



Operation Cookie Drop delivers to ...

**AIRMAN**

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

Senior Airman Oscar Callejas, right, 60th Force Support Squadron food service shift worker, stands next to his mentor, Maynard Oestreich, left, Travis Air Force Base, Calif., executive chef, Dec. 6 at Travis' dining facility. Oestreich was among the first individuals to take notice of Callejas's mastery of cooking and was a major driving force behind Callejas' now-decorated career.

# Bread-fed redemption

Embracing unwanted job turns into recognition for Airman

**Airman 1st Class  
Christian Conrad**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

"When I learned what my Air Force job was going to be back in basic, I had that heart-dropping moment where you just think, 'God, really?'"

By outward appearances, the dining facility at Travis Air Force Base, California, is run-of-the-mill. So ordinary, in fact, that you could easily be lulled into the idea that nothing special occurred there, but according to Senior Airman Oscar Callejas, 60th Force Support Squadron food service shift

worker, you'd be wrong to think so.

"Even after I had finally come to terms with my job after that initial disappointment in basic, I still felt I had landed on what I perceived to be one of the lower rungs on the Air Force job ladder," said Callejas. "But what I ended up realizing was that during that time, I was so angry with what I had been chosen to do, I was only ever coloring my job with what effort I was willing to give to it."

For Callejas, it isn't the job itself that's glamorous, it's his tenacity and determination to bring every ounce

of himself to the task at hand, no matter what adversity might attempt to swerve him from that course. This elevates it from unfortunate happenstance to something intensely personal – a reflection of who he is as a person and all the colors and facets that lend to that identity.

Growing up in Puebla, México, cooking was an integral part of Callejas' upbringing. With a grandmother who managed five different restaurants in what is often described as a breadbasket of Central Mexican cuisine, it was memories of her that Callejas would later lean to and draw inspiration

from during his time as an Air Force chef.

Upon deciding to enlist in the U.S. Air Force, though, it was heating, ventilation and air conditioning that piqued Callejas's interest instead of cooking.

"When I was growing up, I loved disassembling televisions, radios, small stuff," said Callejas. "To this day, I enjoy deconstructing things, fixing them and putting them back together, so I felt like being an HVAC technician would play well into that strength."

It wasn't until Callejas

**See BREAD Page 26**

## Eat well, healthy during holidays

**60th Medical Group  
Public Health**

With the holidays around the corner, there is bound to be an abundance of delicious foods at parties, family dinners and other gatherings.

However, the merriment can quickly change to misery if food makes you or others ill.

To keep everyone safe from food poisoning or foodborne illness, follow these tips.

- Clean: Wash hands frequently with warm water and soap for 20 seconds before and throughout food preparation. Wash food-contact surfaces such as cutting boards, utensils and countertops. Also, wash them in between preparing each food item. Rinse fruits and vegetables under cool water before eating, but don't rinse raw meat or poultry.

- Separate: Avoid cross contamination by keeping raw eggs, meats, poultry and seafood away from other foods that may be eaten raw. Use separate cutting boards, plates and utensils for raw and cooked food.

- Cook: Cook food at a temperature high enough to kill harmful bacteria. Color is not an indicator of doneness, use a food thermometer. The minimum safety temperature for different kinds of meats are 145 degrees Fahrenheit for pork, beef, veal lamb and 165 degrees Fahrenheit for poultry. Dressing, whether cooked inside or outside the bird, also must be cooked to an internal temperature of 165 degrees Fahrenheit. Bring sauces, soups and gravies to a rolling boil when reheating. Do not eat raw or uncooked dough which may contain raw eggs.

- Chill: Refrigerate foods quickly to limit bacteria growth that occurs at room

**See HEALTHY Page 18**



Courtesy photo

Staff Sgt. Justin Rico, 60th Civil Engineer Squadron Fire Emergency Services training NCO in charge, keeps the puck away from the opposing team during a game Nov. 11 at the Armed Services Hockey Association Las Vegas International Championships in Las Vegas, Nev. Rico was awarded MVP after his team lost in the final game, 3-2.

## Firefighter earns MVP in hockey tournament

**Tech. Sgt. Traci Keller**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Staff Sgt. Justin Rico, 60th Civil Engineer Squadron fire emergency services training NCO in charge, wears several hats: He's a husband, a father, an Airman, a firefighter and now an MVP.

The Travis Airman was recognized as the most valuable player in the Armed Services Hockey Association Las Vegas International Championships which were held Nov. 11 in Las Vegas, Nevada. According to the ASHA, it is the largest open-invitation international military ice hockey tournament in the world.

Travis' team consisted of active-duty, retirees, civilians and even some Tennessee-based Soldiers. Since players came from all over, many of them didn't know each other before hitting the ice.

"Our first game was pretty awkward; no one said anything," said Rico. "We didn't know each

other's strengths or weaknesses or what position they played, so everybody just got thrown in some random position. We held our own, but we still ended up losing, 3-1, the first game."

After a night in Vegas, the team got to know each other better, made adjustments to the lineup and dominated its way to the finals. The Travis team came up short in the final minute, losing 3-2 to an Alaskan team, "The Lucky Puckers."

"The thing I love about the tournament is we're not upset or anything," he said. "Everybody is there for a good time so we're happy for them. It sucked we didn't take the overall (title), but after the game, I was congratulating the guy who made the goal. Everyone did a tremendous job."

Master Sgt. Garland Lym, 60th Force Support Squadron first sergeant and fellow teammate, met Rico while playing hockey at the Vacaville, California, ice rink this past year. It

**See HOCKEY Page 23**

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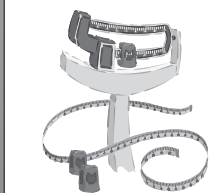
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U.S. Air Force photo/Staff Sgt. Rusy Frank

Morgan Noller, center, receives the 2018 Joan Orr Spouse of the Year Award from, at left, Whit Peters, Air Force Association Board chairman; second from left, Gen. David L. Goldfein, Air Force chief of staff; second from right, Heather Wilson, secretary of the Air Force; and, at right, Kalet Wright, chief master sergeant of the Air Force, Sept. 17 during the AFA Air, Space and Cyber Conference in National Harbor, Md. Noller is the spouse of Capt. Steven Noller, 21st Airlift Squadron at Travis Air Force Base, Calif.

## Spouse wins AF-level award

**Nick DeCicco**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

For Morgan Noller, change began with a single email.

In her inbox was an opportunity to get involved with the Travis Officers' Spouses Club at Travis Air Force Base, where she and her husband, Capt. Steven Noller, 21st Airlift Squadron pilot, moved in 2015.

What followed in 2017 was more than 2,000 volunteer hours, organizing 11 events and providing support for 650 attendees, as well as merging the base's officer and enlisted spouses clubs into a single group.

In September, the Air Force recognized her hard work, awarding her the 2018 Joan Orr Spouse of the Year in Washington, D.C. The award is given annually by the Air Force Association to a nonmilitary spouse who makes an impact on the lives of service members and their families.

When she reviews the nomination submission, she was impressed by what she accomplished, but wanted to share credit with others, especially her husband and her 2-year-old son, Camden.

"Even baking cookies involved more than one person, usually my son," she said.

Morgan decided to get involved with the club after moving to Vacaville, California, near Travis. Her interior design business struggled in the Northern California economy after a more lucrative time during the couple's first stop at Joint Base Charleston, South Carolina.

"I found that the Vacaville area where I was living, interior design isn't thriving," she said. "We have HGTV. People are changing their minds a lot on what they want to buy. Unless I was in a very affluent area, I wasn't going to do as well as I did in Charleston and that was a harsh realization

when I got to Travis because my career kind of stopped."

The stop pushed Morgan into working more with the club. The apex of her achievements was a 75th anniversary gala celebrating the history of the 21st and 22nd Airlift Squadrons. The March 30 to April 1, 2017, event brought 300 guests, 12 distinguished visitors and a two-star general from Air Mobility Command for a slate of events including a barbecue, golf tournament, breakfast, wine tasting, aircraft simulator events, speeches and a dinner. Morgan even created a website for the event.

