



OFFUTT UPDATE

A Publication of the Offutt Air Force Base Retiree Activities Office
3rd Quarter, July 2019

Our mission is to provide information, services and programs to military retirees of all ranks and services, as well as family members and surviving spouses of retired service members residing in regions of Nebraska, South Dakota and Iowa.

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Greetings Offutt Retirees and friends:

Summer has arrived, the time for picnics, vacations, and adventure. Flooding remains a concern for those in the area. Please check with your local churches, work places, or volunteer organizations to see how you can help. Please enjoy your summer and travel safe!

I want to thank those readers who responded to our last newsletter. I have received feedback from some readers and local offices. I will be sending out an additional e-mail with monthly base activities beginning in July. You can also visit the 55th FSS website at www.offutt55fss.com to see what exciting opportunities are available on base on their calendar. You will find the calendar for the current month by clicking first "more", then "On Offutt". Please let me know if you would rather receive just this quarterly newsletter. I know how quickly the e-mail box fills up with the extra news you don't really want.

We are your office and want to be of help to you in any way we can. Our mission is to provide you with assistance and resources for your retirement. This newsletter is one way we accomplish that objective. If there is something you would like to see us add, please let us know. We are here in the office Monday-Friday 0900-1300. Call us at (402) 392-2590/4566 or send us an email 55MSG/CVR@us.af.mil. We are co-located with the MPF, I.D. Card Section in building 49, room 115. The building is off the Parade Ground. You will find us by coming into the building, take the door to the left, and then the first office on the left.

We are working on our annual Retiree Appreciation Day (RAD). It is going to be on Saturday instead of Sunday. If there is an organization you would like to have present at Appreciation Day please let us know.

**RETIREE APPRECIATION DAY
SAURDAY, 19 OCTOBER from 0900 – 1300**

Debbi Buike, Director
Deborah.p.buike@us.af.mil

JUST A REMINDER - MPF HOURS:

The Military Personnel Flight office (MPF) is located across from the Officer's housing around the parade ground at 105 Washington Square, Building 49, Suite 100.

The MPF is open for appointments and walk-in's from 8 a.m. - 3:30 p.m. on Mondays, Wednesdays and Fridays. Tuesdays and Thursdays are reserved for Active Duty (in uniform) appointments from 8 a.m. - 3:30 p.m. The MPF will also be closed the 3rd Thursday of every month for mandatory in-house training from 8 a.m. - noon.

Additionally, the customer service ID card section will be open the first Saturday of every month from 8 a.m. - noon. Appointments should now be made online for assignments, retirements, separations, reenlistments, extensions, promotions, passports and ID cards. Just visit <https://www.offutt55fss.com/military-personnel-flight/> to schedule an appointment.

GET READY, SEVERE WEATHER SEASON IS HERE

By Paul Shirk, 55th Wing Public Affairs / Published May 30, 2019 - OFFUTT AIR FORCE BASE, Neb.

As Team Offutt continues to recover from flooding that enveloped the base two months ago, members are reminded that severe weather season is here. Taking a few moments to learn what to do in the event of severe weather can make all the difference if the unthinkable happens.

“Know where you’re going and how to get there in a safe but expedient manner,” said Tech. Sgt. Roger Butler, 557th Weather Wing occupational safety manager. “People become complacent and think nothing will happen to them, but it can happen.”

Tornadoes: For those not familiar with Midwest weather, tornadoes generate the most questions. Tornadoes often form at the edges of thunderstorms and can be accompanied by lightning, hail, strong winds and heavy rain. In the Offutt area, most storms occur between March and August and tend to form between 3 - 9 p.m. but can occur at any time with the right conditions.

A tornado watch means conditions are favorable for a tornado to develop. During this time, monitor weather broadcasts, bring in any pets, secure items such as garbage cans or toys that could blow away and be ready to shelter within a few minutes.

A tornado warning is when a tornado has been indicated by weather radar and that a tornado is imminent. People in the affected area should take shelter immediately.

When selecting a shelter, look for a windowless, interior room on the lowest level or basement of a building that is away from windows, doors and outside walls. If available, try to get under a sturdy piece of furniture and use arms to protect the head and neck. If at work, look for the designated tornado shelter and follow announced instructions.

Anyone with base access who does not feel safe taking shelter at home is welcome to use the lower level of Building 301 D. The ground level entrances 2 and 3 on the East side of the building provide the easiest access. Do not attempt to reach Building 301 D if a tornado warning has already been issued.

Thunderstorms: At the first sign of thunderstorms, head inside and follow the 30/30 rule: If thunder can be heard less than 30 seconds after seeing the corresponding lightning, the storm is close enough to pose a threat. After the storm, wait 30 minutes before going outside.

During the storm, do not touch any corded electronics or plumbing, as lightning could find a path through the wires and pipes.

Flash flooding: Flash flooding is an underestimated threat. The fast-moving water can move or destroy vehicles, trees, boulders, buildings, bridges and more. If there is any possibility of a flash flood, immediately move to higher ground. As little as six inches of moving water can knock an adult off their feet and 12 inches of water can sweep away a vehicle. Never attempt to drive across a flooded road.

