

Travis Airmen celebrate AAPI...

HERITAGE

PAGES 10-11



TAILWIND

Medical Equipment Repair Center keeps DGMC medical devices healthy

Nicholas Pilch

60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — “You don’t know what you’re going to get ... whether it’s ‘go there now because it’s an urgent sort of thing or can this wait until tomorrow’ – you just don’t know,” said Senior Airman Trevor Lee, 60th Medical Support Squadron biomedical equipment technician.

Doing more with less, Airmen from the 60th MDSS provide support to David Grant USAF Medical Center by managing medical deployment kits, patient administration and maintenance on all of the hospital’s equipment.

The Medical Logistics Flight has positions for 30 Airmen, but only have 20 on board — leaving them at a 66% staffing rate.

The Medical Equipment Repair Center is part of the Medical Logistics Flight. Within the flight, technicians are responsible for the installation, training, scheduled inspection, preventative maintenance, calibration and repair of various medical devices used in the course of healthcare delivery.

A unique challenge that Lee has faced during the pandemic has been the treatment of COVID-19 patients and need to solve problems that hindered his ability to provide that treatment.

“One unique call I had was from an anesthesia tech who said one of the (ventilators) weren’t working at all,” he said as a major problem he needed to find the solution to. “It was ventilating the patient, but wasn’t showing any of the different statistics our anesthesiologists need to make sure the patient was breathing properly.”

Sometimes while going into a job, the team goes leaps and bounds to find the



U.S. Air Force photo by Nicholas Pilch

Senior Airman Trevor Lee, 60th Medical Support Squadron biomedical equipment technician, stands in a room full of ventilators at David Grant USAF Medical Center on Travis Air Force Base, California, May 17, 2021.

solution, but in this case, it was a simple fix.

“With COVID patients, they are using a lot of really thick drugs in the lungs, and these drugs are going into these little flow sensors that are very delicate and clogging up the little wire that measures the flow,” Lee described. “It’s kind of difficult to see when it’s happening that it’s that simple of a problem. It was as simple as replacing a flow sensor.”

Lee was recently recognized as a star performer within the flight and was picked for a special, temporary duty to Cannon Air Force Base, New Mexico, to aid their medical group with an overwhelming amount of equipment repair.

“Lee has been an outstanding Airman

since his arrival from technical training,” said Master Sgt. Paul Vestal, noncommissioned officer in charge of the contingency equipment maintenance program. “From the beginning, he has always been determined to learn everything he could about the profession and never turned down an opportunity to work on something new. He has become one of our most relied-upon trainers for new Airmen.”

Healthcare Technology Management week is May 16 - 22 this year. Events are planned by Advancing Safety in Health Technology’s Technology Management Council to show appreciation for the heroic and selfless work of HTM professionals during the COVID-19 pandemic.

Shoppers can score home run with sweepstakes

Army & Air Force Exchange Service Public Affairs

TRAVIS AIR FORCE BASE — Army & Air Force Exchange Service shoppers can swing for the fences with the Ford Gum Big League Chew worldwide sweepstakes.

From May 14 to June 30, authorized Travis Air Force Base Exchange shoppers 18 and older can enter to win one of three prizes. The first-place winner will receive a \$2,000 Exchange gift card, the second-place winner will receive a \$1,000 gift card and the third-place winner will receive a \$500 gift card.

“Winning an Exchange gift card is hitting a home run,” said Travis AFB Exchange General Manager Phonda Bishop. “The Big League Chew sweepstakes is a great way for the Exchange to reward military shoppers and celebrate summer.”

For rules and to enter, shoppers can visit ShopMyExchange.com/sweepstakes. No purchase is necessary to enter or win.

Honorably discharged Veterans who have verified their eligibility to shop the Exchange online can enter the sweepstakes, too.

Port Dawgs honor comrades with CRG Remembrance Run, Transportation Week

Nicholas Pilch

60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — Port Dawgs from the 60th Aerial Port Squadron and 821st Contingency Response Group assembled for a 2-mile run May 21 in remembrance of fallen teammates in the career field and in honor of National Defense Transportation Week.

“We are running for all of the Port Dawgs that cannot be here today; 59 Port Dawgs have emblazoned your shirts since this memorial tradition began in 2013,” said Lt. Col. Chad Wharton, 60th APS commander, to a crowd at the event. “This year, 12 Port Dawgs were added to the list of the fallen. Look at the shirt in front of you — you wear their names; you honor them and do their work because they can’t be here themselves.”

Master Sgt. Christopher Messer, Tech. Sgt. Christopher Ewing, Tech. Sgt. Karl Reichenbach, Tech. Sgt. Paul Weaver, Staff Sgt. Tyler Connolly, Staff Sgt. Ronald Ouellette, Staff Sgt. Deion Swann, Staff Sgt. James Wojcik, Senior Airman Adrian Fundora, Senior Airman Robert Polin Jr., Airman 1st Class Kongmon Vang and Mr. Philip “Jojo” Rillon

The Port Dawgs ran along perimeter road, north of the runway on Travis AFB, for a mile then returned to the



U.S. Air Force Photo by Chustine Minoda

Airmen from the 60th Aerial Port Squadron and 821st Contingency Response Group run during the Annual Port Dawg memorial run at Travis Air Force Base, California, May 21, 2021.

starting line.