Steven, who met Morgan in 2011 and married in 2013, was proud of his wife's hard work and her accomplishments, which fit with her interior design experience as well as work with charities, nonprofits and event planning.

See SPOUSE Page 22

## Dress warmer to halt hypothermia

**Greg Chadwick**

AIR FORCE MATERIEL COMMAND HEALTH AND WELLNESS TEAM

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Hypothermia is defined as abnormally low body temperature caused by prolonged exposures to very cold temperatures.

When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposure will eventually use up your body's stored energy, which leads to lower body temperature.

Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia especially dangerous, because a person may not know that it's happening and won't be able to do anything about it.

Hypothermia occurs most commonly at very cold environmental temperatures, but can occur even at cold temperatures (above 40 degrees) if a person becomes chilled from rain, sweat, or submersion in cold water.

Warning signs for

hypothermia in adults would include shivering/exhaustion, confusion/fumbling hands, memory loss/slurred speech and drowsiness.

If you notice signs of hypothermia, take the person's temperature. If it is below 95, the situation is an emergency-get medical attention immediately.

To avoid hypothermia, dress warmly and stay dry during cold weather. Adults and children should wear:

- A hat, because much of your body heat can be lost from your head.
- A scarf or knit mask to cover face and mouth to protect your lungs from extreme cold.
- Sleeves that are snug at the wrist.
- Mittens. They are warmer than gloves.
- Water-resistant coat and boots.
- Several layers of loose-fitting clothing.

Wear layers of loose-fitting, lightweight, warm clothing when outside during extremely cold weather:

- Inner layer should be fabrics that will hold more body

See HYPOTHERMIA Page 22

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Felix Guevara touches up a wall Nov. 20 at David Grant USAF Medical Center at Travis Air Force Base, Calif. Guevara has spent the past 30 years working at DGMC, repairing and painting walls as well as all the directional signs. Guevara was the first maintenance contractor hired at DGMC in 1988. He witnessed the construction of DGMC from the ground up.

U.S. Air Force photo/Heide Couch



# Painter, DGMC 30 years later

**Merrie Schilter-Lowe**  
60TH AIR MOBILITY WING PUBLIC AFFAIRS

There probably isn't a door or square-inch of space that Felix Guevara has not touched inside the 808,000-square-foot David Grant USAF Medical Center at Travis Air Force Base during the past 30 years.

On weekdays, Guevara begins his shift at 2 a.m. repairing, replacing and repainting sheet rock inside DGMC. He is also responsible for the two Fisher Houses, dental clinic, clinical investigative facility and the Veteran's Administration Clinic.

"We started out with seven painters, now we have only three," said Guevara. "There's only one person who has been here as long as me and I'm the only one who paints signs."

Every year, he paints an average of 100 information, directional and office signs for the DGMC campus.

In 1988, Guevara was the first employee hired by the original contractor who provided operations and maintenance and construction services, as well as healthcare environmental services for the medical center. His maintenance contract at the base passenger terminal was expiring so his supervisor urged him to apply for a position at DGMC.

"She told me to go; they will hire you. They did," said Guevara.

This year, DGMC celebrates its 30th year in building 777 after moving from building 381, which was known as "the Hospital on the Hill," in October 1988.

Guevara was awestruck by the size of DGMC and the hyperbaric chamber the medical center was built around.

"I didn't know what the heck they were building," said Guevara. "I didn't even think it was part of the base."

Guevara has worked for 10 supervisors and served under 14 commanders, including the first and only African American commander – Brig. Gen. Leonard Randolph from 1994 to 1997 – and the first woman commander – Col. Kristen Beals who arrived in July.

"I've stayed on because of the people," he said. "The staff and commanders have been great."

**See PAINTER Page 23**



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## AAFES hosts contest

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Here comes Santa Claus, or even Santa Paws.

The Army & Air Force Exchange Service is inviting military shoppers to share photos of their pets decked in their holiday finest for a chance to win \$3,000 in gift cards in a worldwide contest.

From now to Dec. 24, authorized Exchange shoppers 18 years or older can submit a photograph of their pet dressed in holiday attire or with Santa at ShopMyExchange.com/sweepstakes. One grand-prize winner will receive a \$1,000 Exchange gift card, while four runners-up will each receive a \$500 Exchange gift card. This year's contest sponsor is Purina.

Honorably discharged veterans who have verified their eligibility to shop at ShopMyExchange.com can also enter the worldwide contest.

"Pets are the cherished pals and partners of so many warfighters and their families," said Flor B. Payton, Exchange general manager. "We would be thrilled if one of our Travis Air Force Base Military Service Members won big in this worldwide contest."

No purchase is necessary to enter the holiday pet photo contest. Entries must be sent as a JPG, PNG or PDF and include the pet's name, the entrant's legal first name and last name, mailing address, email address, phone number and Exchange location. Limit one entry per person.

Winners will be notified by Jan. 31, 2019.

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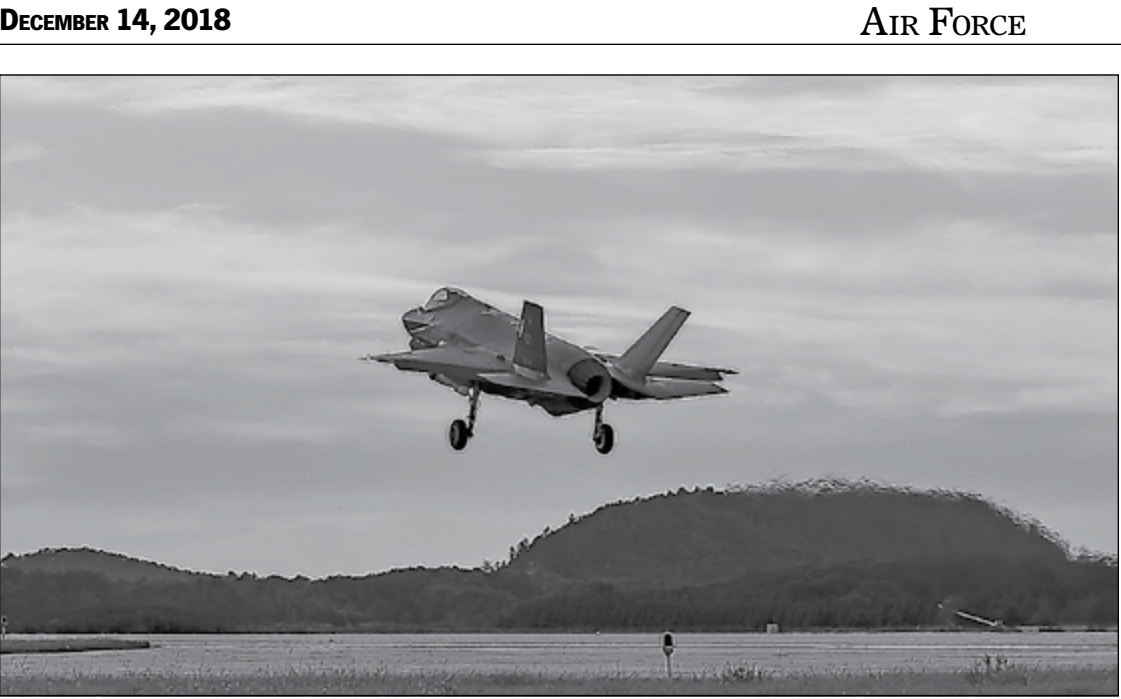
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An F-35 Lightning II assigned to the 31st Test and Evaluation Squadron takes off from Edwards AFB, Calif. The 31st TES kicked off the Defense Department's F-35 Initial Operational Test and Evaluation with a large force employment sortie Dec. 5.

## 31st TES begins F-35 test

**Maj. Ashley Conner**  
53RD WING PUBLIC AFFAIRS

EDWARDS AIR FORCE BASE, Calif. — The 31st Test and Evaluation Squadron kicked off the Defense Department's F-35 Lightning II Initial Operational Test and Evaluation with a large force employment sortie Dec. 5 from Edwards AFB, California.

