

Powerful stories can include, empower

Since the dawn of time, humans have shared stories. Before people could write, history was recorded through storytelling. Still today, people latch on to information that is passed in the form of a story. It's why movies are so popular, why we read to our children at night and why we share "war stories" around the water cooler. Stories are a critical way we share information, connect with people and ultimately build teams. Former Air Force Chief of



Commentary by Lt. Col. John Berger
321ST AIR MOBILITY OPERATIONS SQUADRON

Staff Gen. Mark Welsh III always said, "Every Airman has a story. If you want to lead the Airman, you have to learn their story." It is imperative for Airmen at all levels to learn the stories of the Airmen we lead and work with. Take time to ask questions such as where are you from? What do you do in your free time? Why did you join the Air Force? It's also important to learn what makes that Airman tick. Sometimes, it takes a while for them to open up. You may have to share

Commander's Commentary

your stories first before they feel comfortable. Be persistent. Show them that you're interested and that you care. As the old saying goes, "Airmen don't care how much you know until they know how much you care." Sharing stories is a great way to show you care. Just as sharing stories is a powerful way to connect with individual Airmen, it is also an effective tool for leaders to connect with large groups. The next time you want to get a point across to your team,

consider using a story from your life that emphasizes the importance of the point you're trying to make. For example, during a recent Resilience Tactical Pause, I shared a story about the time I was hit by a truck. I talked about my internal struggles and the depression I felt. Then I talked about my road to recovery and all the wingmen who helped me along the way. I'm certain that talking about resilience in this way was more effective than going through a PowerPoint presentation with generic bullets. Lastly, when you brag about or write about the great things Airmen do, try to frame their accomplishments in the form of

stories. For officer and enlisted performance reports this can be tough. But things like award packages and recommendation letters will hit the mark better if you can encapsulate their deeds with stories. Additionally, when a senior leader visits and wants to know how your team is doing, don't dump a bunch of numbers on them. Think of a good story that highlights how your team accomplishes the mission. They'll remember that. So when it comes to talking about your mission, leading Airmen, addressing resiliency or building the team, put the numbers aside and tell a story with a targeted message.

Diet, exercise important in building daily lives



Commentary by Master Sgt. Jesse Richardson
321ST AIR MOBILITY OPERATIONS SQUADRON

We all have priorities in life. Our careers, friends, families, health, success and financial freedom are a few examples. One of the ways I've been able to maintain a healthy level of stress and resiliency is through physical fitness. I believe health and fitness ties into all aspects of life and I consider it the most important pillar of wellness. As a society, we should focus more on health, diet and fitness, which is a proactive approach focused on your body, and in turn, improves functions and operations in the mind. We all know it is important; after all, our careers and

Enlisted Commentary

quality of life depend on it. But do we understand the true power and benefits of maintaining a healthy lifestyle? For me, it's the most important thing in my life. Now I know that sounds like a bold statement considering I'm married with two boys. Allow me to explain. Ask yourself, if you don't have your health, what do you have? If you are not in good health, what is it costing you? If you are not healthy, what are some activities you can't do? This may be hard to imagine if you're a healthy, functioning adult.

For a moment then, envision yourself as a 600-pound, bed-ridden person. Someone who needs an attendant for every daily function. Now answer these questions. My short answers are if I don't have good health, I don't have my family. If I don't have good health, I'll lose my career, and without a doubt, promotion opportunities. If I don't have good health, I can't snowboard, hike, bike or go on a long walk because these would all be too difficult. Poor health would cost me my friendships, my marriage and the opportunity to play with my boys. My health affects all of my relationships and social activities.

Without it, I would lose everything. Taking care of your body can, and does improve your mental stability. By eating the right types of foods, we can change our mental state and improve our happiness. It can also reduce depression and anxiety. Eating the right types of foods provides the nutrition and energy we need to live. They are crucial for the development and growth of our brains. Additionally, the right nutrition reduces dependence on pharmaceutical drugs, and therefore, the negative side effects that follow. In addition to diet, exercise is a

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Resources for those who need help, **PAGE 18**

Cultivate hope

Air Force seeks to prevent suicide

Story by Tech. Sgt. James Hodgman
Photo by Heide Couch

A young Airman struggles to make it through his work day. His head is filled with thoughts of inadequacy. Negativity dominates his thoughts and he soon wonders whether or not he should continue living. In frustration, he slams his desk and walks toward the door. "Airman Johnson, are you all right?" asks his supervisor. "I'll be OK, sir. I'm just dealing with some stuff right now," Johnson replies.

Johnson's supervisor is concerned for his safety and asks if Johnson would be willing to share what's going on while they walk away from the office.

"Yes, I'd like that," Johnson says. To date, the U.S. Air Force has lost 98 Airmen to suicide in 2019, an increase of nearly 20 total force suicides from 2018. In an effort to prevent suicide

and enhance the services available to Airmen and their families, Air Force Chief of Staff Gen. David Goldfein, directed all bases to observe a resilience tactical pause.

The goal of the tactical pause was to bring Airmen together with command teams to discuss resiliency, identify issues and factors associated with the increase in suicide and allow Airmen an opportunity to provide feedback on ways the service can improve suicide prevention capabilities.

Travis AFB, which has lost two Airmen to suicide in 2019, held several tactical pause events at the unit level in September.

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The U.S. Air Force has lost 98 Airmen to suicide in 2019. In an effort to prevent suicide and enhance the resiliency of Airmen and their families, the service directed all bases to hold a resilience tactical pause. Several RTP events were held at Travis Air Force Base, California, in September.

Tailwind



Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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On the cover

Maj. Michael Perry, 349th Air Mobility Operations Squadron Air Operations Center executioner, tracks aircraft tail numbers Sept. 17 during Mobility Guardian 2019 at Travis Air Force Base, California.

U.S. Air Force photo/Louis Briscoe

WARRIOR OF THE WEEK



U.S. Air Force photo

Name:
Airman 1st Class Kasen Hodges.

Unit:
60th Air Mobility Wing Chapel.

Hometown:
Pasadena, California.

Time in service:
One year.

Family:
None.

What are your goals?
Psychology degree, wife and mother, have my own clinic.

What are your hobbies?
Working out, singing, babysitting, outdoor activities and binge watching Netflix.

What are your greatest achievements?
Joining the military, learning crisis intervention and how to take care of Airmen.



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

Airman 1st Class Taylor Boone, 60th Inpatient Squadron critical care technician, treats a simulated burn on a training mannequin Aug. 20 at Travis Air Force Base, California. Boone attended advanced burn care training at University of California, Davis.

UC Davis hosts burn training

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

“Gruesome, but a good experience,” is how Airman 1st Class Taylor Boone, 60th Inpatient Squadron critical care technician, described his first time in the burn center at the University of California, Davis, Medical Center in Sacramento.

“We don’t see burns so this was completely different to me,” said Boone. “One patient was burned so badly, she had to have skin grafts and will probably be in (the burn ICU) for months.”

Boone’s experiences are one reason DGMC signed a training assistance agreement allowing its 35 active duty ICU nurses and 44 medical technicians, who are certified emergency

medical technicians, to train at UC Davis before they deploy to a combat area.

“It’s very traumatic for a nurse or tech to see a burn patient in the ICU for the very first time without having the opportunity to prepare for that,” Lt. Col. LoriRose Hindman, 60th MDG clinical nurse specialist in the critical care flight said. “To have to scrub the patient for the first time when you haven’t had the opportunity to prepare for that, it’s very traumatic.”

Active-duty physicians, surgeons and ICU nurses usually go to the Center for Sustainment of Trauma and Readiness Skills for pre-deployment training in St. Louis, Missouri, or Baltimore, Maryland. However, a recent readiness directive

requires ICU nurses to get 72 hours of trauma training annually.

Burn training indirectly falls under that umbrella. “C-STARS covers trauma and burn training, but not everyone may get to see a burn patient during their two weeks there,” Hindman said. “That’s why we want to capitalize on burn training at UC Davis.”

Burn treatment can be a lengthy and sometimes painful process for patient and caregiver, according to Hindman. But Air Force ICU nurses typically get burn dressing and treatment training only if they are in the Critical Care Fellowship Program at the Institute of Surgical Research at the San Antonio Military Medical Center in Texas.

SAMMC operates the only Department of Defense Burn Center Level I trauma center, which is the highest level of care trauma patients can get.

UC Davis also is a Level I trauma center and, like SAMMC, is accredited by the American Burn Association and the American College of Surgeons as meeting requirements to provide optimal care to burn patients.