“You are a tightly-bonded team of brothers and sisters in arms,” said Wharton. “You are stationed and deployed to the furthest reaches of the globe. You are often the first into the thick of the fight and the last to leave,” he continued. “Some places, all you have is each other to get through trying times; it’s a bond tighter than most. Unique to only a chosen few, and it takes all of you to make

it work.”

On May 14, President of the U.S. Joseph Biden made a proclamation declaring National Defense Transportation Week May 16 - 22 with May 21 being National Defense Transportation Day.

“This month, we recognize the dedicated men and women who kept this nation moving during the depths of a global pandemic: the truckers who delivered groceries to empty

store shelves; the airline crews who flew medical workers to COVID-19 hotspots; the United States military members who remained on the front lines to distribute and administer vaccines in record time; and the transportation workers who kept our systems running as economies shut down,” said Biden. “We thank you for serving the American people and the traveling public.”

Shoppers give record \$1.5M in donations

Army & Air Force Exchange Service Public Affairs

TRAVIS AIR FORCE BASE — The Travis AFB Exchange is family serving family—and Soldiers can help their battle buddies in need by donating to Army Emergency Relief (AER) at the PX register.

In 2020, Exchanges worldwide donated nearly \$1.5 million to AER, an increase of more than 1,000% over 2019 donations. Beginning last year, PX shoppers were able to donate to the organization at checkout year-round. The record donations were critical in seeing Soldiers and families through tough times due to the COVID-19 pandemic.

“The Exchange is grateful to our shoppers for supporting Army Emergency Relief, which does incredible work for our Soldiers and their families,” said Exchange Director/CEO Tom Shull, an Army Veteran. “As the need increased, so did our shoppers’ generosity.”

The Exchange has partnered with AER since 2017. AER provides financial assistance, sponsors educational scholarship grants for military family members and offers community programs that make life better for Soldiers and their families.

“Since 2020, the Exchange

See DONATIONS Page 12

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

Air Force

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The Tailwind is published by the Daily Republic, Fairfield, California, a private firm in no way connected with the U.S. Air Force.

While most of the editorial content of the Tailwind is prepared by the 60th Air Mobility Wing Public Affairs office for its Web-based product, the content for the Tailwind is edited and prepared for print by the Daily Republic staff.

Content of the Tailwind is not necessarily the official view of, nor is it endorsed by the U.S. Government, the Department of Defense or the Department of the Air Force.

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Correspondence can be sent to the 60th Air Mobility Wing Public Affairs staff, Tailwind, 400 Brennan Circle, Bldg. 51, Travis AFB, CA 94535-2150 or emailed to 60amwpa@us.af.mil.

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

Those on base wishing to receive home delivery of the Tailwind can call 427-6975 today.

For information on paid advertising and on base circulation, call 425-4646. Correspondence can be sent to: Daily Republic, 1250 Texas St., Fairfield, CA 94533 or faxed to 425-5924.

Visit the Travis public web site at <http://www.travis.af.mil>. Read the Tailwind online at <http://tailwind.dailyrepublic.net> or by accessing the Travis SharePoint.

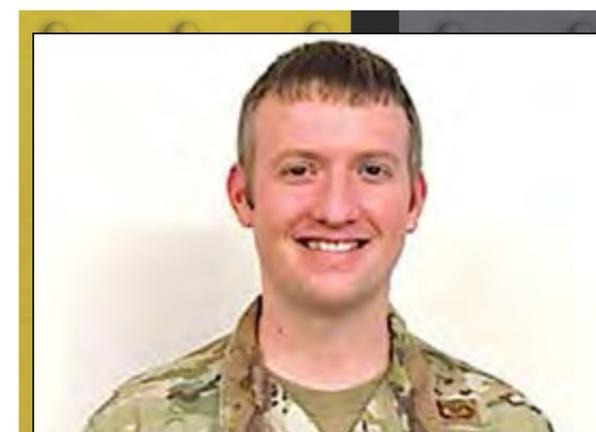
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On the cover

U.S. Air Force Staff Sgt. Calvin Kim, 6th Air Refueling Squadron, speaks with a child in a KC-10 Extender at King County International Airport-Boeing Field, Seattle, Washington.

U.S. Air Force photo/Lan Kim



WARRIOR OF THE WEEK

<p>Name: TSgt Tyler DeSpain</p> <p>Unit: 60 AMW/CP</p> <p>Duty title: IC3, Reports NCOIC & Senior Emergency Action Controller</p> <p>Hometown: Macomb, Illinois</p> <p>Time in service: 17 years</p>	<p>Family: Morgan DeSpain</p> <p>What are your goals? Make MSgt on his next look. Retire with 20 years of service and move back to his wife’s hometown to continue to give back as a civilian law enforcement officer.</p> <p>What are your hobbies? Day trading, home improvements projects, continual education,</p>	<p>tending to his three pets</p> <p>What is your greatest achievement? Loving husband, generous dog dad, and completion of his Undergraduate Degree in Emergency Management from Waldorf</p>
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U.S. Air Force photo by Tech. Sgt. Luther Mitchell Jr.

