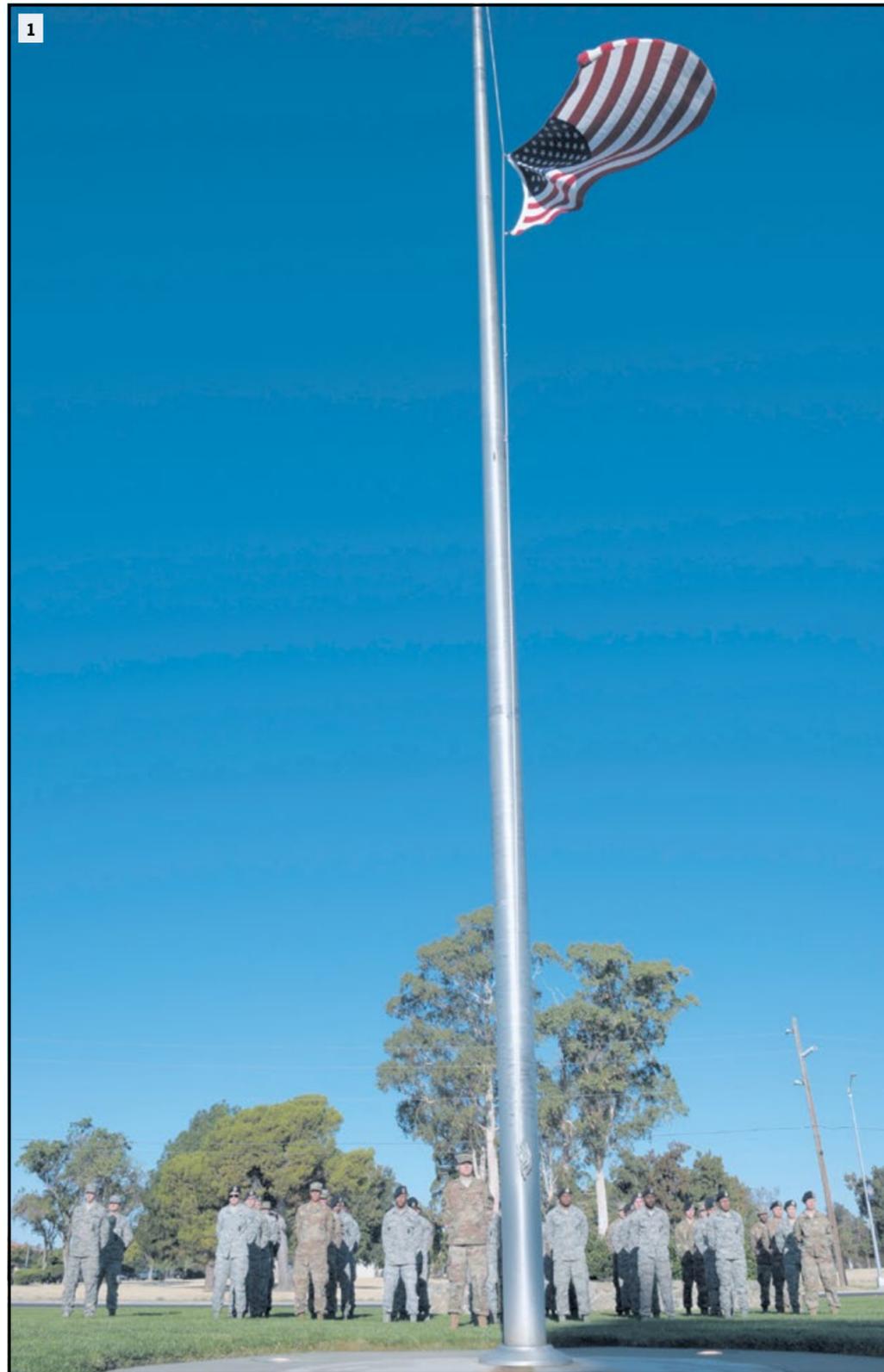
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# Events commemorate 9/11



U.S. Air Force photo/Lan Kim



U.S. Air Force photo/Heide Couch

1) Airmen with the 60th Air Mobility Wing stand in formation during a Patriots Day ceremony Sept. 11 at Travis Air Force Base, Calif. Throughout the ceremony, Airmen recited the names of those who died on 9/11. 2) Senior Airman Rebecca Breggren, 349th Medical Group, hands out high-fives and flags during the Freedom Walk Sept. 11 at Travis. The walk also commemorated the victims of 9/11. 3) A fireman's bell sits on display during the Patriots Day ceremony. 4) Airman 1st Class Kayla Highsmith, U.S. Air Force Band of the Golden West, sings the national anthem during the Freedom Walk. 5) Airmen with the 60th Air Mobility Wing render salutes during the playing of "Taps" at the 9/11 remembrance ceremony. 6) Airman 1st Class Alexis Vasquez, left, 60th Medical Support Squadron, recites names of the deceased during the Patriots Day ceremony. 7) Students from Travis Air Force Base elementary schools participate in the Freedom Walk.



