

**Resource Guide**  
**for**  
**TEAM TRAVIS**  
**FY 03/04**

**"LET'S ROLL"**



**5008**

**60<sup>TH</sup> AMW**

**349<sup>TH</sup> AMW**

**Travis Air Force Base, California**  
**America's First Choice**

### **About the cover ...**

**The front cover of this brochure was created using a representation of the “Let’s Roll!” nose-art that is now displayed on a handful of U.S. Air Force aircraft, including a Travis C-5 Galaxy and KC-10 Extender.**

**The article below explains the significance and spirit of this artwork.**



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### **Air Force, Travis aircraft adorned with spirit of 9-11**

By Staff Sgt. Mark Diamond  
*Tailwind Staff*

Two Travis aircraft — a C-5 Galaxy and a KC-10 Extender — joined other Air Force aircraft in representing the spirit of Sept. 11 when they were recently tagged with the Air Force’s new “Let’s Roll!” nose art.

Todd Beamer, a passenger on Flight 93, made the phrase “Let’s roll!” famous when he and other passengers rushed terrorists for control of that aircraft before it crashed into a field in western Pennsylvania.

The passengers of Flight 93 won one of the first victories in the fight against terrorism. There has been much speculation about the terrorists’ intentions for Flight 93, but it is widely believed that either the White House or the U.S. Capitol building was the intended target.

The nose-art design depicts an eagle soaring in front of the U.S. flag with the words “Spirit of 9-11” on the top and “Let’s Roll!” on the bottom. Senior Airman Duane White, a graphic artist from Air Combat Command’s multimedia center at Langley Air Force Base, Va., created the design.

“Let’s roll!” has served as a rallying cry for this nation as we go forward in our war on terrorism,” said Air Force Chief of Staff Gen. John P. Jumper. “We are proud to display this new nose art on our aircraft.”

The Thunderbirds and other Air Force demonstration teams are applying this nose art on all their aircraft. Major commands and wings are authorized to apply the nose art to one aircraft of their choice.

The “Let’s Roll!” nose art is being used to continue the remembrance of the events of Sept. 11 and pay tribute to the heroes and victims in the war against terrorism, Air Force officials said.

*(TSgt. Tim Dougherty, Air Force Print News, contributed to this story.)*



DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS 60TH AIR MOBILITY WING (AMC)

05 DEC 2002

Dear Travis Team Member

I am very pleased to provide you this comprehensive resource guide, which was prepared by the Travis Integrated Delivery System (TIDeS). TIDeS networks and coordinates the opportunities for health, well-being, and self-improvement that are available to every member of Team Travis. This easy-to-use guide keeps important contact information ready at-hand and ensures quick and easy access to the helping agencies on Base and the comprehensive range of services that they provide.

At Team Travis we recognize that mission accomplishment and high performance require warriors who are always ready and families that are healthy and supportive. You are why the services in this guide exist. The dedicated professionals here at Travis Air Force Base stand ready to help you achieve both your professional and personal goals. I encourage you to use this reference list to access the outstanding programs and services that are offered to help keep you and your family safe and strong. If you have any questions or comments, please call the Family Support Center at 424-2486.

Sincerely

  
BRADLEY S. BAKER  
Brigadier General, USAF  
Commander

# What is the IDS?

The Integrated Delivery System (IDS) Working Group is a subcommittee of the Community Action Information Board (CAIB). It is composed of leadership representatives from six primary helping agencies on base: Chaplains, Child and Youth Programs, Family Advocacy, Family Support, Health and Wellness, and Life Skills Support Clinics.

## **Primary Functions of the IDS**

- to centralize information and referrals
- to assess unit and community behavioral risk factors
- to deliver prevention services
- to perform collaborative marketing of IDS information, referral and prevention services.

The intent of the IDS is to establish as seamless system of services that will streamline access and coordinate preventive activities so individuals, families and units can efficiently receive services they need.

The IDS is a “virtual” function rather than a traditional agency. As such, it is defined by its activity rather than its location. The IDS offers its services at work sites, and community facilities as well as at any of the member agency facilities.

Travis has named it IDS Working Group Travis Integrated Delivery System (TIDeS).

## TIDeS AGENCIES

Alcohol and Drug Abuse Prevention and Treatment (ADAPT)	423-2348
Chaplain Service	424-3217
Family Advocacy	423-5168
Family Members Support Flight	424-2729
Family Readiness 349 <sup>th</sup> Reserves	424-1616
Family Support Center	424-2486
Health and Wellness Center	424-4292
Life Skills Support Center	424-5174

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# **AIRMAN LEADERSHIP SCHOOL**

SGT PAUL P. RAMONEDA

511 Travis Avenue

424-2067

"Building The Bridge Between Today's Airmen and Tomorrows NCOs"

Attendance at the Airman Leadership School (ALS) represents a major transition point in an Airman's career. Students are preparing to advance to a role requiring the skills of a leader. As a supervisor, you'll face challenges on a daily basis demanding your very best efforts. The ALS staff and curriculum will help you develop and refine these skills that will best serve you and, most importantly, the people you lead. Your enthusiasm, motivation and willingness to develop your capabilities are the keys to your success here.

By accepting this opportunity to attend ALS, you're telling everyone - your commander, first sergeant, supervisor, co-workers and the airmen who follow your example - that you're capable of meeting the challenges ahead. We'll guide you through three major curriculum areas: Leadership, Profession of Arms, and Communication. We focus on leadership throughout the course and we believe you'll find the curriculum a challenging one. The schedule is full and demanding--there isn't much time available to fulfill many personal or professional obligations between the first day of class and graduation.

This is a significant milestone in an airman's career and we believe this will be one of the most rewarding experiences in their professional development as a member of the United States Air Force.

## **"WHAT IS PME?"**

This is the first step in a three-tier program designed to prepare Air Force enlisted members for positions of increased responsibility by broadening their leadership and management skills. This first level of PME is Airman Leadership School and is mandatory for promotion to Staff Sergeant. The second level is the NCO Academy and is mandatory for promotion to the grade of Master Sergeant. The third and final phase is the Senior NCO Academy and is mandatory for promotion to Chief Master Sergeant. The Airman Leadership Schools and NCO Academies graduate over 32,000 students annually (16,000 each).

## **CCAF ACCREDITATION**

The Airman Leadership School is affiliated with Community College of the Air Force (CCAF), which is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools. The current ALS curriculum has been evaluated and approved by CCAF.

## **CURRICULUM**

There are five curriculum areas and are divided as follows:

**PROFESSION OF ARMS** - The objective of this area is to provide students with the military knowledge, skills, and understanding necessary to succeed as supervisors in a military environment.

**LEADERSHIP** - The objective of this area is for students to understand the philosophy, concepts, principles, and apply operating practices of Team Dynamics, Professional Environment, and Human Resource Development.

**COMMUNICATIVE SKILLS** - The objective of this area is for all students to improve their ability to communicate effectively using writing, speaking and interpersonal skills in supervisory situations.

**FLIGHT CHIEF'S TIME** - During this time the students will meet with the senior leadership on the base, including the senior enlisted advisor, chiefs, first sergeants, and other guests.

**ADMINISTRATION/EVALUATION TIME** - During this time, the students will complete course critiques and do such things as in & out-processing, three formative evaluations, three summative, and two performance evaluations (speaking, and writing).

## **STUDENT ELIGIBILITY REQUIREMENTS**

Air Force Instruction 36-2301, Professional Military Education requires ALL attendees meet the following eligibility requirements to attend the school. All attendees must:

- Be an E-4
- Have completed 48 months total active military federal service, or be selected for promotion to Staff Sergeant
- Have six months retainability upon graduation from the course
- Be recommended by the supervisor, first sergeant, and commander
- Not exceed maximum allowable weight or body-fat standards
- Not be on the control roster, under investigation, in confinement, or charged with any offense punishable under the UCMJ
- Be able to physically complete all portions of the curriculum including physical conditioning. Anyone on a physical profile is handled on a case-by-case basis

## **SCHOOL LOCATION & REPORTING INSTRUCTIONS**

We are located in building 205 at 511 Travis Ave, across from the library. Our telephone number is (707) 424-2067 or DSN 837-2067. In processing starts at 0700 and takes the full day. Students report to the school in service uniform (short-sleeve blue shirt, all accoutrements, tie/tab) by 0645 with the following items:

Military identification card

Any paperwork pertaining to profiles (e.g. shaving waiver, pregnancy waiver)

**UNIFORMS:** Students are inspected in service dress, service, semi formal, and the Battle Dress Uniforms (BDU).

## **AMERICAN RED CROSS**

Travis AFB Station  
David Grant Medical Center  
Address: P.O. Box 1506  
Rooms 2A604 and 2A612  
Travis AFB, CA 94535  
Phones: (707) 423-3648/3647  
Hours: 8:00 a.m. - 4:30 p.m. weekdays

American Red Cross of the Bay Area  
1545 North Texas Street  
Fairfield, CA 94533-5623  
Phone: (707) 438-7065  
Class Information: 1-800-520-5433  
Hours: 8:30 a.m. - 5:00 p.m. weekdays

The Congress of the United States chartered the American Red Cross in 1900 and again in 1905. These charters specifically charged the Red Cross to act as a medium of communication between the people of the United States of America and their Armed Forces and to carry on a program of disaster planning, preparedness, education and response.

The medium of communication function is performed primarily by the Armed Forces Emergency Service Centers at Fort Sill, OK and Fall Church, VA. These centers share a common computerized database, as well as a common phone number 1-877-272-7337. Service members may call that number directly to initiate an action, or they may do so through the Office of the Station Manager. Immediate family members (mother, father, brothers, sisters and grand parents) may also use this toll-free number. Since all Red Cross emergency messages must be verified before delivery to the service member, and since this verification is performed by the Red Cross chapter that serves the family member's community, it is usually best for the family member to initiate the message through his/her chapter. If this chapter is not readily available, use the toll-free number.

Depending on the magnitude of the problem, disaster services are provided by the local chapter, initially, at least. Of particular interest to individuals and families living on Travis AFB is the action they take if they suffer a disaster such as a house fire or any other incident that requires Red Cross assistance. The individual or head of household should call his/her First Sergeant who will take the required action to get a Disaster Action Team (DAT) from the Fairfield office to respond. The DAT is notified by the public safety organization that responds to the emergency for service members residing off base. On a more pleasant note, individuals wishing to be a Red Cross volunteer on Travis AFB should call (707) 423-3647. To volunteer down town, call (707) 438-7066. For more information or to enrollment in American Red Cross First Aid, CPR or Baby-Sitting classes, call 1-800-520-5433.

## **BASE EXCHANGE (BX)**

Army Air Force Exchange Service (AAFES)

461 Skymaster Drive, Bldg. 648

(707) 437-4633

Operating Hours: Monday - Saturday: 0900 - 2100

Sunday: 0900 - 1900

The BX is a base department store allowing active duty and retired personnel, Reserve, National Guard and their family members to save an estimated 25% on items purchased. Exchange use is a privilege and not a right.

### **RETAIL FACILITIES**

MAIN STORE  
BLDG 648  
437-4633

HOSPITAL STORE  
BLDG 777  
423-7426

MCSS  
BLDG 650 (MINI MALL)  
437-4633 X 600

SHOPPETTE  
BLDG 172  
437-6606

CLASS SIX  
BLDG 650 (MINI MALL)  
437-4633 X 625

GAS PUMPS  
BLDG 170  
437-5849

FIRESTONE CAR CARE  
BLDG 170  
437-2232

### **FOOD FACILITIES**

ANTHONY'S PIZZA  
MAIN MALL, BLDG 648  
437-4490

BASKIN ROBBINS  
MAIN MALL BLDG 648  
437-4490

POPEYE'S CHICKEN  
MAIN MALL, BLDG 648  
437-4490

ROBIN HOOD  
MAIN MALL, BLDG 648  
437-4490

ROYAL CHOPSTIX  
MAIN MALL, BLDG 648  
437-4490

TACO BELL  
MAIN MALL, BLDG 648  
437-4490

TERMINAL FOOD COURT  
BLDG P3  
437-2092

THE PIT  
BLDG 1348  
437-4141

BURGER KING  
BLDG 685  
437-6444

ESPRESSO SHOPS  
BLDG 777 AND 381  
437-4789

### **CONCESSIONS**

BARBER SHOP  
437-2776

BEAUTY SHOP  
437-2848

FLORIST  
437-0123

ONE HOUR PHOTO  
437-7750

### **CONCESSIONS (MINI MALL)**

ALTERATIONS  
437-2802

BAKERY  
437-9107

CANDY SHOP  
437-2000

FRAME SHOP  
437-2888

GNC  
437-2078

GOURMET SHOP  
437-2060

LAUNDRY/DRY CLEANING  
437-2733

LEE'S GIFT SHOP  
439-9828

OPTICAL SHOP  
437-9686

SPECIALTY SHOP  
437-4895

WATCH REPAIR  
437-6810

## CHAPEL

CHAPEL CENTER  
200 Hackett Street  
424-3217

CHAPEL ONE  
520 First Street  
424-2651

Additional information on all chapel programs can be obtained by calling Chapel Center at 424-3217.

### **Roman Catholic Ministries**

#### Worship

##### Catholic Mass

Daily: 1130 Chapel Center

Thursday: 1200 Communion Service at David Grant Medical Center

Saturday: 1700 Chapel One

Saturday: 1615-1645 Sacrament of Holy Reconciliation at Chapel One

Sunday: 0900 Chapel One

Sunday: 1230 Chapel Center

Special services are available for Holy Days, e.g., Christmas, Easter, etc. There are many opportunities for individual involvement in the worship: music ministry, lectors, Extraordinary ministers of the Eucharist, ushers, sacristans and acolytes. Call for current schedule or if you would like to participate.