Airmen with the 621st Air Mobility Operations Squadron pose for a group photo April 24, 2021, at the newly renovated weapon system suite at Joint Base McGuire-Dix-Lakehurst, New Jersey. The weapon system suite empowers air mobility command and control experts to execute air operations remotely, supporting combatant commanders across a full range of military operations.

621st AMOS tests WSS capability during Mobility Guardian 2021

Tech. Sgt. Luther Mitchell Jr.
621ST CONTINGENCY RESPONSE WING
PUBLIC AFFAIRS

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Imagine having the ability to manage aircraft and 1,800 people all from 850 miles away. That's exactly what the "Mobsters" will be doing during Air Mobility Command's premier, large-scale mobility exercise.

Airmen with the 621st Air Mobility Operations Squadron will participate in exercise Mobility Guardian, which is mostly being held in Michigan, all from the squadron's newly renovated weapon system suite located at Joint Base McGuire-Dix-Lakehurst, New Jersey.

Mobility Guardian is the Air Force's largest and longest exercise ensuring readiness to move military personnel and equipment in combat operations.

The weapon system suite empowers air mobility command

and control experts to execute air operations remotely, supporting combatant commanders across a full range of military operations.

"Our WSS offers realistic training opportunities to our cadre of C2 experts as it houses many of the same systems we encounter when augmenting combatant command Air Operation Centers worldwide, thus making it the perfect platform to house the exercise All-Domain Operations Center," said Lt. Col. James Sprys, 621st AMOS commander.

The WSS opened this month and is accelerating change within the Air Force.

"As a combat systems administrator for the weapon system suite, it's astonishing to see our personnel using it so soon after opening and getting a full-scale exercise to work off of it," said Senior Airman William Finley, 621st AMOS combat systems

administrator.

WSS capabilities include directing people, cargo and equipment to support Air Mobility Command's four core missions: airlift, air refueling, aeromedical evacuation and global air mobility support.

Airmen are being challenged to do things outside of their usual roles providing a unique training opportunity to expand their capabilities.

"This year, we've been designated as an 'All-Domain Operations Center' for the exercise, and we have an embedded cyber Mission Defense Team," said Lt. Col. Eric Wietlisbach, 621st AMOS director of operations and the exercise ADOC commander. "This represents a new area of focus for our enterprise, and we are learning a vast amount from the cyber domain every day."

The Mission Defense Team works to defend the ADOC

against cyber threats and preserve its ability to command and control.

The 621st AMOS will support an integrated joint force of over 1,800 Total Force personnel at six dispersed locations over 13 days of intense operations.

They will also exercise their expertise to plan, coordinate and integrate the full range of mobility airpower for 18 mobility aircraft to simulate all-domain operations against a skillful adversary.

The Mobsters of the 621st AMOS have worked for years to re-locate and update their WSS to Air Force standards.

"We've been chomping at the bit to test our capabilities in a greater capacity," Spry said. "We hope to use the lessons from this exercise to jump to different distributed operation capabilities to support Air Mobility Divisions worldwide."

Exchange rewards classroom excellence

**Army & Air Force Exchange
Service Public Affairs**

TRAVIS AIR FORCE BASE — Whether learning at home or in the classroom, the Army & Air Force Exchange Service is recognizing military students for academic accomplishments through its You Made the Grade program. First-through 12th-graders who maintain a B average or higher are eligible for a \$5 Exchange gift card every grading period during the 2021 school year.

Students who make the grade qualify to enter a worldwide sweepstakes to win a \$2,000, \$1,500 or \$500 Exchange gift card. Drawings are held in December and June. The most recent sweepstakes winners were from Fort Bragg, Yokota Air Base and U.S. Army Garrison Baumholder.

"Military students have experienced a great deal of uncertainty and disruption to traditional learning in the last year," said Travis Air Force Base Exchange General Manager Phonda Bishop. "You Made the Grade, now in its 21st year, celebrates their resiliency and commitment to thriving in the classroom."

To receive the \$5 Exchange gift card, students simply visit the Travis Air Force Base Exchange BX, present a valid military ID and proof of a B average or higher at customer service.

You Made the Grade sweepstakes entry forms are on the back of the \$5 gift card sleeve. Students can send completed forms to:

You Made the Grade
PO Box 227398
Dallas, TX 75222-7398

Travis AFB re-opens The Peak cafe



U.S. Air Force photos by Staff Sgt. Christian Conrad

U.S. Air Force Col. Zachery Jiron, 60th Air Mobility Wing vice commander, speaks during a ceremony commemorating the re-opening of the Peak Café at Travis Air Force Base, California, May 19, 2021. The re-opening, which was also attended by Chief Master Sgt. Robert Schultz, 60th AMW command chief, represented a step toward normalcy for the base that, for over a year, has paused many of its recreational activities due to COVID-19.