U.S. Air Force photo/Lan Kim



U.S. Air Force photo/Heide Couch



U.S. Air Force photo/Lan Kim



U.S. Air Force photo/Lan Kim



U.S. Air Force photo/Heide Couch

Puzzles

STR8TS

No. 403 Tough

5					7				
							1		
									4
		1		4				9	
							8		
6									
7									3
			9						

Previous solution - Medium

5	8	6	7			1	2
6	3	9	7	8	5	4	2
5	4	1	8	9	7	6	
4	2	3		6	5	8	7
9	2	1	3	4	7	8	
7	6	4	5	8	9	3	
8	9	2	4	3	7	5	6
8	7	3	6	2	1	4	5
7	6	5	8	2	3		

How to beat STR8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

SUDOKU

No. 403 Easy

	3		5			2	9	1
6								
			8	9				
8	1						2	4
2		3		8		5		6
9	6						1	8
				2	4			
								3
3	8	1			9		4	

Previous solution - Very Hard

6	3	7	4	2	1	5	9	8
4	2	5	9	7	8	6	1	3
1	9	8	6	5	3	7	4	2
2	5	3	1	9	4	8	7	6
7	4	1	5	8	6	3	2	9
9	8	6	7	3	2	4	5	1
3	6	9	2	4	5	1	8	7
5	1	2	8	6	7	9	3	4
8	7	4	3	1	9	2	6	5

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.

60th FSS

Free fun

Fall into Fitness Challenge and Prize.

During September, conquer the Fall into Fitness Challenge at the Fitness Center. Get fit, score 1,000 points and win. To participate, follow these three simple steps: 1) Pick-up Fitness Tracking Card at the front desk, 2) Earn 1 point for each minute of physical activity and 3) Reach 1,000 points and receive a free prize. For more information, call 424-2008.

**NFL Sundays at Wingman's.** Every Sunday, visit Wingman's inside the Delta Breeze Club for NFL Sundays. Enjoy free NFL Sunday Ticket with Red Zone and watch football all day from 10 a.m. to 10 p.m. on multiple screens. Represent your team and enjoy delicious food and refreshing drinks. For more information, call 437-3227.

Events and specials

**Corn hole desktop sets at the engraving shop.** During the month of September, receive your own corn hole desktop Set from the engraving shop inside Arts & Crafts. Pay \$60 for a corn hole set with a pre-set design, or create your own design and customize your set for \$65. For more information, call 424-8502.

**Cypress Lakes Golf Course Performance Center.** Visit for one-on-one technology lessons to perfect your skills. Use the center for club fitting, club check on flight scope, loft and lie as well as the science and motion putt lab. For more information, call 448-7186.

Upcoming events

**Hiring event.** Hire G.I. will host a free hiring event from 11 a.m. to 1 p.m. at the Delta Breeze Club. This event will have more than 130 job offers and onsite interviews. Dress for success and bring copies of resumes. Hire G.I.'s mission is to help veterans and spouses find employment and assist service members with networking opportunities. For more information or to register, please visit <https://hiregi.com/events/travis-afb-career-fair/>.

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>.

Chapel programs

Positions available

**The Peak Airman's Ministry Center coordinator position.** Applicants must have at least two years previous experience in singles ministry in a local church, para-church organization or military chapel ministry. Bids are due by noon Sept. 24 at the Twin Peaks Chapel office. For more information contact the Twin Peaks Chapel at 424-3217 for bid documents, including a copy of the Statement of Work.

In the next week...

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**Sidewalk sale.** Join the Travis Commissary for its sidewalk sale from 8 a.m. to 8 p.m. Sept. 14-16. Enjoy savings on a variety of products. The sale will take place indoors in the warehouse of the Travis Commissary.

**Food Truck Friday.** 5 to 8 p.m. Sept. 14 at the Duck Pond. Enjoy drinks, food from Buckhorn Food Truck and listen to music.

**Karaoke.** 9 p.m. Sept. 14 at the Delta Breeze Club. 437-3711.

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**Baby Bounce.** 10 a.m. Sept. 17 at the Mitchell Memorial Library. 424-3279.

Pre-K Story Time.

10 a.m. Sept. 18 at the Mitchell Memorial Library. 424-3279.

The Travis AFB CTOF manager

**position.** Applicants sought with at least three years previous experience as a fund manager experienced with \$250,000 or more in capital as a fund manager is desirable. Applicants must be able to demonstrate fundamentals of budget management and customer service experience. Bids are due by noon Sept. 24 at the Twin Peaks Chapel office. For more information, contact the Twin Peaks Chapel at 424-3217.

Recurring events

Catholic Twin Peaks Chapel

- Roman Catholic Mass: 9 a.m. and noon Sunday.
- Children's Church: 10:15 a.m. Sunday.
- Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.
- Infant Baptism Prep Class: Two classes. Registration required. 6 to 7 p.m., quarterly.
- Youth Choir: 1 p.m. Sunday.
- Children's Choir: 2 p.m. Sunday.
- Adult Choir: 4 p.m. Sunday.
- Women's Bible Study: 10 a.m. (at First Street Chapel).
- Catholic Women of the Chapel: 6 p.m. first Monday of every month, Annex.
- Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
- RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.