#### Catholic Parish Programs

Catholic program information can be obtained by calling the Catholic Parish Coordinator at 424-5780.

#### Baptism Preparation Class

This one-hour class is for couples desiring to have their child baptized.

#### Catholic Bible Study

This study takes place Tuesday evenings at 1900 in the Religious Education (RE) building at Chapel Center.

#### Wednesday Morning Bible Study

This study focuses on specific spiritual growth topics as found in Scripture such as prayer, relationship with God etc. This group meets from 0900-1030 in the RE building at Chapel Center.

#### Catholic Rite of Christian Initiation

This class meets on Tuesday evenings from September to June at 1900 in the Fellowship Hall at the Chapel Center. These classes are tailored for people who are interested in learning more about the Catholic Faith. They also serve as preparation for the Sacraments of Baptism, Eucharist and Confirmation.

#### Children's Liturgy of the Word

This takes place every Sunday during the 0900 Mass at Chapel One. Children between the ages of five and nine celebrate the Liturgy of the Word in a format designed for their age group.

#### Faith Formation for Toddlers

An opportunity for two- to four- year olds to listen to scripture stories, engage in play activities while listening to Christian music. This takes place every Sunday during the 0900 Mass at Chapel One.

#### Catholic Confirmation Preparation

Prepares candidates from 7th to 10th grade for the Sacrament of Confirmation.

#### Catholic Youth Group

Contact the Catholic Parish Coordinator at 424-5780 for current information on dates and times.

### Catholic Faith Formation

This offers the basic education for young Catholics (Kindergarten to 8th grade) on Wednesdays at 1750-1930 in the Chapel Center. Adult education topics are offered during this same time frame. Training is also provided for those who wish to teach in any of these grade levels.

### Rosary Prayer Group

This Group meets every Wednesday at 1700 in the Blessed Sacrament Chapel at Chapel Center to pray all 15 decades of the Rosary, as well as other Marian devotions. They also meet on Sunday in the same place at 1300.

### Round Table Discussion Group

Catechism of the Catholic Church: This group meets on Sunday afternoons from 1400-1600 in the Annex at Chapel Center. They explore topics and issues of the Catholic Faith using the Catechism as a resource guide.

## **Protestant Ministries**

### Worship

Weekly Services include:

Friday: 1200 David Grant Medical Center (30 Minute service)  
Sunday: 0800 Praise and Worship Service at Chapel Center  
1030 Traditional Protestant Service at Chapel Center  
1100 Gospel Service at Chapel One

Protestant Early Christian Awareness Program (PECAP) is an instructional setting for children three months to three years offered during Sunday School and some worship services.

Seasonal worship experiences (Easter, Christmas, and summer outdoor worship) are also conducted. There are many opportunities for involvement in the worship services, including: instrumentalists, lay readers, ushers, acolytes, choir (separate adult, children, and youth choirs), and praise leadership. Call for current schedule or to participate in these ministries.

## **Protestant Chapel Programs**

Protestant program information can be obtained by calling the Protestant Religious Education Coordinator at 424-4719.

### Advent Family Night

An evening of family fellowship, fun and crafts to begin preparations to celebrate Christmas.

### Bible Studies

Various studies based on the Bible are held in the chapels and some squadron locations.

### Cantata

Traditional service highlighted by various musical arrangements for Christmas and Easter.

### Children's Church

Worship and educational opportunities for the children during the worship services.

### Christmas Play

A pageant dramatizing the story of Christmas, for ages three through senior high.

### Couples Club--Active Couples Together Sharing (ACTS)

A year round program to provide support and social interaction for couples.

### Harvest Festival

A celebration of the fall season and the harvest time held in October for the whole family.

#### Protestant Men of the Chapel (PMOC)

A men's year round fellowship for spiritual growth, support, and social interaction.

#### Protestant Women of the Chapel (PWOC)

A women's year round fellowship for spiritual growth, support, and social interaction.

#### Protestant Youth of the Chapel (PYOC)

A year round fellowship of junior and senior high youth for spiritual growth, support, and social interaction.

#### Singles Ski Retreat

A recreational and spiritual retreat for singles at Lake Tahoe.

#### Sunday School

A program of religious education for ages three years through adult. Classes held September through May.

#### Vacation Bible School

A program of religious education for ages three through senior high held in June.

#### Visitation Follow-up

A program of contact and/or visitation follow-up held year round.

### **Ecumenical/Inter-faith Chapel Programs**

Ecumenical Contemporary Christian Service "Inside Out" at Chapel Center Sundays 1700.

#### Annual Tree and Menorah Lighting

The chapel staff conducts the annual Tree and Menorah Lighting accenting the religious roots of the holiday season.

#### Annual Prayer Breakfast

This is a wing event directed by the chapel staff is dedicated to affirming the moral, ethical and spiritual values upon which our nation was founded.

#### Christmas Caroling at David Grant USAF Medical Center

An ecumenical celebration and sharing of the Christmas spirit with patients and staff of the hospital. All age groups welcome.

#### Premarital and Marriage Workshop

The chapel staff presents workshops to prepare couples for marriage.

#### Thanksgiving Interfaith Service

The chapel staff conducts an interfaith celebration of Thanksgiving for the base community. This program includes a winter clothing drive for needy families and individuals. All age groups are invited to participate.

#### Dormitory/Young Adult Ministry

The Chapel staff seeks to connect people-to-people and people-to-God through recreation, weekly Bible study groups, "The Peak" (a cyber cafe and lounge), Adopt-A-Dorm Program, service opportunities, one-on-one contacts, weekly Discussion Groups, and by giving young adults opportunities for spiritual and personal growth.

#### Chapel Dorm Guide Program

A chapel sponsored outreach ministry with and to dorm residents focused on addressing their spiritual, moral, and morale concerns. Dorm resident volunteers are essential to this program.

#### Vacation Bible School

Vacation Bible School (VBS) is held one week each summer and is a community-wide Christian learning event for elementary and pre-school children. Activities include singing, crafts, games, Biblical teaching in creative ways, and refreshments.

## Counseling

*Individual*--Ordained religious professionals offer *confidential* counseling for relational, spiritual, work-related, and other personal issues or concerns. Call for an appointment.

*Marriage and Family*--Short-term counseling for those experiencing challenges in communication, conflict management, separation issues, parenting, and other marriage or family concerns. Contact Chapel Center or the Squadron Chaplain for more information.

*Pre-marital*--Helps couples develop their relationship and understand the challenges and opportunities of marriage. If being married by a Chaplain, couples meet to discuss communication, conflict resolution, marriage, improving and enriching their relationship, relationship with families of origin, finances, and other appropriate topics.

## Weddings

By appointment; at base chapels. To get married in a Travis AFB Chapel, the bride, groom or officiant must have a valid military ID card. Also, if the bride or groom is a Travis AFB Civil Service employee, the Wing Chaplain may approve the marriage in the chapel. In order to obtain a more detailed explanation of eligibility, scheduling, counseling, clergy requirements, and prohibitions please contact the staff at Chapel Center to obtain a wedding booklet.

## **Jewish High Holy Day and Sabbath Services**

Offered on base and in the local community. Religious education programs are also available for children, teens and adults. For more information call Chapel Center.

## **Muslim Programs**

Contact Chapel Center for the most recent information regarding Islamic programs.

## **Wiccan Programs**

Contact Chapel Center for the most recent information regarding Wiccan programs.

## **CIVILIAN PERSONNEL**

540 Airlift Drive, Bay D-3  
Travis AFB, CA 94535-2475

The Civilian Personnel Office (CPO), located in Building 381, services a civilian workforce of approximately 1,500 administrative, technical, professional, and trades and crafts employees. It provides management advisory services in resource and performance management, leave issues, labor agreement administration, conduct and discipline, classification, and training.

Recruiting for vacant base civilian positions is accomplished primarily through the Air Force Personnel Center (AFPC) at Randolph AFB, Texas. Individuals interested in civil service employment at Travis may submit their resumes via the AFPC Civilian Employment page <http://www.afpc.randolph.af.mil/resweb>.

### **Travis Civilian Personnel Web Page**

<http://w3.travis.af.mil/60mss/civper/index.htm>

### **Job Announcements**

Lists all job announcements for Travis, Merit Promotion and External. The site is updated weekly. In addition, Merit Promotion announcements (for current permanent Travis employees) are posted weekly on the Civilian Jobs Line, 424-5627.

### **Civilian Programs**

Contains general information, time sensitive announcements, calculators, and links of interest to civilian employees and supervisors of civilian employees.

### **Other Major Civilian Employers**

60th Services Squadron, Non-appropriated Funds, 424-4749

Defense Commissary Agency, 424-5553

Army/Air Force Exchange Service, 437-4633

### **Related Web Sites**

DoD Job Search: <http://dod.jobsearch.org/>

Federal Jobs Digest: <http://www.jobsfed.com/>

Office of Personnel Management: <http://www.opm.gov>

USA Jobs: <http://www.usajobs.opm.gov/>

## **COMMISSARY**

Defense Commissary Agency (DeCA)  
Building 680  
(707) 424-4004

Main Store Operating Hours:  
Mon - 10:00 A.M. - 8:00 P.M.  
Tues - Fri 9:00 A.M. - 8:00 P.M.  
Sat and Sun -9:00 A.M.- 5:00 P .M.  
Mini-Com Operating Hours:  
Mon-Fri 2000-2300  
Sat-Sun 1800-2300

The commissary is an on-base grocery store, which sells merchandise at cost, allowing an average of 30% savings. A 5% surcharge pays for all supplies, new construction and remodeling of existing stores. Normally, Wednesdays and Thursdays 2:00 - 4:30 p.m., and Sundays 9:00 a.m.-noon are the best times to shop. Saturdays, paydays, and the two work days after paydays are extremely busy.

### **Mini-Com**

The Mini-Com is DeCA's version of a convenience store. The items in the Mini-Com are priced the same as the main store. The Mini-Com opens after the main store closes and remains open until 11 p.m. for those who get off work late and those occasional emergencies that happen late a night.

### **Bagging and Carryout**

The store baggers bag and carry out grocery orders. They are not commissary employees but independent contractors. The baggers work for the shoppers and are paid through tips only. The tip amount is between the patron and the bagger, depending on the service provided.

### **Case-lot Purchases and Special Orders**

Case-lot purchases can be made, however, patrons do not usually experience additional savings by purchasing large quantities unless we have our special semi-annual case-lot sale. To have preferred items added to stock or place a special order, complete a suggestion form or contact a manager by phone or in person. Allow 24 hours for processing. Special requests, such as meat slicing, can be done while one is waiting.

### **Special Savings**

Sale items are identified with a Defense Commissary Agency (DeCA) sign logo assuring the sale item is at least 15% off regular price. Additionally, the commissary accepts merchandise coupons, however, doubling or tripling is not available. Look for "Best Value Item" labels throughout the store. They assure patrons that designated items are guaranteed to be at a lower price than any other like item on the commissary shelves, and lower than like items at any grocery store in the surrounding area as well. Contact a manager if you find an identical item at a lower price off base.

### **Web Site**

The commissary website provides a myriad of information which ranges from scholarship winner announcements, upcoming sales, how to apply for a job with DeCA and store operating hours. There is also a wonderful tool, which allows you to create your shopping list on line before coming to the store. Please visit our Website at [www.commissaries.com](http://www.commissaries.com).

## **DAVID GRANT MEDICAL CENTER (DGMC)**

101 Bodin Circle  
707-423-7300

### **ANTICOAGULATION CLINIC**

#### Anticoagulation Clinic

Description The anticoagulation clinic provides pharmaceutical care to patients taking anticoagulants, including patient education and monitoring/adjusting of therapy for the safe and effective use of anticoagulant therapy.

Location DGMC Internal Medicine Clinic

Time 0800-1300, Tuesday, Wednesday, Thursday. Follow-up appointments begin at 0800 and new patient appointments begin at 1130.

Access DGMC healthcare provider consultation necessary. The patient must be empanelled with a DGMC provider.

Point of Contact Anticoagulation Clinic at 423-3869

### **CANCER**

#### American Cancer Society

Description The American Cancer Society can provide cancer patients with information on local cancer support groups.

Location Information available upon request from the American Cancer Society.

Time Information available upon request from the American Cancer Society.

Access Self-Referral

Point of Contact 1-800-227-2345 or 425-5006

#### Breast Cancer Support and Education Group

Description The "Liz Group" was created to meet both educational and psychological needs of individuals in the military community who have survived breast cancer. Through a network of military community patients, military line administrators and a dedicated social worker, support is provided. One of the unique functions of the group is to provide lectures and support on topics pertinent to the patients. Topics for lectures include issues such as dental care for chemotherapy patients, mammography and reconstruction options.

Location Women's Wellness Center at the Health and Wellness Center

Time Please call for information on when the group will meet

Access Anyone can refer

Point of Contact Jeann McDougald at 423-5068

#### Breast Cancer Network Coordinator

Description The coordinator obtains the patients' names after the patient has had a mammogram report indicative of breast cancer. The coordinator assists in obtaining and confirming of surgery clinic appointments. The coordinator schedules the presentation of the patient's case to the next multidisciplinary breast conference. The coordinator works with each breast cancer patient as they go through all the necessary steps to receive appropriate therapy.

Location Women's Imaging area of DGMC

Time The Breast Cancer Network Coordinator will work with each patient individually.

Access Automatic enrollment into the program upon a positive diagnosis of breast cancer.

Point of Contact: 423-7686

#### Travis Mad Hatters

Description Women experiencing hair loss during chemotherapy at David Grant Medical Center are invited to choose a specially made hat compliments of Travis' Mad Hatters, a group of friends and neighbors who love sharing their millinery creativity and who hope that their creations will help patients have one less worry during treatment.