Far left: 60th AMW leadership along with The Peak Café executive team cut a ribbon, officially re-opening the café for base Airmen at Travis Air Force Base, California, May 19, 2021. The Peak, long a symbol of a "home away from home" for wayward Airmen, had previously been closed as a COVID-19 mitigation measure.

Left: Members of Team Travis attend a ceremony commemorating the re-opening of the Peak Café at Travis Air Force Base, California, May 19, 2021.

Stress relief is an important element to mental health

Claudia Sanchez-Bustamante
MHS COMMUNICATIONS

Stress has become a common part of people's lives, especially in our fast-paced world where people try to balance work, family, and life to succeed in meeting goals and obligations.

And although short bursts of stress can be positive drivers to keep you safe in moments of danger or push you to meet a deadline, excessive, continuous stress limits our ability to function properly over the long term and can have detrimental effects in our overall health, according to the National Institutes of Health.

For Mental Health Awareness Month, the Military Health System focuses on healthy ways to relieve stress.

Two service members shared their perspectives about how they relieve stress – whether by seeking professional help and support when needed or by engaging in stress-relieving activities – to remain resilient and healthy.

Air Force 1st Lt. Thi Lua is a mental health nurse at Brooke Army Medical Center in Fort Sam Houston, Texas. As a mom, service member, and

mental health provider, she understands the value of mental health firsthand.

"It is imperative that anyone, which is everyone, with stress or multiple stressors to recognize it and find coping skills to help alleviate each trigger one at a time," she said. "Stress is the No. 1 culprit in exacerbating dormant illnesses and causes new acute illness to develop."

For Lua, finding ways to relieve stress is important in preventing it from affecting a person's job and mission, as well as the huge impact stress could have on their personal life.

"To help me cope with everyday stressors, I like to go on hikes with my family at least twice a month and enjoy weekly visits to the park with my kids," she said. "I also enjoy playing chess with my son and Sudoku any time I have 15 minutes to spare."

And on the occasion that none of those activities helps relieve her feelings of stress, "just sitting alone in a quiet or peaceful place most times help decrease my anxiety," she said.

She is aware that showing her kids how to deal with stressors in a positive way sets a good example.

"It's very important to show them healthy ways of dealing with stress or anything that they are bothered with, as they see and do what I do," she said.

For Army 1st Lt. Nicole Barth, a clinical nurse at Fort Carson's Evans Community Hospital in Colorado Springs, Colorado, her faith is an important element to keeping her grounded.

"It helps me to be realistic with how big my problems are compared to others' problems in the world," she said. "And it also helps me maintain a strong appreciation for a work-life balance."

In addition, Barth also engages in physical activities and

See STRESS Page 12



Courtesy photo from Gloria Gilbert Stoga, New York Army National Guard
New York Army National Guard Sgt. 1st Class Richard Masci, assigned to the 369th Sustainment Brigade, is greeted by a therapy dog at his lodging site in New York, April 17, 2020. The dogs are part of a program to bolster soldier and health care worker resiliency during COVID-19 operations at the Javits New York Medical Station in Manhattan.

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Puzzles

STR8TS

No. 544 Medium Previous solution - Tough

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

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. 544 Medium Previous solution - Easy

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

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

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Commissaries observe Memorial Day by delivering benefit to military community

DeCA Corporate Communications

FORT LEE, Va. — As America remembers the sacrifices of fallen service members during Memorial Day, the Defense Commissary Agency is taking this time to redouble its efforts in serving the military, the agency director said.

"Memorial Day reminds us that we can never forget the sacrifices of our military members who paid the ultimate price in service of our country," said Bill Moore, DeCA director and CEO. "On this day, we rededicate our efforts to be THE grocery provider of choice for our eligible patrons – delivering a vital benefit exclusively for our military community and their families."

Memorial Day is considered a personal observation for the men and women of DeCA because so many have a connection with the military community they serve, said Marine Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the agency director.

"Many of our commissary workforce – nearly 65 percent – have direct ties to the military as spouses and other family members, reservists, military retirees and veterans," Saucedo said. "So for us, this day is personal and reminds us that we owe our military communities our best as we deliver their benefit."

Saucedo encourages commissary patrons to access the DeCA website and check out the Savings Center for current promotions, featured recipes, "Your Everyday Savings" items, the current sales flyer, commissary store brands and digital coupons with the Commissary Rewards Card.

"As we observe Memorial Day, we at DeCA can do no less than provide value and convenience, while delivering superior customer service and the items patrons want at the best possible savings," Moore said. "We hold ourselves accountable and are committed to exceeding our patron's expectations as we deliver their commissary benefit."

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Airman creates women's self-defense course

Staff Sgt. Christian Conrad
60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — Amid the cacophony of dull, padded thuds and sharp-sounding snaps, a voice rings out.

“Be sure to really lean those elbows into those pads,” it yells. “A solid elbow to someone’s solar plexus can drop ‘em like a sack of potatoes.”