First Street Chapel

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

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**Steak Night.** 4:30 p.m. Sept. 18 at Wingman's. 437-3227

**Pirate Day & Prize Giveaway at Mitchell Memorial Library.** On Sept. 19, receive a free prize when you "talk like a pirate" at the library from 9 a.m. to 5 p.m. In addition, youth will also be able to participate in a fun, pirate-themed S.T.E.A.M. (Science, Technology, Engineering, Arts & Math) activity from 3 to 5 p.m. For details, please call 424-3279.

**Wing Wednesday.** 4:30 p.m. Sept. 19 at Wingman's. 437-3227.

**S.T.E.A.M. at the Library.** 3 p.m. Sept. 19 at the Mitchell Memorial Library 424-3279.

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**Throwback Thursday .** 4:30 p.m. Sept. 20 at the Delta Breeze Club. 437-3711.

**Karaoke.** 8 p.m. Sept. 20 at Cypress Lakes Golf Course. 448-7186.

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.

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

**Today**

- 6:30 p.m. "Hotel Transylvania 3: Summer Vacation" (PG)
- 9 p.m. "Crazy Rich Asians" (PG-13)

**Saturday**

- 6:30 p.m. "The MEG" (PG-13)
- 9 p.m. "Mile 22" (R)

**Sunday**

- 2 p.m. "Alpha" (PG-13)

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.AFMWellness.com](http://www.AFMWellness.com) or contact CHPS at 707-424-CHPS or CHPSTravis@foh.hhs.gov.

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

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

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

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

**Family and Friends Combat Stress Peer Support Group.** Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1 to 2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email [travopcombatpsd@gmail.com](mailto:travopcombatpsd@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://pdpform.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 know that dependents can now renew their ID cards online? To participate in this program, visit <http://bit.ly/2mR1gt2>. 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](mailto: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.

# THE FLIP SIDE

Airmen complete FTAC



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

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Joshua Bebbler, 60th Aircraft Maintenance Squadron; Airman 1st Class Garrett Bodie, 60th AMXS; Airman Basic Isaac Brockman, 60th Medical Support Squadron; Airman 1st Class Pierre Brewu, 60th Logistics Readiness Squadron; Airman 1st Class Tiaunna Coleman, 60th MDSS; Airman 1st Class Shameisha Davis, 60th LRS; Airman 1st Class Jordan Dormido, 60th Aerospace Medicine Squadron; Airman 1st Class Joseph Dugan, 60th AMXS; Airman 1st Class Miranda Gatsios, 660th AMXS; Airman 1st Class Julio Guzman, 660th AMXS; Airman 1st Class Jamieson Henderson, 60th Aerial Port Squadron; Airman Basic Brianna Howard, 60th AMDS; Airman Ryan Kaufman, 60th Maintenance Squadron; Airman 1st Class Prabhdeep Kaur, 60th Inpatient Squadron; Airman 1st Class Andrew Kimmel, 60th AMXS; Airman Narocis Lewis, 60th IPTS; Airman 1st Class Roder Marks, 860th AMXS; Airman 1st Class Taurean McNair, 60th Civil Engineer Squadron; Airman Basic Joshua Nicholson-Jefferson, 60th LRS; Airman Matthew Parmiter, 60th AMXS; Airman 1st Class Kaylin Puentes, 60th Security Forces Squadron; Airman 1st Class Angel Rebollar, 60th LRS; Airman 1st Class Tyler Rosenthal, 60th AMXS; Airman 1st Class James Sartin, 60th LRS; Airman 1st Class Christopher Smith, 60th SFS; Airman 1st Class Tyler Tolles, U.S. Air Force Band of the Golden West; Airman 1st Class Nicolas Tuccitto, 860th AMXS; Airman Dharma Wilson, 60th MDSS; Airman 1st Class Cameron Wood, 60th OSS; and Airman 1st Class Amber Young, 60th AMDS.

Retiree Corner

Exchange offering free layaway for holidays

DALLAS — Budget-minded service members, families and retirees can kick off their holiday shopping early by taking advantage of the Army & Air Force Exchange Service's fee-free layaway.

The Exchange will waive the \$3 service fee for items of \$25 or more -- including toys and bikes -- that are placed on layaway now and paid for by Dec. 24.

"The Exchange's holiday layaway plan helps military families keep special

gifts out of sight and manage their budgets too," said Air Force Chief Master Sgt. Luis Reyes, Exchange senior enlisted adviser. "We want to make holiday shopping as stress-free as possible for Airmen, Soldiers and their families."

To hold items on layaway, military shoppers are required to make a deposit of 15 percent of the purchase price.

Shoppers can visit customer service at their local Exchange for program details and eligibility information.

— Army and Air Force Exchange Service News



U.S. Air Force photo/Airman 1st Class Eugene Oliver

**Airman 1st Class Jordan Vasquez, 23rd Maintenance Squadron aerospace propulsion technician, inspects the fuel lines of an A-10C Thunderbolt II TF34 engine, May 16 at Moody Air Force Base, Ga.**

## History

From Page 12

Aircraft Maintenance Unit's engines in support of Moody's close-air support mission, the backshop will now centralize their TF34 repair efforts to assist other bases and Major Commands to include Reserve and National Guard units.

This has allowed the 23rd MXS to play a vital role in helping secure an Air Force-wide 200 percent 'war-ready' engine status, the highest in the TF34's 40-year history.