In 2018, the UC Davis burn center treated 430 inpatients, said Len Sterling, UC Davis burn ICU case manager.

“We don’t get burns every day, but the burn center has never not had patients,” he said. “Since the advent of meth and hash oils and the crazy wildfires, the number

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Exchange offering fee-free layway

Lorraine Harris Ortega

ARMY AND AIR FORCE EXCHANGE

Military service members and their families can get a jump start on holiday shopping thanks to the Army & Air Force Exchange Service’s fee-free layaway.

Through Dec. 24, the Travis AAFES will waive its \$3 service fee for items priced at \$25 or more. Toys, bikes, clothing and more are included.

“The holidays tend to sneak up on us, and before we know it we’re having to buy last-minute gifts for loved ones,” said Phonda Bishop, Travis Army and Air Force Exchange general manager. “The Exchange’s holiday layaway offers a great way to plan your gift list and stay on budget – and keep special presents out of sight.”

To place items on layaway, military shoppers pay a deposit of 15% of the purchase price. Items must be picked up by Dec. 24.

For program details and eligibility information, shoppers can visit the Travis Army and Air Force Exchange customer service desk.

Air Force to address privatized housing

Secretary of the Air Force Public Affairs

WASHINGTON — Acting Secretary of the Air Force Matthew Donovan, along with Secretary of Defense Mark Esper

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Reunion brings together past, present maintainers

1st Lt. Erica Feehan

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Generations of mobility aircraft maintainers from across the country gathered Sept. 20-21 at Travis Air Force Base to share their wisdom and experiences with two dozen active-duty maintenance Airmen.

More than 100 former Air Force maintainers shared a wealth of maintenance knowledge having worked on the C-141 Starlifter — the predecessor to the C-17 Globemaster III — the C-5 Galaxy and other aircraft. These maintainers are part of Travis’ 76-year history and worked in either the 60th Organizational Maintenance Squadron, now known as the 60th Aircraft Maintenance Squadron, or the 602nd Aircraft Generation Squadron, which deactivated in 1997.

Retired Master Sgt. Robert Ketterer, a former C-5 production superintendent and the lead organizer of the event, said he wanted the past to meet the present.

“I want this to be a passing of the torch from the old maintainers to the new maintainers,” Ketterer said.

Many of the stories told revolved around lessons learned from mishaps such as the 1993 C-141 fire at Travis AFB. According to reports, a lack of communication and task saturation may have been a contributing factor. Incidents like this ultimately led to the institution of a mandatory class, now called Human Factors Training, which focuses on reducing risk in maintenance practices.

“I think some of the ‘near misses’ (and mishaps) we heard about in the stories this weekend definitely shifted the maintenance culture to be more focused on compliance and safety,” said Maj. Justin Hickey, 60th AMXS commander. “These former maintainers established the undeniable pride and grit that is unique to aircraft maintenance even today.”

While many of the stories shared were maintenance-specific, the overarching message the maintainers of yesterday expressed was one of encouragement and appreciation.



Courtesy photos

Staff Sgt. Tarnicia Jarvis, right, 60th Aircraft Maintenance Squadron C-5M Super Galaxy crew chief, swaps stories and experiences with retired Master Sgt. Tom Moore, center, and Mike Sandstrom, left, both former maintainers, Sept. 21 at Travis Air Force Base, California. More than 100 former maintainers attended a maintenance reunion to share their wisdom and experiences with active-duty maintenance Airmen.



Senior Airman Jamie Hopper, 860th Aircraft Maintenance Squadron C-17 Globemaster III crew chief, explains the C-17’s flap indication on the multi-function display to former C-141 Starlifter, C-5 Galaxy, and C-17 maintainers at a reunion Sept. 21 at Travis Air Force Base, California.

excited for the opportunity to meet with and learn from former maintainers.

“I love how close knit they are,” Yellowhair said. “They

reminded me to live my best life and enjoy being on the line because time is going to fly by.”

Ketterer’s intent for the reunion was to allow maintainers

of the past to share their experiences while learning how aircraft maintenance is performed today. The former maintainers asked several questions about modern-day maintenance practices, why today’s Airmen joined the Air Force and how much an airman first class earns.

One major difference discovered during the gathering between the maintainers was operational tempo, Ketterer said.

“On a typical day, we would launch three or four aircraft for missions to Hickam, then we would launch out two training sorties, recover them and launch them back out,” said Ketterer.

During that time, Travis AFB used to be home to 36 C-5s with more than 600 Airmen to maintain them. Now, the 60th AMXS has just over 350 Airmen responsible for 18 C-5s. A typical day for current maintainers

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AFRC changes grade system

Air Force Reserve Command Public Affairs

ROBINS AFB, Ga. — More than 3,500 enlisted Reserve Airmen will see upgrades to their grade authorizations Oct. 1.

The Enlisted Grade Council, including major command senior enlisted leaders and other key members, reviewed, evaluated and restructured the enlisted grade authorizations. The council, which was established in 2016, grew out of a continuous process improvement event to ensure skill levels met Air Force Reserve Command readiness requirements.

The new grade restructure gives senior leaders more flexibility to meet mission requirements and gives Airmen more opportunities to promote. It also aligns with Lt. Gen. Richard Scobee's strategic priorities

of reforming the organization, building resilient leaders and accelerating readiness. Scobee is the Air Force Reserve chief and AFRC commander.

"With the restructure of the AFRC enlisted grade authorizations, we are in a position to promote the right Airmen into the right vacancies and capitalize on that individual's leadership potential," Chief Master Sgt. Timothy White, AFRC command chief said.

The approved grade changes apply to all statuses within the enlisted Reserve force: Active Guard Reserve members, Air Reserve technicians, traditional reservists and individual mobilization augmentees. The AFRC enlisted grade council will chart the changes and will periodically review, evaluate and manage the

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The 45th Space Wing's Ascension Island Auxiliary Airfield looks quite similar to Mars, per its physical characteristics. Food must be flown in because the island isn't able to grow food organically. However, a team from the 45th Mission Support Group's Detachment 2 has revamped the hydroponics lab so that fresh vegetables can be grown and consumed by the 700 inhabitants of the volcanic island.

Ascension Island's hydroponics lab revitalizes its life

Airman 1st Class Zoe Thacker
45TH SPACE WING PUBLIC AFFAIRS

ASCENSION ISLAND AUXILIARY AIRFIELD — Space has been the center of conversation in the news and entertainment. There was even a movie about future human inhabitants on Mars.

And how would that happen? How would we be able to sustain growing food? Mars, a dry and dusty planet, would not be able to support human life organically.

And just like the case would be on Mars, the food choices on Ascension are very limited and depend completely on what supplies are flown to the island.

"If you've ever been to Ascension Island, or even looked at photos online, the island doesn't differ much from Mars," Cathy Little, Ascension Island Auxiliary Airfield agricultural specialist said.

Supplies, including food, are flown to the island because Ascension's water cycle, soil and topography make it very difficult for anything to grow on the island – what does grow, you cannot or would not want to eat, until recently.

Introducing Ascension Island's own personal 'garden', the hydroponics laboratory.

Hydroponics, or the process of growing plants in sand, gravel or liquid instead of soil, can be seen in the movie "The Martian." Though it seems like

something only a screenwriter could come up with, the agricultural team on Ascension Island has taken the idea and run with it.

"The hydroponics lab isn't a laboratory in the traditional sense," Little said. "Our facility is an 8,721 square foot greenhouse that has two vine crop bays and one leaf crop bay."

In the greenhouse, the team on Ascension uses two different systems to grow fresh produce on the volcanic island. For vining crops, like tomatoes and peppers, they use a nutrient injection system, bucket system and Perlite, which is a naturally occurring volcanic glass that has a relatively high water content. For leafy crops, like lettuce

and herbs, they use a nutrient film technique, where a very shallow stream of nutrient-filled water is re-circulated past the bare roots of the plants.

Though the lab has grown over the years, hydroponics is not new to Ascension Island.

"During World War II, the shipping of fresh vegetables overseas was not practical and remote islands where troops were stationed were not a place where they could be grown in the soil," said Rick Simmons, hydroponics expert, in a 2008 article. "In 1945, the U.S. Air Force built one of the first large hydroponic farms on Ascension Island, using crushed volcanic rock as a growing medium."