As Tech. Sgt. Emanuel Espino-Mata, 60th Operations Support Squadron survival, evasion, resistance and escape specialist, paces the mat from pad partners to pad partners, he stops to fine-tune each woman’s technique. From foot position to breathing, each soft thud soon turned into a mighty pop.

“I think a lot of it comes down to confidence,” he said. “We have a lot of relative newcomers here and with repetition, they get more comfortable throwing those punches or those kicks. It’s a muscle memory thing.”

Espino-Mata was asked to lead the combatives portion of a women’s self-defense course held May 6, 2021, at Travis Air Force Base, California.

The course, the brainchild of Airman 1st Class Tiffany Fishburn, 60th Air Mobility Wing religious affairs Airman, was held to teach women the fundamentals of self-protection and in Fishburn’s words, “reclaim their power.”

“With there, unfortunately, being the amount of sexual assaults as there have been in the military, I more so wanted to give women the chance to fight back,” she said. “Being a sexual assault survivor myself, I also feel there’s a certain amount of yourself that gets lost from that trauma, so it’s nice to feel that you’ve regained that control and that power that might’ve been stolen from you.”

For Fishburn, the creation of the course filled a void left too-long empty.

“We haven’t had anything

like this at Travis for a while,” she said. “Thankfully, the base makes it easy for Airmen to give their initiatives legs and get them going. All I really had to do was contact the Ravens office with the 60th SFS and secure a location for the training. After that, I contacted my own unit’s first sergeant who was kind enough to spread word around to get us a good amount of volunteers who wanted to participate.”

When asked if he’d lead the training, Espino-Mata, who has over 20 years of experience in martial arts from Muay Thai to Brazilian Jiu Jitsu, said he jumped at the opportunity.

“It doesn’t take a wild imagination to understand the benefits of learning combative fundamentals,” he said. “More than getting into specific techniques and getting real into the weeds, I wanted to help these women establish a base. That way, if they decide to push forward with more learning, they can build off of it. That meant going over techniques that can cause the most amount of reliable damage and the correct execution of those techniques.”

“I hope that all these volunteers walked away from this training feeling like they can at least put some distance between themselves and, God forbid, an attacker,” he added.

With the success of this initial training, Fishburn hopes to make the combatives course a regular fixture at Travis AFB.

“It’s an important thing to learn no matter who you are,” she said. “A one-off is useful, but more useful than that is the opportunity to build off that basic knowledge and keep those skills honed. We can’t always control the world around us, but we can control the ways we respond to it.”

The Travis AFB Sexual Assault Prevention Response office can be reached at 707-424-1105 or 707-424-1098 or e-mail 60AMW/CVS@us.af.mil.



U.S. Air Force photos by Staff Sgt. Christian Conrad

Above: Heather Lewis, 60th Air Mobility Wing Public Affairs office manager, readies a punch during a women’s self-defense course held May 6, 2021, at Travis Air Force Base, California. The course implemented techniques from various martial arts including Muay Thai and Brazilian Jiu Jitsu in an effort to lay the framework for basic combatives competency.



Right: U.S. Air Force Tech. Sgt. Emanuel Espino-Mata, 60th Operations Support Squadron, demonstrates a ground-fighting technique during a women’s self-defense course at Travis Air Force Base, California.

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Nicholas Pilch
60TH AIR MOBILITY WING PUBLIC AFFAIRS

TRAVIS AIR FORCE BASE, Calif. — “Typically, we get 911 calls, but our real job starts before the 911 calls,” said Tech. Sgt. James Martin, 60th Medical Operations Squadron paramedic.

Airmen from the 60th MDOS deliver fast and responsive care at David Grant USAF Medical Center — “We come in first thing in the morning and we do a full prep,” said Martin.

The morning prep is crucial because an emergency call could come at a moment’s notice and time is of the essence.

“We make sure all of our equipment, our ambulances ... it’s all ready to go,” he said. “We have our jump bags, our monitors, our radios ... we’ll get a radio call: ‘stand by district two for medical’ — we leave within three minutes of that call.”

Martin works with a large department of doctors, nurses and other paramedics in the emergency room at DGMC, but it’s only a small group who responds to a call.

After receiving the call, a paramedic and technician within the department will go

to that call, either provide care on scene or formulate a care plan depending on a number of contingencies, Martin explained.

“Over the radio on the way to the location, we get the basic information — was there a car accident or is there a fire? Will security forces be on the scene or the fire department? All of this factors into the care we give on the scene,” he said.

Based on the patient’s status, they will discuss quick options for them, like coming to the ER or providing on-site care. Martin said most patients prefer going to the ER.

“Once we’re back in the ambulance, that’s when we put in maybe an intravenous catheter for fluids or medication — we’re doing this while driving down the road in the ambulance,” Martin explained.

This is what makes being a paramedic unique, he added.

“That care continues; we ask questions, get history or give medications and try to improve their condition,” he said. “Then we’re going to head back to DGMC or depending on severity of care, we may take them downtown for a few injuries or situations.”

Martin was recently selected to promote to the rank of Master Sergeant. His leadership explained that it is because of his dedication, leadership and expertise.