"I'm excited for every member of this team," said Master Sgt. Cevin Medley, 23rd MXS propulsion flight chief. "This is my third base and engine backshop. Repairing an entire TF34 engine fleet to serviceable status (with zero required maintenance) is something I have only 'heard' about in my 17 years.

"This (accomplishment) is important because it not only allows us to meet our minimum deployment requirements, but we also can support other operations if every (Moody AFB) A-10 aircraft were to be tasked to deploy," Medley added. "Since our 'war-ready' engine levels have been so high, we have been able to help the rest of the Air Force's TF34 community with their due engine repairs."

The 23rd MXS propulsion flight manages WREs, which are engines that are ready to be installed on the A-10. Of their entire fleet, 14 are spare WREs, which surpasses Air Combat Command's required level of

five spare WREs. The flight's 280 percent spare WRE rate has enabled the backshop to currently perform no current maintenance on their assets and have rebuilt seven engines in total from outside Moody.

The road to pursue this challenge wasn't easy. An innovative process, known as the Continuous Process Improvement, positioned the flight to have a chance at history. In 2017, approximately 20 civilians and Airmen from almost every enlisted rank implemented ideas to help the flight better maintain the TF34 engine.

"(Last year's) Continuous Process Improvement event allowed us to identify waste in our streamline," said Medley. "This enabled us to shave an average of 58 work hours off each engine visit. This allowed us to go from six awaiting maintenance engines, which is the amount of engines we didn't have the manning to work because we were repairing other engines in 2016, to where we are today."

In order to reach new heights in maintenance proficiency, many small changes were made. The flight refocused training for new Airmen on common problems, began pre-ordering commonly needed engine parts, enhanced cross-unit and internal communication and even added updated photos to technical orders.

For Senior Airman Dakota Gunter, 23rd MXS aerospace propulsion technician, these new improvements paid big dividends for the backshop's operations.

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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: [stpaulbcfairfield@comcast.net](mailto:stpaulbcfairfield@comcast.net)  
Church Phone: 707-422-2003

## BAPTIST

**TRINITY baptist church**  
Southern Baptist Convention  
401 W. Monte Vista Ave., Vacaville  
707-448-5430  
[www.tbvacaville.com](http://www.tbvacaville.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  
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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  
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All Services Every 2nd Sunday (Communion)  
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Bible Study  
Tuesday Night - 7:00 p.m. • All ages welcome  
Suisun Campus  
601 Whispering Bay Lane, Suisun City, CA 94585  
Sunday Worship Services, 10:30 a.m.  
Christian Education Hour  
9:15 a.m. - 10:15 a.m.  
Adult Bible Class  
Youth Bible Class (ages 12-18)  
Children's Bible Class (ages 5-11)  
Discipleship Class (Adults)  
Ordinances  
Every 2nd Sunday (Communion)  
Bible Study  
Tuesday Noon Teaching - 12:00 Noon

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**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  
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Sunday Evening Worship ..... 6 PM  
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425-4481  
Sunday Services:  
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Holy Eucharist Rite I  
9:15 a.m.  
Pastor's Forum  
10:00 a.m.  
Holy Eucharist Rite II  
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## NON-DENOMINATIONAL

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[www.vacavillechurchofchristalamodrive.com](http://www.vacavillechurchofchristalamodrive.com)  
Sunday Morning  
Bible Classes.....9:30 am  
Assembly Worship.....10:45 am  
Evening Assembly Worship .5:00 pm  
Wednesday Evening  
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• AWANA Program  
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Sunday: 9am & 11am

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Bible Studies throughout the week  
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[www.vacavillebiblechurch.com](http://www.vacavillebiblechurch.com)  
[office@vacavillebiblechurch.com](mailto:office@vacavillebiblechurch.com)

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Sunday Morning Worship  
10:30 AM  
Sunday Evening Worship  
6:00 PM  
Wed. Evening Bible Study  
7:00 PM  
[www.vacavillecofc.com](http://www.vacavillecofc.com)  
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Website: [cumcfairfieldca.org](http://cumcfairfieldca.org)  
Pastor Ron Swisher  
Worship Service 10:30 A.M.  
Sunday School for Children during the Worship Service  
Communion is held the 1st Sunday of every month  
Adult and Bell Choirs  
Adult Bible and Book Studies  
United Methodist Women  
Sunday Morning Bible Studies at 9:00 A.M.

## Uniform

From Page 5

of the current emblems into a configuration meeting the OCP color scheme.

Once Headquarters Air Force Manpower and Personnel pays for the conversion, anticipated to be within fiscal year 2019 around on or about Oct. 1, production will begin of the approved patches. This process alone could take a considerable amount of time, according to Mesco.

“The conversion process at TIOH will take between six to nine months and the release will be all at once. HAF/A1 will not release them as TIOH completes the action,” Mesco said. “For some units without heraldry or requiring updates, it may take a little longer.”

Another challenge in the transition is the uniform itself, since OCPs have been part of the Air Force’s inventory since 2012.

Master Sgt. Kathy Blake,

superintendent with the 50th Comptroller Squadron, explained manufacturers cannot produce enough OCPs for every Airman to purchase right away.