How to prepare: Severe weather can cause anxiety; the best cure is to be prepared. Step one is knowing what to do, step two is having supplies ready.

“After an emergency, you may need to survive on your own for several days,” said Trip Spiller, Offutt Emergency Management Office chief. “Being prepared means having your own food, water, and other supplies to last for at least 72 hours.”

An emergency supply kit should include essential supplies such as drinking water, ready-to-eat, non-perishable food, a can opener, a First aid kit with manual, any needed prescriptions, personal sanitation supplies, a weather alert radio, a hand crank or battery-powered flashlight, extra batteries, a cell phone with charger, a whistle, cash, local maps, copies of important documents and supplies for any pets.

An additional item for an emergency kit is the National Oceanic and Atmospheric Administration Weather Radio, which offers specific area messaging, known as SAME, and can be set to sound an alarm only when hazardous weather threatens a specific county. These are useful for storms that occur in the middle of the night.

The emergency kit should also include a family plan, which includes contact information and plans for how to find each other in the event family members become separated.

“Your family may not be together when a disaster strikes,” said Spiller. “So it is important for each member to be familiar with how they will receive alerts and warnings, where to seek shelter, how they will evacuate an area and how you will meet back up after the disaster.”

To learn more about how to prepare for severe weather and other disasters, download the Air Force Be Ready app. It offers guides, a family plan template and contact information. Once downloaded, the app will work without an internet connection.

For information specific to Offutt, visit <http://www.offutt.af.mil/resources/inclement-weather>. The page offers guidance for each type of severe weather, local shelter information, as well as links to preparedness resources. The Offutt Emergency Management Office is available at DSN 294-3642 or cex.channel@us.af.mil.



Hosted by Offutt 55th Force Support Squadron, Offutt Air Force Base and USAF Heartland of American Band

This is a Military event, only open to DoD ID cardholders and their guests

You must have a ticket to attend. Free Tickets are available at ITT, Peacekeeper Lanes and the Warhawk Community Center

Bags will be checked at the Gate, no Pets, no outside food/beverages, no lawn chairs

The Base 55th Force Support Squadron is excited to announce this year's annual Red White & Blue Fireworks Celebration will be held at Werner Park (Sarpy County, Nebraska) on Wednesday, July 3 from 5:00 pm to 10:30 p.m.

Flooding has forced the Celebration to move from its traditional Base Lake location. The event will be FREE to attend for all DoD ID cardholders & their guests. You will have access to all of the features Werner Park has to offer. Food, beverage, and alcohol concessions will be available to purchase. Listen to live music from the USAF Heartland of America Band. All leading up to the huge fireworks display at dark.

Stay connected with the 55th Force Support Squadron. We'll have more details soon, including ticket and event information.
<https://www.offutt55fss.com/>

OFFUTT TICKETS AND TRAVEL

Hours: 9 a.m. – 5 p.m.: Monday, Tuesday, Thursday, Friday, & Saturday

Closed: Wednesday, Sunday and Holidays

Phone (402) 294-4049

All Prices are subject to change

Amazing Pizza Machine Food and Fun \$17
 90mins. Unlimited \$26

COCO Keys Gen. Admission – Good for Any Day \$9

Fontenelle Forest Individual Membership \$42, Dual Membership \$52, Household Membership \$62 Plus one \$20

FUN PLEX 2019

Daily Ticket (Child Under 54 Inches) \$23 Adult / \$16 Child

Omaha Urban Air Trampoline Park

Ultimate Attractions \$22, Deluxe Attractions \$17, Basic Attractions \$11

Omaha Stormchasers Baseball Box Seat Voucher

Good for One Game \$11 blackout dates: 7/4, 7/26 and 7/27

Omaha Community Playhouse 2019/2020

Annie Sep. 21st \$30 Adult/ \$20 Student
 Rocky Horror Oct. 19th \$30 Adult/ \$20 Student
 Christmas Carol Dec. 14 & 15th \$32 Adult/ \$18 Student

Orpheum 2019-2020

Paw Patrol Aug. 17 @ 2 pm \$38 ages 2 and up
 STOMP Feb 28, 2020 @ 7:30 pm \$49 ages 2 and up
 Lion King May 2 & 9, 2020 \$112/\$90 ages 2+

Papio Fun Park

Cannot be redeemed for Papio Formal Birthday Parties.
 2 Activity Wristband \$8.50 Extreme Wristband \$16.50

River City Rodeo Sept 27-28 @ 7:30 pm \$21-\$38

SAC Museum Membership 1 yr Family \$50

“Liberty is the breath of life to nations.” – George Bernard Shaw



“In the truest sense, freedom cannot be bestowed; it must be achieved.” – Franklin D. Roosevelt

ON AND AROUND OFFUTT AFB

OFFUTT REBUILDS FOLLOWING FLOODS

*By D.P. Heard, 55th Wing Public Affairs /
Published June 12, 2019*

The Offutt Next Generation Project Management Office has been stood up in response to the March flood that covered 1.2M square feet of the base.