Location A selection of hats is displayed in the hematology and oncology clinic as well as in the pediatric oncology clinics, and can also be made available as needed for patients in radiation therapy, neurosurgery, and other areas.

Time Depends on what the individual patient is requesting, but most requests can be filled within a couple of weeks or less.

Access Anyone can refer

Point of Contact: 437-2418

United Ostomy Association, Inc.

Description A support group for individuals and family members of individuals with ostomies.

Location St. Paul Church, Vallejo California / American Cancer Society

Time They meet the third Wednesday of each month. Please call for exact meeting times.

Access Anyone can refer

Point of Contact: 422-6363

Women's Imaging Center

Description The Women's Imaging Center is designed to maximize patient comfort and convenience with a private waiting area. Patients' receive complete screening and any necessary follow-up tests in a single visit. When needed, a state-of-the-art biopsy unit is available to allow for accurate diagnosis of breast problems. A physician shares the results of the mammogram with the patient at the end of the visit.

Location Second floor of DGMC, within the Radiology Department.

Time Scheduled by the patient after the provider orders the mammogram.

Access Providers must order.

Point of Contact: 423-7275

## **DIABETES**

Diabetic Education Program / Diabetic Case Manager

Description Provides education on the medical causes and effects of diabetes, diet, exercise, glucose monitoring, and other self-care measures needed to maintain health. A nurse educator, dietitian, pharmacist and podiatrist present the information.

Location David Grant Medical Center - Internal Medicine Clinic

Time Initial Visit: 1:1 with Diabetic Nurse Educator followed by a visit with a dietitian prior to beginning group sessions. Classes consist of three group sessions.

Access Requires consult by healthcare provider.

Point of Contact: 423-5141

## **DIET/WEIGHT**

Cholesterol Class

Description Nutritional information, which includes diet modification and exercise.

Location Internal Medicine Clinic

Time Consists of three classes, approximately 1 ½-hour long.

Access Self-Referral or consult from Healthcare Provider.

Point of Contact Capt Heimilch at 423-3666/3672

Nutritional Class

Appointments and Services Available

Description Inpatient services provided include nutritional screening by a diet therapist within 24 hours of admission, as well as assessing, planning, and implementing appropriate nutrition therapy by Registered Dietitians within three days of admission. Outpatient services include a group and individual weight reduction classes, individual appointments (for complex, highly specific diet instruction), follow-up appointments (for group class or individual appointments), and a prenatal class.

Location Room 1B 322

Time Varies from service to service

Access Anyone can refer

Point of Contact For Weight Loss, contact 423-3674 and Nutritional Medicine at 423-3666

Nutritional Medicine

Description A weight loss and nutritional program for active duty only. Targets lifestyle, exercise, attitude and nutrition changes needed to maintain Air Force weight standards. Taught by a dietitian, behavioral health psychologist, and exercise physiologist.

Target Population: Active duty

Location HAWC (Health and Wellness Center), Bldg. 212

Time 1-½ hours weekly for four weeks. Times and days vary. One new class starts every week. \*\*Note: This is considered a medical appointment and therefore the individual should be allowed the time off.

Access Self-referral, AD or WBFMP referral from Medical Liaison Officer

Point of Contact Lt Johnson 423-3666

## **HYPERTENSION**

Medication Adherence Consult

Description Assist patients who need additional guidance with medication dosing and education to maximize benefits of drug therapy, improve medication compliance, and minimize adverse events.

Location DGMC

Time By appointment only.

Access Consult by a healthcare provider or self-referral

Point of Contact Ambulatory Care Pharmacy Services at 423-3869

## **HOLDSS Clinic**

High Blood Pressure, Obesity, High Cholesterol, Diabetes, Smoking, Stress

Description The HOLDSS clinic is a multidisciplinary effort to decrease cardiovascular disease and prevent long-term complications associated with high blood pressure, obesity, high cholesterol, diabetes, smoking and stress. The clinic focuses on teaching self-care skills so patients can learn to manage and control chronic illness.

Location HOLDSS Clinic on the second floor (2 East)-David Grant Medical Center across from the library.

Time Clinic is open from 0730-1630 Mon-Fri.

Access Patients must have a consult from their Primary Care Manager` .

Point of Contact 423-3369

## **MARRIAGE/RELATIONSHIPS**

Couples Communication Group

Description Designed to help couples improve their communication, conflict management and problem solving skills and establishing intimacy. This group is appropriate for couples seeking growth in their relationship, those considering marital counseling, and those already involved in marital therapy.

Location Life Skills Clinic first floor– David Grant Medical Center

Time Meets for 1-½ hours weekly for a total of six weeks. Call for dates and times.

Access Self-referral, active duty and dependents.

Point of Contact: 423-5168

## **MEN'S HEALTH**

Prostate Cancer Screening

Description Physical with prostate exam and counseling. Referral for medical follow-up if needed.

Target Population Active duty and dependents/Retirees and dependents. \*\*Note: Educational services and access to a library containing, pamphlets, books and videos are available to everyone.

Location Women's Wellness Center in the Health and Wellness Center, Bldg. 212.

Time Friday afternoons, by appointment only.

Access Anyone can refer

Point of Contact: 424-5068

## **PHYSICAL FITNESS**

Back School

Description Provides preventative information on anatomy, function, ergonomics, body mechanics, and lifting.

Target Population Individuals with risky jobs, history of previous back/neck pain.

Location Physical Therapy Department- David Grant Medical Center.

Time Class dependent on number of people who sign up. Each class meets two times a week for approximately one-hour. \*\*Note: Individual sessions are available.

Access By self-referral, or primary care manager.

Point of Contact 423-7899

## **PHYSICAL THERAPY**

### Physical Therapy

Description Joint mobilization, soft tissue mobilization, passive range of motion, muscle energy technique, pre/post partum strengthening, ankle circuit for ankle injury, wound care, back safety/care education, ergonomic evaluations, work conditioning, lymphedema management, body mechanics/spine stabilization, ACL post-op clinic, orthopedic post surgical care, traction (mechanical and manual), cervical, lumbar, ultrasound, phonophoresis, thermal modalities, biodex, balance master, assistive ambulatory device training, gait training, TENS, muscle reeducation, electrical stimulation, athletic injury management.

Location First floor (Physical Therapy Clinic)

Time Care provided from 0730-1630, Monday through Thursday, 0730-1500 Friday.

Access Provider referrals required using Appointment Order Processing on Computerized Health Care System for outpatients. Provider referral required using AF Form 1535 (Physical Therapy Consultation Form) for inpatients.

Point of Contact 423-7899

## **RESPIRATORY THERAPY AND ALLERGY CLINIC**

### Respiratory Therapy and Allergy Clinic

Location DGMC Internal Medicine, Primary Care, Family Practice, Aerospace Medicine and Pediatrics clinics

Time Please call for available appointments.

Access Self-Referral or providers consult.

Point of Contact 423-5113 or 423-5107

## **SIGN AND FOREIGN LANGUAGE INTERPRETERS**

### Sign and Foreign Language Interpreters

Description A program designed to provide sign and foreign language interpreters for patient care within DGMC.

Location Information regarding the individuals available to act as interpreters are listed on the Patient/Family Education Resource Directory site on the medweb (DGMC homepage).

Time Contact the individuals to determine their availability.

Access Any staff can use this resource in providing patient care or services.

Point of Contact Patient/Family Education Resource Directory on the DGMC homepage.

## **SMOKING CESSATION**

### Tobacco Cessation Program

Description A program designed to assist people to stop smoking. Includes behavior modification and use of the Nicotine Patch (patch not available to DoD civilians).

Taught by Family Practice physicians.

Target Population

Active duty and dependents

Retirees and dependents

DoD civilians on a space available basis only

Location Family Practice Clinic (Conference Room)

Time Program consists of nine 1-½ hour sessions. Initially meets weekly for four weeks, then every two weeks for four weeks, concluding one month later. Limit of 30 people per class.

Access Anyone can refer

Point of Contact 424-4292

## **WOMEN'S HEALTH**

### **Breastfeeding Class**

Description The class covers all information about breastfeeding. The class covers breast physiology, feeding techniques, problem solving and answers common questions.

Location OB Classroom

Time 1400-1600 the Second and Fourth Thursday of each month.

Access Self referral or referral by primary medical provider.

Point of Contact 423-5414

### **Breastfeeding Hotline**

Description Patients can call the hotline anytime between 0800-2000, seven days a week to ask questions about breastfeeding. If someone does not answer the phone, please leave a message so they can get back with you.

Time 0800-2000, seven days a week

Access Self referral

Point of Contact 423-3492

### **C-Section Class**

Description Patients scheduled for C-sections or those curious about what to expect if a c-section is needed. Includes anesthesia choices during labor.

Location OB Clinic classroom

Time By appointment only

Access Self referral or referral by primary care provider.

Point of Contact 423-3920

### **Expectant Parents Class**

Description The class is designed to provide answers for repeat parents in the last trimester. The class covers what to expect for labor and delivery at DGMC and includes a Labor and Delivery and Mother-baby Unit Tour.

Location OB Clinic classroom

Time 1400-1530 on the first Thursday of each month.

Access Self referral or referral by primary care provider

Point of Contact 423-5414

### **New OB Conference for Experienced Parents**

Description Mandatory orientation for all new OB patients. During the meeting the OB record will begin. The patient will receive vitamins/iron, and condensed information.

Location OB Clinic Classroom

Time 0830-1015 on every even Wednesday of the month.

Access Self referral or referral by primary care provider.

Point of Contact 423-5414

### **New OB Conference for First-Time Parents**

Description Mandatory orientation for all new OB patients. During the meeting the OB record will begin. The patient will receive vitamins/iron, and informational presentations by an OB provider, family advocacy, and pharmacy.

Location OB Clinic Classroom

Time 0830-1115, on every odd Wednesdays

Access Self-referral or referral by primary care provider

Point of Contact 423-5414

### **One Day – Prepared Childbirth**

Description This class covers the signs/symptoms of labor, breathing/relaxation techniques, what to expect throughout the labor process. The class will also tour the labor and delivery areas.

Location Fourth floor classroom

Time Third and fourth Friday of each month from 0830-1630

Access Self referral or referral by primary medical provider

Point of Contact 423-5414

### Preterm Labor Class

Description Class designed for patients at risk for or who have experienced preterm labor. The class will review signs, symptoms of preterm labor, as well as treatment and prevention measures.

Location OB Clinic Classroom

Time 1830-2000 first Tuesday of each month, 0900-1030, first Friday of each month.

Access Self referral or referral for primary care provider.

Point of Contact 423-3920

### Second Trimester Class

Description Class designed for parents in the second trimester. The class will cover physical changes, warning signs, preparing for new baby, and making decisions on breastfeeding, diapers, finances, childcare.

Location OB Clinic Classroom

Time 0900-1000, second Friday of each month.

Access Self referral or referral for primary care provider.

Point of Contact 423-5414

### Surgical Sterilization

Description Presentation and discussion for couples considering sterilization (vasectomy and tubal ligation). OB/GYN presents information on tubal ligation. Family Practice presents information on vasectomy.

Location Fourth floor classroom

Time Both vasectomy and tubal ligation information is presented at 1400-1600, on the third Thursday of each month.

Access Self-referral

Point of Contact 423-5414

## Satellite Clinics

### Mather Clinic

Location

10535 Hospital Way

Mather CA 95655

Front Desk 916-843-7110

FAX 916-843-7129

Central Appointments 916-843-7111

or 916-843-7110

Clinic Hours

0730 – 1630 Monday thru Friday

Closed on Holiday and Military Functions

Primary Care Services including physical examinations and routine healthcare. We also offer minor ambulatory procedures including vasectomy and IUD insertions, toe nail removal, suture of wounds, routine wound care, and other surgical or invasive procedures not requiring conscious sedation. Annual gynecological exams are provided as well as monitoring of bone density status and hormone therapy. IV fluid replacement and rehydration are available. Children and adults can receive their immunizations at the clinic. We also support local guardsmen active and reserve alike with 5 year, annual, retirement and separations physicals. We also provide services associated with RCPHAs (Reserve Component PHA) and Line of Duty injury care and follow-up. Specialty care is available via referral either to local providers or to the MTF.

Walk-in appointments available for acute active duty members and on M-W-F 1130-1145 and 1600-1615 for medication refills.

### McClellan Clinic

Location

5342 Dudley Blvd

Sacramento, CA 95652

Front Desk 916-561-7560

FAX 916-561-7566

Central Appointments 1-800-264-3462

Clinic Hours

0730 – 1630 Monday thru Friday

Closed on Holiday and Military Functions

## EDUCATION CENTER

60 MSS/DPE  
530 Hickam Avenue  
Travis AFB, CA 94535

### Academic Programs

Community College of the Air Force

Offers and awards job-related associate in applied science degrees and other academic credentials to enhance mission readiness, contribute to recruiting, assist in retention, and support the career transitions of Air Force enlisted members.