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Air Force unveils new call to action for ideas

**88th Air Base Wing
Public Affairs**

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force unveiled Air Force Explore, a new opportunity call for capability ideas that advance the transformational component of the Air Force Science and Technology 2030 strategy, Sept. 26. With this nationwide call, the Air Force is seeking disruptive ideas that can create remarkable new capabilities for the future force.

"This call is intended as a catalyst to transform our capabilities to become the Air Force we need," said Maj. Gen. William Cooley, Air Force Research Laboratory commander. "We will focus first on transformational capabilities and then identify how technology fuels them," Cooley said.

Air Force Explore is a product of collaboration between the Air Force Acquisition Executive, Air Force Warfighter Integration Capability and the Air Force Research Laboratory.

"Our goal is to establish partnerships that develop capability ideas and mature them into opportunity spaces for the Air Force," said Dr. Reid Melville, AFRL's lead for Air Force Explore.

Air Force stakeholders will consider each capability idea and advance a select number for prioritization. Partnerships are encouraged, and teams may include a mixture of government, industry and academic organizations.

The Air Force anticipates four to seven awards, each in the \$1 million to \$2 million range. To be competitive in this process, parties must submit ideas that have transformational potential, operational viability, cost and technical feasibility.

Transformational idea submission should address one of three functional challenges and advance one or more of the strategic capability areas identified in the Air Force S&T 2030 strategy including: global persistent awareness; resilient information sharing; rapid, effective decision-making; complexity, unpredictability, and mass; and speed and reach of disruption and lethality. The challenge statements pertain to in-flight re-arming and refueling, personnel recovery kit delivery, and vehicle tracking in commercial imagery.

Timothy Sakulich, AFRL's executive lead for Air Force 2030 implementation, said the "goal is to build a portfolio of ideas that could enable new warfighting concepts providing leap-ahead capabilities."

This call is unique since the Air Force is totally shifting the way it engages the nation in technology through a number of new business practices.

Agreements will be custom tailored to each partner, including the choice of award vehicle.

"This is a shift in the way we do business," Sakulich said. With this opportunity, "the Air Force is open to all avenues and we're letting the unlimited national market show us where the best ideas are."

He explained that this approach is unique because "the Air Force has created a single path to a level playing field for large industry, small business, startups, academia and government labs to promote solution-oriented thinking and free competition for resources."

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Raymond outlines Space Force plan

Charles Pope

SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

WASHINGTON — Air Force Gen. John Raymond, recently confirmed to lead the U.S. Space Command, emphasized on Sept. 27 the singular need for a Space Force and the steps required to maintain U.S. preeminence in a “domain” that is becoming increasingly crowded, dangerous and essential.

“We’re planning for a Space Force. We need a Space Force,” Raymond said at a Mitchell Institute breakfast on Capitol Hill attended by influential members of Congress and staff as well as defense analysts, industry officials and media.

“We’re very hopeful that Congress will pass in the

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AFGSC tests Minuteman III missile with launch

Air Force Global Strike Command Public Affairs

BARKSDALE AIR FORCE BASE, La. — A team of Air Force Global Strike Command Airmen from the 341st Missile Wing at Malmstrom Air Force Base, Montana, launched an unarmed Minuteman III intercontinental ballistic missile equipped with a test re-entry vehicle at 1:13 a.m. PST Oct. 2, from Vandenberg Air Force Base, California.

The test demonstrates that the United States’ nuclear deterrent is robust, flexible, ready and appropriately tailored to deter 21st century threats and reassure our allies. Test launches are not a response or reaction to world events or regional tensions.

The ICBM’s re-entry vehicle traveled approximately 4,200 miles to the Kwajalein Atoll in the Marshall Islands. These test launches verify the accuracy and reliability of the ICBM weapon system, providing valuable data to ensure a continued safe, secure and effective nuclear deterrent.

“The flight test program demonstrates one part of the operational capability of the ICBM weapon system,” said Col. Omar Colbert, 576th Flight



U.S. Air Force photo/Staff Sgt. J.T. Armstrong

An unarmed Minuteman III intercontinental ballistic missile is launched during an operational test Oct. 2, at 1:13 a.m., at Vandenberg Air Force Base, California.

Test Squadron commander. “The Minuteman III is nearly 50 years old, and continued test launches are essential in ensuring its reliability until the mid-2030s when the Ground Based Strategic Deterrent is fully in place. Most importantly, this visible message of national security

serves to assure our partners and dissuade potential aggressors.”

The test launch is a culmination of months of preparation that involve multiple government partners. The Airmen who perform this vital mission are some of the most skillfully

trained and educated the Air Force has to offer.

Airmen from the 341st Missile Wing at Malmstrom AFB were selected for the task force to support the test launch. Malmstrom is one of three missile bases with crew members standing alert 24 hours a day,

year-round, overseeing the nation’s ICBM alert forces.

“It’s been an incredible opportunity for Malmstrom (AFB’s) team of combat crew and maintenance members to partner with the professionals from the 576th FLT’s and 30th Space Wing,” said Maj. Kurt Antonio, task force commander. “I’m extremely proud of the team’s hard work and dedication to accomplish a unique and important mission to prepare the ICBM for the test and monitor the sortie up until test execution. The attention given to every task accomplished here reflects the precision and professionalism they – and our fellow Airmen up north – bring every day to ensure the success of our mission out in the missile field.”

The ICBM community, including the Department of Defense, the Department of Energy, and U.S. Strategic Command uses data collected from test launches for continuing force development evaluation. The ICBM test launch program demonstrates the operational capability of the Minuteman III and ensures the United States’ ability to maintain a strong, credible nuclear deterrent as a key element of U.S. national security and the security of U.S. allies and partners.

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

U.S. Air Force Capt. Rollie Flint (left), 510th Fighter Squadron assistant director of operations, speaks with Bulgarian Air Force Capt. Martin Boshev, tower control operator, during exercise Rapid Buzzard Sept. 25 at Graf Ignatievo Air Base, Bulgaria.

31st FW executes Rapid Buzzard

Senior Airman Savannah L. Waters
31ST FIGHTER WING PUBLIC AFFAIRS

GRAF IGNATIEVO AIR BASE, Bulgaria — U.S. Airmen and F-16 Fighting Falcons assigned to the 31st Fighter Wing executed a rapid deployment to Graf Ignatievo Air Base, Bulgaria, to conduct hot-pit refueling and participate in the bilateral training exercise, Rapid Buzzard, with the Bulgarian Air Force, Sept. 24-27.

Refueling operations were conducted with the 435th Contingency Response Squadron and three C-130J Super Hercules assigned to the 37th Airlift Squadron, 86th Airlift Wing, Ramstein Air Base, Germany, which provided the fuel through rapid defuel operations from the C-130J aircraft into an R-11 fuel truck.

Airmen from the 435th CRS trained and executed the hot-pit refueling, when a plane's engines are running during the refueling process, with Airmen from the 31st FW.

"Working with the 435th CRS was a great opportunity for us," Senior Airman Khari Coleman, 31st Aircraft Maintenance Squadron, 510th Aircraft Maintenance Unit crew chief said. "Getting them familiarized with F-16 hot-pit operations went smoothly, resulting in a fast refueling operation."

The 510th Fighter Squadron also conducted air-to-air training with Bulgarian MiG-29 aircraft and air-to-surface training with Bulgarian air defense assets.

These bilateral-training exercises and deployments are designed to enhance partner interoperability, maintain joint readiness, assure U.S. regional allies and enhance the U.S. Air Force's ability to rapidly deploy to remote locations and take command and control of the region.

"It's one thing to take off from Texas and land in Oklahoma," Lt. Col. Daniel Lindsey, 510th FS commander said. "It's another thing to take off from Italy and land in Bulgaria. There are different accents, different process procedures, different airfield capabilities ... we spent a lot of time coordinating. Our aircraft may operate differently from the Bulgarian Air Force's aircraft, but we were on the same page when we conducted the training, and both sides received valuable training."