“Even though they are authorized to wear Oct. 1, everyone has not been given the opportunity to own the OCP uniform,” Blake said. “We are all excited for the change and have been given a long three year transition period.”

Mesco cautioned purchasing accouterments and uniform sets until local guidance is issued.

“Until proper guidance is given, individuals could end up spending unit or personnel funds improperly,” he said.

Mesco said the biggest thing to remember is wearing the new uniform Oct. 1 is an option, not a mandate. The wear of the uniform is not mandatory until April 1, 2021.

To view the most current guidance for the OCPs, visit: <https://www.afpc.af.mil/Career-Management/Dress-and-Appearance/>.

## Miller

From Page 5

this team to new heights,” Goldfein said.

As AMC commander, Miller is responsible for employing and integrating all Mobility Air Forces comprised of nearly 120,000 civilian, active duty, Air National Guard, and Air Force Reserve personnel along with nearly 1,100 aircraft. AMC sustains America’s military operations worldwide through its airlift, aerial refueling, aeromedical evacuation and air mobility support capabilities. The command also responds to humanitarian crises at home and around the globe.

Addressing the men and women of AMC for the first time as commander, Miller expressed enthusiasm about assuming her new position leading the command.

“It is an honor and tremendous privilege to take the flag, to lead Air Mobility Command,” Miller said. “Air Mobility is at the heart of our nation’s military response. There is a common bond which guides all of us as individuals, Airmen and public servants: the bond of our core values and the inspiration that comes from being part of something much bigger than ourselves.”

One of only 14 four-star generals serving in the Air Force, Miller previously commanded Air Force Reserve Command, the 349th Air Mobility Wing, Travis AFB, California, and 932nd Airlift Wing, Scott AFB, Illinois. In those positions, Miller directly led the organizing, training and equipping of Mobility Air Forces for America. This is a role she intends to build upon while responsible for the warfighting and humanitarian components of AMC’s Total Force mission.

“We stand as one force, shoulder-to-shoulder with our Reserve and Guard Airmen and families,” said Miller. “As a Total Force we will continue to improve our readiness and sharpen the edge of our rapid and resilient operations.”

Air Mobility Command is the air component of United States Transportation Command, a unified, functional combatant command which provides support to the nine other U.S. combatant commands, the military services, defense agencies and other government organizations for a wide array of joint mobility missions.

Army Gen. Stephen R. Lyons, U.S. TRANSCOM commander, spoke about his experience with AMC Airmen and welcomed Miller to the command during the ceremony.

## Acquisition

From Page 10

Development and Documentation, published in 1994 as an interim document with an expected shelf life of no more than two years while a new standard was being written.

“Those are the standards by which we’re telling companies to develop products for the United States Air Force,” Wilson said.

The secretary is ready to move the acquisition model into the future.

“So, we’re now leaving the past behind,” she said. “We’re going to accelerate to a new future driven by the threat that we face and move to a new paradigm for software development.”

To describe this paradigm shift, she gave the example of how Airmen used to plan and track air refueling operations in the Middle East up until two years ago.

Planners were using a software program written for the first Gulf War in 1991. The software was “grossly” out of date, and despite spending millions of dollars, contractors were not able to update it. About five or six Airmen were spending every day, all day, moving colored plastic shapes on a whiteboard to match tankers to fighters, to locations and times, she said.

“If operations of the ground changed, as they often did, the Airmen, literally, went back to the drawing board to start over,” Wilson said.

Fortunately, she said, members of the Defense Innovation Board were there to witness the process. The DIB is one of several independent federal advisory committees advising the secretary of defense on various issues, to include technology and capabilities.

The head of the board, a former F-16 pilot with experience with refueling missions, took one look at the planning process being used then started making phone calls back to the U.S., she said. He was looking for Airmen software coders. As a result, the Air Force signed a new contract with a commercial software developer, and they produced a state-of-the-art system within 120 days for a cost of about \$2 million.

## Tobacco

From Page 8

unique military environment may make it easier for Airmen to use tobacco. Understanding this could help inform tobacco cessation programs.”

Talcott and his team are examining what they call the “built environment” where they look at the physical environment, cost environment and human environment that contribute to Airmen tobacco use. Some of the environmental factors they are looking into are socialization at smoke pits, availability and cost of products off base, and the impact of leadership.

“Socializing at the smoke pits has an impact on tobacco use since it is one of the easier ways to for Airmen coming into technical training to meet each other,” said Little. “Before you know it, they end up addicted.”

Talcott’s team is also looking at the impact of cost and availability of tobacco products that could contribute to Airmen tobacco use.

“We are assessing the pricing and availability of tobacco products off base,” said Little. “In another study we found that the density of tobacco retailers just off military bases is three times the national average.”

Since new Airmen learn everything about the Air Force and what it means to be an Airman from their leadership, Talcott’s team is also considering this as a human factor.

“We want to look at what messages Airmen get from their leadership,” said Little. “We know those messages really matter to young Airmen. We will interview leaders, commanders, and technical training instructors to get an idea of Airmen’s perceptions and attitudes toward tobacco use.”

The researchers have already begun collecting data, which will continue until 2022. They anticipate the results of the study will lead to improvements in tobacco prevention and cessation programs.