On-Base College and University Programs:

Institution	Degrees Offered
<b>Associates</b>	
Community College of the Air Force	Applied Science
Chapman University 437-3327	AA, General Studies
Embry Riddle Aeronautical University 437-3327	AS, Professional Aeronautics
Pacific Union College 707-965-7262	AN, Nursing
Solano Community College 864-7101	AA, Liberal Studies AAS, Computer and Information Science (Also provides core curriculum to support on-base degree programs and CCAF, and full curricular range on campuses leading to 71 Associate of Arts and Science Degrees)
<b>Bachelors</b>	
Chapman University 437-3327	BA, Criminal Justice BA, Psychology BA, Social Science BS, Computer Information Systems BS, Health Systems BA, Organizational Leadership
Embry Riddle Aeronautical University 437-3327	BS, Management Technical Operations BS, Professional Aeronautics
Pacific Union College 707-965-7262	BSN, Nursing
Southern Illinois University	BS, Industrial Technology (437-2982) BS, Workforce Education and Development (437-9486)
<b>Masters</b>	
Chapman University 437-3327	MA, Marriage, Family & Child Counseling MS, Health Administration MS, Human Resources MA, Education MA, Special Education MA, Organization Leadership

Embry Riddle Aeronautical University 437-3327	MAS, Aeronautical Science MBAA, Business Administration
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## Testing Program

The Travis Education Center is an official DANTES testing section and offers a wide variety of testing opportunities.

Earn non-traditional college credit by successfully completing Defense Activities for Non-Traditional Educational Support (DANTES) examinations.

Active Duty, Guard and Reserve personnel test **free** and other DoD personnel and spouses may test for a minimum charge. Tests available include:

- DANTES Standardized Subject Tests (DSST)
- College Level Examination Program (CLEP)
- Excelsior College Examinations (formerly Regents)
- Certification Examinations
- Air Force Institute of Advanced Distance Learning (AFIADL) Tests & PME Testing
- Air Force Reading Abilities Test (AFRAT)
- American College Test (ACT)
- Scholastic Aptitude Test (SAT)
- End-of-course tests for Correspondence Coursework
- PRAXIS Series

- CLEP and DSST study guides and general CLEP videos are available at the education center.

- The testing center is in Bldg. 249, Bay A-2. Testing is by reservation only; there are usually eight testing sessions a week on Tuesday, Wednesday and Thursday 0800, 1000 and 1230.

## Bootstrap Programs

Bootstrap involves permissive TDY. These options are ONLY used when: (1) as much of the degree requirements as possible have been completed through off-duty education; (2) degree completion is not possible during a current assignment or with an educational deferment; or (3) it is necessary to accelerate graduation for application to Officer Training School, Air Force Institute of Technology or Air Force Reserve Officer Training Corps.

### Terminal

The unit commander authorizes permissive terminal TDY for resident study for degree completion for up to 35 weeks or the minimum residency requirement of the institution.

### Nonterminal

The unit commander authorizes permissive nonterminal TDY up to 16 weeks so individuals may meet specific academic requirements not available through off-duty educational programs.

## Commissioning Programs

### Air Force Academy

<http://www.usafa.af.mil/>

The Air Force Academy is a professional institution designed to prepare young people to become effective leaders in the Air Force. The program emphasizes academics, leadership development and athletic participation. Applicants must be single with no dependents and must not reach their 23rd birthday by 1 July on the year in which they enter the Academy.

### Air Force Academy Prep School

The aim of the Preparatory School is to enhance a student's chances of gaining entry into the Air Force Academy. Attendance at the AFA Prep School is not a guarantee of acceptance into the Air Force

Academy. Applicants must be single with no dependents and may not be older than 22 by 1 July of the year in which they enter the Preparatory School.

#### Leaders Encouraging Airmen Development (LEAD)

Through Phase I, immediate commanders are given the authority to nominate highly qualified airmen to attend either the Air Force Academy or Prep School. Applicants must meet all entrance qualifications. Commanders should refer qualified airmen to the Education Center. The application deadline is 31 Jan each year.

#### Phase II: Scholarships for Outstanding Airmen to ROTC (SOAR) –

This program was developed to give Squadron Commanders the opportunity to nominate qualified airmen for the AFROTC scholarship program. Airmen must meet all of the required qualifications. Required test scores must be available at the time the member applies. Each Major Command has a designated number of slots for enlisted members to enter this program. Interested members and commanders should contact the Education Center for more information. The application deadline is mid-Sept each year.

#### Airmen Education And Commissioning Program

<http://web1.maxwell.af.mil/afoats/enlisted/>

AECP provides an opportunity for airmen to complete a Bachelor degree in selected health, technical, foreign language and foreign area studies fields. For up to 3 years, the Air Force will provide full E-5 pay and benefits along with tuition, up to \$15,000 per year, fees and a book allowance. Upon degree completion, the member attends Officer Training School (OTS) to obtain a commission. AECP holds one board each year during which 70 slots are available. Among other eligibility standards, airmen must not have reached their 30th birthday by the selection board convening date. However, AFPC may waive the maximum age-to-age 35. The application deadline is 31 January each year.

#### Air Force ROTC Scholarship Program

<http://web1.maxwell.af.mil/afoats/enlisted/>

ASCP gives active duty airmen the opportunity to compete for Air Force scholarships and commissions. Scholarships are available for 2 to 4 years in length. Selectees must be commissioned before the age of 27, but age limits may be waived up to age 30, depending upon the applicant's number of years of active duty service. Airmen who are accepted into the program are discharged from active duty and enrolled in a full time college hosting an AFROTC detachment. Upon completion of the degree and AFROTC requirements, participants are commissioned in the Air Force. Scholarships provide normal tuition and lab fees, books and a monthly subsistence allowance. Members may also use their GI Bill (if they paid to get the GI Bill and serve 30 months on active duty before separating for ROTC).

#### Officer Training School (OTS)

<http://ots.maxwell.af.mil/>

Airmen who have completed or are near completion of a bachelor's degree and who meet other qualifications may apply to Officer Training School (OTS). Pilot/Navigator applicants must submit a package before turning 28 ½ in order to complete undergraduate pilot/flying training by age 30. All other applicants must be commissioned prior to age 34, however, this may be waived to age 35. Boards are currently held every six weeks.

#### Air Force Reserve Officer Training Corps Professional Officers Program (POC)

For active duty airman volunteers. Participants must complete all degree requirements for either a bachelor or master degree and be commissioned within two years from discharge. Selected applicants separate from active duty are enlisted in the inactive Reserve. Non-scholarship cadets receive free ROTC textbooks and uniforms and a nontaxable monthly allowance.

#### Medical Commissioning Programs

Active Duty airmen may apply for commissions in several medical areas under these commissioning programs:

#### Air Force Physician Assistant Program

Physical Therapy

Air Force Reserve Training Corps Nursing

Air Force Reserve Officer Training Corps Physical Therapy

## Airman Education And Commissioning Program Nursing Medical Services Opportunities (Direct Commission)

(For information on AFIT Sponsored Graded Degree Programs for the Nurse, Biomedical Science and Medical Service Corps and Medical School Scholarships, contact AFIT/CIM at DSN 785-5824.)

### **Education Counseling**

Professional guidance counselors are available to assist individuals in planning their educational goals. DoD, Spouses, Reservists, and Air National Guard members are served on a space available basis. The counselors provide information on the many facets of the Air Force Education Program, such as: planning for attending college, completing Community College of the Air Force degrees, terminal and non-terminal Bootstrap TDY, Education Deferment, GI Bill benefits, and Airman Commissioning programs.

### **Education Deferment**

This deferment allows Air Force personnel to complete a degree during off duty hours without the threat of a PCS. The Education Services Officer determines the appropriateness of each request and monitors the member's academic progress. Deferments are approved for a maximum of 12 months. Note: the education deferment does not prevent TDYs.

### **Financial Assistance**

#### VA Benefits

Three VA benefits are still current. Eligibility depends on an individual's Service entrance date:

After 1 July 1985, Montgomery GI Bill (MGIB) Members contribute \$1,200 (\$100 per month for 12 months) and receive up to a \$650.00 monthly stipend for educational expenses. The MGIB typically sees an increase in the monthly stipend amount each Fiscal Year.

1 January 1977 through 30 June 1985, Veterans Education Assistance Program (VEAP) Members contribute maximum of \$2,700 and the Government matches two for one. Students receive a monthly stipend to pay educational expenses. The stipend amount depends upon the amount deposited and the number of months in which deposits were made. To figure the stipend, add member's deposits plus Government matching funds and divide them by the number of months that member contributions were made. The maximum stipend using this calculation would be \$150 a month for full time schooling. (Note: some participants have rolled over their benefits to the Montgomery GI Bill and are now covered under that educational benefit program.)

**Vietnam Era GI Bill, Chapter 34 Rollovers** As of 31 December 1989, individuals with remaining eligibility under this educational benefit program automatically switched to the Montgomery GI Bill if they had continued active service from 1 Oct 84 to 30 Jun 88. The monthly stipend amount (paid for a maximum of 36 months or remaining months of entitlement) under this program depends upon whether one is attending school full- or part-time and number of dependents.

**Tuition Assistance Top-up** You can now use your MGIB to pay the portion of tuition not covered by Tuition Assistance. To be eligible for the Top-up benefit, you must be approved for federal Tuition Assistance by the Travis Education Center and be eligible for MGIB-Active Duty benefits. To be eligible for MGIB benefits, you must be an MGIB - Active Duty participant and must have served at least two full years on Active Duty. If you receive the Top-up benefit, your regular MGIB benefit of 36 months will be charged a proportional amount. This benefit is available for all courses that began on or after October 30, 2000.

**Six Hundred Dollar Contribution to the MGIB** Contribute up to \$600 to the MGIB and receive an additional \$5400 in benefits. The current value of the MGIB is \$23,400. By contributing the maximum of \$600, you will have a total of \$28,800 in MGIB benefits. The current basic full-time rate is \$650 per month for 36 months. If you contribute the maximum of \$600, you will have a full-time rate of \$800 per month for 36 months. This benefit is ONLY open to active duty personnel who first entered active duty on or after 1 Jul 85 and who elected to participate in the GI Bill.

## Scholarships and Grants:

A scholarship is a grant awarded based on academic excellence and exceptional promise and, in some cases, personal attributes or financial need. A grant is a gift that does not require repayment as long as eligibility remains based on financial need, academic achievement, etc.

Aerospace Education Foundation (AEF) The Foundation provides a \$1,000 scholarship (awarded on a competitive basis - requires at least a 3.0 Grade Point Average) for spouses of active duty Air Force members enrolled at least part-time in college.

Gen Henry H. Arnold Scholarship offers \$1,500 grants awarded competitively to dependents of active duty and retired *Air Force* members. The Family Support Center receives applications in November each year. The submission deadline to Air Force Aid Society is in March with awards made in June for the following academic year.

Bureau Of Indian Affairs Grants are designated for students who are at least one-fourth American Indian, Eskimo or Aleut and demonstrate financial need.

Eagle Grants are \$400 grants for recent active duty Community College of the Air Force graduates currently pursuing a Bachelors degree. These grants are awarded twice a year in April and October for each CCAF graduating class.

Pell Grants are federally funded financial aid. All undergraduate financial aid applicants are required to apply each year. Applications are also available at any school's Financial Aid Office. Pell Grants are based on financial need.

Supplemental Educational Operational Grants are for US citizens who are at least half-time students with exceptional financial need during their first undergraduate degree matriculation.

Tuition Assistance provides funds (with \$3,500 max per fiscal year and \$187.50 per semester hour or 125.00 per quarter hour max per student) to authorized Active Duty personnel for attending schools and colleges during off-duty time.

## Independent Study Programs/Distance Learning

Air Force Institute for Advanced Distributed Learning (AFIADL) eligible personnel may voluntarily enroll for independent study in Professional Military Education (PME) courses and the three specialized courses designed for specific career broadening. Voluntary enrollments *are not permitted* in Career Development Courses [CDCs]). Purchasing these courses for study is allowed. Participation in this program will not affect selection to a corresponding resident school. Distance Learning is structured learning without the physical presence of an instructor. We provide distance learning through three methods: *Interactive Video Tele-training* (satellite downlinks with one-way video, two-way audio), *computer-based training* (CD-ROM and Internet) and *video taped courses*.

## Professional Military Education - Enlisted

### Noncommissioned Officer Academy Correspondence Course

This seminar, administered by Air Force Institute for Advanced Distributed Learning (AFIADL), parallels the resident Noncommissioned Officer Academy Course. It consists of two sub-courses and two sequential closed book examinations.

### Senior Noncommissioned Officer Academy Multimedia Correspondence Course

This is a computer-based, interactive self-study course administered by Air Force Institute for Advanced Distributed Learning [AFIADL] and managed by the College of Enlisted Professional Military Education. It includes six instructional areas: Profession of Arms, Leadership Planning, Behavior Analysis, Human Resource Development, Organizational Management, and Communication Skills; and five sequential closed book examinations.

## **Professional Military Education – Officers**

### **Squadron Officer School (SOS) Nonresident Programs**

The first school in the Air Force's three-tier professional military education program for officers. It generally parallels the resident school at Maxwell AFB.

Correspondence This program enables students to develop a basic understanding of officership, communications, leadership, and force employment.

Multi-media This option uses CD-ROM and all administrative guidelines remain the same as for the current paper-based version.

### **Air Command And Staff College (ACSC) Associate Programs**

The ACSC program is a mid-level officer PME opportunity offered in three modes. It may be completed in residence, by correspondence, or through seminar, which begins each August. The program is open to Major selectees and above from Air Force active duty, AF Reserves, and Air National Guard; O-4s and above from sister services; and GS-11 and above DOD civilians. The non-resident programs consist of 40 lessons divided into six blocks. ACSC awards for Phase 1 joint PME credit and up to 27 hours of graduate level credit

### **Air War College Associate Programs**

Air War College prepares senior Air Force Officers for high command and staff duty by developing in them a sound understanding of military strategy in support of national security policy in order to ensure an intelligent contribution toward the most effective development and employment of aerospace power. The AWC Associate program consists of seminar and correspondence courses and provides educational opportunities similar to those presented to resident students. Eligibility extends to active duty, ANG, and USAFR lieutenant colonel selectees and above and civilian employees in the grade of GS-13 and above. Non-resident AWC does not award joint service credit.