“He’s always willing to work, stay late, be here early — I have to kick him out most of the time,” said Master Sgt. Renelyn Pagan, emergency department flight chief. “He’s our subject matter expert here, from equipment to meds to training and our vehicles.”

With more than 13 years of experience in the medical career field, Martin enjoys working in emergency services the most.

“I enjoy this job,” Martin said. “EMS has been my niche that I’ve fallen into since I joined and I like it because it’s an adrenaline rush. People call me on their worst day, even if I don’t think it’s their worst, to them it is their worst day... they are asking for some help and it’s exciting for me to be able to help.”



U.S. Air Force photo by Nicholas Pilch

U.S. Air Force Tech. Sgt. James Martin, 60th Medical Operations Squadron paramedic, stands in front of an ambulance May 19, 2021, at David Grant USAF Medical Center, Travis Air Force Base, California. Martin has recently been recognized as a top performer in the 60th MDOS and has a line number for master sergeant.

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Travis AFB Airmen fly in to celebrate AAPI Heritage Month, aid community outreach



Lan Kim
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SEATTLE, Wash. — In recognition of Asian American and Pacific Islander Heritage Month, a predominantly AAPI aircrew from Travis Air Force Base, California, flew a heritage mission May 14-16 to King County International Airport-Boeing Field, Seattle, Washington.

The aircrew partnered with a local fixed-based operator — an organization stationed at an airport to provide fueling, parking and other aviation logistical support — at Boeing Field to host a fly-in event May 15 for Seattle locals to tour a KC-10 Extender and interact with Airmen.

A sense of pride was prevalent among the crew as they interacted with community members because it's rare to see a team of aviators that look like them and representation is important.

"When this heritage flight came to fruition, I thought back on the seven years that I've been in the Air Force ... this is the first time this kind of opportunity came to me, and that honestly shocked me," said Staff Sgt. Calvin Kim, 6th Air Refueling Squadron instructor boom operator.

"I couldn't remember the last time that an AAPI crew was put together to fly a mission," Kim said. "It made me feel like we need to do this more often to show that everyone comes from different backgrounds (and) ethnicities, and that is what makes us stronger and better as a team."

Other crew members shared that same sentiment and a common understanding that representation in the Air Force matters when it comes to diversity and inclusion.

"Exposure is the first step," said Capt. Stephen Lin, 9th Air Refueling Squadron KC-10 instructor pilot. "I don't think I've seen any Asian pilots prior to becoming a pilot."

Events like this fly-in are the kind of exposure to the AAPI community that may inspire other members of the community to see themselves in the Air Force, Lin said.

"Thinking back to my ROTC days, talking to a pilot was awesome," he said.

For one U.S. Army soldier in attendance, the opportunity to see the KC-10 up close and to interact with the aircrew one-on-one was a meaningful experience.

"I have a dream to become a pilot," said Wongi Lee, a Washington-native stationed at nearby Joint Base Lewis-McChord.

Lee said it was important to speak to the Airmen about what their day-to-day life is like in the Air Force and what resources are available to help him fulfill his pilot aspirations.

"Providing this kind of opportunity gives a lot of hope to future generations," Lee said.



U.S. Air Force photo by Lan Kim

U.S. Air Force photos by Lan Kim

Above: U.S. Air Force Capt. Aaron Kim, 6th Air Refueling Squadron KC-10 Extender co-pilot, interacts with children in the KC-10 flight deck May 15, 2021, at King County International Airport-Boeing Field, Seattle, Washington. In observance of Asian American and Pacific Islander Heritage Month, an aircrew from Travis Air Force Base, California, mostly made up of AAPI Airmen, showcased the KC-10 to the local community.

Right: A U.S. Air Force aircrew stands next to a KC-10 Extender May 16, 2021, at King County International Airport-Boeing Field, Seattle, Washington.



Above: U.S. Air Force Capt. Aaron Kim, 6th ARS KC-10 Extender co-pilot, flies a KC-10 en route back to Travis Air Force Base, California, May 16, 2021. In observance of Asian American and Pacific Islander Heritage Month, an aircrew from Travis Air Force Base, California, mostly made up of AAPI Airmen, showcased the KC-10 to the local community at a fly-in event May 15, 2021, at King County International Airport-Boeing Field, Seattle, Washington.

Left: A KC-10 Extender from Travis Air Force Base, California, lands on the runway May 14, 2021, at King County International Airport-Boeing Field, Seattle, Washington

Courtesy photo

Stress

From Page 6

surrounds herself with a support network.

"I love to be active, whether that means hiking, traveling, or playing football – I play on a woman's professional tackle football team, and we hit the field at least four times a week," she said. "I have a very strong support system consisting of civilian and military friends that I reach out to frequently – they listen to me when I just need to vent some days."

Many times, however, professional guidance and support can provide better solutions. The Department of Defense has several resources available for personnel to get support, including the Military Crisis Line, which offers confidential, 24/7 support via text-messaging, online chat, and phone service, and the Real Warriors campaign, which advocates to reduce the stigma of mental health care in the military.