The team's job is to coordinate all rebuilding efforts as well as ensure the base is even better prepared for future disasters.

"This is a herculean effort requiring marathon endurance to smart-rebuild Offutt for mission assurance and mission resiliency which will enhance the lethality of our combat air power," said Lt. Col. Christopher Conover, 55th Wing Next Generation PMO director.

Conover's team consists of small PMO staff as well as working group member representatives, civil engineer flood directorate staff, contractors, advisory and assistance services, mission partners, Big Safari, weapons officers and advanced programs.

The PMO is also in the process of establishing working groups in the areas of current operations, future operations and new missions.

Many facilities and equipment at Offutt cannot be salvaged or repaired from damages caused by flooding and will need to be rebuilt. The cost to rebuild is in excess of \$650 million.

Assessments have been made to determine which facilities can be saved and which will need to be rebuilt. There are approximately 12 facilities that can be salvaged including the Bennie L. Davis Consolidated Aircraft Maintenance Complex and the E4-B aircraft hangar. There are more than 20 facilities that must be demolished and reconstructed. Those facilities include the Base Lake Recreation facilities and the 595th Command and Control Group headquarters facility.

"The aim for this project is to recover, relocate, restructure and rebuild Offutt to support both near-term resumption of mission operations and long-term redevelopment of the base as the model Air Force installation of the future," Conover said.

However, the budget for this undertaking has not been fully approved as of yet by Congress. The rebuilding timelines will be driven by that funding as well as Congressional supplemental appropriations.

"These funds will be crucial to the future success of Offutt," Conover said.

Another option the team is considering in order to bring mission capabilities back to pre-flood conditions is fiscal year 2020 funds originally intended for other projects.

"We have assistance flying in from all over the United States to assist in the assessment of the damage and to begin reconstruction," Wilson said. "The United States Air Force will rebuild Offutt Air Force Base. We will work with the Nebraska congressional delegation to secure supplemental funds to be able to recover from the damage and make this base even better than it was."

THE UNITED STATES AIR FORCE HEARTLAND OF AMERICA BAND

The band is a 15 - member organization that presents exciting and uplifting music to inspire patriotism and tell the Air Force story. From formal concerts in grand auditoriums to casual shows in the park, they demonstrate Air Force excellence and precision in every performance. Their mission also includes deployments where they collaborate with U.S. Embassies to share America culture, build partnerships, develop relationships, and use music to motivate and unify coalition service members who are defending the region.

The full band includes members who play in smaller ensembles: the Offutt Brass and Raptor. The Brass is comprised of trumpet, French horn, trombone, tuba and percussion. Raptor performs high-energy music from a variety of musical genres.

Here are some concerts in our area this summer:

- Friday, July 5-6:30-8:30 pm
Shadow Lake Towne Center Amphitheater,
7775 Olson Dr,
- Friday, August 2-7:00-8:00 pm
Rockbrook Village, 2800 S 110 Ct.
- Sunday, August 4-7:30-9:00 pm
SumTur Amphitheater, 11691 S 108 St

OFFUTT AIRMAN TO PERFORM AT OMAHA'S MAHA MUSIC FESTIVAL

By Josh Plueger, 55th Wing Public Affairs / Published May 16, 2019

It's 7:08 p.m. and the rain, beyond the storefront window of the B Side Theatre, has subsided allowing the setting sun to brighten the dimly-lit confines of the Benson music hall in Omaha, Nebraska.

Airman 1st Class Mario Foreman-Powell, a United States Air Force Heartland of America Band vocalist, sits behind a keyboard - stage left, it's his turn to shine and win the last remaining spot in the MAHA Music Festival lineup.

The third-generation-military member chose his song "Sometimes" for the Omaha Performing Arts Singer-Songwriter Competition. To win, he would have to beat the remaining nine musicians bidding for their chance to share the stage with some of the music industry's biggest names.

"Sometimes" is a euphonic blend of rhythm and blues, jazz and gospel and would soon garner him the win and the chance to perform in the 10th annual MAHA festival.

"Omaha's strong singer-songwriter community shined on stage during last week's showcase," said Dominic Green, Omaha Performing Arts community engagement manager. "We have enjoyed highlighting local musicians the past several years and look forward to even more opportunities and partnerships like the one with MAHA."

Foreman-Powell was born into music with numerous musicians in his immediate and extended family. He was formally trained in piano at the age of five, and later, drums. "I'm the only one in my family that play drums, everyone else played guitar," said Foreman-Powell. "Music was given to me, everyone sings in my family."

Through a chance encounter with a retired Air Force bandsman, Foreman-Powell discovered that he could have a music career in the Air Force and decided to audition for a vocalist position. After six-hours of auditioning at Scott AFB, Illinois, Foreman-Powell was selected to serve in the AF Band. Once he completed basic training, Foreman-Powell came to Offutt AFB to begin his career with the Heartland of America Band.

