

F.E. WARREN AIR FORCE BASE

PEACEKEEPER

JULY 2021

Mighty Ninety welcomes new commander

Story by A1C Darius Frazier, 90th Missile Wing Public Affairs

The Mighty Ninety gathered to conduct a change of command ceremony June 28, 2021, on the Argonne Parade Field, F.E. Warren Air Force Base, Wyoming, to welcome the 90th Missile Wing's new commander, Col. Catherine Barrington.

Col. Peter Bonetti, the outgoing commander of the 90 MW, shared his gratitude toward the wing.

"I would be a fool if I didn't recognize the help I've received this entire time," said Bonetti. "I can see everyone here now in the front row, all the people who've been there for me."

He explained that the support extended past Cheyenne.

"We talk about this place as a military community and I just don't think it is--it's a military family," Bonetti said. "No matter where you go in Wyoming you'll always have help from your military family."

After the passing of the guidon, Barrington spoke about her serving as the new 90 MW Commander.

"To the men and women of the Mighty Ninety, Wranglers it's good to be home," said Barrington. "Wranglers, rest assured I will work tirelessly to make sure you have everything you need."

Most recently, she was the 20th Air Force Operations and Communications director, F.E. Warren AFB. Her time there led her to be the 90 MW commander.

Barrington set the expectation on what we will bring to the fight.

"Our nation relies on the combat capability you bring," said Barrington. "We will provide that."



Col. Catherine Barrington, 90th Missile Wing commander, renders her first salute during the 90 MW change of command ceremony June 28, 2021, F.E. Warren Air Force Base, Wyoming. The ceremony signified the transition of command from Col. Peter Bonetti to Col. Catherine Barrington. (U.S. Air Force photo by Airman 1st Class Anthony Munoz)



Maj. Gen. Michael Lutton, 20th Air Force commander, passes the guidon to Col. Catherine Barrington, 90th Missile Wing commander, during the 90 MW change of command ceremony June 28, 2021, F.E. Warren Air Force Base, Wyoming. The ceremony signified the transition of command from Col. Peter Bonetti to Col. Catherine Barrington. (U.S. Air Force photo by Airman 1st Class Anthony Munoz)

F.E. Warren firefighter jumps into action

Story by Glenn S. Robertson

An airman assigned to the 90th Civil Engineer Squadron provided emergency medical support to a victim of a utility terrain vehicle rollover March 22, 2021, in north Cheyenne, Wyoming.

Airman 1st class and F.E. Warren firefighter Zachery Ravlin was driving in north Cheyenne when he noticed Cheyenne Police surrounding what looked to be a vehicle rollover. Without hesitation, he approached the police officers, announced himself as being trained as an emergency medical technician, and asked if he could help before paramedics arrived. Given the greenlight, he jumped into action.

When he assessed the scene, he found a 16-year-old female with her left arm trapped under the rollbar of the vehicle and a considerable amount of blood pooled around her.

There was a second individual, a young female in the vehicle, who seemed to be unhurt. He addressed them both, introduced himself and told them he was there to help. He asked initial questions to get a clearer assessment as to their condition, and realized that the second female had only scrapes and bruising, while the other was clearly seriously injured.

He focused his attention on her, asking her the same questions of whether she was experiencing any pain, weakness or cold. When she responded that she was cold, he gave her friend his coat to place on her to keep her warm. He then asked a police officer for a pair of trauma shears to better assess the condition of her arm.

When he cut the sleeve off her shirt, he immediately realized that she had suffered a compound open fracture and that while it had been bleeding



Airman 1st Class Zachary Ravlin poses for a portrait photo inside the F.E. Warren Fire Department Nov. 4, 2020 on F.E. Warren Air Force Base, Wyo. (U. S. Air Force photo by Glenn S. Robertson)

severely after it had been crushed, it was now bleeding very lightly.

He cautioned against removing the vehicle from her arm with those present, as he warned that the released pressure would likely cause further damage.