"The sorties consisted of seven F-35s performing both offensive counter air, suppression of enemy air defenses and air attack operations. This marks an important milestone for the F-35 program," said Lt. Col. Nicholas Ihde, 31st TES commander.

During the IOT&E phase, the 31st TES F-35 pilots will fly more than 30 missions designed to fully evaluate the complete air system as well as identify technical and operational areas for improvement.

"These unique flights place the aircraft in realistic combat conditions with our joint and coalition partners to determine the operational effectiveness and suitability for the warfighter," Ihde said.

The 31st TES has 10 F-35 pilots, 145 maintainer's and 11 engineers to bring the F-35 program through this phase. If they discover an issue they will work with the director of operational

test and evaluation, Lockheed Martin and the F-35 Joint Program Office to address it before going out to the fleet.

"As the conduit between developmental test flights and combat missions it is our duty to ensure this aircraft fulfills the need of the warfighter, (major command), and the American public," Ihde said. "We must guarantee that we hand

the Combat Air Force a product that has been tested with rigor and is ironed out. An advantage the 31st TES possesses is pilot experience. Most of the pilots have over 1,500 flight hours in various fighter aircraft and previous operational test back-grounds lending vast experiences fall back on and reference in order to make this jet the best it can be."

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# Bases take part in first-of-its-kind C-5 training

**Staff Sgt. Aaron J. Jenne**  
436TH AIRLIFT WING PUBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany — More than 30 U.S. Air Force Reserve aircraft maintainers assigned to the 512th Airlift Wing along with a 436th Airlift Wing C-5M Super Galaxy aircraft and crew traveled to Ramstein Air Base, Nov. 23, to assist the 521st Air Mobility Operations Wing with vital hands-on, airframe-specific training.

During a first-of-its-kind, two-week C-5 training session, which uniquely featured a dedicated C-5M Super Galaxy

trainer aircraft, more than 140 aircraft maintainers and aerial port Airmen assigned to the 521st AMOW completed more than 980 proficiency tasks, a feat that may have taken more than a year under current practices, said Col. Brad Spears, 521st AMOW commander.

The 521st AMOW's mission, to "expedite global reach to professionally answer our nation's call," relies heavily on skilled aircraft maintainers who ensure transient aircraft get the maintenance they need en route.

"The 521st AMOW is really here in Europe and the U.S.

Central Command areas of responsibility to provide stepping stones and velocity to the mobility system," Spears said. "We do that through maintenance, aerial port, and command and control...to make sure the strategic airlift assets moving eastbound to destinations in the U.S. Africa Command, CENTCOM or the U.S. European Command AORs and westbound back to the continental U.S. are taken care of."

To date, en route training in the Eastern Enterprise, a nickname for the 521st AMOW's

See TRAINING Page 17



U.S. Air Force photo/Staff Sgt. Aaron J. Jenne  
Aircraft maintainers repair a hydraulic leak on a C-5M Super Galaxy Nov. 29 at Ramstein Air Base, Germany.

## Cadets have role in creating drone

**Ray Bowden**  
U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS

U.S. AIR FORCE ACADEMY, Colo. — Cadets at the U.S. Air Force Academy are working with aerospace instructors and industry partners to develop the Defense Department's first large stealth target drone to test missile tracking systems.

"As far as we know, this is the first large stealth target drone," said Thomas McLaughlin, the Academy's Aeronautic Research Center director.

McLaughlin said the project is the DoD's first aircraft development with significant contributions by cadets at a service academy.

"It has had cadet involvement in its evolution over several years," McLaughlin said. "It's quite rare that a student design has evolved to the point of potential inventory use."

Dr. Steven Brandt and Cadet 1st Class Joshua Geerinck are among the Academy members who have worked to perfect the drone's physical design for more than a decade. Brandt teaches aircraft design and is on the team of government and industry experts overseeing contractor work on the project.

"For the first five years, we

just did design studies," Brandt said. "Finally, in the fall of 2007, we said 'let's build an aircraft.'"

Cadets and faculty have worked on the drone's design since 2008 as part of that government industry team. The current version is 40 feet long, with a 24-foot wingspan and 9-foot-high vertical tails.

"It's the size of a T-38 trainer aircraft," Brandt said, referring to the Northrop T-38 Talon, a two-seat, twin-jet supersonic jet trainer. "[The target drone] uses two T-38 Trainer engines. We explored multiple options to refine its shape and helped eliminate designs that were not as good."

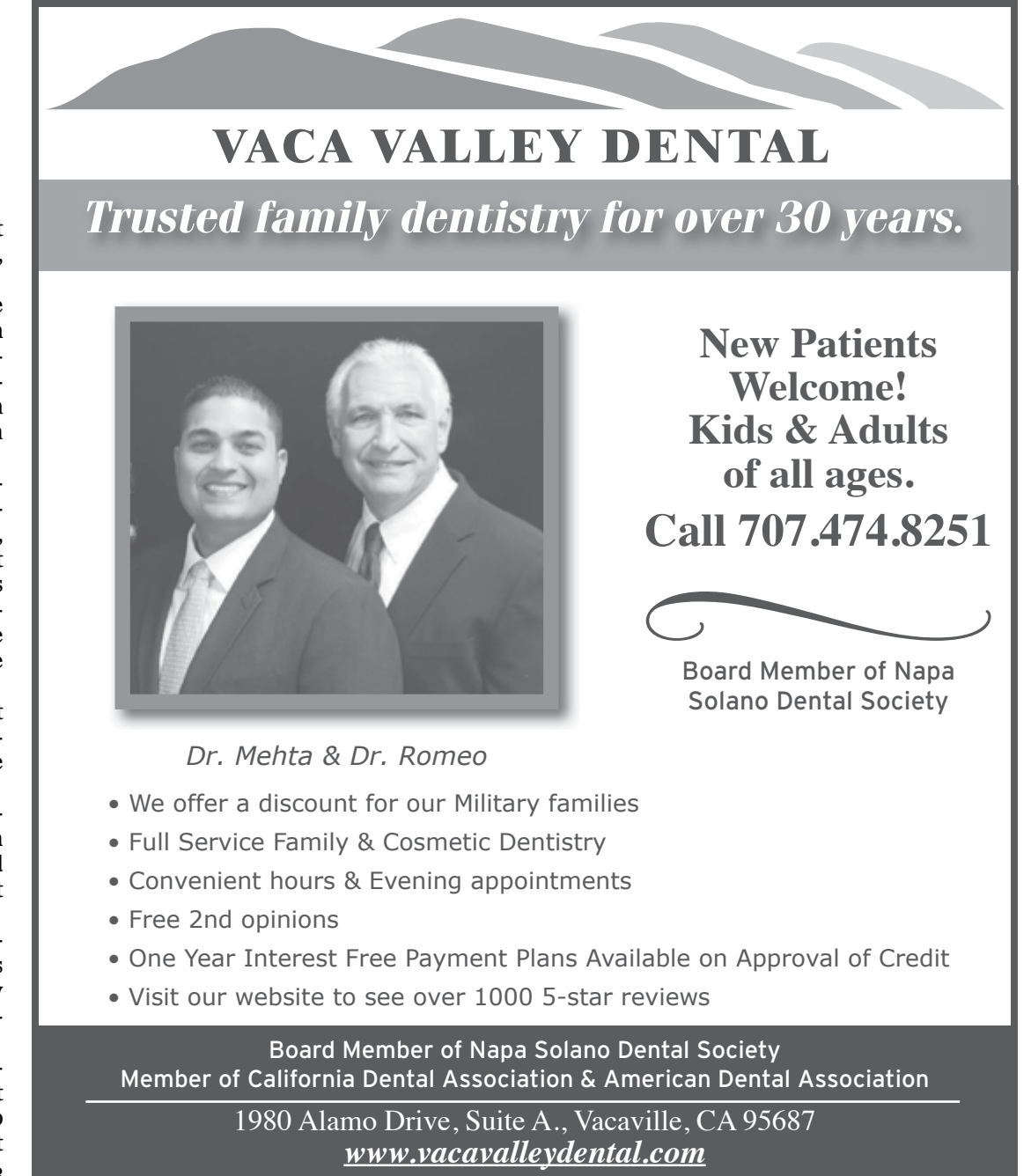
McLaughlin said the project is important because of its implications in the national defense arena.