“Ultimately, we would like to see a training environment, where its leadership, the physical environment, or the cost environment, make it easier for Airmen to make healthier choices when it comes to tobacco use,” said Talcott.

## Special ops

From Page 10

two days in the water and two days on land. They also participate in one extended training session a month on the weekend. The training includes warming up, calisthenics, underwater tasks, rucksack marching, sprinting, working together and listening to directions.

“Each day is different and when people come to our program, we brief them beforehand but they don’t really know what to expect,” Stocker said. “We provide them with a challenge and we focus on proper form and technique; with that comes the speed.”

Stocker envisioned SFTA to be the beginning step for future special operations men and women who will one day lead the nation’s defenses. So far, the program has trained more than 100 men and women since 2012, but Stocker’s journey training others to follow in his footsteps started 6 years prior. While visiting his home state of Pennsylvania, a friend told Stocker that his son would like to become a pararescuer.

“He’s the first guy I can say I prepared to become a PJ (pararescuer),” Stocker said. “It’s an awesome feeling

for me and every one of the instructors at SFTA, when one of ours makes it through selection. We aren’t just giving them a physical challenge, we are setting them up for the rest of their lives.”

Stocker is versed in special operations, but his military journey began in the Air Force as a jet engine mechanic and then he later joined an aeromedical evacuation team on C-141 Starlifter aircraft. He wanted to join the pararescue career field, the military’s combat-search-and-rescue tip of the spear, but didn’t know how to swim. He hired a swim coach to learn stroke techniques and was later sent to the pararescue indoctrination course.

“I failed the swim,” Stocker said. “I do (SFTA) because when I was training there was no program around. I told my swim instructor what I wanted to do and he had no idea about water confidence training. I also do it because I enjoy training and mentoring.”

Today as a traditional reservist, Stocker oversees patient triage from aircraft to hospital and acts as a patient’s advocate while confirming patients are kept in stable conditions before the next echelon of care. He has two daughters and says the greatest challenge has been juggling his



U.S. Air Force photo/Tech. Sgt. Jared Trimarchi

**Lt. Col. (Dr.) Arnold T. Stocker of South Florida Tactical Athletes, a preparatory school for those looking to join special operations, calls out instructions Aug. 8 at a pool in Plantation, Fla.**

family, anesthesia profession, his reserve duty and SFTA. He couldn’t do it without the help of his instructors and his love for helping others.

One other SFTA instructor who works with Stocker, former pararescuer Mike Mahoney, said he also does this job for the enjoyment of developing young adults into great men and women.

“Just the other day I had one of those moments when I saw a guy swimming and I thought to myself, wow that’s good form,” Mahoney said. “I wanted to know who that person was, and it turned out to be one of our students who came to us not knowing how to swim. Now he’s working as a lifeguard and wants to

become a pararescuer.”

Leo Fernandez, one of the participants who joined SFTA not knowing how to swim said Stocker and the coaches have changed his life, both physically and mentally.

“I can honestly say I would not have stood a chance in selection without Colonel Stocker,” Fernandez said. “He has worked with me on my swims and has taught me how to get out of my shell. Now I can say I am comfortable being uncomfortable.”

According to Stocker, SFTA participants aren’t always looking to don a beret, many of them want to be police officers, firefighters, do other jobs in the military or even are just looking to lose weight.

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# Clinic

From Page 4

treatment as this thoroughfare to being discharged or as an admission of weakness," they said. "The power stigma has and, in a lot of ways, does cause a huge, invisible wall to be built around the clinic. It's those who've actually taken those steps and been helped by their staff who see it as the immensely helpful resource that it is."

Lt. Col. Michael Detweiler, 60th Medical Operations Squadron mental health flight commander, likewise has no trouble tearing down that wall.

"We're not here to kick everybody out," he said. "I wouldn't last long in the Air Force if I made it my life's mission to kick everyone out. My job and the reason I wear this uniform is to help get people back to duty ASAP. Most of our day-to-day patients are just normal, high-functioning individuals struggling with abnormal life events. They come in temporarily, we help them use their strengths to overcome their challenges, and send them back to complete the mission. If they didn't tell you, you'd never know they ever came to Mental Health."

The military has, over the years, learned more in the way of mental health and has

increased the level of care available to those with mental illness while also making a concerted effort to de-stigmatize treatment.

Personalized care is a must in the mental health field because no two patients are at the same spot emotionally or perhaps even experience emotions in the same way, said Lere.

"What it all comes down to, more or less, is that initial step of walking into our clinic," said Lere. "There is so much courage in just that simple act. The word 'therapy' has a lot of emotions attached to it, but it's really just about having an open and honest conversation about how and what and why you're feeling, and I think everyone, no matter how well-off they seem or feel, could benefit from taking a step back and finding kinder ways to treat themselves."

For the patient, finding that kinder way to treat themselves came just in time.

"In the end, I did send that letter to my mom," they said. "But instead, it was just a bunch of reasons why I'm happy she's in my life. I guess there are two ways to make your mom cry – I'm just glad this was the way I did."

For additional information or to schedule an appointment, contact the Mental Health Clinic at 707-423-7300.