He performed a circulation motor sensory test at that point to try and ascertain if she had any feeling in her arm. Though the test showed that her CMS was intact, he kept talking to her to check for further injury while waiting for paramedics to arrive.

Upon the arrival of the paramedics, which Ravlin estimated at being fewer than ten minutes after he arrived on scene, he gave them a report of what he had done and what he believed the extent of her injuries to be.

While the paramedics performed their assessments, he stayed with the victim,

keeping her calm and talking her through what was happening.

He assisted the paramedics as they put a vacuum splint on her arm and prepared the limb for the removal of the vehicle. Upon the removal, where she could see the damaged limb, she began to panic and came close to hyperventilation. Through that, Ravlin held her hand, told her to just look at him and talked to her calmly to keep her as calm as possible.

Shortly after, she was loaded into the ambulance and taken for emergency care – which would eventually include a life flight to Denver.

According to family members of the person he helped, Ravlin's actions saved her arm, and potentially even her life.

“[Ravlin] quite literally saved her arm and life, according to the doctors,” said her uncle in a message

to Ravlin a week after the rollover. “She was life flighted to Denver, and they replaced arteries in her arm, and she is recovering now.”

While many could have kept driving, Ravlin's actions were in keeping with his character and the Air Force core values.

“A1C Ravlin emulated service before self when he saved a woman and her arm,” said Staff Sgt. Brandin McGovern, Ravlin's former supervisor. “He continues to show that every day at work by always learning advanced trade craft in rescue and emergency medicine techniques from seasoned veterans at the F.E. Warren Fire Department.”

Although there was an aspect of being in the right place at the right time, it was because of Ravlin's efforts at ensuring he is qualified to provide emergency medical care that made the difference

when he did show up at the scene.

“It was fortunate that Ravlin showed up when he did, as he was qualified and capable to step in and help the girl,” said Joshua Steen, Chief of Fire Prevention for the F.E. Warren Fire Department, whose daughter is a friend of the injured. “But just as important, he is someone we count on every day to do the right thing and help others in need, going above and beyond to ensure he's a good firefighter and a good EMT.”

Editor's Note: The narrative of Ravlin's arrival on scene to the arrival of paramedics is his experience as relayed to the author and attribution for such was cut for brevity and clarity. All aspects of that narrative is attributed to Airman 1st Class Zach Ravlin as his experience.

Airman & Family Readiness Center renamed

Story by Glenn S. Robertson

The Airman and Family Readiness Center was renamed during a ceremony June 18, 2021 at the facility on F.E. Warren Air Force Base.

The facility was named the Johnigan Center for Airman and Families in honor of Irene Johnigan, a longtime associate of the base and staunch supporter of generations of Airmen stationed at F.E. Warren.

Many of those in attendance were individuals Johnigan had personally affected in her nearly 50 years of federal service and then serving Airmen through the Air Force Association and other organizations.

“My second priority when I began command was to develop Airmen and help their families, and it wasn't negotiable,” said Col. Peter Bonetti, 90th Missile Wing commander. “This is required to achieve the first priority of accomplishing the mission, because who else but the Airmen are going to accomplish the mission? This is where I realized

how important Ms. Johnigan was to F.E. Warren Air Force Base.”

Johnigan was chosen for her selfless contributions, trailblazing efforts, and exemplary representation of the Air Force core values, according to a press release.

Though Johnigan retired from federal service in 1999, she became the first AFA chapter president in the state of Wyoming, focusing on improving the lives of Airmen through dozens of initiatives she had a role in starting, said Bonetti.

Through it all, Johnigan expressed a humble appreciation.

“I stand before you with a great deal of humility, pride, gratitude and appreciation,” said Johnigan. “This honor and tribute that is so incredibly overwhelming that it defies description.”

The Johnigan Center for Airmen and Families is open to support the Airmen of the Mighty Ninety Monday through Friday, 7:30 a.m. to 4 p.m.