## **Transcripts**

College course descriptions are needed when transferring credits to the Community College of the Air Force (CCAF) or other schools or when applying for commissioning programs. For credit transfers, the transcripts must be OFFICIAL and directly sent from the losing school's registrar to the gaining school's registrar. For CCAF, transcripts may be sent directly to CCAF using our CCAF transcript request forms. The Education Center has transcript request forms available.

# ENVIRONMENTAL FLIGHT

580 Hickam Avenue Bldg 246  
(707) 424-3739

**Mandatory Recycling Program**

**424-1388/2706** Refuse collection

QAE

**424-5127** Recycling Program

Manager

Revised 11/2002 (DT)

## TAFB

### MANDATORY RECYCLING PROGRAM

#### *Military Family Housing*

Recycling Center

**424-5764**

Located @ Lot 741

on Dixon Avenue

**\*\*Place paper, glass, plastic, metal/aluminum materials in cart with BLUE LID \*NO motor oil at curbside**

<p style="text-align: center;"><b>METAL /ALUMINUM MATERIALS</b></p> <p><b>Acceptable:</b></p> <ul style="list-style-type: none"> <li>• Aluminum cans (soda or beer containers)</li> <li>• Bi-metal containers (dog/cat food, canned vegetables) -Rinse and remove loose paper labels &amp; lids.</li> <li>• Aluminum foil and disposable pans (disposable pie plates, lasagna pans, etc.)</li> </ul> <p><b>Unacceptable:</b> scrapmetal, paint, aerosol cans &amp; used motor oil</p>	<p style="text-align: center;"><b>GLASS MATERIALS</b></p> <p><b>Acceptable:</b></p> <ul style="list-style-type: none"> <li>• <b>Beverage and food containers, all colors.</b> <ul style="list-style-type: none"> <li>• Rinse and remove loose paper labels and lids.</li> </ul> </li> </ul> <p><b>Unacceptable:</b> light bulbs, poison bottles, cosmetic jars, windshields, dishes, ceramics.</p>
<p style="text-align: center;"><b>PAPER MATERIALS</b></p> <p><b>Acceptable:</b></p> <ul style="list-style-type: none"> <li>• Newspapers, magazines, phonebooks, computer RIPs, white paper, mixed (any color) paper</li> <li>• corrugated cardboard (cut to 2 ft. by 2 ft.)</li> <li>• junk mail envelopes, white or colored office paper, computer paper, chip board (cereal boxes, shoe boxes and other like containers), paper bags, paper lunch bags, non-carbon forms.</li> </ul>	<p style="text-align: center;"><b>PLASTIC MATERIALS</b></p> <p><b>Acceptable:</b></p> <ul style="list-style-type: none"> <li>• Plastic containers marked 1 and 2 (soft drink, milk jug, etc.).             <ul style="list-style-type: none"> <li>• Remove and discard caps.</li> </ul> </li> </ul> <p><b>Unacceptable:</b> plastic oil containers, toys, pipe, styrofoam, diapers</p>
<p style="text-align: center;"><b>EXAMPLES OF UNACCEPTABLE MATERIALS</b></p> <p><b>Unacceptable:</b></p> <p>plastic grocery containers, diapers, yogurt/cream cheese containers, window glass, glass flower vases, pots or pans, carbon paper, packing paper, ceramic goods, waxed milk cartons, cardboard with Styrofoam</p>	<p style="text-align: center;"><b>GREEN WASTE MATERIAL (place in cart with GREEN LID)</b></p> <p><b>Acceptable Green Waste:</b></p> <ul style="list-style-type: none"> <li>• Yard trimmings, grass cuttings, leaves and flowers, weeds, small tree and brush trimmings</li> </ul> <p><b>Unacceptable green waste:</b> Palm, bamboo, lawn sod, Rocks, dirt and sand, construction project wood, coated or painted wood</p> <p><b>Acceptable Food Waste Material:</b> (Please do not place food in plastic bag)</p> <ul style="list-style-type: none"> <li>• Grain products and baked goods, egg shells, coffee grounds, meat, bones, fish, other decomposable matter</li> </ul> <p><b>Unacceptable Materials:</b> manure and pet waste, dead animals</p>

#### CLOSE THE LOOP RECYCLING OPPORTUNITIES

- **Travis' Recycling Center** – Lot 741 on Dixon Avenue, 424-5764. Pick up free compost for gardening and landscaping  
\* Redeem for cash \$\$: Calif. Redemption Value (CRV) aluminum cans, plastic and glass
- **Family Support Center (Airman's Attic)** - Bldg 660, 424-4346 - Accepts clothing, kitchen supplies, bedding, furniture, plus many other household items in good condition to be give to eligible Airman (E5 & below). Call to donate large furniture items & appliances.
- **Solano Recycles (SR)** – off base, 2901 Industrial Court, 439-2850 - Batteries (car), Oil (used), Paint (latex) & Antifreeze.
- **Household Hazardous Waste Collection** – SR is open the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of each month from 9a.m. – 2 p.m. By appointment only; call 707 439-2800, ext. 817 to register for appointment.
- **Auto Hobby Shop** - Bldg 226, 424-5300 - Oil, oil filters, tires, and antifreeze (from repair work done on-site).
- **Travis' AFB Firestone** – Bldg 170 on Travis Ave., 437-2232: recycles used oil (on a limited basis) and tires (\$3.00 disposal fee).

# **FAMILY ADVOCACY**

101 Bodin Circle  
423-5168

## **Family Advocacy Program (FAP)**

The mandated program identifies, reports, assesses and provides therapy for active duty members and families referred due to maltreatment (child abuse and domestic violence). The prevention component offers programs designed to educate, support and promote family wellness and reduce child abuse and domestic violence.

## **Special Needs Identification and Assignment Coordination Process (SNIAC)**

A mandated process designed to ensure that services are available for active duty family members with special medical, behavioral, and/or educational needs. Services may be found either on base or in the local community.

## **New Parent Support Program**

A program with services to all families of active duty members who have children aged birth to three years, or a pregnant spouse. The program is open to all, with more intensive services and support offered to families in need. Services include information and referrals to base and community resources, parenting classes, support groups, play groups, home visitation, and free books and CD's. All new parents are eligible for a nurse home visit within the first two weeks of their infant's life.

## **New Parent Support Program Clinic**

An informational session designed for expecting parents or parents of children under the age of three. The clinic provides information about the New Parent Support Program, community resources, Air Force Breast Pump Grant and many other programs and services.

## **Nursing Moms Program**

Sponsored by the Air Force Aid Society, this program provides breast pump rental for active duty Air Force members or spouses who are in the Family Advocacy's New Parent Support Program. Family Advocacy refers the families for rental. This program is limited to enlisted E-6 and below and 1st and 2nd Lieutenants. The mother needs to be returning to work, going to school or have a specific medical need. Eligible families may also choose to purchase the pump, and Air Force Aid will pay a portion of the cost. Contact Family Advocacy for eligibility.

## **Classes and Special Services**

### **Anger-Management**

5-week class for both men and women, civilian and active duty, that focuses on identifying maladaptive cognitions and developing the skills necessary to express anger appropriately. Topics include irrational beliefs, stress reduction, feelings and communication patterns, and assertiveness training as they relate to anger management.

### **Boot Camp for New Dads**

A father led workshop designed to provide information and support to expectant dads. This three hour class is led by Veteran fathers who bring their babies to class to provide the Rookies (expectant dads) with the opportunity to practice holding, diapering and feeding skills. Other subjects covered include safety issues, partnering with mom, postpartum issues, and calming the crying baby.

### **Common Sense Parenting**

A six-session parenting class that uses the Boys' Town Common Sense Parenting perspectives. This class is very behavioral and action oriented, offering specific interventions on managing children's behavior.

### **Couples Communication**

A five-session class that provides an introduction to conflict containment, communication and problem solving. It is appropriate as an adjunct for marital therapy or alone for marital enrichment.

### **Family Wellness**

Survival Skills for a healthy family is a twelve (12) hour education program presented in six (6), two (2)-hour sessions. It offers practical skills based on proven principals that strengthen, support and empower

the family. These skills will enhance healthy family interactions and teach the entire family new ways of living and working together. The program promotes patterns that research shows all well-functioning families share. Enrollment is open to the entire family, single parents with their children, and couples.

#### Parenting the Young Child

A parenting class for parents of children pre-birth to 4 years of age, covering basic principles for effective parenting.

#### Violence Intervention Program (VIP)

A 26-week men's group to teach, encourage, and support options for dealing with anger and frustration, learning strength based control of feelings and behavior. Learn tools for practical steps in conflict resolution and how to build strengths in your relationships including work, marriage, and family. This open-ended group meets from 1630 – 1830 on Wednesdays. The members are self, command, or agency referred. The members are Active Duty, Dependents, Veterans, and retired.

#### WEAVERS Group

A group for women who are coping with relationship problems or issues of abuse. Focus of the group is empowerment, education and support of its members.

#### Playgroups for Parents and Children

All groups are held in Chapel 1 Annex on First Street.

#### Rattles to Raspberries

A gentle playgroup for the newborn baby, pre-walker, early walker, and parents. The group meets every Thursday from 0930-1100.

#### Time for Us

A morning of fun, games, and learning for preschoolers and their parents. The group meets on Tuesdays from 1000-1130, September through May.

#### Toddlers to the Max

For parents and their children from ages 1 to 3 years. This group meets every Wednesday 0930-1100.

### **Special Events and Services**

#### Child Abuse Recognition and Reporting Training

Educational briefings provided to the base community on all aspects of family violence including identification, referral, prevention and intervention.

#### Child Car Seat Safety Inspection

Free service offered as a courtesy of the Family Advocacy Program. This service is to reduce child injury due to the improper installation of car seats. Inspections are done by appointment only.

#### Parent University

An annual one day event with workshops and information for parents and people who work with children of all ages.

# **FAMILY SUPPORT CENTER**

60 MSS/DPF  
351 Travis Avenue  
424-2486

Operating Hours: Mon – Fri, 7:30 A.M. – 4:30 P.M.

## **AIR FORCE AID SOCIETY**

The “official Air Force charity” provides assistance to Air Force families in three different ways. First, AFAS provides emergency financial assistance to active and retired Air Force personnel and their families. Secondly, the society provides funds to pay for several community enhancement programs. And, last, AFAS provides assistance with education costs for Air Force family members.

### **Bundles and Books for Babies**

The Air Force Aid Society and the Family Support Center sponsor this informative program for active duty AF families in their third trimester. The AF Aid Society pays for a layette which includes bag filled with a crib blanket, towel set, wash puppy and two receiving blankets, two sleep-and-play sets, two pair of white booties, and two onesies. A beautiful Time-Life book, *Your Baby's First Year* is included, along with a growth chart. Army and Navy personnel in their third trimester and assigned to Travis may attend although they will receive other gifts. Both parents may attend.

### **Car Care Because We Care**

The Air Force Aid Society pays for a visual safety inspection and oil and lube change for the family's primary vehicle for the following: (1) spouses of active duty AF members deployed for more than 30 days, (2) spouses of active duty AF members assigned to a remote tour and (3) first-term airmen at their first duty station (one time only). If the safety inspection identifies needed repairs, the spouse or first-term airman may apply for a loan from the Air Force Aid Society to pay for the repairs. The inspection, oil and lube change are done by the service station on Travis when the spouse or first-term airman presents a voucher from the Travis Family Support Center. The Readiness Program Manager issues vouchers to spouses. The Personal Financial Management Program Manager issues vouchers to first-term airmen at their first duty station. A copy of orders is required. The program is not retroactive.

### **Child Care for PCS Program**

AF Aid Society pays for up to 20 hours of free child care (per child) for families of all ranks with PCS orders to Travis, within 60 days of arrival or departure. Family Day Care homes are the authorized providers of this care. Certificates are issued by the Relocation staff in the Family Support Center.

### **Nursing Moms Program**

This program is paid for by the Air Force Aid Society provides loans up to \$200 to assist with breast pump purchases or rental, for active duty Air Force families.

### **Child Care for Volunteers**

The Air Force Aid Society pays for childcare expenses in licensed Family Child Care homes for volunteers in programs supporting the AF community. Volunteers at the Airman's Attic, Family Support Center, David Grant Medical Center, dental clinic, chapel, and American Red Cross may be considered for this program. Volunteers in fundraising activities, resale (Thrift Shop), and social activities are not eligible.

### **Education Grants**

The Air Force Aid Society awards competitive grants of \$1500 to sons and daughters of the following AF: active duty, retired, or deceased while on active duty or in retired status. Title 10 AGR/Reservists on extended active duty and Title 32 AGR on full-time active duty may also be eligible. Stateside spouses of: active duty Air Force and Title 10 AGR/Reservists on extended active duty may compete, as well as surviving spouses of Air Force members who died while on active duty or in retired status. Financial needs are adjusted to fit Air Force families. Applications are available at the Family Support Center from Nov to mid-Mar each year and on the Internet at <http://www.afas.org>. Call 424-4349 for more information. Title 10 AGR/Reserve on extended active duty and Title 32 AGR on full time active duty.

### **Emergency Financial Assistance**

Most assistance is by loan and less often, by a grant or a loan/grant combination. Assistance may be given for food and rent, emergency leave travel expenses, bridge loans to assist with funerals for active

duty dependent death, repair of only means of transportation, fire or other disasters, and limited amounts for medical/dental expenses not covered by TRICARE. For information, contact the AFAS office, 424-4349. For after duty hours and emergencies only, which cannot wait until the next duty day, call the American Red Cross at 1-877-272-7337.