"I noticed that the Heartland Band was a small but tight, genuine family," Foreman-Powell said. "The personality of the band was extremely unique." The HOAB has a lineage of musical accomplishments and recognition beyond their service to the armed forces.

"We are incredibly proud of Airman 1st Class Foreman-Powell and his selection as the winner of the Omaha Performing Arts Singer Songwriter contest," LeDoux said.

Foreman-Powell is scheduled to perform at the MAHA music festival Saturday, August 17.

CLICK2GO TO END, BE REPLACED

By D.P. Heard, 55th Wing Public Affairs /
Published April 03, 2019

The Defense Commissary Agency's CLICK2GO program will discontinue on June 1.

The program allows customers to order groceries online and have them brought to their car at their scheduled pick-up time.

In September of 2013, Offutt Air Force Base was one of a handful of installations around the country selected to participate in the pilot program.

"For Offutt, the pilot went well," said Anthony Chaki, Offutt Commissary store director. "All management were engaged and our store became the benchmark for the others involved with the pilot."

DeCA plans to bring a new CLICK2GO to the original pilot installations at a date yet to be determined.

When it does return, an initial sign-up will be required for first time authorized customers through the MyCommissary website. Also, on DeCA's website, commissaries.com, users will be able to access the portal and learn more about the online shopping service in the CLICK2GO section.

Among the many benefits the program provides, is the time it saves customers.

"Our customers loved the CLICK2GO program," said Richard Brink, DeCA HQ. "It was very convenient for the spouses as they could call their husbands or wives and have them stop and pick up what they ordered online on the way home, and the shopping was at their fingertips with no lost time in the store. It was great for young families."

The DeCA staff is grateful to its customers for using the program.

"We learned a lot from the pilot program," Brink said. "We would like to thank the customers for participating in it."

Well shot, I left my front door open and my Roomba went outside, can't seem to find it. I'm really worried as Nature abhors a vacuum.

VETERANS ADMINISTRATION NEWS

VA LAUNCHES NEW HEALTH CARE OPTIONS UNDER MISSION ACT

From blogs.va.gov, June 6, 2019

The U.S. Department of Veterans Affairs (VA) launched its new and improved Veterans Community Care Program on June 6, 2019, implementing portions of the VA Maintaining Internal Systems and Strengthening Integrated Outside Networks Act of 2018 (MISSION Act), which both ends the Veterans Choice Program and establishes a new Veterans Community Care Program.

The MISSION Act will strengthen the nationwide VA Health Care System by empowering Veterans with more health care options.

“The changes not only improve our ability to provide the health care Veterans need, but also when and where they need it,” said VA Secretary Robert Wilkie. “It will also put Veterans at the center of their care and offer options, including expanded telehealth and urgent care, so they can find the balance in the system that is right for them.”

Under the new Veterans Community Care Program, Veterans can work with their VA health care provider or other VA staff to see if they are eligible to receive community care based on new criteria. Eligibility for community care does not require a Veteran to receive that care in the community; Veterans can still choose to have VA provide their care. Veterans may elect to receive care in the community if they meet any of the following six eligibility criteria:

1. A Veteran needs a service not available at any VA medical facility.
2. A Veteran lives in a U.S. state or territory without a full-service VA medical facility. Specifically, this would apply to Veterans living in Alaska, Hawaii, New Hampshire and the U.S. territories of Guam, American Samoa, the Northern Mariana Islands and the U.S. Virgin Islands.
3. A Veteran qualifies under the “grandfather” provision related to distance eligibility under the Veterans Choice Program.
4. VA cannot furnish care within certain designated access standards.

The specific access standards are described below:

Drive time to a specific VA medical facility

- Thirty-minute average drive time for primary care, mental health and noninstitutional extended care services.
 - Sixty-minute average drive time for specialty care.
- Note: Drive times are calculated using geomapping software.

Appointment wait time at a specific VA medical facility

- Twenty days from the date of request for primary care, mental health care and noninstitutional extended care services, unless the Veteran agrees to a later date in consultation with his or her VA health care provider.
- Twenty-eight days for specialty care from the date of request, unless the Veteran agrees to a later date in consultation with his or her VA health care provider.

5. The Veteran and the referring clinician agree it is in the best medical interest of the Veteran to receive community care based on defined factors.
6. VA has determined that a VA medical service line is not providing care in a manner that complies with VA’s standards for quality based on specific conditions.

In preparation for this landmark initiative, senior VA leaders will visit more than 30 VA hospitals across the country to provide in-person support for the rollout.

The VA MISSION Act:

- Strengthens VA’s ability to recruit and retain clinicians.
- Authorizes “Anywhere to Anywhere” telehealth across state lines.
- Empowers Veterans with increased access to community care.
- Establishes a new urgent care benefit that eligible Veterans can access through VA’s network of urgent care providers in the community.

VA serves approximately 9 million enrolled Veterans at 1,255 health care facilities around the country every year.

VA RESEARCHERS FIND PROMISING RESULTS FOR SAFER PAIN MEDICATION

By Phil Walls, South East E Louisiana VA Health Care Published
June 11, 2019

Scientists at the Southeast Louisiana Veterans Health Care System and Tulane University have announced a breakthrough in research that could lead to safer treatment of pain. They have developed a new drug with less risk for addiction and overdose compared to currently available opioid medications. The new drug also shortens time to recovery from pain.