"The government owns the intellectual property rights, which makes for substantially reduced production and sustainment costs down the road," he said.

Geerinck is one of three cadets on the project this year. He's been testing the flight stability of the target drone in the Academy's wind tunnel.

"We're trying to find a combination of flight-control inputs that will always cause the aircraft to enter a backflip that will cause it

See CADETS Page 18



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# Unit inspires innovation in Chilean program



U.S. Air Force photo/Kiley Dougherty  
Chilean air force medical health officers look at a hand-held ultrasound unit on Dec. 7 at Camp Bramble on Joint Base San Antonio-Lackland, Texas.

**Kiley Dougherty**  
59TH MEDICAL WING PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-Lackland, Texas — Medical health officers from the Chilean air force visited the 59th Medical Wing on Joint Base San Antonio-Lackland on Dec. 7, to gain a better understanding of Critical Care Air Transportation Teams. CCATTs operate an intensive care unit in an aircraft cabin during flight, adding critical care capability to the U.S. Air Force Aeromedical Evacuation System. Chile stood up their own CCATT program in 1998, just two years after the U.S. Air Force formally approved and adopted the mission. The 59th MDW is the designated CCATT pilot unit and is

responsible for concept of operations, performance improvement, and innovations to equipment and procedures. “Our goal is to bring our CCAT Teams up to the same critical care standards as the U.S.,” said Lt. Col. Claudio Montiglio, Chilean air force medical health officer. “In the future, we hope we can partner with the U.S. This visit will give us a better idea of how we can improve and how we can better train our people to see an impact in the real world.” The visit began with the Chileans touring Wilford Hall’s Simulation Center, which provides a hands-on learning environment through the use of high-fidelity mannequins and virtual reality simulators, before visiting Camp Bramble, the CCATT training and mission staging location. “As a patient moves from a hospital anywhere in the world to a hospital back in the United States, the level of ICU care will not change,” said Maj. Shane Runyon, En Route Critical Care Pilot Unit manager. “It is a critical care physician, critical care nurse and respiratory therapist that maintain the same standard of care in transport as you would have being in a physical ICU.” Each CCATT carries roughly 560 pounds of gear, enough to continue the level of acute care for three critically ill patients up to 24 hours. Currently, the Air Force CCAT Teams are assisting the countries of Georgia, Turkey, Columbia, Bangladesh and Mexico in developing similar programs.

## Dental tech gains rare experience

**Staff Sgt. Jeremy L. Mosier**  
386TH AIR EXPEDITIONARY WING PUBLIC AFFAIRS

SOUTHWEST ASIA — Members of the 386th Expeditionary Wing dental team were given a unique opportunity to join forces with the Army veterinary clinic to provide support to the K-9 unit at an undisclosed location in Southwest Asia, Dec. 8. In most instances in a deployed environment the medical group supports the vet by providing medications and food related support, but on this day it was to perform a teeth cleaning on Military Working Dog Vviking. “I am very grateful to do this out here,” said Staff Sgt. Torri Olivieri, 386th Expeditionary Medical Group dental services noncommissioned officer in charge. “Working with a military working dog and supporting the mission in this aspect is a once-in-a-lifetime experience.” In a deployed location, the veterinary clinic leans heavily on the medical group in emergencies to support the K-9 unit if the veterinary clinic is unavailable. “I called the dental tech



U.S. Air Force photo/Staff Sgt. Jeremy L. Mosier  
Staff Sgt. Torri Olivieri, 386th Expeditionary Medical Group dental services noncommissioned officer in charge, conducts a teeth cleaning at an undisclosed location Dec. 7 in Southwest Asia.

and dentist down here today so they could get hands-on experience with the MWD, because if there is an emergent situation they would be the ones taking care of the dog,” said Army Spc. Caitlin Hinds, 719th Medical Detachment Veterinary Services vet technician. While the veterinary clinic is a role three facility, which means they are able to support

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# Travis does something ... SWEET

U.S. Air Force photos by Staff Sgt. Amber Carter



1) Airman 1st Class Kelcie Edwards, 60th Operations Support Squadron airfield management, sorts and boxes cookies Dec. 5 at First Street Chapel for Operation Cookie Drop at Travis Air Force Base, Calif. Hosted by the Travis Spouses' Club, the event collects more than 900 dozen homemade donated cookies to be delivered to more than 900 Airmen living in the dorms. 2) Volunteers sort and box cookies. 3) Ida Aquilina, right, Operation Cookie Drop volunteer, cuts ribbons to tie around the boxed cookies Dec. 5 at Travis. 4) Volunteers sort and box cookies. 5) Volunteers at Operation Cookie Drop tie ribbons around boxes of homemade cookies Dec. 5 at Travis. 6) Kimberlie Hammerschmidt, right, Travis Spouse's Club member and volunteer, delivers cookies for Operation Cookie Drop Dec. 5 at Travis and is greeted by Roberta Nichols, left, Operation Cookie Drop volunteer.





Puzzles

STR8TS

No. 416 Medium

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

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

Previous solution - Tough

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

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. 416 Medium

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

The solutions are published on Page 23.

Previous solution - Easy

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

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)

Retiree Corner

Options available after deadline for health care

For those curious what to do if they missed open season for health care coverage in 2019, there's still ways to act.

Those who intended to enroll in the Federal Employees Dental and Vision Insurance Program before the end of the federal benefits open season Dec. 10, but were unable to do so for reasons that were beyond their control can visit [benefeds.com](http://benefeds.com) to find out what options are available.

FEDVIP offers a choice between 10 dental and four vision options. This fall was the first chance to enroll in a FEDVIP dental or vision plan for 2019 coverage.

If you missed TRICARE Open Season, you still have time to act. Eligible beneficiaries can take advantage of a one-time grace period extension, which ends Dec. 31.

For more information on how to enroll after TRICARE Open Season, visit [www.tricare.mil/openseason](http://www.tricare.mil/openseason) or call TRICARE West at 1-844-866-9378.

— TRICARE.mil

60th FSS

Events and upcoming

**Free Holiday Facebook Bingo.** This season, 60th FSS will give away \$1,000 cash every week. Everyone 18 and older can pick up Holiday Facebook Bingo cards at the Airman and Family Readiness Center, Arts & Crafts, Cypress Lakes Golf Course, Mitchell Memorial Library, Outdoor Recreation and Travis Bowl. Don't forget to "LIKE" us on Facebook (@60FSS) to play and win \$1,000 cash. For more information, visit [TravisFSS.com](http://TravisFSS.com).

**Home for the Holiday Reservations at Westwind Inn.** Westwind Inn is now available for holiday reservations! From now through Jan. 4, 2019, you can book and reserve loved ones' stay for up to 14 nights (excluding TLFs, pet TLFs and business suites). Reservation based on availability. To make reservations or for more details, call 424-8000.

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

Chapel programs

Recurring events

Catholic  
Twin Peaks Chapel

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

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

First Street Chapel

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

DGMC Chapel

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

The Church of Jesus Christ of Latter-day Saints

- Sacrament Services: 9 and 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.

In the next week ...

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**Vacaville Performing Arts Theatre.** Gerry Ramos Music Studio 2018 Christmas Piano and Vocal Recital, 5 p.m. Dec. 14; Believe with Santa, 6 p.m. Dec. 15; Big Band Christmas, 2 p.m. Dec. 16; The Polar Xpress Dance Showcase, 5 and 7 p.m. Dec. 17; 1010 Ulatis Drive. 469-4013, [www.vpat.net](http://www.vpat.net).

sat

**Believe with Santa.** 6 p.m. Dec. 15, Vacaville Performing Arts Theatre, 1010 Ulatis Drive, Vacaville. [www.vpat.net](http://www.vpat.net).

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

◆ ◆ ◆

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

Recurring

Air Force Office of Special Investigations.

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

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

Air Force Sergeants Association "Walter

fri

**Vacaville Museum Guild Holiday Home Tour.** 10 a.m. Dec. 15; leave from Vacaville Museum, 213 Buck Ave. 447-4513.

Neighborhood H.O.P.E. Dealer  
Toy Drive Fundraising Concert.