Col. Peter Bonetti, 90th Missile Wing commander, and Irene Johnigan, long time supporter of F.E. Warren and its Airmen, unveil a dedication plaque during a ceremony renaming the Airman and Family Readiness Center to the Johnigan Center for Airmen and Families June 18, 2021 on F.E. Warren Air Force Base, Wyoming. Johnigan's name was chosen to emblazon the building for her selfless contributions, trailblazing efforts, and exemplary representation of the Air Force core values. (U.S. Air Force Photo by Glenn S. Robertson)

Junior ROTC cadets visit F.E. Warren

Story by Airman 1st Class Anthony Munoz

Cadets attending Junior ROTC Cadet Leadership Camp visited F.E. Warren Air Force Base June 10 and 11, 2021. JCLC is a five-day camp designed to develop cadets' leadership skills and deepen their sense of community involvement.

“JROTC as a whole is meant to build a better citizen,” said U.S. Army Sgt. Maj. Rodger Harder, instructor for Cheyenne Central High School Army Junior ROTC.

The selfless nature of the Junior ROTC program cultivates an inclusive sense of belonging for cadets even though most Junior ROTC cadets do not end up joining the military, according to Harder.



U.S. Army Sgt. Maj. Rodger Harder, instructor for Cheyenne Central High School Army Junior ROTC, instructs Willow Wilson, Westminster High School Air Force Junior ROTC cadet, at F.E. Warren Air Force Base, Wyoming, June 11, 2021. Junior ROTC cadets from five high schools throughout Colorado and Wyoming came to F.E. Warren AFB during Junior ROTC Cadet Leadership Camp. JCLC is a program designed to develop community involvement and leadership skills of high school students. (U.S. Air Force photo by Airman 1st Class Charles Munoz)

Air Force announces final environmental study on GBSD ICBM recapitalization Test Program

Air Force Global Strike Command Public Affairs

The Department of the Air Force announces the availability of the Final Environmental Assessment for the Ground Based Strategic Deterrent Test Program and the program's Finding of No Significant Impact. The analysis can be found at gbsdtesteaoc.govsupport.us

The GBSD program would modernize the aging U.S. land-based intercontinental ballistic missile Minuteman III system.

The Air Force plans to modernize the land-based leg of

the nuclear triad, recapitalizing its ICBM fleet while upgrading the weapon system technology, supporting infrastructure, and command and control functions. Test program-related actions would occur primarily at Hill Air Force Base, Utah, and at Vandenberg Air Force Base, California. Such tests would include conducting missile launches from Vandenberg AFB with flights over the Pacific Ocean in the Western Test Range. Additional test support activities would occur at U.S. Army Dugway Proving Ground, Utah.

The environmental assessment also includes analysis

of the proposed GBSD Formal Training Unit/Schoolhouse at Vandenberg AFB. The GBSD and Minuteman III test demonstrations are proposed to occur at U.S. Army Garrison-Kwajalein Atoll and within the Republic of the Marshall Islands territorial waters. The analysis of overseas environmental impacts is also included in the assessment. Test activities would comply with the U.S. Army Kwajalein Atoll environmental standards.

For more information visit: <http://gbsdtesteaoc.govsupport.us> or contact Air Force Global Strike Command at AFGSC.PAWorkflow@us.af.mil

F. E. WARREN
AIR FORCE BASE

PEACEKEEPER

90th Missile Wing Public Affairs
5305 Randall Ave. Ste. 201,
Cheyenne, WY 82005
307.773.3381
90MW.PA@US.AF.MIL



Col. Cathy Barrington
Col. Deane Konowicz
Maj. Victoria Hight

Editorial Staff

Joseph Coslett Public Affairs Operations Chief

Master Sgt. Juaacklyn Jackson Superintendent

Glenn S. Robertson Editor in Chief, Designer

& Chief of Command Information

Airman 1st Class Darius Frazier Photojournalist

Airman 1st Class Anthony Muñoz Photojournalist

Airman 1st Class Faith MacIvaine Photojournalist

Changes of Command



AFA names 321 MS combat crew as best

Story and photos by Joseph Coslett

The Air Force Association recognized the 321st Missile Squadron with the 2020 Gen. Thomas S. Power Outstanding Missile Crew Award on F.E. Warren Air Force Base, Wyoming, May 2021.