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

Senior Airman Carmen O'Donnell, 15th Airlift Squadron C-17 Globemaster loadmaster, monitors the runway clearance at Air Combat Command No. 1 at German Olano Air Base, Colombia, while a C-17 Globemaster taxis Sept. 4 during the international search and rescue exercise Angel of the Andes.

## Colombia

From Page 4

since they have helped us overcome our most difficult moments, not only for the Colombian Air Force, but also for Colombia as a whole against narcoterrorism and drug trafficking threats."

The first week of the exercise is focused on responding to with natural disaster scenarios that include earthquake response, a

forest fire and open water rescue, as well as, responding to an aircraft crash. The second week will focus closely on close air support and combat search and rescue techniques.

"In a real world humanitarian assistance disaster response relief event in the U.S. Southern Command AoR we would expect to work with these same partner nations that are participating in this exercise," said U.S. Air Force Maj. Juan Pazarro, 12th Air Force (Air Forces

Southern) Colombian desk officer.

There are more than 400 participants from twelve nations' air forces to include: Argentina, Brazil, Canada, Chile, Dominican Republic, Ecuador, France, Panama, Peru and Uruguay.

"Managing 11 different nations can be challenging but I think that the Colombian's have done a great job at integrating all of these different countries, all of the capabilities that they bring to this exercise," Pizarro said.

The remaining U.S. units participating are: 571st Mobility Support Advisory Squadron at Travis Air Force Base, California; 48th Rescue Squadron, 306th Rescue Squadron, 612th Air Operations Center, 943rd Aerospace Medicine Squadron, 12th Air Force (Air Forces Southern) that are all stationed at Davis-Monthan Air Force Base, Arizona.

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# Wisconsin

From Page 6

we have four (contingency response) squadrons within the 621st CRW, including the 921st CRS, it's vital each squadron stays up to date on its training."

Over the course of the exercise, 29 Air Force specialties are put through their paces and all are committed to whatever job and whatever problem is put in front of them.

"It's not uncommon in environments like these to find yourself wearing three or four different hats," said Capt. Christian Acevedo, 621st CRW legal adviser. "It's not our job to nitpick over what we're

supposed to be doing – our job is to get the mission done by any means necessary. That's what being part of the CRW is about and that's why every single one of us is in full 'battle-rattle' right now. We're a team."

Contingency response units are self-sufficient and can deploy with all their personnel, equipment and supplies to execute the mission. As a global reach laydown force, the 621st CRW bridges the gap between seizure forces and follow-on sustainment forces. The CRW is prepared to execute the mission for up to 45 days, and once redeployed home, are reconstituted within 72 hours and ready to once again answer the nation's call.



Airmen with the 621st Contingency Response Wing are issued weapons Sept. 8 ahead of Exercise Turbo Distribution 18-02 at Fort McCoy, Wis. The exercise helped to hone the Airmen's core port-opening competencies as well as provide upgrade training for Airmen.

U.S. Air Force photo/  
Airman 1st Class  
Christian Conrad

## Beating heart

From Page 13

OST. "We take what we learn and combine it with our expertise to make recommendations and implement policies that support the squadron."

Most health providers on base work in the clinic and treat patients that come to them, while OST members are out in squadrons, engaging Airmen in their daily routines. Rather than focusing on individual health on a reactive basis, the OST's work to systemically reduce risky health behaviors and improve human performance across the entire unit.

"Our number one priority as OST providers is unit readiness and performance," said Dr. Natasha Swan, a psychologist on the JB Elemendorf-Richardson OST. "We are not in the clinic doing individual treatment. Our focus is to evaluate the squadron or unit as a whole. We look at how it is working, what the conditions are that cause certain injuries, and what strategies can be implemented to address or prevent health issues."

As Wu explains, embedding into the unit gives a better idea on the specific challenges a specific unit faces. JB Elemendorf-Richardson's OST worked to understand the Airmen's daily tasks while on duty.

"The first step when we embed with a unit is to get fitted for gear and accompany them on duty," said Wu.

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Mary Nevins, left, hugs her daughter, Denise, after her graduation from Air Force basic training Jan. 30, 2015, at Lackland Air Force Base, Texas.

Courtesy photo

## Jenson

From Page 2

care facilities in hopes for the best. Through all of this, I firmly believed she would walk out of the hospital.

The time finally came for me to fly back to Ellsworth AFB, and I arrived back at work obviously distracted and distressed. My fellow Airmen provided their emotional support and offered their help if I needed it, which might not sound like a whole lot to some, but it meant a lot to me.

I kept asking myself, "How could she allow herself to deteriorate this bad? It doesn't make any sense." I told myself I was going to talk to her after she got better, tell her that she had to get some form of exercise or proper nourishment, something to help her when I couldn't be there.

We never had that talk. My mom passed away on Feb. 13, 2017, four days after I arrived back in South Dakota.

After my mom's funeral, I was left with so many feelings: regret, heartbreak, numbness. I was upset with myself that I spent more time during that first week home being angry than I did being by her side. Nothing I could do would change the fact that our last verbal conversation prior to her ending up in the hospital was an

argument where she'd hung up on me before I said I love you.

I returned to work immediately after coming back from her funeral. I felt like I was walking around in a daze, going through the motions without even realizing the time of day. People in my office had taken notice of this, but knew me well enough to understand that I needed time and space to even begin to process what had happened.