7 p.m. Dec. 15, Kroc Center, 586 E. Wigeon Way, Suisun City. [www.neighborhoodhopedealer.com](http://www.neighborhoodhopedealer.com).

**Solano Choral Society.** "Winter Fantasia," 8 p.m. Dec. 15, 3 p.m. Dec. 16, Solano Community College, 4000 Suisun Valley Fairfield. [www.solanochoralsociety.org](http://www.solanochoralsociety.org).

**E. Scott" Chapter 1320.** General membership meetings are at 2 p.m. 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 to 9:30 a.m. every Monday for all DoD federal civilians. Screenings include cholesterol, glucose, blood pressure and body composition analysis. For more information, visit [www.AFMCWellness.com](http://www.AFMCWellness.com) or contact CHPS at 707-424-CHPS or CHPSTravis@foh.jhns.gov.

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

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

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

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

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

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

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

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

**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 Gitsam at 707-425-0060.

News Notes

**Power outage.** A base-wide power outage scheduled for Dec. 16 was postponed until further notice.

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

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

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

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

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

This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at [mathew.clayton@us.af.mil](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](mailto: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 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 3 p.m. the third Saturday of the month at the Airman and Family Readiness Center.

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

- Erin Dunniway, 60th Operations Support Squadron.
- Rose Villa, 60th Medical Diagnostics and Therapeutics Squadron.

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

**"Sounds of Suspense."** Radio broadcast, noon fourth Friday of each month, Vacaville Public Library-Town Square, 1 Town Square Place. Free. [www.solanolibrary.com](http://www.solanolibrary.com). **Vallejo Art Walk.** 5 to 10 p.m. second

THE FLIP SIDE

Friday of each month, downtown Vallejo. Free admission. [www.vallejoartwalk.com](http://www.vallejoartwalk.com).

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

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

Music and dance

**Chamber Music at Rancho Flaubert.** Telegraph String Quartet, 3 p.m. Feb. 17; 7059 Bucktown Lane, Vacaville. [www.sites.google.com/view/cmrf/home](http://www.sites.google.com/view/cmrf/home).

**City Sports Bar and Grill.** Music begins at 9 p.m.: Two20Band, Dec. 14; Soul's Discretion, Dec. 15; ACA/DACA, Dec. 21; 7155 Browns Valley Parkway, Vacaville. 455-7827, [www.starsrecreation.com](http://www.starsrecreation.com).

**Downtown Theatre.** Unauthorized Rolling Stones, 8 p.m. Jan. 19; 1035 Texas St., Fairfield. [www.downtowntheatre.com](http://www.downtowntheatre.com).

**Empress Theatre.** Larry Vukovich "Christmas Classics," 5 p.m. Dec. 16; Complicated Animals, 7:30 p.m. Dec. 19; Kimberlve Gold, 8 p.m. Dec. 21; 330 Virginia St., Vallejo. 552-2400, [www.empresstheatre.org](http://www.empresstheatre.org).

**First Street Cafe.** Tune Riders, 7 p.m. Dec. 15; Carmen Gonzalo, 2 p.m. Dec. 16; Bryan Girard, 2 p.m. Dec. 23; 440 First St., Benicia. 745-1400, [www.firststreetcafe.com](http://www.firststreetcafe.com).

**Orpheus-West Choir and North Bay Ringers, "Christmas in the Alps."** 7:30 p.m. Dec. 16, St. Mary's Catholic Church, 350 Stinson Ave., Vacaville. Purchase tickets at the door or Tweed Hut Music, 359 Merchant St., Vacaville.

**The Relik Tavern.** Bray, 7 p.m. Dec. 12; Nova, 4 p.m. Dec. 14; Skyler Lutes, 9 p.m. Dec.

15; 726 First St., Benicia. 746-1137, [www.therelliktavern.com](http://www.therelliktavern.com).

**Solano Symphony: Salute to Youth, 8 p.m.** Feb. 9, Downtown Theatre, 1035 Texas St., Fairfield; 3 p.m. Feb. 10, Vacaville Performing Arts Theatre, 1010 Ulatis Drive. [www.solanosymphony.org](http://www.solanosymphony.org).

**Solano Winds.** 8 p.m. March 8, Downtown Theatre, 1035 Texas St., Fairfield. [www.solanowinds.org](http://www.solanowinds.org).

**Theatre Deville.** Buck Ford, 8 p.m. Dec. 21; 308 Main St., Vacaville. [www.theatredeville.com](http://www.theatredeville.com).

**Vallejo Symphony: 3 p.m.** Feb. 10, Empress Theatre, 330 Virginia St., Vallejo. [www.vallejosityphony.org](http://www.vallejosityphony.org).

Comedy

**Empress Theatre.** Will Durst, 8 p.m. Dec. 30; 330 Virginia St., Vallejo. [www.empresstheatre.org](http://www.empresstheatre.org).

**First Street Cafe.** First Street Funnies, 8 p.m. Dec. 21; 440 First St., Benicia. 745-1400, [www.firststreetcafe.com](http://www.firststreetcafe.com).

Art exhibits

**ArtPhit.** Open 10 a.m. to 6 p.m. Wednesday through Saturday, 726 Texas St., Fairfield. 439-3573.

**Arts Benicia.** "In the Fields: Botanical Love," through Dec. 21; open noon to 5 p.m. Wednesday through Sunday during exhibitions, 991 Taylor St., Suite 114, Benicia. Free. 747-0130, [www.artsbenicia.org](http://www.artsbenicia.org).

**Benicia Plein Air Gallery.** Samanatha McNally is December's featured artist; open 11 a.m. to 5 p.m. Thursday through Sunday, 307 First St., Benicia. 495-2940, [www.benicia-plein-air.com](http://www.benicia-plein-air.com).

"NEWS NOTES" BRIEFS MUST BE SUBMITTED TO 60AMWPA@US.AF.MIL SEVEN DAYS BEFORE THE EVENT DATE. CALL THE 60TH AIR MOBILITY WING PUBLIC AFFAIRS OFFICE INTERNAL INFO SECTION AT 424-2011 FOR MORE



# Training

From Page 11

area of operations, has been primarily limited to three training locations: Ramstein AB; Naval Station Rota, Spain; and Incirlik AB, Turkey.

With more than 2,100 personnel spread out across nearly 20 geographically separated units throughout Europe and the Middle East, ensuring uniform training for all 521st AMOW maintenance personnel can be challenging at best, Spears said. This is especially true for maintainers working on the C-5. The massive aircraft has a wingspan of nearly 223 feet, a cargo compartment almost 145 feet long, and can transport up to 280,000 pounds.

The Air Force's largest plane, the C-5, features several unique characteristics, including a nose cargo-door and a kneeling nose gear, which allow for drive-on capability. While the Air Force began modernizing the aircraft in 1998, the fleet is rapidly approaching 50 years of service.

The age and unique characteristics of the airframe require routine, specialized maintenance. If something breaks when the aircraft is not at its home station, the Air Force relies on skilled en route maintainers to quickly identify and fix the problem.

“We work on the C-5 aircraft every single day here in the 521st AMOW, but we’re normally just moving them along in the system,” Spears said. “We provide them the servicing they need to continue with the mission, and we try to do that in as rapid fashion as possible.”

The Air Force currently owns 52 Super Galaxy aircraft, which are only assigned to four units worldwide. Getting hands-on maintenance time with the aircraft is difficult for many 521st AMOW maintainers because flight schedules and aircraft maintenance needs constantly change in a dynamic global airlift environment.

Lt. Col. Robert Ryder, 521st AMOW deputy commander for operations and the person who oversees the wing’s training programs, said they could request a training aircraft through Air Mobility

Command A4 Logistics, Engineering and Force Protection Directorate and the 618th Air Operations Center, formerly the Tanker Airlift Control Center, both located at Scott Air Force Base, Illinois. These organizations work together to coordinate rapid global mobility.