The award recognizes Capt. Christian Heath and 1st Lt. Juan Navarro, 321 MS combat crew, as the best missile combat crew in the Air Force.

“It is a humbling experience,” Heath said. “We couldn’t have done it without our peers’ and leaderships’ support. In the end, it’s just confirmation that we were surrounding ourselves with a network of amazing people and improving ourselves along the way.”

AFA recognizes the best missile combat crew in Air Force Global Strike Command annually with this award. General Power was commander-in-chief of Strategic Air Command from 1957 to 1964. He was the father of SAC’s intercontinental ballistic missile force and was directly involved in the planning and deployment of the Atlas, Titan and Minuteman ICBMs.

In the last year, Heath and Navarro distinguished themselves by leading the squadron through cryptographic code change, updating 55 nuclear command nodes in four days, enabling the deployment and training for 89 personnel, 480 deployments and 150 missile training events, and performing 3,800 alert hours in support of the nation’s defense.

Navarro attributes the success to his team and unit.

“I feel very honored,” Navarro said. “We are being recognized as a crew but it is truly a whole squadron effort working in unison toward a common goal.

As a combat team, both members learned from one another.

“At no time was it like a senior to junior ranked person but like a team working together to carry out the mission seamlessly,” Navarro said. “When-

ever we were pulling crew together, no matter how stressful, the situation was Captain Heath always looking on the brighter side of things. That taught me a very valuable lesson: Leaders, even if they are under stress, have to ensure to inspire confidence in their people.”

Heath owes part of his success to seeing others succeed.

“My motivation to excel comes from my innate want to better myself and to help others succeed,” Heath said. “To be honest I am selfish due to this. Meaning, it brings me joy to help others and wit-

ness their successes and triumphs in life. I want this feeling more often than not.”

As a combat crew, they understand the level of responsibility given to them as missileers.

“We are seeing a shift in the balance of power that requires certain strategic actions,” Navarro said. “I believe ICBM missiles provide not only strategic deterrence but that assurance to all of our allies that we can protect them.”



Capt. Christian Heath and 1st Lt. Juan Navarro, 321st Missile Squadron combat crew, pose in front of the 90th Operations Group emblem on F.E. Warren Air Force Base, Wyoming, June 17, 2021. The Air Force Association awarded Heath and Navarro the 2020 Gen. Thomas S. Power Outstanding Missile Crew Award. (U.S. Air Force photo by Joseph Coslett)

New aerial gunnery simulator comes to F.E. Warren

Story byGlenn S. Robertson

The 37th Helicopter Squadron took possession of an Aerial Gunnery Simulator April 27, 2021 at the helicopter hangar on F.E. Warren Air Force Base, Wyoming.

The simulator is expected to provide substantial cost savings to the squadron, as well as provide accurate simulated training for airmen manning the M240D rifle on the UH-1N Huey and then the MH-139 Grey Wolf.

“Taking Airmen up to train firing this weapon, considering cost per flight hour and the cost of ammunition, can be very expensive,” said Staff Sgt. Phillip Hill, flight chief and evaluator special mission aviator for the 37th Helicopter Squadron. “Every time we train using this simulator can save thousands of dollars for each flight.”

Though the simulator cannot be used for weapon qualification or requalification, the practice and muscle memory it promises to provide will help ensure that live qualifications will be more familiar when Airmen fill the gunner’s sling.