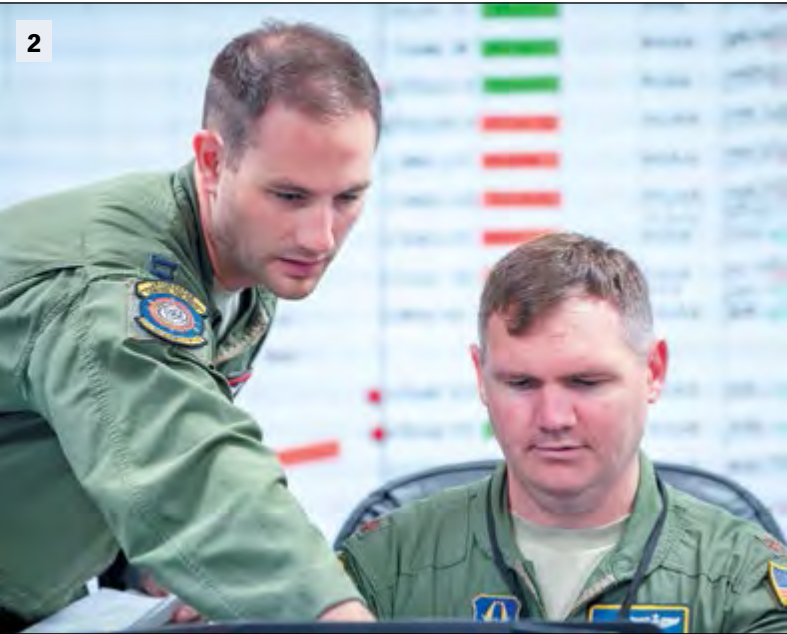
With exercises such as Rapid Buzzard, both the U.S. Air Force and Bulgarian forces are able to extend joint warfighting capability through operational and tactical training. Successful partnering activities like this result in progressive relationships and lead to tangible, mutual benefits during peacetime, contingencies and crisis, through actions such as regional security, access and coalition operations.

"The support at every level from the Bulgarian Air Force, and more specifically, the team here at Graf Ignatievo, were instrumental in the success of our exercise," Capt. Rollie Flint, 510th FS assistant director of operations said. "From logistics to maintenance, to pilots and air-traffic control, everyone was intent on ensuring we met our training objectives and furthering the bilateral partnership we've established. Through continued opportunities like this, the 510th FS is able to agilely project power and assure our North Atlantic Treaty Organization partners as the world's most combat-capable fighter squadron."

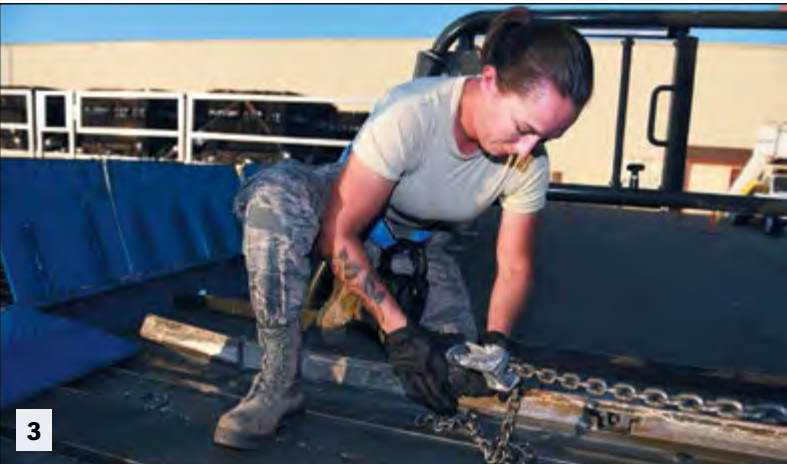
Travis plays chessmaster in Mobility Guardian exercise



U.S. Air Force photo/Louis Briscese



U.S. Air Force photo/Louis Briscese



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

Nick DeCicco
60TH AIR MOBILITY WING PUBLIC AFFAIRS

To better understand the scope of Mobility Guardian 2019, the massive Air Mobility Command exercise which ran from Sept. 8-28, it might be helpful to think of a chessboard. The aircraft and service members transporting cargo and refueling aircraft, along with people from one of more than two dozen partner nations, would be the pawns, rooks, knights, bishop and queens. The exercise's air operations center at Travis AFB, ran by the 321st Air Mobility Operations Squadron, would be the chessmaster, orchestrating every move for every airframe, all cargo and more than 4,000 participants.

The 321st AMOS made the operational-level moves, deciding which aircraft would do which mission to meet the exercise's strategic objectives. "This has been a great opportunity for us to work together with all of our partners, our coalition, our foreign partners ... as well as our U.S. partners that are here," said Brig. Gen. Joel Jackson, AMC deputy director of Operations, Strategic Deterrence and Nuclear Integration. "This is a great opportunity across services, across nations, to come together in a(n) ... exercise that's geared for mobility forces."

The exercise brought together a slate of partners from various nations, including Chile, France and the Netherlands. While the majority of Mobility Air Forces assets operated from Fairchild AFB, Washington, and other facilities on the western United States seaboard, it was Team Travis members moving the pieces. "If you think about the type of airplanes, the folks who are involved, the different Air Force specialty codes, the complications with times and precoordination that it takes, it's really a test of communication," said Capt. Miguel Garcia, 321st AMOS airlift control team member. "This is very complex and to see people execute it, it's magical to say the least." Being physically separated from the rest of the exercise was a reflection of what Airmen might face in the real world, said Maj. Chris Cummings, 321st AMOS executive chief. "It makes it more difficult, but it



U.S. Air Force photo/Louis Briscese



U.S. Air Force photo/Louis Briscese

1) Capt. Tom Chandler, 321st Air Mobility Operations Squadron Air Operations Center strategy division, sorts through documents during Mobility Guardian 2019 Sept. 17 at Travis Air Force Base, California. 2) Maj. Michael Perry, right, 349th Air Mobility Operations Squadron Air Operations Center executioner, and Capt. Tom Chandler, 321st AMOS AOC strategy division, track aircraft tail numbers Sept. 17 during Mobility Guardian 2019 at Travis. 3) Airman Naomi Hill, 60th Aerial Port Squadron ramp operations journeyman, fastens cargo for transport on a C-5M Super Galaxy Sept. 13 at Travis. 4) Brig. Gen. Joel D. Jackson, combined forces air component commander, receives a briefing during Mobility Guardian Sept. 17 at Travis. 5) U.S. Airmen from the AOC discuss the day's events Sept. 17 at Travis. 6) Airman 1st Class Marley White, 821st Contingency Response Support Squadron air transportation specialist, fastens straps on a pallet of supplies for a deployment Sept. 12 at Travis.



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

also makes it more realistic to what really exists," Cummings said. "It provides a level of realism to the exercise. An AOC would never be co-located with the wings." The exercise offered numerous opportunities to improve efficiencies. "This has been a great success," Jackson said. "We've had some great learning points, some things that we maybe knew we didn't do so well, we

validated. Maybe some things we thought we did better, we found out that as well. But all in all, our Airmen have done a fantastic job on the ground at the bases up in Washington and in the air, as we've been executing the mission, to get it done." Capt. Liz DiPaola, 321st AMOS air refueling control team member, echoed the general's thoughts. "It's not necessarily that we're OK with messing up, but we understand

that some of the stuff has never been really tested with live flight before," she said. "That's why we're doing it, right? We're trying to figure out what we can make better for the next time. And so that all the tactical players – aircrew, maintenance, everything – has a little bit of experience ... in case it ever happens in the real world." Capt. Michelle Sanchez, 321st AMOS aeromedical evacuation

control team, said recent events, such as moving a patient from Afghanistan to San Antonio for treatment while refueling twice in the air, show the benefit of the exercise. "This kind of magnitude and multitude of exercise helps us to exercise those kind of movements, so when we have to do it in real life, we get it right the first time," Sanchez said. Reservists also were a piece on the exercise chessboard. Master Sgt.

Breanna Martinez, 349th AMOS, said the experience gained from the exercise, which strives to replicate real-world scenarios, was invaluable. "I think, usually, with the simulator, we can rush through problems," she said. "This is the situation, we talk about it and then we say, 'OK, it's fixed.' Whereas in a real-world environment, with a live-fly situation, a problem arises and we have to work through it."

Swap Ads

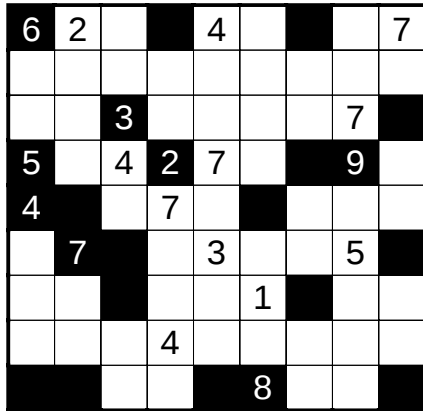
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3/2 home, very clean, 3 mins. to Travis. Living room, dining room, family room, fire place, dish-washer, microwave, custom draperies. Top-of-the-line carpet. 3 patios. A/C. No pets, no Sec. 8. \$2,000 plus deposit. 707-425-5679.