This method for requesting trainer aircraft seldom met all of the en route maintenance training requirements, especially for the Airmen assigned to the more remote GSUs, Ryder said.

“The mission always comes first,” Ryder said. “A trainer aircraft may be planned to stay here for 48 hours; however, sometimes the aircraft arrives late, departs early or gets re-tasked somewhere along the way. For those reasons, we don’t always get the full benefit of the trainer.”

Ryder said at most, 10 Airmen would be able to train on the aircraft in ideal circumstances, and when the timeframe and condition of the aircraft could not be confirmed, the unit could not arrange for the GSU maintainers to participate.

Col. Joel Safranek, 436th Airlift Wing commander, Dover, Delaware, became aware of the need for improved en route training during his previous assignment as the 621st Contingency Response Wing vice commander at Joint Base McGuire-Dix-Lakehurst, New Jersey. When he took command of the 436th AW, he began working with the 436th and 512th maintenance groups to enhance the en route training plan for Ramstein AB.

Ultimately, after about four months of coordination between four organizations – the 436th AW, 512th AW, 521st AMOW and the 618th AOC – a plan emerged.

The 618th AOC generated a C-5 cargo mission from Dover AFB to Ramstein AB and a return flight two weeks later. Because the aircraft was built into the cargo transportation schedule, it was used effectively to fly channel missions on its flights to and from Ramstein AB, allowing it to contribute to the larger AMC mission as well as support the 521st AMOW’s training requirements.

The 521st AMOW regional

training center developed a master training plan for the two weeks they had the aircraft. Based on this plan, GSUs selected maintainers who would benefit most from the identified training and generated temporary duty orders.

The 512th Maintenance Group sent several maintainers to assist with the training and work the flight line, freeing up 521st AMOW maintainers to participate in the training. Since every reservist is required to serve a minimum of two weeks a year, this opportunity allowed the reservists a productive way to fill that requirement.

In fact, the 512th MXG has a decades-long tradition of conducting such en-route training during their annual tour requirements. Thanks to the dedicated efforts of the four units, this time their tour coincided with a dedicated trainer aircraft.

“It appears to be a win-win-win scenario,” Safranek said. “The 521st AMOW wins by getting the training they need. Our wing wins by providing a C-5 at no additional cost; and at the same time, the aircraft may come back in better shape than it went out the door. AMC is able to move channel cargo during the positioning and de-positioning legs. And our reserve mission partners are able to gain valuable experience during their annual tour. We all win through a little cooperation.”

This spirit of cooperation is nothing new. The 436th and 512th AWs work together every day to execute global airlift 365 days a year.

“I’m proud of the Liberty Wing Citizen Airmen who volunteered to assist the 521st AMOW Airmen hone their maintenance skills,” said Col. Craig Peters, 512th AW commander. “As a Total Force effort, this unique training opportunity will improve the lethality of our already highly capable en route maintenance system. Developing and leveraging the enhanced mobility partnerships created over this two-week event will further allow us to provide Rapid Global Mobility to the right place at the right time.”

The plan was not overly complicated, was done through

cooperation amongst three wings and the 618th AOC and did not require any direction from higher headquarters.

“I’m convinced that this is a very great model for the AMOW and I hope it is similarly advantageous for the 436th AW,” Spears said. “The synergistic effect of having the training over a deliberate timeframe is going to pay huge dividends for us. We’re going to find that our Airmen are more ready tomorrow than they are today. We’ll be looking to repeat this as soon as we can.”

If this proves to be an effective model for AMOW C-5 training, Ryder, Safranek and Spears all said they hope the process of having a dedicated

ground trainer for a two-week increment could be mirrored by the 60th Air Mobility Wing at Travis AFB and the 515th AMOW at Joint Base Pearl Harbor-Hickam, Hawaii. The commanders said this is something they would like to continue on a quarterly basis.

Ryder said he believes the benefits of this training will be immeasurable.

“A year from now, we will look back on this particular event as probably the singularly most important thing that changed how en route training is conducted,” Ryder said. “My suspicion is that this is going to set the stage for what is to come.”

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Healthy

From Page 4

temperature, typically within two hours. Set the refrigerator temperature at or below 40 degrees Fahrenheit and the freezer at 0 degrees Fahrenheit. Store pumpkin pie in refrigerator after baking.

- Defrosting: Never defrost food at room temperature or on the counter top. Instead, leave in the original wrapping and defrost in the refrigerator, under cold, running water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately. Allow the correct amount of time to properly thaw food. For example, a 20-pound turkey needs four to five days to completely thaw in the refrigerator.
- Stuffing: For optimum safety, cook stuffing in a casserole dish. Prepare stuffing and place loosely inside the turkey

immediately before placing in the oven. Use about three-quarter cups per pound of turkey. Mix wet and dry ingredients for the stuffing separately and combine just before using. Any extra stuffing should be baked in a greased casserole dish.

- Leftovers: Another joyful part of the holidays are the leftovers. Properly cover leftovers in airtight packaging or seal in storage containers to limit bacterial growth, retain moisture and prevent the accumulation of food odors in the refrigerator. Rapidly cool food in the refrigerator or freezer. Refrigerated leftovers should be used within three to four days. Dispose of perishable and cold leftovers left at room temperature for more than four hours. A good rule to follow is, “when in doubt, throw it out.”

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Crowder

From Page 2

those both superior and subordinate to you? Each and every one of us is a valued member of this team and we owe it to each other to provide a level of commitment which communicates that we want what is best for the organization and those who serve it. We must display commitment by setting and maintaining standards, we must ensure the resources and training needed to accomplish the mission are provided and we must be committed to their overall well-being.

There will be times when our subordinates fail, allow them to fail. We must allow them to fail forward, learn from their mistake and remain

committed to providing them with what they need to learn and move past it. We shouldn't allow a lack of commitment on our part to be the reason someone fails, when this happens, we all fail.

Everyone has a desire to be cared for. Regardless of the position you hold within the organization you can care for others simply by being engaged. Being engaged is an emotional commitment to the organization, the members within this organization and the goals of both—both personal and professional. Do not underestimate the value of a personal connection with those you work with, whether superior or subordinate. Caring for individuals shows them you are concerned with their welfare, you are invested in them and want to see them succeed. Every

individual within the unit has unique talents and interests and good leaders know how to uncover them with engagement. Everyone has a story about who they are, where they come from, as well as who and what in their past helped shape them into the individual they are today. Take time to learn the stories of those around you, share your story as well, they need to know you as a person, not just a leader or follower, and strive to learn as much about someone you can. Doing so helps foster a relationship built on trust. Each of us must work to create a culture within our organization built on trust, commitment, and care. If each of us focus on answering these three questions with our words and our actions, there are no bounds to what we can achieve together.

Cadets

From Page 11

to crash,” he said.

“The system is important because it allows us to prevent injury or damage to other people or persons on the ground in case there is a catastrophic failure or loss of control.”

McLaughlin said cadets will stay involved in the development of the prototype through its initial flight test and beyond, should

it go into production.

“The entire project is the validation of the Academy’s emphasis on putting real-world problems before cadets and expecting them to make real contributions to Air Force engineering,” he said. “In the Aeronautics Department, all cadets perform research and aircraft design – it’s not just for top students.”

Cadets don’t just learn about engineering at the Academy, “they perform it,” McLaughlin said.

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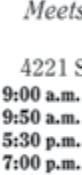
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Nelson

From Page 2

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ry. Beginning last month and  
continuing over the next few  
months, your leadership teams  
will be discussing “Travis 100”  
– that is, how do we want Tra-  
vis to look when we celebrate  
our 100th anniversary in 25  
years? The sky is the limit for  
our discussions! How can we  
plan for artificial intelligence  
and drone technology? How do  
we take into account the evo-  
lution of information dissemi-  
nation? How will we be ready  
for what our country asks of us  
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Hypothermia

From Page 7

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an idea on how to compound  
data to make you a better de-  
cision maker? Have you been  
eyeing a new type of technol-  
ogy that will allow you to fix a  
machine faster? How about a  
new tracking method to orga-  
nize large-scale projects? What  
will it take to get to yes? You  
are empowered to do the work  
now to ensure not only your re-  
placement’s success, but also  
their replacement and be-  
yond. This empowerment leads  
to better team connectedness  
and success and can help our  
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without you.