“Every time an airman uses this simulator, they will become more and more familiar with how the weapon works,” said Hill. “It will make it that much more likely that when they do have to qualify, they’ll know exactly what they’re doing and have no issues getting it done.”

Another challenge the simulator helps overcome is the ready availability of the system, in contrast with the difficulty in procuring range time to fire the weapon.

“Getting range time for live-fire training can be difficult, so having this simulator device will help ensure my Airmen are better trained and more



Staff Sgt. Phillip Hill demonstrates the use of an aerial gunnery simulator, made to simulate the M240D rifle on the UH-1N Huey. The simulation is likely to save the squadron millions in ammunition and fuel costs, as well as range fees. (U. S. Air Force photo by Glenn S. Robertson)

proficient in the delivery of aerial fires with the weapon we employ.” said Lt. Col. Christopher Karins, 37th Helicopter Squadron commander. “That in turn, will ensure they are more prepared to fulfill their role

within the nuclear security mission.”

With those challenges put aside, the Airmen of the 37th Helicopter Squadron are more equipped to handle their responsibilities to the ICBM mission.

Taking care: providing child care during the pandemic

Story and photos by Capt. Ieva Bytautaitė

Last year, all three missile wings, located at F. E. Warren Air Force Base, Wyoming, Malmstrom AFB, Montana and Minot AFB, North Dakota, had to make operational adjustments due to the COVID-19 pandemic. Instead of completing the regular one to four day alerts to the missile field, missileers, maintainers, defenders, facility managers and chefs, switched to extended alerts and remained in the field for periods of seven to 14 days.

This adjustment came with logistical challenges, especially for single parents. Thankfully, the Child and Youth Programs flights already had programs in place to assist parents who regularly deploy to the missile field for extended periods.

Missile Care, which falls under the Air Force’s Expanded Child Care program, is designed to provide overnight, weekend and holiday child care for those members assigned to work more than 24 hours in the missile field.

“Expanded child care, child care beyond the needs of regular child care, are at no cost to the members whose children are enrolled full time in a regular care, either at the Child Development Center on base or off base care,” said Mary Jacobsen, Child and Youth Services Flight Chief at the 90th Missile Wing at F. E. Warren AFB.

Expanded child care is provided by Family Child Care providers at each missile wing. FCC providers are military spouses and families who work through a series of trainings, background checks and certifications to open a licensed daycare in their homes. They set their own hours and rates, and can opt in to provide care overnight or on the weekends and holidays, when typical daycares are closed. The program, however, depends largely on the availability of providers at each missile wing. In a scenario where care isn’t available on base, the community child care coordinators have plans in place to assist families.

“When we don’t have availability for childcare with our on base providers, I work with the resource and referral office for the state of Wyoming,” said Joyce Cisneros, Community Child Care Coordinator at the 90th Missile Wing at F. E. Warren AFB. “They license programs and FCC homes off base. The office shares the list of off base providers and I share it with families as need be.”

Minot CYP has been successful in meeting the demands of Missile Care and provide care for each family who has applied for the programs.

“If for some reason we are not able to find a provider, there are resources in town to include state providers and other child care programs,” said Kelly Pringle, Community Child Care Coordinator at Minot AFB. “We really push to ensure each family has care available so they can take advantage of these Air Force programs that are free of cost for the member when approved.”

The number of families who utilize Missile Care isn’t high, but it provides a peace of mind to those parents who serve up to seven days in the missile field. Currently, three families at F. E. Warren AFB utilize the programs; eight families at Minot AFB; and three families at Malmstrom AFB.

“All families have care lined up to allow them to focus on the mission,” said Pringle. “We are very proud to say we have never turned a family away from these after-hours programs and will continue to strive to meet each family’s care needs.”

“All of our FCC providers are amazing. They do so much to take care of the children, even if it’s last minute,” said Jacobsen.