Called ZH853, the new drug was developed by James Zadina, Ph.D., the director of the neuroscience laboratory at the Southeast Louisiana Veterans Health Care System and a professor at Tulane University School of Medicine. The goal was to avoid some of the most troubling side effects of currently available opioid medications. Morphine, for example, can cause depressed breathing, which can lead to death.

A main concern when treating pain with opioids is the potential for misuse or addiction. In earlier studies, Zadina and his colleagues found that rats given morphine showed drug-seeking behaviors, while the rats given ZH853 did not. Morphine can also cause pain symptoms to last longer, enabling acute pain to become chronic.

“A drug that prevents the transition from acute to chronic relapsing pain would represent a true breakthrough in drug development for pain management,” said Zadina.

In a paper published last week, Zadina and his colleague, Amy Feehan Ph.D., of Tulane University, showed that ZH853 was as effective as morphine at relieving pain in rats. The results also showed that morphine, by aggravating immune function, increased the length of time the subjects felt pain. ZH853, on the other hand, reduced the length of time the subjects experienced pain, indicating anti-inflammatory effects.

Producing a medication for pain that is safe and effective while unlikely to be abused could save many of the tens of thousands of lives that are lost each year to opioid overdoses. Further research is needed before ZH853 can be prescribed for pain, including clinical trials in human subjects. Trials could start within two years.

VA’s funding of research to develop of ZH853 shows our commitment to safely treating pain in Veterans. Over the past six years, VA’s Opioid Safety Initiative has reduced opioid dispensing more than 50 percent. Whenever possible, health care providers are using alternatives to prescribing opioids, such as acupuncture, yoga and chiropractic medicine. Patient safety is the main priority of VA health care. Innovative treatments and pioneering research will continue to improve health care so that more Veterans can live free from chronic pain.

UNDERSTANDING THE VA WAIVER AND RETIRED PAY/CRDP/CRSC ADJUSTMENTS

www.dfas.mil

Many military retirees who are eligible for DoD retired pay are also eligible for VA disability pay. The laws and regulations that apply when a retiree is eligible for both types of pay are complex and can be confusing, so we created a new webpage that explains the basics of the VA waiver, and the relationship between VA disability pay, retired pay, Concurrent Retirement and Disability Pay (CRDP) and Combat-Related Special Compensation (CRSC).

The law requires that a military retiree waive a portion of their gross DoD retired pay, dollar for dollar, by the amount of their Department of Veterans Affairs (VA) disability compensation pay; this is known as the VA waiver (or VA offset). The new webpage provides an overview of how the VA waiver works. It also summarizes the two programs created by Congress to allow eligible military retirees to recover some or all of the retired pay that retirees waive for VA disability pay: CRDP and CRSC.

In addition, the webpage also explains the impact on retired pay, CRDP and CRSC when a VA disability rating changes, as well as how retroactive disability rating changes might result in a retired pay or CRDP/CRSC Processing (CCP) debt.

We hope this webpage will help retirees better understand how these programs interact.

The webpage is under the “Disability Entitlements” section of the Retired Military & Annuitants area of the DFAS.mil website at: <https://go.usa.gov/xEMry>

Teacher: "Which book has helped you the most in your life?"

Student: "My father's check book!"

MILITARY NEWS

NEW LOOK FOR MYPAY

Dfas.mil, Apr 22 2019

It's here! myPay's simpler, streamlined design and navigation will help you get your business done and move on with your life. You can use your same LoginID and password (as long as your password has not expired), or your CAC or Smart Card. Check it out at <https://mypay.dfas.mil>

myPay, the Defense Finance and Accounting Service's pay management portal used by approximately five million military members, federal civilian employees, and military retirees and annuitants, launched its latest update on May 4, 2019 with design and technology enhancements to increase simplicity, streamline navigation and expand usability for mobile device users.

The myPay system underwent technical development updates to provide account owners enhanced access and the ability to quickly review pay details, download important tax and financial statements, and keep vital account information updated.

Known as a technical refresh, the extensive changes to myPay are quickly recognizable by a cleaner design and improved navigation to allow users to find and input their information quickly and effortlessly. The most noticeable difference for customers will be the redesigned homepage.

According to DFAS officials, myPay is the agency's primary customer self-help tool and allows many to avoid the need to mail documents to DFAS or wait to speak with a customer service representative, especially during high call volume times.

"We want our customers to manage their financial business with DFAS and get back to the other important parts of their lives," said Bruce Keith, director of DFAS Finance Standards and Customer Services. "I think the changes to myPay will be welcomed by everyone that uses it, whether that is a military member overseas or a retiree who visits once a year to retrieve a 1099R tax statement."

Q: Why can't you trust an atom?

A: Because they make up everything.