From the moment we start basic training, we're told about one of the important skills to have in order to succeed in the Air Force, as well as life: resiliency. This was a true test of mine.

Resiliency is key to a strong foundation in all aspects of life, be it emotionally, spiritually, mentally or physically. It gives a person the tools to learn how to adapt and recover from daily struggles or major obstacles, but it doesn't mean that you won't ever go through tough times.

As Airmen, we are provided with resources to help us maintain our resiliency. The Airman and Family Readiness Center, health and wellness programs, the base chaplains and mental health are just a few resources that are available to any Airman, regardless of rank or position.

I know my pain won't miraculously heal with one

conversation, but it makes me feel better knowing these resources are there. It's nice knowing there are people I can talk to who won't judge me or tell me how to feel. They're there to listen and help.

Part of resiliency is accepting the fact that there are some things you just can't handle on your own and that's OK. It took me some time to realize this, and eventually, I found my support team in my husband and fellow public affairs Airmen.

The most important thing for people to realize is that everyone grieves differently. There is no easy fix for a person's grief, so the best thing a wingman or Airman can do is to simply be there and listen. Talking one-on-one with someone who is grieving or going through a rough patch is more beneficial than thinking you have the solution and trying to fix them.

In my experience, I didn't need a hero with all the answers: I needed someone who'd listen.

Even to this day, I'm still coping and overcoming the loss of my mother. Those negative emotions come up every now and then and I handle them as they come, but I remember in those moments that I'm not alone, and I never will be.

I love you, too, momma bear. I'll always be your sunshine.

## Retire

From Page 3

latrines, walking on airplanes and, most importantly, spending time with Airmen. He learned their stories, their challenges, and affected positive change as the wing's senior enlisted leader," said Col. Matthew Leard, 60th Air Mobility Wing commander. "Steve's advice and council have moved the Air Force at the highest level, impacting hundreds of thousands of Airmen across our force.

"At every level he exhausted every effort to solve challenges that face our Airmen every day," he continued.

Angell Nichols began her

career as an intelligence analyst with postings at Offutt Air Force Base, Nebraska and Kadena Air Base, Japan. She later cross-trained into the flight attendant career field. At Andrews Air Force Base, Maryland, she was assigned as the lead flight attendant on Air Force Two for Vice President Dick Cheney.

"Travis has ended up being the most rewarding assignment of my career," said Angell Nichols. "Although I missed flying, what I gained here is priceless; leading Airmen, meeting Airmen with Air Force Specialty Codes I only thought I knew about, getting the real deal from those Airmen doing the mission day to day."

Angell Nichols had some final words of advice to pass on to future Airmen.

"Do the best each day, strive to be better than you were the day before and trust your leadership will take care of you," she said. "Lastly, not just to Travis, but everywhere, find a mentor and take the advice they may offer. Without mine, I may not have been a senior master sergeant."

Now that he's turning in his stripes to begin a new life in the civilian sector, the chief ends his story and his career with a thought for Airmen.

"Make this place better than what you found it," he said. "Continue to do great things and lead from the front like we have done in so many areas."



U.S. Air Force photo/Louis Briscose

Chief Master Sgt. Steve Nichols, left, 60th Air Mobility Wing command chief, and his spouse, Senior Master Sgt. Angell Nichols, 60th Operations Support Squadron, retire together in a dual ceremony Sept. 7 at Travis Air Force Base, Calif.

## Team

From Page 8

alliances and reform our business practices to improve readiness and deliver greater bang for the taxpayer buck," said Brig. Gen. Edward Vaughan, AF-PEAT leader. "Adopting a common team name, creating the Joint PEAT and better leveraging our joint data, research and resources will improve safety and combat readiness."

The Navy already has a Physiological Episodes website <https://www.navy.mil/local/PEs/>. Soon this site will be co-branded and populated with Air Force physiological episode information as well as new joint findings.

"We want to gather and share as much information as possible to bring viable solutions to the table," said Rear Adm. Fredrick R. Luchtman. "This joint effort will help us to minimize risk faster and smarter. We owe it to our aviators. This partnership will help us tackle the complexities of physiological episodes on a broader scale by eliminating redundant efforts and maximizing the application of resources. It's a win-win across the board."

The teams are already working together and look forward to using this collaborative joint environment to share ideas and best practices for problem solving.

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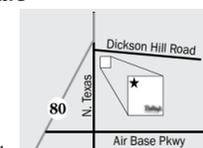
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1) Tech. Sgt. Tyler Johnson, 60th Aerial Port Squadron, watches a wildfire burning in the local community Sept. 11 outside the gates of Travis Air Force Base Calif. California is currently having one of its busiest fire seasons to date as more than 6,000 fires have burned more than 1.4 million acres so far this year.

1

# Off-base blaze draws Travis' ... ASSISTANCE

U.S. Air Force photos by Louis Briscese



2



3

2) Smoke lingers Sept. 11 over Travis Air Force Base Calif., from a wildfire burning in the local community. 3) An Airman from the 60th Aerial Port Squadron drives a forklift while a wildfire burns. Travis dispatched two firetrucks and five firefighters to help fight a blaze at Grizzly Island Road in Suisun City, Calif.

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