Puzzles

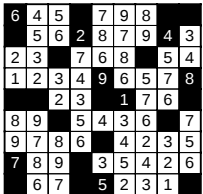
STR8TS

No. 458 Medium



You can find more help, tips and hints at www.str8ts.com

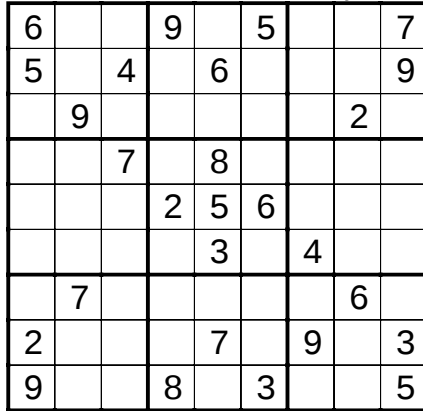
Previous solution - Easy



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.

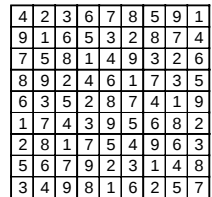
SUDOKU

No. 458 Very Hard



The solutions will be published here in the next issue.

Previous solution - Tough



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

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

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

News Notes

Battle of the Bands. Noon Oct. 26 at the First Street Chapel/Base Theater Parking Lot. Email shaquoyla.hargrove@us.af.mil to register.

Retiree Appreciation Day. 8 a.m. to 2 p.m. Oct. 26 at the David Grant USAF Medical Center auditorium. This event supports and recognizes more than 65,000 retirees and family members by providing a venue to connect them with the services they need and to also see what the Air Force has been up to since they retired.

Chapel programs

Recurring events

Catholic Twin Peaks Chapel

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

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

First Street Chapel

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

DGMC Chapel

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

The Church of Jesus Christ of Latter-day Saints

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

DGMC Chapel

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

Protestant First Street Chapel

- Protestant Community Service: 9:30 to 10:30 a.m. Sunday.
- Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.
- Children's Ministry is provided for 6-month-olds through fifth grade.
- Protestant Men of the Chapel, 6-8 p.m. every second and third Tuesday of the month at First Street Chapel Annex, vice 8-9 a.m. first Saturday of the month.
- Moms group. Jesus Cares ministry,

In the next week ...

fri Film Club. "Chulas Fronteras," 7:30 p.m. Oct. 4, Empress Theatre, 330 Virginia St., Vallejo. www.empressstheatre.org.

Hardly Strictly Bluegrass Festival XIX. Oct. 4-6, Golden Gate Park, San Francisco. <http://www.hardlystrictlybluegrass.com>.

sat Waterfront Festival. 11 a.m. to 5 p.m. Oct. 5, Suisun Waterfront Plaza, Main and Solano Streets, Suisun City. www.brendamossaevents.com.

sun Arts. 5 p.m. Oct. 6, Downtown Theatre, 1035 Texas St., Fairfield. www.downtown-theatre.com.

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

Twin Peaks Chapel

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

DGMC Chapel

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

Airmen's Ministry Center

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



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

Recurring

Air Force Office of Special Investigations.

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

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

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

Airmen's Attic. The Airmen's Attic is open from 10 a.m. to 2 p.m. Tuesday and Thursday 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 travspocombatptsd@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.

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

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

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

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

On-base child care. The Air Force requires on-base residents to be licensed by the 60th Mission Support Group if they provide more than 10 hours of care per week in their

homes. For more information, call 707-424-8104 or 707-424-4596 or stop by Bldg. 380B.

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

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

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

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

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

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

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

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m.

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

- | Today |
|--|
| • 6:30 p.m. "Overcomer" (PG) |
| • 9 p.m. "I Am That Man" (R) |
| Saturday |
| • 6:30 p.m. "Spider-Man: Far From Home Extended Cut" (PG-13) |
| • 9:30 p.m. "It: Chapter Two" (R) |
| Sunday |
| • 2 p.m. "The Addams Family" (PG, free advance screening) |



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.

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

- John Butler, Special Tactics Training Squadron.
- Neftaly Clark, 1st Special Operations Force Support Squadron.
- Rabiye Hamilton, Travis AFB Commissary.
- Mark Holmes, 10th Contracting Squadron.
- Dina Patterson-Steward, 60th Aerial Port Squadron.
- Jason Perkins, Grand Forks AFB.
- Gina Silva, Air Force Academy headquarters.
- Maria Thammasen, 60th Force Support Squadron.
- Dennis Weaver, Air Force Manpower Agency.

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.

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

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

Local events

Events

Benicia Farmers Market. 4 to 7 p.m. Thursday through Oct. 24, First Street between B and D streets. www.beniciamainstreet.org.

Friday Nights on the Farm. 4:30 to 9 p.m. Friday, Green Valley Road at Vintage Lane, Fairfield. www.visitfairfieldca.com/events/friday-nights-at-the-farm.

Kidfest. 10 a.m. to 2 p.m. Oct. 19, Andrews Park, Vacaville. www.ci.vacaville.ca.us/residents/vacaville-youth/kidfest.

Party on the Patio. Music begins at 5:30 p.m.: Suspects of Soul, Oct. 10; 5 O'clock Somewhere, Oct. 17; Cast Iron Grill & Bar, 700 Main St., Suisun City. www.facebook.com/castirongrillandbar.

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

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

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

THE FLIP SIDE

admission. www.vallejoartwalk.com.

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

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

Music and dance

City Sports Bar and Grill. Music begins at 9 p.m.: BlackWater, Oct. 5; Black Rock Project, Oct. 11; Aqua Nett, Oct. 12; 7155 Browns Valley Parkway, Vacaville. 455-7827, www.starsrecreation.com.

Downtown Theatre. Aretha Franklin Tribute, 8 p.m. Oct. 12; 1035 Texas St., Fairfield. www.downtowntheatre.com.

Empress Theatre. Tota and Tessie, 8 p.m. Oct. 5; Joyce Grant, 7:30 p.m. Oct. 9; For Folks' Sake: An itty-bitty, teeny-teeny-weeny Music Festival, 2 p.m. Oct. 12; A Celebration of the Life of Yana Zegri, 3 p.m. Oct. 13; 330 Virginia St., Vallejo. 552-2400, www.empresstheatre.org.

First Street Cafe. Ken Cooper, 7 p.m. Oct. 4; Open mic, 7 p.m. Oct. 5; Bryan Girard, 2 p.m. Oct. 6; Tune Riders, 7 p.m. Oct. 12; Bryan Girard, 2 p.m. Oct. 13; 440 First St., Benicia. 745-1400, www.firststreetcafe.com.

Lucca Bar & Grill. Jeffrey James Trio, 6:30 p.m. Oct. 4; Erick Eckstein, 1 p.m. Oct. 5; Papa Joe & The New Deal, 6:30 p.m. Oct. 5; Irish music, 3 p.m. Oct. 6; Joe Kaline & the Beat Meters, 6:30 p.m. Oct. 10; Jeffrey James Trio, 6:30 p.m. Oct. 11; Damien Masterson Group, 1:30 p.m. Oct. 12; FeatPrints: A tribute to Little Feat, 6:30 p.m. Oct. 12; Oakland

Museums

American Armory Museum. Open 10 a.m. to 3 p.m. Wednesday through Saturday, 4144 Abernathy Road, Fairfield. Call prior to visiting. 389-6846, www.americanarmorymuseum.org.

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

Crush, 3 p.m. Oct. 13; 436 First St., Benicia. www.luccabar.com.

The Rellik. Live music 8:30 p.m. Fridays and Saturdays, 726 First St., Benicia. www.thereliktavern.com.

Sardine Can. Jazz music, from 5 to 8 p.m.: Michelle Michaels, Oct. 6; Special event, Oct. 13; 0 Harbor Way, Vallejo. www.vallejosardinecan.com.

Solano Symphony. Opening concert, 3 p.m. Oct. 6, Vacaville Performing Arts Theatre, 1010 Ulatis Drive. www.solanosymphony.org.

Solano Winds. "How Suite It Is," 8 p.m. Oct. 11, Downtown Theatre, 1035 Texas St. www.solanowinds.org.

Vacaville Performing Arts Theatre. 1940s Battle of the Big Bands, 3 p.m. Oct. 13; SuperTrouper: The ABBA Concert Experience, 8 p.m. Oct. 26; 1010 Ulatis Drive. 469-4013, www.vpat.net.