ARMY DISCOVERY OPENS PATH TO SAFER BATTERIES

By CCDC Army Research Laboratory Public Affairs, May 10, 2019, www.army.mil

In the latest issue of the journal *Nature*, researchers at the U.S. Army Combat Capabilities Development Command's Army Research Laboratory, the Army's corporate research laboratory known as ARL, and the University of Maryland demonstrated a transformative step in battery technology with the identification of a new cathode chemistry.

Completely free of transition metal and delivering unprecedented high capacity by reversibly storing Lithium at high potential (~4.2 V), the finding opens a possibility to significantly increase the lithium-ion battery energy density while preserving safety due to the aqueous nature of the electrolyte, said Dr. Kang Xu, an ARL fellow and senior research chemist.

The researchers, led by Chunsheng Wang, R.F. and F.R. Wright Distinguished Chair Professor in UMD's Department of Chemical & Biomolecular Engineering and Department of Chemistry and Biochemistry; Kang Xu, ARL Fellow, and Oleg Borodin, ARL scientist, developed the battery into a testable stage with button cell configuration that is typically used as a test vehicle in research labs, and characterized in details the conversion - intercalation chemistry that is responsible for the increased energy density. More research is needed to scale it up into a practical large-scale battery, Kang said.

"The energy output of water-based battery reported in this work is comparable to ones based on flammable organic liquids other than water, but is much safer," Wang Said. "It gets about 25% extra the energy density of an ordinary cell phone battery. The new cathode is able to hold, per gram, 240 milliamps for an hour of operation, whereas the kind widely used cathode in cell phones, laptops, and tools (LiCoO₂), provides only 120-140 milliamps each hour per gram."

Beyond portable batteries for Soldiers, this aqueous battery chemistry could also be used in applications that involve large energies at kilowatt or megawatt levels or where battery safety and toxicity are primary concerns, including non-flammable batteries for airplanes, naval vessels, or spaceships, or in civilian applications for portable electronics, electric vehicles and large-scale grid storage.

SECRETARY, CHIEF OF STAFF INITIATE DIALOGUE WITH COMMANDERS ON A PLAN FOR NEW OFFICER PROMOTION CATEGORIES

*By Secretary of the Air Force Public Affairs /
Published May 31, 2019 on www.af.mil*

Secretary of the Air Force Heather Wilson and Air Force Chief of Staff Gen. David L. Goldfein shared in a memorandum to wing, numbered Air Force and major command commanders May 31, a draft plan for new Line of the Air Force officer promotion categories.

The memo explains the proposed change and directs commanders to solicit and provide feedback from officers to major command commanders by July 31, with “a final recommendation due to the secretary and chief not later than 30 August 2019.”

According to the memo, “The reemergence of great power competition, rapid development and fielding of advanced technologies, and new concepts of warfare and competition that span the entire spectrum of conflict demand a joint force structured to match this reality. These trends, if unaddressed, will challenge our ability to fight and win.”

The memo continues, “Over the past eighteen months, we have extensively examined how we develop, evaluate and promote officers across our total force. We have concluded that our current system, which has served us well in the past, is not optimized to support future joint warfighting in this new era. Based on our research, extensive discussions with Airmen across the Air Force (active, Guard, Reserve and civilian), and surveys with joint and inter-agency teammates, we believe it is time to expand the Line of the Air Force promotion categories into more subgroupings.

The following categories represent the disciplines needed for future joint warfighting and allow for developmental competitive pathways that are optimized for each category: Air Operations & Special Warfare, Space Operations, Nuclear & Missile Operations, Information Warfare, Combat Support, and Force Modernization. Under this proposal existing categories for judge advocates, chaplains and medical personnel will remain unchanged.

The memo sets the stage for gathering field input similar to what was done under the Revitalizing Squadrons effort. The memo states, “While these changes have been reviewed and discussed at leadership levels, we realize this would be a significant change for the officer corps. Rather than make an immediate decision, we thought it best to share the draft with commanders first in order to engage in a dialogue with the officers assigned to you and solicit feedback before proceeding.”

In addition to commander-solicited feedback, Shon Manasco, assistant secretary of the Air Force for manpower and reserve affairs, and Lt. Gen. Brian Kelly, deputy chief of staff for manpower, personnel and services, will be deploying briefing teams to various installations across major commands and functional communities during June and July to brief the proposed changes in-depth, answer questions and capture feedback from Airmen who are able to attend.

Additional virtual venues and online sites will also be available to gather feedback from across the force.

The memo concludes, “For this foundational change to succeed, commanders at every echelon must take ownership, understand and explain why we are proposing this significant change, listen to the officers entrusted to your care and pass your thoughts up the chain. Our future depends on getting this right. Help us make it better.”

The briefing and community-specific questions and answers will be made available to broader audiences at a later date.

Mr. and Mrs. Brown had two sons. One was named Mind Your Own Business & the other was named Trouble. One day the two boys decided to play hide and seek. Trouble hid while Mind Your Own Business counted to one hundred. Mind Your Own Business began looking for his brother behind garbage cans and bushes. Then he started looking in and under cars until a police man approached him and asked, "What are you doing?" "Playing a game," the boy replied. "What is your name?" the officer questioned. "Mind Your Own Business." Furious the policeman inquired, "Are you looking for trouble?!" The boy replied, "Why, yes."