"Real Warriors is the DOD's official anti-stigma

campaign around mental health care and mental-health care seeking," said Nicholas Polizzi, who holds a doctorate in psychology and serves at the Defense Health Agency's Psychological Health Center of Excellence. The campaign's goals also include "increasing the literacy, education, or understanding of psychological health or health topics and increasing access points to care, particularly for those who don't know how to engage in behavioral health."

As in the case of the Military Crisis Line, Real Warriors is for the entire DOD community, including veterans, active-duty service members, Coast Guard, reserves, their family members, their providers or clinicians, their leaders, and those who care about them, said Polizzi.

For Lua, in addition to engaging in activities on her own and with her family, getting evidence-based, professional mental health treatment is an important aspect to maintaining her overall health.

"I see my therapist at least once every two weeks and also see a psychiatrist twice a month regarding progress

or effectiveness of my current treatment and just to make sure I'm doing well," she said. "They educate or introduce new ways for me to help cope with issues I'm dealing with."

This is important for her because it is an unbiased source of support that helps her in two ways.

"I don't know them personally and they are not connected to my job, so there is confidentiality that makes me feel secure to express myself," she said. "Second, just having professional guidance that reinforces that what I am going through is not rare and there are things that are helpful in reducing my anxiety."

In his role leading the Real Warriors campaign, Polizzi works to "normalize psychological health care as everyday health care."

"We understand that there are various symptoms that we all experience which may or may not be related to a mental health concern or issue," he said. "But we know that treatment works - for the vast majority, the right type of treatment will help you feel better."

And with the right treatment to help you feel better, "it

also means the military is going to get the very best you," he said.

Lua echoed his thoughts: "Mental health treatment is important because not all patients are successful in dealing with life and its many stressors without help," she said. "Without a mind, the body does not exist."

Her message to those who are reticent about seeking mental health care is, "you are not alone."

"If they feel uncomfortable reaching out to any of the resources, such as the suicide hotline, chaplain, or any available means that are out there," Lua said, "support groups can pave a way to find and connect with people who are feeling the same way they are."

Barth recommends seeking help, too.

"Not everyone's coping mechanisms are the same but talking to a professional can at least help you find what works best for you," she said. "Please give yourself some self-love and make yourself a priority."

Donations

From Page 3

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many Army families needed this past year, especially with the COVID-19 pandemic," said Travis AFB Exchange General Manager Phonda Bishop. "The Exchange is honored to continue our partnership with Army Emergency Relief and support the wonderful work they do."


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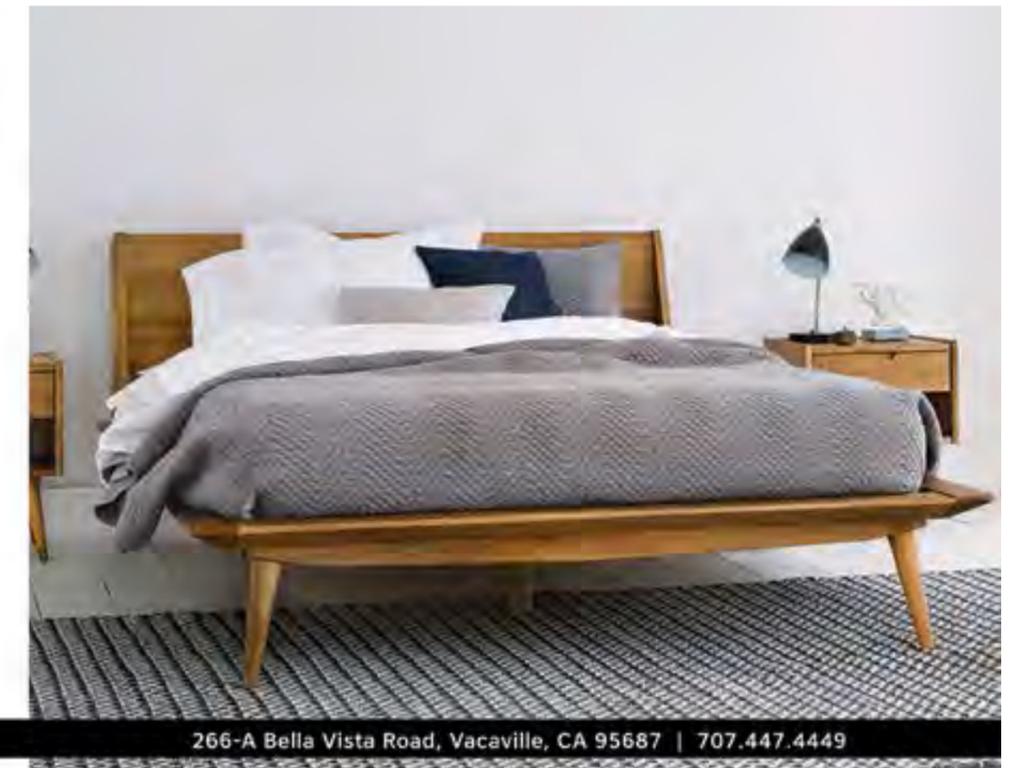
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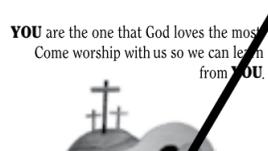
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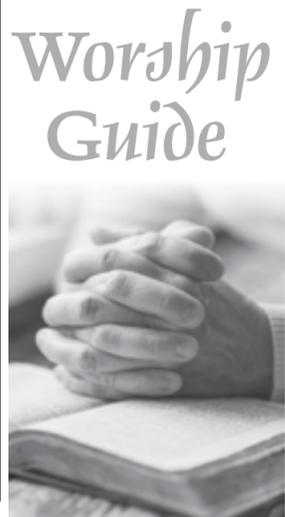
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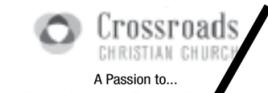
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David Vergun
DOD NEWS