Vallejo Jazz Society. Charged Particles, 5 p.m. Oct. 20, Empress Theatre, 330 Virginia St., Vallejo. <https://vallejojazzsociety.net>.

Vallejo Symphony. "Beginnings and Endings," 8 p.m. Nov. 2, 3 p.m. Nov. 3, Empress Theatre, 330 Virginia St., Vallejo. <https://vallejosymphony.org>.

Museums

American Armory Museum. Open 10 a.m. to 3 p.m. Wednesday through Saturday, 4144 Abernathy Road, Fairfield. Call prior to visiting. 389-6846, www.americanarmorymuseum.org.

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

No effort spared to bring home Soldier

Alexandra Soika

AIR MOBILITY COMMAND PUBLIC AFFAIRS

SCOTT AIR FORCE BASE, Ill. — Over four days, three aircraft, 18 medical specialists, more than 24,000 gallons of fuel and 100 liters of blood were committed across an 8,000-mile journey to a single goal – saving the life of a Soldier.

In mid-August, Air Mobility Command's 618th Air Operations Center was notified of an injured Soldier in need of urgent Aeromedical Evacuation out of Bagram Air Base, Afghanistan. Immediately, AOC Airmen started to build a mission – REACH 797 – to help save this one Soldier whose survival was in question after being critically wounded in a blast.

Within the first hours of the Soldier's arrival to the Craig Joint Theater Hospital at Bagram Airfield, medical teams administered multiple blood transfusions, and a lead surgeon determined the Soldier was in need of a special team from the Brooke Army Medical Center in San Antonio, Texas.

To form this team, the 455th Expeditionary Medical Group worked in concert with the Enroute Patient Staging System, known as ERPSS. This flight comes from a specialized section in the hospital with personnel who are experts in patient movement and coordinate their transport out of the area to receive more specialized care.

During those critical days following the injury, the surgical services team at Bagram performed multiple lifesaving and stabilizing surgeries. Additionally, a walking blood bank was initiated and over 100 Soldiers lined up to donate within 15 minutes of the call to ensure a sufficient supply of blood.

"Their quick work led to the patient being taken to a higher echelon of care in under 48 hours," said Maj. Lisa Haik, 455th ERPSS Flight commander. "Overall, the actions of all involved represent just a fraction of what the CJTH can provide to our warriors."

Twenty-four hours later, after being diverted from another



U.S. Air Force photo/Airman 1st Class Ryan Mancuso

Capt. Natasha Cardinal, 86th Aeromedical Evacuation Squadron critical care nurse, monitors her patient during a flight Aug. 18 from Bagram Airfield, Afghanistan, to San Antonio, Texas.

mission, a Dover Air Force Base C-17 Globemaster III and its crew arrived at Bagram and immediately went into crew rest in preparation to fly a non-stop, 8,000-mile flight to San Antonio.

"We had to load up a very complex flight plan into the software on the aircraft," said Maj. Dan Kudlacz, REACH 797 C-17 pilot and aircraft commander from Dover's 436th Airlift Wing. "Couple that with the fact that we were flying into a combat zone, carrying 18 additional medical crew members, and transporting a critical patient whose injuries require a cabin altitude restriction. You can begin to see that there was a lot to manage from alert to liftoff."

The next day, the Soldier was evacuated out of Afghanistan on the C-17 for the long journey home and was treated by Aeromedical Evacuation and Critical Care Air Transport Team or CCATT Airmen from the 10th Expeditionary Aeromedical Evacuation Flight, alongside an Extracorporeal Membrane Oxygenation or ECMO team from the 59th Medical Wing.

"There were so many moving parts to this mission that we knew we had to get every aspect 100 percent correct the first time," said Kudlacz. "Should one thing have fallen

out of line during the flight, it could have ... impacted this Soldier's life, which is something that weighed heavily on all of us when we received notification of this mission."

During the flight, the Soldier was treated by Aeromedical Evacuation and Critical Care Air Transport Team or CCATT Airmen from the 10th EAEF, alongside an Extracorporeal membrane oxygenation or ECMO team from the 59th MDW, which was prepared to assist should breathing problems arise.

Just hours into the flight from Bagram, a MacDill KC-135 Stratotanker crew was preparing for a routine mission from the tarmac at Royal Air Force Mildenhall, Great Britain, when they got the call to rendezvous with and offload more than 24,000 gallons of fuel to keep a life-saving C-17 airborne during its non-stop AE journey from Afghanistan to Texas.

"MacDill Airmen fueled the hands that heal during this critical mission," said Col. Stephen Snelson, 6th Air Mobility Wing commander. "Days where we can flex to support our joint teammates reminds us why we signed up to serve in the first place."

As the topped-off C-17 pulled away from the KC-135

in the skies over Europe, a second MacDill tanker crew, near Bangor, Maine was diverted to complete the air bridge to Texas.

Although refueling during an AE flight is uncommon due to the turbulence it can cause, it was necessary to ensure the Soldier reached specialized care in the United States as quickly as possible.

"This mission involved a

tremendous amount of teamwork; between the skill of the aircrews operating under exhausting conditions, to our AOC planners who determined aircraft and aircrew availability, provided mission support and tailored specialized AE care en-route, and the medical professionals who provided unrivaled critical care," said Brig. Gen. Jimmy Canlas, 618th AOC commander. "With a Soldier's life on the line, these Airmen worked 24/7, across multiple time zones, to pull together all the pieces and ensure this Soldier made it home."

Following the non-stop, 20-hour journey, the injured Soldier reached Kelly Field, Texas. From there, he was transported to Brooke Army Medical Center to continue receiving life-saving care – and reunite with his family.

"Everyone working around the clock to safely bring our patriots home is awe-inspiring," said Snelson. "This mission was a demonstration of the promises we make to care for those who serve."

The Soldier, whose name is being withheld due to personal and family privacy, is currently receiving intensive care in San Antonio, Texas.

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Hope

From Page 3

“Suicide is tragic and when we lose an Airman or anyone in our Travis family to suicide, it affects all of us,” said Col. Jeffrey Nelson, 60th Air Mobility Wing commander. “It is critical we do all we can to prevent suicide and enhance the quality of life for our Airmen and their families.”

Nelson said the base will apply feedback from the tactical pause events to improve services that will connect Airmen to their communities both on and off base.

“As an Air Force, we need to do a much better job communicating to our Airmen and their families that they matter. We care about them beyond what the mission may ask of us,” Nelson said. “Our Airmen are our greatest resource and we need to do all we can to care for them. Without our Airmen, there is no mission, no rapid global mobility, no Travis AFB. Without them, there is no Air Force. It’s vital we figure out how to better demonstrate to our Airmen and their families that we value every single one of them and appreciate them as human beings.”

Showing Airmen and their families that they matter is critical, said Chief Master Sgt. of the Air Force Kaleth O. Wright.

“We have to dedicate ourselves every single day to building strong and healthy Airmen, supporting and engaging teams and cultures of trust and respect to help keep Airmen hopeful,” he said. “To give them an opportunity to thrive. That’s why General Goldfein directed a resilience tactical pause, a break in the daily grind, so we can focus on our Airmen and their well-being.”

“This is not a one-day effort; this is the beginning of a much-needed dialogue between Airmen, command teams, helping agencies and, frankly, our entire Air Force to get this thing turned around,” Wright said.

Having someone you can trust, especially during stressful times, can have a profound impact, said Senior Airman Anthony West, 60th Contracting Squadron contracting specialist.

Prior to starting his freshman year at Eastern Kentucky University in the winter of 2010, West faced numerous challenges in life. His parents divorced when he was 12 and he didn’t see his father much after that. He was also bullied in high school and often told he was useless and wouldn’t amount to anything.

Despite enduring this treatment, West said he wanted to prove the haters wrong.

“I wanted to solve mysteries like I saw on CSI on TV,” he said. “I always thought that was a cool job.”

He decided to pursue a criminal justice degree at ECU and signed up for six classes during his first semester. Soon though, West, a native of the small town of Taylorsville, Kentucky, felt overwhelmed.

“Everything seemed so unfamiliar, I felt like a small fish in the ocean,” he said. “I didn’t have a lot of friends, I lacked good social skills and people thought of me as awkward. I would confine myself to my room. I felt so isolated.”

In April 2011, West received his first progress report. It wasn’t good.