These programs were able to continue providing childcare for Airmen deploying to the missile field without skipping a beat, even during a worldwide pandemic. But the programs also saw many changes. Those changes were implemented at CYP facilities



Iris Colon Salcido, left, stay at home mother and prospective Family Child Care provider, completes an Earth Day activity with her children three-year-old Luis Scalcedo, center, and 10-month-old Alessia Salcedo April 22, 2021 at Malmstrom Air Force Base, Mont. Her spouse, Senior Airman Luis Adrian Salcedo, is with the 741st Missile Security Forces Squadron. (U.S. Air Force photo by Heather Heiney)

across all the missile wings. At Minot AFB, the School Age Center accommodated Minot public school students who were distance learning by offering quiet spaces, laptops and additional support to ensure education was the primary focus for the students.

“Child Development Centers also reduced class sizes, including structured grouping and activities,” said Pringle. “SAC implemented cohorts to accommodate the multiple base schools that utilize the program. This reduced the risk of direct contact with COVID-19.”

Malmstrom also made similar changes. Because some families chose to keep their children home to do remote learning, this created a need for care in FCC homes for school-age children.

“FCC providers were able to support remote learning by ensuring the children had access and stayed on schedule with their classes,” said Shevaun Holum, community care coordinator at the 341st Missile Wing at Malmstrom AFB.

Daily health checks and screenings, additional cleaning schedules, and adjusting or stopping certain activities was also implemented at all programs across 20th Air Force.

“Activities like family style dining, sensory and water play were all stopped to help stop the spread and reduce chances of transmission of the disease,” said Jacobsen.

At Minot AFB, the FCC training program was restructured to allow new providers training virtually.

“This ensured necessary training was provided and care continued,” said Pringle. “Over 22 licenses have been approved to include renewals as well since April of 2020, showing COVID-19 did not stop FCC from training and bringing on new providers to meet the demands of the mission.”

Although the demand for FCC providers and child care is high, all three missile wings have noticed an increase in staffing challenges, some due to COVID-19 and others due to the applicant pool being small.

“COVID-19 impacted child care both on and off the installation and communities are still trying to recover in the child care field due to lack of employees available to provide care,” said Holum.

Airman achieves citizenship

Story and photo by Airman 1st Class Anthony Muñoz

Airman 1st Class Alex Fennell, command support staff technician assigned to the 90th Medical Group, became an American citizen at U.S. Citizenship and Immigration Services in Denver, Colorado, May 18, 2021.

“My parents were military as well, so they’re prime inspiration for me joining the Air Force,” said Fennell. “However, they did want me to join the Navy.”

Fennell thinks that joining the military was a great way to start his career and establish independence from his parents.

“This has emancipated me and given me the financial and educational freedom that I needed to set myself up for the rest of my life,” said Fennell.

Fennell takes pride in his country and is grateful for the opportunities he has encountered.

“I do personally believe that America is a great country,” said

Fennell. “The military does do a lot for America and a lot for me as well.”

Fennell accredits his supervisor for supporting him through the naturalization process.

“My supervisor, Staff Sgt. Carswell, encouraged me a lot,” said Fennell. “She’s a wonderful and amazing supervisor. My mom also provided emotional support, as well as Master Sgt. Pagan, who is not currently assigned here.”

Staff Sgt. Kayla Carswell, Personnel Reliability Assurance Program Medical Records Technician, 90th Medical Group, thinks Fennell has a lot of potential for the future.

“I am very glad he decided to join the Air Force,” said Carswell. “He fully embraces all of our core values, especially ‘excellence in all we do,’ as he performs all tasks to the best of his ability every day.”



Airman 1st Class Alex Fennell, command support staff technician, 90th Medical Group, displays his certificate of naturalization outside of U.S. Citizenship and Immigration Services, Denver, Colorado, May 18, 2021. Fennell was born in Jamaica and moved to the United States to live a better life. (U.S. Air Force photo illustration by Airman 1st Class Charles Munoz)



THE MIGHTY NINETY