Dr. Terry Adirim, acting assistant secretary of defense for health affairs; Army Lt. Gen. Ronald J. Place, director of the Defense Health Agency; and surgeons general from the services testified Tuesday, May 25, 2021, about 2022 defense health and medical readiness.

Adirim said that the most significant issue facing the Defense Department over the last year has been the COVID-19 pandemic. "The department has and will continue to act boldly and quickly to support federal government efforts to defeat this disease."

When the pandemic started, the department and the services acted swiftly to put into place force health protection policies and procedures meant to reduce the incidence of COVID-19, she said, noting that those implementations and robust COVID-19 testing undoubtedly reduced the caseload.

The department is appreciative of the fiscal year 2020 supplemental appropriation of \$2.2 billion as part of the CARES Act, which covered the significant costs incurred during DOD's initial response.

In FY21, however, costs attributed to the pandemic

See **VACCINE** Page 16

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Photo by: Army Sgt. Matthew Rabahy

Navy Seaman Emily Ammann administers a COVID-19 vaccine in Queens, N.Y., May 18, 2021.

Vaccine

From Page 15

response continued to accumulate. She said the FY21 mid-year review of the defense health program identified likely shortfalls as part of the ongoing pandemic response, which the department is working to resolve.

In addition, the financial impact of DOD's support to Federal Emergency Management Agency missions, which remain ongoing, are still being assessed, she said.

The department continues to pursue efforts focused on internal business process improvements and structural changes to find greater efficiencies, such

as further integrating and standardizing the operation of hospitals and clinics, modernizing clinical and business processes and streamlining internal operations, Adirim said.

Place noted that as of this morning, more than 60% of active-duty service members have received at least one dose of the COVID-19 vaccine; 46% are fully vaccinated, and the numbers climb daily.

Additionally, nearly 3.5 million doses of the vaccine have been administered to eligible beneficiaries, he said.

Place noted that one thing the services and DHA have learned during the pandemic is that telehealth works, and the department will most likely retain its use.

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JULY 2021 FITNESS TESTS RESUME

SIT-UPS 20 POINTS **PUSH-UPS 20 POINTS** **RUN 60 POINTS**

Air Force releases updated fitness test score breakdown

Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) — The Air Force will resume physical fitness testing July 1 with only three components: push-ups, sit-ups and the 1.5-mile run.

Without the waist measurement as a scored component, push-ups and sit-ups will increase from 10 to 20 points each, while the 1.5-mile run will remain at 60 points. Scoring will fall into five-year age groups, as opposed to the previous 10. Updated charts can be found here.

The waist measurement will no longer be required as part of the physical fitness test but a separate assessment of body composition, as required by DoD Instruction 1308.3, will continue starting in October. Testing for body composition may be administered during PT testing to reduce scheduling and administrative burdens, but body composition will not be a component of the PT test itself. Further details on the body composition program will be released at a later date.

The Air Force has also worked on alternative strength and cardiovascular testing exercise options with plans to announce them in the coming weeks. Once announced, members and fitness monitors will have approximately six months to familiarize themselves with use and execution of the

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Left: Airmen from the 349th Air Mobility Wing coordinate the loading of equipment during Exercise Nexus Dawn at Travis Air Force Base, California, April 25, 2021. Through exercises like Nexus Dawn, Reserve Citizen Airmen hone their readiness and effectiveness so they can support the nation with air power anytime, anywhere.

Bottom left: Air Reserve members take part in a medical emergency scenario during Exercise Nexus Dawn at March Air Reserve Base in California, April 27, 2021. Nexus Dawn was a readiness exercise designed to test the ability of certain Air Force Reserve units to generate, employ and sustain air operations in a simulated combat environment. Missions included in Nexus Dawn include aeromedical evacuation, airlift for cargo and personnel, aerial refueling, deployment processing, aerial port operations, and command and control.

Bottom right: Airmen from the 349th AMW board a C-17 Globemaster III during Exercise Nexus Dawn at Travis Air Force Base, California, April 25, 2021.

U.S. Air Force photo by Airman 1st Class Brady Penn

Travis Airmen wrap up Exercise... **NEXUS DAWN**



U.S. Air Force Reserve photo by Staff Sergeant Ryan Green



U.S. Air Force photo by Airman 1st Class Brady Penn

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