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alongside you during my time  
here at Travis and I can’t wait  
to see what we can accomplish  
together. No bounds!

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Spouse

From Page 6

“You can ask anyone that’s  
ever been to her events,” said  
Steven. “They know how good  
they are. They know how  
much better they are than oth-  
er events they’ve been to of  
the same caliber. The Christ-  
mas parties in our squadron  
got much better. They were  
just better decorated. People  
walked in like, ‘Wow. I didn’t  
know an Air Force function  
could look like this.’”

Morgan has a gift, Steven  
said.

“For her, if we’re talk-  
ing about how much money  
it would cost to decorate this  
tree,” he said, pointing to the  
decorated holiday tree in the  
family’s living room, “or plan a  
room, she could probably nail it  
down within a couple dollars.”

In addition to putting her  
skills to use, Morgan developed  
friendships with other mem-  
bers of the club. She appreciat-  
ed their inclusive, collaborative  
attitude, one where spouses’  
ranks faded. Thinking back on  
one instance from when she  
first arrived makes her laugh.

“I asked one of the fellow  
spouses to help me take out the  
trash,” she said. “I later found  
out that was Lynette Jackson,  
who was the commander of the  
base’s wife. Did not know that  
at the time. I felt really silly, re-  
ally stupid not knowing who  
these people were.

“But I think, even that be-  
ing said, it says so much about  
the spouses club, which is why  
I continue to be a part of it. No  
one ever made me feel like they



U.S. Air Force photo/Lan Kim

**Capt. Steven Noller, 21st Airlift Squadron pilot, his spouse, Morgan, and their son, Camden, pose for a family portrait in their home Dec. 5 in Vacaville, Calif. Morgan won the 2018 Joan Orr Air Force Spouse of the Year Award.**

had a higher-ranking position  
on base than my husband or  
than me, personally. I felt like  
we were all in the same boat.  
We were all part of the club.”

Those relationships are nec-  
essary for Air Force spouses  
during the good times as well  
as the bad. The hardest test for  
the Nollers thus far came earli-  
er this year. Weeks before Ste-  
ven was to deploy for months,  
Morgan had a miscarriage fol-  
lowed by surgery.

“That alone was extreme-  
ly emotional, leading up to his  
deployment and then after he  
left, I was still recovering and  
in pain,” she said. “That was a  
true test of our marriage and  
how much we were able to han-  
dle. It’s raw. That is the truth.”

Part of the camaraderie she  
built with the club helps spous-  
es endure such challenges, she  
said.

“The laughter is the most  
important,” she said. “I would

say it just gets you through the  
hardest times, and it might be  
hard at first, but then you go  
to talk to your friends. These  
spouses that have been through  
so much and yet they’ve gone  
through the same thing. We’re  
all laughing that we go through  
this crazy time in our lives and  
we come out the other side  
cracking up that it’s funny to  
us now.”

In 2019, the Nollers are mov-  
ing north, where Steven will fly  
with the Royal Canadian Air  
Force as an exchange pilot.

“This move to Trenton, On-  
tario, Canada is a big adven-  
ture,” Morgan said. “I think I’d  
feel unprepared for this move  
had I not opened myself up to  
any opportunity I could find at  
Travis AFB. The people I met  
and the skills I acquired will  
definitely help me with this  
next step. Now I’m looking for-  
ward to learning even more  
about the Air Force in Canada.”



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Painter

From Page 8

One of Guevara’s most memorable mo-  
ments was the sight of 20 Air Force gen-  
erals from around the Air Force touring  
DGMC en masse the week before inpa-  
tients were moved to the new facility.

“It was a state-of-art building back  
then,” said Guevara. “You could see that  
they were very impressed.”

The new DGMC consolidated 19 build-  
ings scattered around the base – some  
as far as a mile from the main facility –  
into one modern complex housing more  
than 3,500 rooms. It was the first ma-  
jor Air Force medical facility built from  
the ground up and designed to play a ma-  
jor role in casualty receiving and patient  
treatment during contingency operations  
in the Pacific Theater.

Today, the facilities management team  
ensures that DGMC continues to operate  
with precision, both inside and outside.

“I like to tell people that DGMC is our  
patient,” said Jeanne Tuttle, facilities  
management director. “We make sure it is  
healthy and operating at its full capacity.”

Tuttle’s team oversees the contractor  
who now employs Guevara, J&J World-  
wide Services. They are responsible for  
everything on the 44-acre campus, includ-  
ing landscaping, minor construction, en-  
vironmental services and the central en-  
ergy plant.

DGMC has undergone several multi-  
million dollar renovations in the last 20  
to accommodate the latest technologies,  
changing medical practices and to be-  
come more patient-centered.

For example, the emergency depart-  
ment was upgraded to serve an aging vet-  
eran population, to replace treatment bays  
and to provide individual patient treat-  
ment rooms that not only provide privacy,  
but also reduce the risk of spreading air-  
borne pathogens.

A state-of-the art surgery center was  
expanded from eight to nine operating  
rooms. Oral surgery, the women’s health  
clinic and heart, lung and vascular clinic  
as well as the intensive care unit were  
also updated.

The dining facility, originally designed  
to feed about 200 people, was renovated to  
accommodate more than 700, including  
staff members, patients and their families.  
Additionally, outpatient services such as  
pharmacy, laboratory and radiology, were  
centralized into a patient-centered mall.

According to Tuttle, future projects  
include doubling the size of the satellite  
pharmacy in the base exchange mini-  
mall, right-sizing the Pediatrics Clinic  
and Brace Shop and modernizing the joint  
radiation oncology department.

“It was a state-of-the-art building back  
then and, with the millions of dollars in  
upgrades, it is still state-of-the-art,” said  
Guevara.

Guevara should know. He’s been there  
to witness the transformation.

**Solutions**

Str8ts

Previous solution - Medium

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

Sudoku

Previous solution - Medium

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



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Hockey

From Page 5

wasn’t until the tournament, however,  
that they got to know each other better  
both on and off the ice.

“Rico is an easy-going guy off the  
ice,” said Lym. “He is confident, but  
humble at the same time and always  
has an air about him that he is having a  
great time doing whatever he is doing  
at that moment. He is the kind of amia-  
ble person who seems to draw a crowd  
that wants to be around him to enjoy  
that aura.”

Rico’s interest in hockey stemmed  
from “The Mighty Ducks” movies  
when he was a kid and developed while  
watching Detroit Red Wings games on  
television with his aunt’s boyfriend.

“I’m always active. I did wrestling,  
lacrosse and hockey in high school, so I  
just always stayed busy,” said Rico. “If  
I was busy with that, then I didn’t get  
in trouble with all the other things, so  
my parents liked that a lot.”

Rico has been playing on this  
league for seven years, which, like fire-  
fighting, has built camaraderie.

“You start off with a good friend-  
ship, but now we call each other fami-  
ly,” he said. “We call each other up for  
any little thing.”

On the fire scene, everybody has  
your back, or we’re checking up on

families when members are deployed,  
said Rico.

“Teamwork is vital to our firefight-  
ing mission,” said Master Sgt. Kevin  
Wasiewski, 60th CES superintendent  
of operations. “We rely on each other  
to be competent and to have each oth-  
er’s back. Staff Sgt. Rico does both and  
he’s one of our best. He is an energetic,  
hands-on leader with a passion for de-  
veloping Airmen. He takes care of our  
people and fills whatever role is neces-  
sary to get the job done.”

According to Lym, that same men-  
tality is what earned Rico the MVP.

“His selection was more than just  
his skillset on the ice, it was passion for  
the game and his team,” said Lym. “It  
was how he approached the game at  
every moment on and off the ice that  
set him apart. I was very happy for  
him and it was a selection that I don’t  
believe anyone could have disputed.”

Rico was awarded a new hockey  
stick for his achievement, which he  
gave to his wife, Tech. Sgt. Evelyn Rico,  
60th Security Forces Squadron opera-  
tions and training flight chief. He says  
she got the bug to play after watching  
the tournament. His goal is to get the  
whole family on the ice, including their  
19-month-old son, who, according to  
Rico, is already showing interest.