#### Give Parents a Break

The Air Force Aid Society pays for the base Child Development Center (for children up to six years) and the Youth Center (for children six to 12) to open periodically for families who have unusual stresses in their lives. Such stresses might be extended TDY, deployment, remote tour, PCS to or from Travis, etc. Members or families may contact their first sergeant, Family Advocacy or Base Chaplain for a referral certificate. Medical personnel and Family Advocacy personnel may also make referrals. Call 424-2486 for more information.

#### Respite Care

"The Gift of Time." The Air Force Aid Society provides grants for eligible Exceptional Family Member Program (EFMP) families to hire a respite care provider for a few hours each week. Eligibility includes a financial need and the availability of the respite care provider. The program aims to relieve stress in families with a special needs member or where there is high risk for maltreatment. For more information call 423-5168.

### **CUSTOMER RESOURCE CENTER**

The customer resource area has ten computers that are available to assist customers with word processing, resume/cover letter writing, and employment/company research. For those returning to or attending college, the Scholarship Resource Network software is available for scholarship and grant search. Typing tests, career assessment software and relocation assistance computer programs are also available. Typewriters are available for customer use. Job postings from various areas are posted in the resource area for customers to review.

### **EMPLOYMENT ASSISTANCE THROUGH CAREER FOCUS PROGRAM**

This program assists active duty military, retirees, DoD civilians and family members in all job search activities.

It links applicants with prospective employers in the local community.

The program also provides information for people seeking education, training or volunteer experience.

#### Spouses Trained And Ready (STAR) Program

A free job skills training program with career development series and referral to local job opportunities.

#### Career Focus Closet

A small boutique offering gently worn professional attire is available to STAR graduates and spouses participating in the career focus program. Participants are eligible to choose two interviewing outfits free of charge. Donations are welcomed.

#### Spouse Employment Orientation

Held every Monday at 0900 (with exception of federal holidays). Newly arriving spouses or spouses wishing to return to the job market in the greater Travis AFB geographic area are introduced to FSC Employment and Career Development programs. Tour the Career Resource Center and view current job openings. Individual career counseling appointments available after the orientation is completed.

#### Monthly Job Search Workshops

##### Ultimate Job Search

Intensive half-day job search workshop includes skills and self- assessments, effective job search techniques, how to get started in a job search, resume writing and interviewing skills.

##### Skills and Self-Assessment

For all job seekers. Begin exploring different career paths based on your personality type, skills, abilities and interests. First step of the job search before you write a resume. Assess your skills and abilities to

build the resume that will get you an interview. Individual follow up career counseling sessions available by appointment.

#### Resume Writing Skills

How to write resumes that get you interviews. Fundamentals include effective formats, cover letter, and marketing plans. Individual resume review sessions available by appointment.

#### Employment Interviewing Skills I and II

A two-part series with an instructional period on the first day to learn successful interviewing techniques, how to get the interviews, how to answer difficult questions, negotiate salary and benefits, how to present yourself in order to increase your hiring potential. Second day of class includes role-playing with instructors, classmates and local employers. Participate in video taping of mock interviews as the best teacher of this critical job seeking skill.

#### Career Dressing for the Millennium for Men and Women

Learn the latest styles of dressing for job interviews and smart dressing for work. A Sacramento fashion consultant conducts this workshop to teach you the latest, appropriate professional attire.

#### Long Distance Job Search

For all job seekers conducting a long distance search. For the active duty spouse transferring to the next duty station or the transitioning member moving to a new location. Develop or update resumes, develop a long distance marketing plan, make contact with career counselors at new duty station and learn job search techniques for relocating. Build an effective career path as you follow a military person around the world.

#### Career/Life Change Management

Learn great coping skills for life changes. ANY LIFE CHANGE....Career change, lifestyle change, relocating to a new base, job change.

Also available:

Personal resume review and referral by appointment.

Vacancy listings are posted for employment in the greater bay area, as well as, local and national listings.

One-on-one career counseling with skills assessment and education and career planning.

Assistance for military spouses in career planning and job search training.

Opportunities for vocational and educational development.

### **FAMILY LIFE AND EDUCATION**

Family Life and Education is designed to help singles, couples and families adapt to current and future changes in their lives. Work and family life programs are offered to enhance quality of life. Resource handouts and referrals for ongoing assistance are made on a case-by-case basis to on-base and local community agencies.

#### Assessment/Crisis Counseling, Information, Referral and Follow-up

Assessment/crisis counseling is accomplished through short-term sessions to determine the specific needs of an individual, couple or family. As appropriate, clients are referred to an on-base or community agency for continued assistance. Base resource guides are available with telephone numbers, addresses and specific information on services. Resource handouts are available on a variety of topics such as pre-marital information, dealing with grief and loss, divorce, etc.

#### Families and Shift Workers Together (FAST)

A program that educates family members and shift workers in coping with a shift worker's lifestyle. The Family Support Center serves as a resource for shift work information. Support is provided to the units and unit leadership to address on-going issues of shift workers and how they impact families.

### Marriage Planning Guide

A marriage packet that contains valuable tips for couples including a pre-marital checklist and a comprehensive introduction to the Air Force lifestyle for civilian spouses.

### Professional Growth and Development Course

Offered monthly for all E-3's and below at the Family Support Center. Senior Leadership guides airmen on how to earn credibility, gain influence and succeed in the Air Force. Space is limited to 24 participants.

### Seven Habits of Highly Effective Air Force Families

The Seven Habits family material has been tailored to specifically address four adaptive issues identified by the Air Force: family, financial, relocation and separations. This workshop addresses family challenges, such as, how to have quality family time, build harmony in the family and develop a family mission statement. This program is based on the Seven Habits of Highly Effective People. Call for class schedule.

### Seven Habits of Highly Effective People

This four-day, Stephen Covey video-based workshop focuses on personal and interpersonal effectiveness that can be applied to and make a substantial impact upon your individual and/or professional life.

### Seven Habits of Highly Effective Teens

This workshop teaches teens how to deal with topics such as peer pressure, building friendships, getting along with parents, improving self image, etc. This program is based on the Seven Habits of Highly Effective People and is offered semiannually with the workshop broken down by age group.

### Women, Infants and Children (WIC)

Representatives from the Solano County Health and Social Services Department are available by appointment each month at the Family Support Center to provide services of nutrition education and food vouchers to eligible families on Travis Air Force Base. For more information and to make an appointment, call the WIC office at 435-2200.

## **FAMILY READINESS**

### Air Force Readiness Packet/Travis Family Readiness Guide

Designed by two focus groups on Travis to meet the specific needs of Travis personnel. The packet is a blue folder with Velcro that provides a central location for important documents, such as, powers of attorney, wills, insurance forms, copies of birth, marriage certificates, bank account numbers, burial wishes, and vehicle registration forms. It has a pre-deployment/pre-TDY checklist and information regarding benefits, emotional cycle of deployment, and other essential facts necessary during separation.

### Support for Families during Separation

Several programs are available for families during a separation caused by deployment, TDY or remote assignment.

#### “Car Care Because We Care”

Voucher for a free oil change, oil filter change and safety inspection of the family vehicle.

Program is designed to aid the military member in focusing on the mission by supporting his/her family. The program is paid for by the Air Force Aid Society.

#### “Give Parents a Break”

Provides several hours of free childcare a month at base facilities enabling the parent left behind to take a break from the children (or for the children to take a break from the parent). This is an opportunity for everyone to recharge and refocus. The program is paid for by the Air Force Aid Society.

#### Army Air Force Exchange Service (AAFES) Supporting Deploying Member Coupons

Coupons good for a free gift bag of AAFES brand items at the Travis Main Exchange. This program is underwritten by AAFES. Military members are authorized this coupon once they have been tasked for deployment/TDY and receive their FSC Readiness Briefing. Spouses can receive

coupons for free food and discount on movie passes, once the military member has departed for deployment/TDY.

#### Phone Home Program

Pre-paid phone cards provided to members going TDY or deploying for 30 or more days. Members may be single or married and must present a copy of orders and personally sign for the card. The program is paid for by the Air Force Aid Society and is limited to the number of cards distributed to each participating base. Additional phone cards given from Veterans of Foreign Wars (VFW).

#### Morale Calls and Videophone Calls

Morale calls are authorized via the defense switching network (DSN). Morale calls can be originated here at home or at the deployed location. These calls are placed by calling the base operator. Some restrictions apply. Videophone calls can be made allowing for families or couples to see each other at a distance. Not all locations have videophones so some restrictions apply.

#### Get Ready! Stay Ready! Informational Letter

This letter is designed to inform spouses of available services as well as tips on how to cope with separation. Feature articles focus on finance and budget, childcare concerns, and the basics of coping with separation.

#### "Write from the Heart" or "Write Connection" Packets

These packets are given to the parent being deployed in order to facilitate letter writing and communication between families.

## **FINANCIAL PLANNING AND WELLNESS**

### Budgeting & Credit

A class held monthly that teaches the basics of budgeting and credit. Learn about developing financial goals, identifying all living expenses, controlling debt, and beginning to save. There will also be a discussion about the advantages and pitfalls of buying now and paying later, how to get credit the first time, how to maintain a good credit rating, and how to obtain copies of your credit report.

### Cal-Vet Home Loan Seminar

Representatives from California Department of Veterans' Affairs (Cal-Vet) will tell you how to cut through the home buying red tape and discuss the advantages and disadvantages of purchasing or building a home through this program. Learn about eligibility, the interest rates, pre-qualification, and loan fees, short loan processing time and low loan origination fee. This seminar is held in March and September each year.

### Credit Reports

A workshop that is held in April and October and will focus on what you need to know and understand about a credit report. Participants will be able to get all their credit and credit report questions answered. Learn how to read a credit report, learn about credit scoring, and how to handle delinquent accounts and how to dispute information in your credit report.

### Financial Planning

Learn the fundamentals of financial planning principles, developing spending plans, selecting savings and investment vehicles, creating a financial plan, and how to prepare and use net worth statements. These classes are held quarterly.

### Home Buying

This class is for anyone considering the purchase of their first home. Learn about the special concerns for the first-time homebuyer; leasing vs. buying; the various costs associated with housing, what to look for in shopping for real estate, working with a realtor, the home inspection, financing, and closing costs. These classes are held quarterly.

### Insurance Fundamentals

Classes are designed to help you protect your financial resources by presenting an overview of insurance and of its importance in your financial plan. These classes are held quarterly.

### Introduction To The Personal Financial Management Program

This presentation is for all military personnel arriving at their first duty station and assigned to FTAC. Learn about the Personal Financial Management Program (PFMP), checkbook maintenance, budgeting, credit, car buying, investing, state or county liability laws, scams, and local fraudulent business practices.

### Investment Fundamentals

This seminar will focus on the basics that every investor needs to know. You will be introduced to a variety of investments such as stocks, bonds, and mutual funds. Learn about sources of risk, risk tolerance, dollar cost averaging, and asset allocation. These classes are held quarterly.

### Mutual Funds

A seminar that teaches the basics of mutual fund investing. Learn what a mutual fund is, how they work, the different types of funds, tax considerations and how to go about investing in them. These classes are held quarterly.

### Refresher Financial Management Training

For all E-4s and below upon arrival at Travis and if this is their second or subsequent permanent duty station. Refresher financial education briefings are offered on budgeting, credit, saving/investing, car buying, scams, and local fraudulent business practices. The Customer Service Office at Military Personnel Flight (MPF) schedules this training. This class is held monthly.

### Smart Car Buying

This teaches participants how to negotiate the purchase or lease of a new or used vehicle. Learn about buyer preparation, insurance considerations, price negotiation, advertising gimmicks, trade-in decisions, and financing. Classes are held quarterly.

### Uniformed Services Thrift Savings Plan (TSP)

An overview of the retirement savings and investment plan that is available to the military. Learn how and when you can join TSP; how much you can contribute; investment choices; how it reduces taxable income and may provide a tax credit, and how you can take it with you when separating or retiring. This class is held monthly.

## **RELOCATION ASSISTANCE**

### One on One Assessment

Performed for all personnel undergoing a permanent change of station movement. Each client is provided a copy of the Standard Installation Topic and Exchange Service (SITES) package for the installation they are moving to, a copy of our PCS Countdown Guide, other pamphlets applying to their movement, and personalized guidance on how to make their move. Additionally, if available, they are allowed to borrow a base video on their new installation.

### Sponsorship Training

This class is offered the third Thursday of each month to all sponsors. Covers the ins and outs of sponsorship. Learn what you need to know.

#### Airman's Attic

A donation program, located at Travis Family Support Center, designed to help E1 – E5 personnel and their families. A supply of donated clothes, furniture, and household goods are on hand for those in need. The hours of operation are Wednesday and Friday from 1000 to 1400. Hours to accept donations are Tuesday and Thursday from 1000 to 1400. Good used items are always welcome. Pick up of large donated items can be arranged.

#### Child Care for PCS Program

AF Aid Society pays for up to 20 hours of free child care (per child) for families with PCS orders to Travis, within 60 days of arrival or departure. Family Day Care homes are the authorized providers for the care. Certificates must be issued through the Relocation staff at the Family Support Center.

#### Family Separation Program (Remote/Unaccompanied PCS)

Contact is made by Family Support Center with spouses of active duty Air Force members who are on a remote or unaccompanied PCS tours. Contact is made approximately 30 days after the start of the member's tour.

#### Loan Closet

Open 7:30 a.m. to 4:30 p.m., Monday - Friday. We have available many of the household items you will need while awaiting delivery of your household goods or may need after you household goods are picked up and in the process of clearing you quarters. Loans available for guests and other special conditions to military members with some restrictions.