A SCENT-BASED STRATEGY FOR PREVENTING MOSQUITO TRANSMISSION OF DISEASE

Defense Advanced Research Projects Agency May 3, 2019

Could it be that your scent is just a bit too attractive? It is known that mosquitoes are drawn to certain human chemical odors that lead the insects to sources of food. ReVector, a new program from DARPA's Biological Technologies Office, intends to diminish that attraction — or even actively repel mosquitoes — by engineering the skin microbiome to temporarily alter chemical production. By modulating the interaction of skin-associated microbes with metabolites from the body, ReVector technologies might lower the incidence of mosquito feeding and thus reduce the opportunity for the insects to transmit diseases such as malaria, dengue, and chikungunya that reduce military readiness.

“Mosquitoes present one of the most stubborn threats out there to the health of deployed troops. Despite an array of existing countermeasures and prevention efforts, mosquito-transmitted diseases remain prevalent around much of the world,” said Christian Sund, the ReVector program manager. “DARPA wants to apply the tools of biological engineering to create a new protective approach that is optimized for troops in the field. Our end goal is a treatment that is simple to apply, low maintenance, and without undesirable side effects.”

If the program is successful, one of its outputs will be platform technologies for learning about the skin microbiome and understanding how to temporarily modify it for beneficial ends. DARPA envisions future uses of ReVector technology in medical contexts such as treating infections and healing wounds.

Q: What is the tallest building in the entire world?

A: The library, because it has so many stories.

Instead of "the John," I call my toilet "the Jim." That way it sounds better when I say I go to the Jim first thing every morning.

BEST WITH WHAT THEY'VE GOT: A NEW LIFE FOR OLD PARTS

By Senior Airman Tessa B. Corrick, 2nd Bomb Wing Public Affairs / Published June 11, 2019

Just like every other aircraft, parts on a B-52H Stratofortress age, get damaged and become unserviceable.

One detachment at Barksdale Air Force Base has developed a way to take those unusable parts and create hands-on training opportunities for maintainers.

“Normally, we have to coordinate with the maintenance squadron to find an aircraft that's not being flown or worked on and ask if we can get a block of time to go out and perform training tasks,” said Master Sgt. Michael Farrar, 372nd Training Squadron Field Training Detachment 5 superintendent. “Training is important and everyone understands that, but you have actual missions being completed out there on the flight line. So, there is always a chance for us to be in the way or even not being able to get the aircraft to do our training and that is where the unserviceable parts come in.”

By utilizing aged or operationally condemned parts, the Air Education Training Command detachment assembles trainers that allow for a safe and focused environment for their Airmen to learn in.

“We want to provide effective training, so if using an operational aircraft is better, we would certainly like to do that over a trainer,” said Tech. Sgt. Dylan Drake, 372nd TRS FTD 5 crew chief instructor. “However, having the trainers here is certainly more convenient and gives us the ability to do it over and over if we need to.”

“This form of instruction is a lot better because when you're actually doing it yourself, it's a lot easier to retain,” said Airman 1st Class Chase Guggenbuehl, a student at the detachment and 11th Aircraft Maintenance Unit crew chief. “It makes you want to pay attention. It's not just words on a screen. The actual tools and parts of the jet are right in front of you to help you see how it actually works.”

The feedback from the courses at Barksdale AFB and Minot AFB, North Dakota, have been so positive that it is now being used as a model for maintenance field training across the Air Force.

MILITARY ASSISTANCE PROGRAMS FOR VETERANS, SERVICE MEMBERS, AND FAMILIES

USA.GOV

If you're a service member, veteran, or spouse, you're not alone. The military and federal agencies have resources to help you manage life. Use these tools to get help with finances, health care, jobs, moving, and other challenges.

DFAS Pay Charts and Military Retirement Calculators

MilitaryPay.Defense.gov to get the latest news on

- Military pay charts
- Benefits
- Tax information

Military Pay and Pensions

Go to myPay.com.dfas.mil

Phone Number: 800-321-1080

Military Pay Complaints or Report Fraud

You may submit a complaint to the DFAS Hotline Office in the following manners:

Email:

dfas.cleveland-oh.hi.mbx.investigation-hotline@mail.mil.

Note: Emails are not automatically anonymous. Include one of the following designators regarding your preference on disclosure of your name and contact information at the beginning of your email:

“CONSENT TO DISCLOSURE” or
“NON-CONSENT TO DISCLOSURE”

Phone: Toll Free: 1-800-330-8720;

Commercial: 216-522-5806; or DSN 580-5806

Note: The telephone contact number is not staffed 24-hours, and you may have to leave a message with your information requesting a return call. For best results, submit a detailed email, which can be appropriately handled.