“We’re definitely waiting till his  
feet can fit in the smallest skates and  
he’s going out,” he said with a grin.

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had spent a full year in the delayed entry program, a sort of Airman “bullpen” in which aspiring recruits can wait for openings in their preferred job field, that his patience grew thin.

Heeding his recruiter’s advice, Callejas was allowed to enlist in exchange for letting the Air Force pick his job for him. That job ended up being a food service shift worker.

“That news was honestly pretty devastating,” he said. “Getting a job cooking food felt as though I was taking a step backwards. It was during that early time in my career that I began making a series of bad decisions – picking up bad habits. I was alone at the time, so I didn’t have anyone to really level me out or offer me pushback on some of my worse ideas.”

Callejas’s bad habits would continue to hinder his professional life until one fateful incident that left him with an important decision to make.

“One day, I ended up making a mistake big enough to land me

in my commander’s office,” he said. “It was essentially a sink or swim moment. He sat me down and basically told me that I’d be kicked out if I didn’t make a 180 degree improvement. It was a wake-up call.”

In that instance, it’s always a question of whether to let this thing destroy you or use it as fuel – as a reason – to keep going and to persevere, he said.

So Callejas persevered. Though his grandmother from Puebla had since passed, Callejas drew from her memory a purpose and inspiration that he knew would drive him to make good on the second chance his commander granted him.

It was with that new and impassioned outlook on his work that Callejas quickly set himself apart from the other Airmen in his unit, attracting the attention of his leadership including Maynard Oestreich, Travis’ executive chef.

Oestreich instantly felt in Callejas what often eluded other food service Airmen: genuine passion and the skill to make shape of it.

“If you want to talk about innate talent, this is a guy whose palette can pick up on even



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

Senior Airman Oscar Callejas, left, 60th Force Support Squadron food service shift worker, pan fries a skillet of food under the watchful eye of his mentor and friend, Maynard Oestreich, Travis Air Force Base, Calif., executive chef, Dec. 6.

the most subtle of nuanced flavor,” said Oestreich. “There are qualities that professional chefs might spend decades refining and acquiring that Callejas wields like a birthright.”

It was due to Oestreich’s enthusiastic endorsement of Callejas that the Travis DFAC team nominated Callejas for this year’s Hennessy Travelers Association Award of Excellence, an Air Force-wide award that represents the benchmark

for professionalism and culinary skills within the career field.

“Being nominated for the award was unreal to me,” said Callejas. “It felt like the culmination of all the adversity I’ve overcome and all the effort I’ve brought into the kitchen.”

What was more unreal to him than being nominated for the award? Winning it.

“If you would’ve told me anyone else but Callejas had

won the award, I’d have been floored,” said Oestreich. “As humble as he is, he could start at a three-star Michelin restaurant tomorrow and be fine. Never have I seen someone who realizes what they want and so methodically and busily works to accomplish or obtain what that is.”

Though Callejas is objectively deserving of the praise being heaped on him, it’s still with a measured and humbled perspective that he takes pride in it. And although the trophy is nice, it’s not the thought of it that makes him smile, he said.

“I’m not really the type to accept praise easily,” he said. “I just hope people enjoy the food I cook for them. I hope it brightens their day – gives them something to look forward to, even. I feel that I didn’t fully appreciate my grandmother’s cooking when I was younger, and it feels nice to feel as though I’m bringing her back with my own cooking. Even if other people don’t know who she is, they still get to meet her by tasting the food I cook, and that’s something that I hope never goes away – that feeling of family and of belonging; of the way good food can make us feel at home.”



Travis celebrates selects for ...  
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1) 60th Air Mobility Wing leadership pose for a photo with the Chief Master Sgt. selects Dec. 4 at Travis Air Force Base, Calif. 2) Chief Master Sgt. Parnel Scalabrino, right, 60th Dental Squadron superintendent, congratulates Senior Master Sgt. Erik Robbins, 60th Aerospace Medicine, on making the rank of chief master sergeant. 3) Col. Jeff Nelson, left, 60th Air Mobility Wing commander, Senior Master Sgt. Toby Thompson, center, 21st Airlift Squadron, and Chief Master Sgt. Derek Crowder, 60th Air Mobility Wing command chief, pose Dec. 4 at Travis. 4) Crowder congratulates Robbins on Dec. 4 at Travis.





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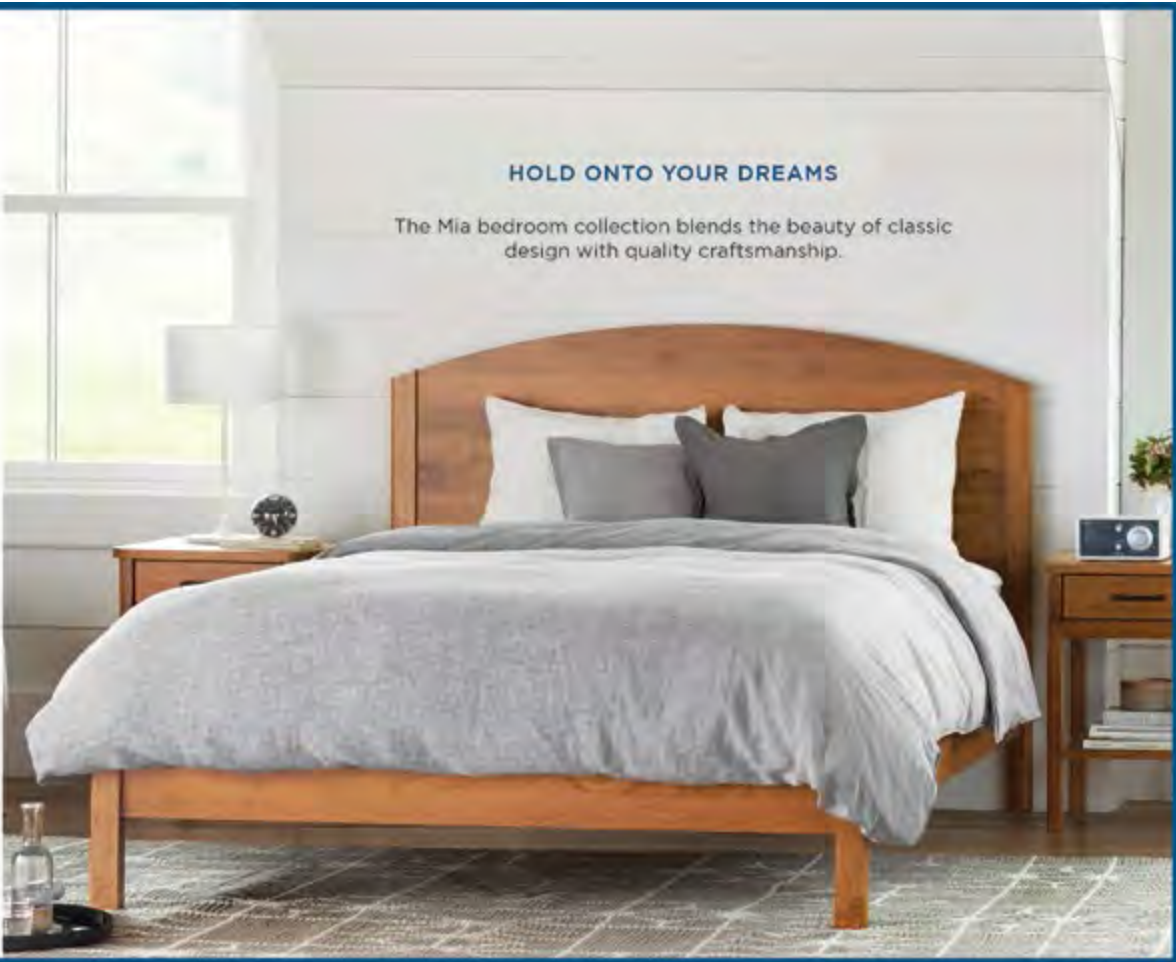
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