“I was going to fail most of the classes I was taking and the best grade I had was a D in English,” he said. “I thought there was no way I was going to pass and there was no way out. My future was dark. I was going to be a failure. The bullies in high school would be right and I didn’t know what to do. At one point, I thought, ‘What’s the point of even living?’”

West shared how he was feeling with the one friend he had on campus, his roommate, Kurt.

“We talked all the time and I trusted him,” West said. “He helped me understand there were programs that could help me turn things around. He also helped me see that while what I was going through was difficult, there was and is a future for me. The next semester I took fewer classes with a reduction in financial aid, but I was still able to work toward my goal.

“Kurt took the time to listen to how I was feeling and at one point, asked me, ‘Are you OK?’”

Housing

From Page 4

and secretaries from the Army and Navy, gathered with privatized housing project owners Oct. 2 to address the progress in reforming the Military Housing Privatization Initiative.

“We meet with the project owners quarterly to ensure our Airmen and their families always have safe and secure housing at the quality they deserve,” Donovan said.

The Air Force is working on numerous initiatives to address the health, safety and quality concerns of service members and their families living in

Resources for those in need of help

Below are some resources for Airmen and their families to contact if they or someone they know need help:

- Crisis Text Line: Text the word “home” to 741-741 for free confidential counseling.
- National Suicide Prevention Lifeline: Call 1-800-273-8255.
- Travis AFB On-Call Chaplain: Available 24/7 via the 60th AMW Command

West said. “We continued to talk for an hour and a half and I’m so thankful he was there to support me.”

Eventually, West realized he would not qualify for financial aid, which meant he would be unable to afford to take courses at ECU. After some encouragement from his father, he decided to join the U.S. Air Force in May 2013, serving as a communications and navigations system technician for three years. He became a contracting specialist in October 2016. Today, he is six classes away from a Community College of the Air Force degree in business administration and he’s engaged to a woman he calls the ‘love of his life.’

“I could have been a failure, but in my opinion, I turned into a winner and I’m proud of what I’ve accomplished,” West said with a smile.

Recognizing when something is wrong and getting involved, like Kurt stepped in to help West or Johnson’s supervisor stepped in to help him, is one way the Air

Force can work to prevent suicide, said Maj. Daniel Jacobson, 60th Medical Operations Squadron neuropsychologist.

“When someone is suicidal, they are not able to reach out for help themselves,” Jacobson said. “Their view of the options available to them narrows, they don’t see a way out of their situation and that’s why we need to intervene and take care of them. You can’t be afraid to step in and help someone.

“Senior leaders need to demonstrate that showing genuine concern for someone is OK,” Jacobson said. “So many people are taught to mind their own business, but we need to shift that thought process to encourage people to intervene if they recognize someone needs help. You can politely ask, ‘How are you doing? Is there anything I can do for you because you look like you’re going through a difficult time?’ Everyone in the military can take the time to listen and help someone.”

privatized housing. These initiatives are grouped along five major lines of effort:

Empowering residents

Air Force leaders established the Resident Hotline, a 24/7, toll-free helpline that went live May 1. The call center has since received and assisted 45 callers.

The Air Force is working with the other services to develop a Resident Bill of Rights. Between June 15 and July 15, residents were invited to provide feedback on the draft document. Services are in final review of the Bill of Rights that addresses the residents’ feedback

The Air Force is working to establish Resident Advocates at

Plan

From Page 10

coming months a (National Defense Authorization) that will allow that to happen,” he said.

But while Congress continues to debate both the form, function and necessity of the Space Force, Raymond detailed in his remarks an array of actions and achievements that have already been realized to strengthen the United States’ presence and capabilities in space.

The reason – and the imperative – is clear, he said.

“Space fuels our American way of war. Space fuels the American way of life,” he said. “Your smart phone is pretty stupid without space. We need to articulate what space capabilities do for our nation and we’re doing that every chance we can.”

Almost all of the changes and upgrades are in response to the National Defense Strategy, which identifies space – and the defense of space – as a key national security imperative.

With that mandate, the progress achieved since is “probably the most consequential 16 months in the history of National Security Space,” he said.

One of the most important took place Aug. 29, when Secretary of Defense Mark Esper formally established the U.S. Space Command as the country’s 11th unified combatant command.

“This is a different command built for a different time and a different strategic environment, he said.

Other changes are harder to see and might seem mundane. But Raymond said they are not and taken together they ensure that the U.S. will maintain its historic advantage in space.

Among them is a new focus on space specific training that will produce airmen specializing in space operations and tactics. The best example of the effort is the Schriever Scholars program that is a year-long class, he said.

It includes new and refined efforts to work closer with industry so that innovations can be found and used faster. A chief data officer has been installed to refine and improve the enormous use of information and communication that is tightly connected with successful operations in space.



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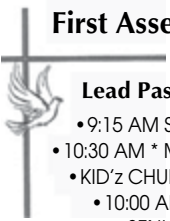
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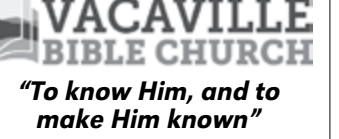
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Restructures

From Page 6

enlisted force structure to utilize the Reserve force more efficiently, White explained.

White manages the AFRC council with the command's chief enlisted managers. Final approval of the grade changes rests with Scobee.

However, not all enlisted grade authorizations will be upgraded. There will be a reduction in grade authorizations for 2% of the enlisted force. Personnel currently in those grades will not be impacted. Any desired position moves will be managed by AFRC's Manpower, Personnel and Services directorate, local force support squadrons and Reserve Integration Office

detachments.

"The changes on October 1 serve to create a more efficient enlisted force, increase mission readiness and enhance force development across the command," Chief Master Sgt. Eric Smith, AFRC Chief Enlisted Manager Command and Special Staff said. He also worked closely with senior leadership on the enlisted grade review. According to Smith, the enlisted grade council will continue to meet regularly to review this restructure.

With the implementation of the new enlisted force structure finalized, AFRC is now shifting focus to the officer corps, with an officer force structure and force mix initial review started in July to begin the process of ensuring accurate force mix across all ranks.

Hydroponics

From Page 2

"Growing conditions haven't changed since World War II; therefore, the need for hydroponics still exists," Little said. "Just as it was in 1945, shipping fresh vegetables to a remote island is not cost effective and with the lack of arable soil on the island, we face the same dilemma as our forebears – how to reduce costs and meet the nutritional needs of the troops and contractor personnel stationed here."

With the revitalization of the hydroponics lab, Little thinks a shift could be on the horizon for Ascension Island.

"In addition to having a virtually limitless supply of fresh produce and reducing the cost of transportation, morale is greatly improved knowing that produce, picked that very day, is awaiting everyone in the base dining hall," Little said. "Hydroponics allows us to meet demands, reduce costs and provide nutritional value for our personnel."

As the team continues to experiment with different crops,



U.S. Air Force photo/Cathy Little

The 45th Space Wing's Ascension Island Auxiliary Airfield looks quite similar to Mars, per its physical characteristics. Food must be flown in because the island isn't able to grow food organically.

they hope to expand the size of the lab and the list of what they're able to grow.

"If we were to operate at a full greenhouse capacity, we could produce enough fresh produce to feed the entire population of Ascension Island," Little said. "That's about 700 people."

For the 45th Space Wing's Ascension Island Auxiliary Airfield, neither the sky, nor Mars, is the limit.

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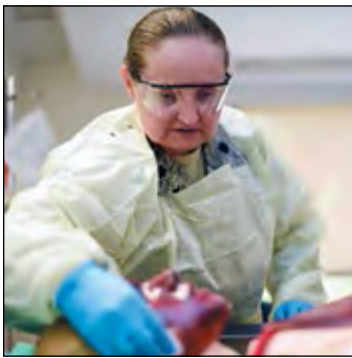
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Training

From Page 4

of patients just about always exceeds the number of beds we have, which is 12."

While U.S. service members who suffer traumatic burns are transported back to SAMMC for care, that's not the case for nationals or coalition force members.



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

Lt. Col Lorirose Hindman, 60th Inpatient Squadron critical care nurse specialist, treats a simulated burn on a mannequin Aug. 20 at Travis Air Force Base, California.

"They don't have the resources, so we become the chronicity of their care," Col. (Dr.) Rachel Hight, 60th MDG trauma surgeon embedded full time at UC Davis said. "This is not something you just muscle through for a day or two days, but for days."

Burn patients usually spend one day in the hospital for every 1% of body surface burned, Sterling said. Putting this in perspective, he said the hand grip (outstretched palm and fingers) represents about 1% of total body surface.