### **TRANSITION ASSISTANCE PROGRAM (TAP)**

#### Veterans Affairs (VA)

The last Monday of every other month (starting in February each year) at 1000 a VA representative briefs separating/retiring members on their VA benefits and the Disabled Transition Assistance Program (DTAP). (If the last Monday is a holiday, briefing is held the previous Monday). All separating or retiring military members should attend this briefing. Spouses are encouraged to attend. Please call the FSC if you have any questions, an appointment is not required. For members within 12 months of separation or retirement. This briefing is also conducted on day two of the four-day TAP class.

#### Executive Career Management

A workshop for executive level (E-7 and above and O-4 and above) includes current thinking about the world of work, setting goals, and developing plans and steps to a successful career change.

#### Salary and Benefits Negotiations

A full-day seminar where participants learn how to successfully negotiate a good job offer.

#### Mandatory Pre-separation Briefing

Required and mandated by Congress to be accomplished not later than 90 days before your actual discharge date. The four-day TAP class does not complete this requirement. This briefing is conducted at the Family Support Center. Briefings for retirees are held on the first and third Wednesdays each week at 1230. Briefings for separating members are held on each Wednesday at 0800 and 1000. Prior to the appointment you must complete a DD Form 2648, Pre-separation Counseling Checklist that you can pick up at the Family Support Center when you stop by to register for your briefing. Information pertaining to the TAP process can be viewed at the web site <http://www.dodtransportal.org>.

#### Retirement Planning

This workshop is for retiring members and their spouses. The areas of concentration address all facets of the socio/psychological changes associated with retirement such as health, finances, relocation, second careers, etc. It is recommended that you attend this workshop 12-months prior to retirement. Attendance as a couple is strongly encouraged.

#### Transition Assistance Program (Tap) Workshop

A Family Support Center and Department of Labor (DoL), four-day workshop covering all aspects of job hunting. Information on career assessment, resume writing, interviewing, networking, etc, is provided. Our most popular workshop, so sign up as soon as you are eligible!! This workshop is designed for military members within 12-months of separation, and 24-months for those contemplating retirement. Spouses are highly encouraged to attend.

## **FAMILY READINESS PROGRAM - 349 AMW**

520 Waldron Street, Bldg. 228, Rm. 103  
(707) 424-1616 or 1-800-453-8011 press 1  
e-mail: [jack.watts@travis.af.mil](mailto:jack.watts@travis.af.mil)

### **Information and Referral**

#### The Family Readiness Program

Offers a complete listing of various types of services available for just about any kind of emergency or situation. Our office provides information that ranges from how to balance a checkbook to who to talk to in times of loss. There is an extensive library of pamphlets, books, audiotapes, and videotapes available for use in the office or to check out. Questions or concerns can be answered in person, over the phone, or by e-mail.

#### New Parents' Kit

New parents are provided with a kit containing 6 videos offering helpful hints about caring for infants up to one year old. Good common sense information for the times you can't call your mom and say HELP!

#### Briefings and Classes

Pre-deployment, deployment, and reunion briefings are offered covering deployment, stress, and military separation issues. Classes can be structured to meet family related issues and presented to Travis community groups.

### **Communication**

#### Hearts Apart Morale Calls

If a sponsor is TDY or on a remote tour (where there is military dial line access), family members can make one FREE weekly 15 minute phone call to the deployed location. Contact us for more information.

#### Phone Home

If the member is TDY or deploying for 14 days or longer, they can get a free phone card to use to call home.

#### Videophones

If videophones are available here and at the deployed location the Family Readiness Center will facilitate a videophone call. Contact our office for availability. Please Note: Videophone calls DO NOT replace Hearts Apart Morale Calls. Almost all stateside bases can be contacted using videophones.

#### Write Home Kits

Handy kits for members deploying to use to keep in contact with children at home, everything needed except the stamps.

### **Financial Planning and Assistance**

#### Car Care Because We Care

This Air Force Aid Society-funded service provides a FREE oil change, safety inspection, and winterizing (Nov-Mar) on the primary family vehicle at the base Auto Skills Center for spouses of Reservists who are deployed more than 30 days (limit one per deployment); assigned to a remote tour (limit two per year); or a first term airman (one time with PCS orders, within six months of reporting date). Stop by the active duty Family Support Center to pick up a voucher.

### **Family Readiness Web Sites**

[http://www.travis.af.mil/pages/349pa/Units/349\\_Fam\\_Readiness.htm](http://www.travis.af.mil/pages/349pa/Units/349_Fam_Readiness.htm)

<http://www.daads.com/>

<http://www.familypoint.com/html/registernow.CFM?FPWWEB=1.com/>

## **FINANCE, BANKING AND PAY**

(See individual agency information for contacts and phone numbers.)

### **Military Financial Services**

Military Finance Office  
60 CPTS  
540 Airlift Drive, Bldg 381/F-1  
Travis AFB CA 94535

Customer Service Hours  
Monday - Wednesday, Friday 0730 - 1500  
Thursday 0730 - 1400

Customer Automated Service Number (707) 424-3925  
DFAS Pay Call (Active Duty) 1-800-755-7413  
DFAS Customer Service (Retirees) 1-800-321-1080

### **Other Financial Services Outside of the Local Area**

#### **DFAS Pay Call System**

An automated telephone system where an active duty member can get information from their pay account. It provides information on your last regular paycheck amount, direct deposit and pay statement address information, current leave balance, debt balance information, federal and state tax data and prior tax year W-2 reissues. Access to Pay Call requires an establishment of the member's Personal Identification Number (PIN) to confirm his/her identity. The Pay Call toll free number is 1-800-755-7413.

#### **Employee/Member Self Service (E/MSS)**

A system that allows civilian, military, and reserve personnel to update certain pay information using a personal computer via the internet. It allows customers to view and print Leave and Earnings statements, change their own tax withholding status and exemptions, and update their direct deposit information. Personal Identification Number (PIN) must also be established to access the system. To establish a PIN, you need to fax the following information to DFAS: Name, SSAN, copy of ID card, daytime phone number and signature. The fax number is (216) 522-5800. For more E/MSS info, visit <https://emss.dfas.mil>.

#### **Pay and Entitlement Websites**

<http://www.saffm.hq.af.mil/affsc/index/>  
<http://www.opt.gov>

### **Civilian Financial Institutions**

Armed Forces Bank  
350 Hickman Avenue  
Lobby: 9 a.m. to 4 p.m. Mon – Fri  
Drive-thru: 9 a.m. to 5 p.m. Mon -Fri  
Exchange Branch: Open seven day a week.  
Telephone numbers are:  
Main Bank: 707-437-3091 Telebank: 1-888-929-2265  
Exchange Branch: 707-437-0235 Website: [www.afbank.com](http://www.afbank.com)  
Customer Service: 1-888-920-2265 E-mail: [info@afbank.com](mailto:info@afbank.com)

The main bank has a drive-up ATM. The BX and Shoppette both have walk-up ATMs. Armed Forces Bank ATM cards can be used at any ATM displaying these networks: AFFN, PLUS, and MAC.

Armed Forces Bank, a national bank, specializes in military banking and has served active duty, retirees, and civilians since 1907. Customers can bank worldwide by phone, Internet, mail, and ATM. The bank provides easy and affordable access to its services through toll-free customer service numbers, online banking, and through major ATM networks. In addition, the bank has a 24-hour account information line and a call center with representatives available 24 hours a day to assist customers.

Armed Forces Bank offers a variety of services including free checking, classic checking, interest-bearing checking, savings accounts, certificates of deposit, individual retirement accounts, and loans (consumer, auto, home). In addition, the bank offers competitive deposit and loan rates, traveler's checks, cashier's checks, money orders, ATM/debit card, credit card, and many other services. All accounts are insured up to \$100,000 by the Federal Deposit Insurance Corporation.

Travis Credit Union  
659 Skymaster Drive  
Travis Air Force Base, CA 94535  
(707) 437-7000

Hours: Mon:-Sat:	0900 - 1630	Real Estate Department:	(707) 469-1730
Pay Days:	0900 - 1730	PhoneLoan <sup>SM</sup> :	(707) 451-5350
Sundays:	Closed	Call-24 Phone Banking:	(707) 449-4700
Website:	www.traviscu.org		

All 15 on-base ATMs are free to members. They are located in the Main Base Exchange, the passenger terminal, bowling center, David Grant Medical Center, Delta Breeze Club, Mini Mall, The Pit, Sierra Inn Dining Hall, and the Travis AFB Branch (1 walk-up and 5 drive-up machines).

Travis Credit Union was chartered in 1951 as a federal financial cooperative to serve Travis Air Force Base personnel. We currently serve over 112,000 members with the strength of over \$1.2 billion in assets. Every account is insured by the National Credit Union Association for up to \$100,000. We are an equal housing lender. You may join Monday through Saturday at any of our branch locations.\*

While for-profit banks are generally guided by the financial expectations of their shareholders, the mission of not-for-profit credit unions is *service* to members. As a member, you are a stakeholder with a voice to influence our direction through your participation in member activities, comments, suggestions, and survey responses. In 2000, the membership of Travis Credit Union voted to become a community credit union—still committed to serving Travis Air Force Base, as well as everyone in our nine-county region.

\*Certain membership eligibility requirements apply.

## **HEALTH AND WELLNESS CENTER (HAWC)**

550 Travis Avenue, Bldg. 434  
(707) 424-4292

All Programs Are Open to Active Duty, DoD Civilians, Retirees and Family Members

### **Peak Performance**

Multiple subject matter experts team up to guide the group through this progressive, holistic approach to reaching your optimum performance. We work on stress management skills, increasing activity, relaxation, nutrition tips and spiritual fitness. This is a unique means of renewing and “sharpening your saw.” Feel free to bring your lunch and seek your peak.

### **Fitness Programs**

#### **Gym In A Bag**

This course is designed for individuals with frequent TDYs or those preferring to exercise at home. We provide you with the bag of “tools” and teach you how to put them to use.

#### **Intro to Cycling**

Cycling provides a great aerobic workout which is also an excellent way to help manage one’s weight. Sometimes cycling class is perceived as too intense. Let us show you how to ease into this quality workout at your own pace.

#### **PIYO**

Our PIYO class is another introductory exercise program. It is a combination between Pilates and basic Yoga. It uses techniques for a total body workout that you can then put to use on your own. It focuses on increased flexibility and core strength as well as relaxation.

#### **Ergo Testing**

An evaluation that has been devised and standardized for the measurement of Air Force Fitness using an ergometry cycle. Monday – Friday by appointment only.

#### **Unofficial Body Fat Measurement:**

These measures are unofficial and may vary significantly from the official Air Force method of measuring body fat. They are not to be used as a replacement for the official gulick tape method.

#### **Bod Pod**

Measures body fat by air displacement, plethysmography; correlates highly with water displacement. (Unofficial Air Force body fat measurement). By appointment only, every 1st and 3rd Friday of the month.

#### **Tanita**

Measures body fat by bioelectrical impedance. The tanita is available during regular duty hours. Avoid heavy meals or exercise within three hours of using the tanita.

#### **Official Air Force Body Fat Measurements**

The gulick tape method is used. Tapings are offered Mondays, Wednesdays and Fridays from 0730-0830 and Tuesday and Thursdays from 1400-1500.

### **Nutrition Programs**

#### **Sensible Weight Class**

Lifestyle, exercise, attitude and nutrition. A dietitian, psychologist and exercise physiologist teach this four-week weight loss program.

#### **Shapedown**

Shapedown is a weight management class for children. It requires a consult from your doctor. Call for more information.

## Self Care

### Blood Pressures

An automatic blood pressure machine is located in the lobby of the HAWC, and the refill pharmacy at the mini-mall. This service is free of charge and available during business hours.

### Health Touch

The Health Touch kiosk provides you with printer information on a vast area of health related topics. It is easy to use. Just touch the screen to move to the topic of interest.

### Practice Ergometry Test

We maintain an ergometry bike for you to use to test your aerobic capacity. Use it to see where you are and set some goals.

### Liz Group

A support group for breast cancer patients and their families. A social worker offers group counseling and information.

### Prostate Group

A support group for prostate cancer patients and their family. A social worker offers group counseling and information.

### Health and Wellness Videos and Books

Check out our free videos and books on various health topics. We can lend them for home viewing at your leisure.

### Newcomer's Briefing

This required briefing is for all in-processing personnel to Travis AFB. Spouses and retirees are encouraged to attend. This class provides vital information regarding goals of prevention, self-care resources, ways to improve patient/provider relationships, Health and Wellness programs, David Grant Medical Center access to care and TRICARE processes and procedures.

### Tobacco Cessation Course

Family Practice Physicians and the HAWC have partnered to provide the state of the art tobacco cessation program. The course includes behavior modification, group support and the availability of nicotine replacement therapy or Zyban prescriptions. Classes are held at the Family Practice Clinic conference room or at the HAWC. Contact the HAWC for more information.

## Stress Management

### A Moment to Relax

The HAWC maintains two relaxation chairs located in the lobby area of the Fitness Center. This is a good way to relax before your ergometry assessment or anytime you feel the need.

### Stress Management, Relaxation, & Assertiveness

This four-session class teaches ways to recognize symptoms of stress, how to manage it productively, breathing techniques, helpful muscle relaxation methods, successful problem solving, and visual imagery relaxation methods. Assertiveness training is also provided.