National Resource Directory for Service Members and Veterans

The National Resource Directory connects the military and veterans with local support. Find military assistance resources for:

- Jobs
- Health
- Homelessness
- Housing
- Caregiver support

Financial Assistance for Service Members and Veterans

The Consumer Financial Protection Bureau (CFPB) helps military families and veterans with financial issues including:

- Filing complaints
- Avoiding scams targeting military and veterans
- Improving money management skills

Manage Your Benefits and Records with milConnect

If you're a military member or a veteran, you can manage many of your benefits and records in one place. MilConnect, a self-service portal, lets you:

- Get copies of your Official Military Personnel File
- Update your family members in the Defense Enrollment Eligibility Reporting System (DEERS)
- Transfer your GI Bill education benefits to family members
- View your health care coverage
- Update your work and personal contact information
- Find all the latest information and resources to manage your benefits

Military OneSource

Military OneSource offers help with all aspects of military life. Counseling for service members and families is free and confidential.

Find information and resources in areas such as:

- Military financial and legal assistance
- Job and education help for military spouses
- Parenting and military child care assistance
- Deployment help for military families
- Moving assistance for military families
- Military health and wellness, including:
 - Preventing training injuries
 - Dealing with family violence
 - Managing stress and suicidal thoughts

You can also call Military OneSource at 1-800-342-9647 24 hours a day, seven days a week.

Important Phone Numbers

55TH MEDICAL GROUP EHRLING BERGQUIST CLINIC

Address: 2501 Capehart Road Offutt AFB, NE 68113
Phone: 402-232-CARE (2273)

Appointment Line Hours:

Mon – Fri: 6:30 a.m.–4:30 p.m.

Clinic Hours:

Mon-Fri: 7:30 a.m. - 4:30 p.m.

Closed after 12:00 p.m. on the third Thursday each month for training

View available clinics and services at
<https://www.airforcemedicine.af.mil/MTF/Offutt/>

PHARMACY INFORMATION

Main Pharmacy

Location: 2501 Capehart Road, inside Main Clinic
Pharmacy Information: 402-232-2273, ext. 23
Prescription Refill Line: 402-294-4758 or 800-654-1870

Hours of Operation:

Mon – Fri: 7:30 a.m.–5:00 p.m.

Closes at noon on the third Thursday monthly for staff training. Closed federal holidays

The main pharmacy fills prescriptions written by providers in the main clinic. Prescriptions are filled once patients check-in at the pharmacy kiosk. Once processed, the pharmacy will hold prescriptions for seven duty days before they are returned to stock.

Satellite Pharmacy

Address: 106 Meyer Ave, Offutt AFB, NE 68113
(Inside the Offutt Base Exchange)

Hours of Operation:

Mon–Fri: 8:30 a.m. - 5:30 p.m.

Closed federal holidays

Phone: 402-294-3228 or 402-294-3229

Fax: 402-294-0711 - For off-base providers faxing non-controlled prescriptions

The satellite pharmacy fills all prescription refill requests and all prescriptions, both handwritten and electronic, from off-base providers. Prescription refills will be available for pickup two duty days after request. Refills not picked up after seven duty days are returned to stock. The telephone refill system interacts directly with the pharmacy's computer system, giving the caller an immediate status on the refill request.

55TH WING LEGAL OFFICE

711 Nelson Drive, Ste 118; Offutt AFB, NE 68113
Phone: 402-294-3733

Location: Building 302A

Hours:

Mon–Thu: 9:00 a.m.–3:00 p.m., Fri: 9:00 a.m.–1:00 p.m.

Or visit <https://aflegalassistance.law.af.mil>

Eligibility: The Offutt AFB Law Center provides legal services to all active duty personnel, military dependents, retirees, members of the Guard and Reserve members on active duty orders.

Retirees & Dependents: Legal Assistance is available on a Walk-In basis Tuesday mornings from 9:30 - 11:30 a.m. Additionally, some appointments are available for retirees and dependents to receive wills and other legal assistance. Please call the law center at 402 294-3733 (DSN 271-3733) for information and available appointments. (Retirees and dependents are welcome during walk-in hours for notary and Powers of Attorney services).

BASE EXCHANGE

Main Store

106 Meyer Ave Bldg 166; Offutt AFB, NE 68113
Phone: 402-291-9100

Hours of Operation:

Mon-Sat: 9:00 a.m.-7:00 p.m., Sun: 10:00 a.m.-6:00 p.m.

Wherry Express

505 Nelson Dr, Offutt AFB NE 68113
Phone: 402-291-9100

Hours of Operation:

Mon-Fri: 6:00 a.m.-5:00 p.m., Sat: 10:00 a.m.-4:00 p.m.
Sunday Closed

Capehart Express

2502 Hruska Blvd, Bldg 5086; Bellevue NE 68123
Phone: 402-292-0218

Hours of Operation:

Mon-Thu: 6:30 a.m.-9:00 p.m., Fri: 6:30 a.m.-10:00 p.m.

COMMISSARY

101 Meyer Ave, Offutt AFB, NE 68113
Phone: 402-294-6783

Sun: 9:00 a.m.-7:00 p.m., Tue-Sat: 7:00 a.m.-7:00 p.m.

Mon: Closed