The National Institutes of Health reports that burns exceeding 30% of the body can be fatal. Burns kill by damaging tissue and by allowing the body to leak fluids and salts.

disconcerting, according to Master Sgt. Jason Carrico, 60th MDG critical care flight chief.

"I did 10 years of aeromedical evacuations and four years at Landstuhl Regional Medical Center in Germany," he said. "I learned that I was not mentally prepared for the smell, sight or severity of the trauma I witnessed. It was, and still is, haunting. I know we can do a better job of prepping our Airmen."

Burns vary in depth based on temperature and time of exposure to the burn source, so even patients with small surface damage can have deep burns that cause tremendous pain, require IV pain medications or a skin graft, Sterling said.

Burns also are one of the most misdiagnosed conditions in the civilian world in emergency rooms across the country, according to Sterling.

"This is probably why most burn patients are referred to a burn center," he said. "We get experience with how to wrap parts of the body when you don't know how to wrap it. I think this will be very valuable experience for your nurses and medics."

Richardson

From Page 2

paramount activity we need to live happily and healthy. It only takes 20-30 minutes, three or four days per week in order to maintain our physical fitness. Exercising, in any form, reduces stress, improves memory, encourages better quality sleep and improves our moods. Exercise also reduces long-term diseases too, such as obesity, heart disease, diabetes, high blood pressure, strokes and some forms of cancer.

With all these known benefits of diet and exercise, as a country and society, we're still ranked as the 16th most obese country in the world. We put it last and say things like, "I'll start tomorrow," or "I'm too busy" or "I'm too tired." We're all guilty. If we continue down the path we're on, we will never control the resiliency issues we're facing and it will continue to be a focus area for years to come. The reality is, if we want to be successful, happy, and stress free, we need to make this our no. 1 priority. Without it, we literally have nothing.

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The Draft EA and FONSI are available for review at the following locations:
• Fairfield Civic Center Library, 1150 Kentucky Street, Fairfield, CA 94533
• Suisun City Library, 601 Pintail Drive, Suisun City, CA 94585
• Vacaville Public Library Cultural Center, 1020 Ulatis Drive, Vacaville, CA 95688
• Mitchell Memorial Library, 510 Travis Boulevard, Travis AFB, CA 94535

The electronic copy of the Draft EA and FONSI can also be found at:
https://www.cnrc.navy.mil/regions/cnrsr/o/m/environmental_support/Public_Review_of_Navy_Projects.html

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The 30-day public comment period is October 4, 2019 – November 4, 2019. Please send written comments to:

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Reunion

From Page 5

consists of one or two mission launches and two training sortie launches.

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Ketterer, a Pennsylvania resident, spent nine months planning the reunion. He learned how to use email, create a Facebook group and even make memes. He only expected 15-20 maintainers to show up. The Facebook group quickly grew to more than 500 members and several dozen made it to the event.

Ketterer said, that while he organized the reunion, it took teamwork to make it happen and credits retired Tech. Sgt. Mark Hamilton, a Vacaville, California, resident and retired Master Sgt. Jerry Horton, former C-5 crew chief and quality

assurance inspector, with much of the reunion's success.

Horton said he was Ketterer's sounding board and that he and his wife, Patty, helped Ketterer put his ideas into play.

"I couldn't have done it without my team," said Ketterer. "Mark worked closely with the 60th Maintenance Group to make this event happen and Jerry handled the catering, money and program design."

Hamilton said, while he may have had a role in the reunion's success, he was thankful to 60th MXG leadership for their support.

"I am very grateful for Col. David Hammerschmidt, 60th MXG commander, and his staff for letting us do this," said Hamilton. "The value of us being able to pass our experience on is unmeasurable."

Ketterer said he's hopeful for an even bigger reunion in the next couple of years.

"If we make a big enough splash this time, maybe next time, we can get even more people to attend and share their experiences."



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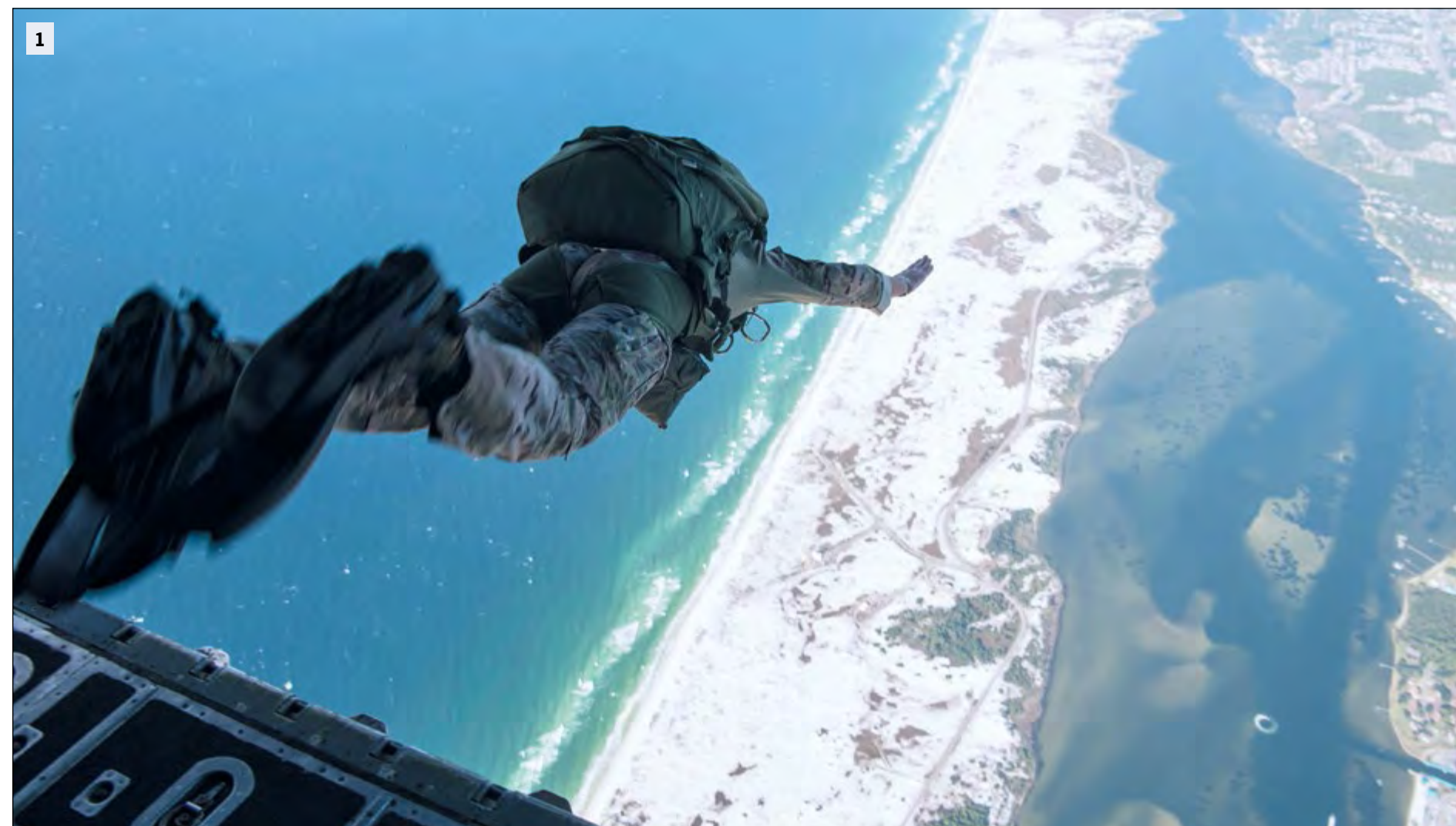
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U.S. Air Force photo/Airman 1st Class Hanah Abercrombie



U.S. Air Force photo/Master Sgt. Russ Scalf

1) Col. Spencer Cocanour, 24th Special Operations Wing former acting commander, exits an MC-130H Combat Talon II Sept. 20 during his final military free-fall jump at Hurlburt Field, Fla. Cocanour is retiring after 24 years of service. 2) Chief Master Sgt. of the Air Force Kaleth O. Wright greets Senior Airman Michael Terrazas, 30th Security Forces conservation patrolman, and military working horse, Duke, Sept. 25 at Vandenberg Air Force Base, California. 3 A-10 Thunderbolt II aircraft conduct a combat air patrol mission over an undisclosed location Sept. 21 in Southwest Asia.

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