## Web Sites

Check these sites for health related information

### Acute and Chronic Illness

American Academy of Allergy, Asthma, & Immunology: [www.aaaai.org](http://www.aaaai.org)

American Diabetes Foundation: [www.diabetes.org/](http://www.diabetes.org/)

American Lung Association: [www.lungusa.org](http://www.lungusa.org)

High Blood Pressure: [www.nhlbi.nih.gov/health/public/heart/index.htm](http://www.nhlbi.nih.gov/health/public/heart/index.htm)

HIV/AIDS: [www.hivatis.org/](http://www.hivatis.org/)

### General Medical Information

From Aetna and Johns Hopkins: [www.aetnaushc.com](http://www.aetnaushc.com)

General Health: [www.mayohealth.org](http://www.mayohealth.org)  
Prescription drug information: [www.druginfonet.com](http://www.druginfonet.com)

Geriatrics/Elder Care  
Alzheimer's Association: [www.alz.org](http://www.alz.org)  
Sleep: [www.sleepnet.com](http://www.sleepnet.com)

Nutrition  
National Food Safety Database: [www.foodsafety.org/](http://www.foodsafety.org/)  
Nutrition: [www.cyberdiet.com](http://www.cyberdiet.com)  
The Food Allergy Network: [www.adaa.org/](http://www.adaa.org/)

Women  
American College of Obstetricians & Gynecologists (ACOG): [www.acog.com](http://www.acog.com)  
American Medical Women's Association: [www.amwa-doc.org](http://www.amwa-doc.org)  
Women's Health: [www.menopause.org](http://www.menopause.org)

Youth and Children  
American Association of Pediatric Dentistry: [www.aapd.org/](http://www.aapd.org/)

## **HOUSING OFFICE**

Physical Location: Bldg 381 2nd Floor B Wing  
Mailing Address: 191 "W" St  
Travis AFB, CA 94535  
424-2726

### **On-Base Housing**

#### Family Housing

Whether you are married or single, officer or enlisted, the key to a successful relocation is to start your coordination with the Travis Housing Office at (707) 424-2726 as soon as possible. Hours of operation are 7 a.m. to 3 p.m. Monday through Friday. The base housing contractor has also developed 24-hour Web sites for military family housing ([www.travismfh.com](http://www.travismfh.com)) and off-base housing referrals ([www.M2Mreferral.com](http://www.M2Mreferral.com)) that have proved useful to many military families headed to Travis.

Travis maintains an inventory of more than 2,300 military family housing units, the vast majority of which are devoted to the families in greatest need of affordable housing—those of our airmen and junior noncommissioned officers, E-6 and below. This comparatively large inventory allows Travis to ease the financial burden of living off base for a greater number of families; it also means that housing maintenance budgets are tighter, and a greater number of homes are stretched beyond their useful life.

Overall, it is fair to say that Travis is home to some of the best and some of the worst family housing in the Air Force. We opened 228 magnificent new homes in the base's Castle Terrace neighborhood in the summer of 2001. Currently 156 new housing units for Senior NCO and Officer families are under construction and 110 more units are slated for demolition and reconstruction in March 2003. Base leadership remains committed to improving the standard of on base housing for all Travis families.

#### Mayor Program

Travis housing has 10 distinct villages with an elected Mayor for each village. Each Mayor is committed to building community within their respective village. Several of the Mayors have annual picnics, designed to bring neighbors together in a social environment. The Mayors are currently working on a joint project to institute a neighborhood watch program called "Travis housing Security Association" or TSA. Their goal is to heighten awareness in the communities and encourage neighbors to get to know their neighbors and look out for their safety and well being.

#### Unaccompanied Housing

Travis has 1,627 dormitory rooms in 22 buildings for all unaccompanied Airmen. All permanent party rooms are single occupancy with a shared bath. The dormitory campus is located near the Sierra Inn dining facility. Many of the dorms have been recently renovated and each includes common day rooms such as exercise equipment, large screen TV units and pool tables. Unit or group integrity is maintained for each dorm. A dorm manager is assigned to each dorm.

### **Off-Base Housing**

#### Off Base Housing Referral

Although Travis maintains a sizable inventory of on-base units for married and single personnel assigned to the base, the majority of Travis personnel will still find themselves seeking short- or long-term housing off base.

Base leaders continue to work with military officials, business executives and elected representatives to create more affordable housing alternatives for Travis families, and they have met with some success. In 2001, Travis personnel living off base received an unprecedented 38 percent average increase in their Basic Allowance for Housing (BAH) along with accelerated funding for housing improvements. In 2002, another 33.5 percent average increase was approved. These increases have helped ease the housing affordability for Travis military families. Rents, mortgage payments and utility prices continue to rise, though, so people must approach the off-base housing market with the expectation that some out-of-pocket costs will be required above the BAH.

The rapid turnover in local real estate also means that people must start their search for off-base housing as early as possible after consulting the Travis Housing Office for a referral. To assist military personnel

or family members conducting housing searches from remote locations, the housing office has partnered with Pride Industries to create a unique “military to military” housing referral Web site at [www.M2Mreferral.com](http://www.M2Mreferral.com). The site allows you to search for properties currently owned or rented by Travis personnel (or by local real estate agencies who have voluntarily registered properties in the system) that will become available for occupancy around the time of your PCS. The site also offers useful links to other local housing resources. As of 19 July 2002 390 families have been placed in a home as a direct result of using this web site.

## **LEGAL OFFICE**

510 Mulheron Street, Bldg 383  
424-3251

### **Wills and Legal Assistance**

For active duty/retired members and their dependents, by appointment only. For **Wills**, appointments are available on Tuesday mornings. For **Legal Assistance** on **personal, civil** matters, appointments are available on Monday, Tuesday, Thursday, and Friday. Call 424-3251 for more information.

### **Power of Attorney/Notary Services**

Offered on a walk-in basis to active duty/retired members and their dependents on Wednesdays and Thursdays, 0730-1130 and 1330 to 1600.

### **Household Goods Claims**

Call for an appointment.

### **Income Tax Assistance**

Base Legal facilitates basic income tax preparation and electronic filing from 1 February to 15 April.

For more information, call the above-listed number or visit our website on the Travis Intranet at <http://w3.travis.af.mil/legal>.

## **LIFE SKILLS SUPPORT CENTER (LSSC)**

(formerly the BEHAVIORIAL HEALTH CLINIC)

101 Bodin Circle

423-5174

### **Therapeutic Services**

The Life Skills Support Center (LSSC) is open to all active duty members and to all eligible beneficiaries on a space available basis. The LSSC offers a variety of treatment formats and programs. After a patient is seen at the LSSC, their appointment may be followed up with individual therapy, psycho-educational groups or a combination of the two. Some of our most popular groups are listed below.

### **Anger Management**

This class is comprised of six weekly sessions focusing on anger effects, emotional arousal, communication skills, combating “dirty” fighting, and communication skills.

### **Depression Management**

This group holds six weekly sessions every other month. It offers techniques for managing depression, how thoughts impact behavior, emotions, and physical feelings. Goals involve weekly homework and include increasing personal activity and social interaction.

### **Adaptive Thinking**

This is an introductory course taken before Depression Management, Anxiety Management or Courage to Change courses. It focuses on physical reactions to emotions, thoughts and emotions, negative and positive behaviors to express anger, anxiety, depression, assertiveness and guilt. Also included is skill building on assertiveness, relaxation and goal setting.

### **Stress Management**

The goal of stress management is the enhancement of coping skills brought about through the achievement of selected goals such as the familiarization of the signs and symptoms of a stress reaction, help participants learn and practice systematic relaxation procedures and help in gaining assertive communication skills, just to name a few. The class consists of four, one and one half hour sessions. All participants are required to attend the first session.

### **Assertiveness Training**

The purpose of this group is to improve your ability to express your needs and handle conflicts in a positive manner. This is accomplished by learning different styles of conflict management as well as how to understand and communicate more effectively with others. This groups meets weekly for one and one half hours for four sessions.

### **Relaxation Group**

Relaxation training offered at the LSSC consists of group sessions guiding the participants in diaphragmatic breathing techniques as well as progressive muscle relaxation. These relaxation techniques are not appropriate for patients with a history of hyperventilation, paradoxical response to relaxation and patients with significant physical impediments and/or handicaps. Patients are welcomed to record the training session (with personal audio equipment) for at-home practice.

### **Emergency Services**

During routine LSSC operating hours (0730-1630) an emergency walk-in service is offered. Emergency walk-in appointments are same-day appointments that do not require scheduling in advance. Emergency walk-in slots are reserved for those individuals experiencing an acute crisis and who require immediate intervention. Generally, these are individuals who are having thoughts of harming themselves or others, or who are so distressed by their current circumstances that they are unable to function at work or home. Though no appointment is required, it is nevertheless a good idea to contact the LSSC to alert the on-call provider. After duty hours and on weekends, mental health emergencies should be directed through the emergency room (423-3825 or 423-3826).

### **Consultation Services**

These are services the Life Skills Support Center can provide for you at your request. Simply call the point of contact at the number listed and explain your needs. We will discuss the request with you to

ensure that the clinic is providing the most appropriate services to meet your needs. Listed are just a few of the services offered by the LSSC. Call 423-5174 for more information.

1. Commander Directed Evaluations
2. Critical Incident Stress Management
3. Stress Management Briefings
4. Suicide and Workplace Violence Awareness Briefings
5. Telephone Consultation

### **Alcohol and Drug Abuse Prevention**

#### Alcohol Drug Abuse Program

We provide drug abuse prevention on base and in the local community and are the base point of contact for Alcohol and Drug Abuse Prevention Treatment (ADAPT) information. Call 423-2348 for more information.

#### Substance Abuse

Services include prevention, education, assessment, rehabilitation, drug testing, and referral for Active Duty, retirees, their family members and DoD civilians. Call 423-0154 for more information.

## **MILITARY EQUAL OPPORTUNITY (MEO)**

540 Airlift Dr. Wing 2F  
(707) 424-1701

The Military Equal Opportunity (MEO) staff is responsible for monitoring the base human relations climate, advisement/assistance with MEO-related issues, and human relations education. MEO programs include complaint processing, trend analysis, Unit Climate Assessments, and incident clarifications. The MEO Staff advises and assists active duty personnel, family members, and retirees with issues concerning policies and procedures, often providing referral services to other helping agencies. Additionally, MEO acts as advisor to project officers of ethnic observances and special interest programs.

### **Human Relations Education**

First Duty Station (FDS) Orientation  
(Thursdays at 0800)

This 5-hour course acclimates new military and civilian members to equal opportunity and treatment policies and programs. This course is scheduled during in-processing with the Military Personnel Flight.

Newcomers' Orientation  
(Tuesdays at 0800)

This 1-hour session for military and civilian members, upon a second or subsequent duty assignment, covers equal opportunity and treatment policies and programs. This course is scheduled during in-processing with the Military Personnel Flight.

### **Discrimination**

Discrimination is any action that unlawfully or unjustly results in unequal results or treatment of persons or groups based on race, religion, sex, color, or national origin. Family members and retirees have the same discrimination rights and responsibilities as AD members have while on base. Unlawful discrimination will not be tolerated, on or off base.

### **Sexual Harassment**

Sexual Harassment is a form of sex discrimination that involves unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when:

- submission to or rejection of such conduct is made with explicitly or implicitly a term or condition of a person's job, pay or career, **or**
- submission to or rejection of such conduct by a person is used as a basis for career or employment decisions affecting that person, **or**
- such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creates an intimidating, hostile, or offensive work environment.

### **Complaint Processing**

Complaint Processing is a process whereby military personnel, family members, and retirees present allegations of unlawful discrimination (based on race, religion, sex, color or national origin) or sexual harassment. Through this process their concerns are investigated, addressed, mediated and often resolved.

### **Mediation**

Certified mediators, as a neutral party, assist in resolving informal complaints between parties.

### **Unit Climate Assessment (UCA)**

This assessment assists commanders in determining the human relations climate within their unit by identifying those human relation factors, positive and negative, that may affect mission accomplishment.

# **MILITARY PERSONNEL**

540 Airlift Dr. Building 381

Operating Hours: Mon – Fri, 7:30 A.M. - 3:30 P.M.

## **Awards and Decorations**

This function provides support in submitting all awards and decorations requests, researching request statuses, and provides information about requirements and nomination procedures. Call 424-1921 for more information.

## **Casualty Assistance**

The Casualty Assistance Office offers assistance in active duty military death and serious injury notifications and provides benefit counseling for military active duty and retiree families. Briefs the Survivor Benefit Plan to active duty members and their families getting ready to retire. Call 424-2106 for more information.

## **Customer Service**

Customer Service offers a full range of personnel services. Keep in mind many personnel requests can be handled at the unit orderly room or the Virtual MPF, a new web-based information base. Log on to the Virtual MPF at [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil) to create a proof of service letter, check duty history, and even verify what awards and decorations you are authorized to wear. To enroll a family member in the Defense Enrollment Eligibility Reporting System (DEERS), apply for a new ID card, or review military records you will have to stop by building 381, room C107, Monday through Friday, 0700 hrs to 1530 hrs. Call 424-2276 for more information.

## **Employments**

Gain Active Duty members to the installation, update duty histories, recruiter incentive pay issues, Personnel Reliability Program, and other duties ensuring the personnel computer database is kept current. Handles all retraining programs. Call 424-5051 for more information.

## **Evaluations**

This section provides guidance in writing Officer and Enlisted Performance Reports. Ensures reports are accurately updated in the personnel database and provides performance report appeal and referral report response assistance. Call 424-1921 for more information.

## **In processing**

Base in processing is held in Building 381, Room E-102, at 0745, Mondays, and Wednesdays. The Customer Service, Records counter schedules in processing appointments. Call 424-2276 for more information.

## **Outbound Assignments**

Prepares military Permanent Change of Station (PCS) orders and provides briefings on what to do for overseas or stateside moves. Also works medical/educational clearance paperwork for overseas moves, humanitarian and special duty assignments, passports (for official, military travel only) and work retainability and/or active duty service commitments, when required. Call 424-5136 for more information.

## **Promotions/Special Actions**

Manages all military member promotion issues and promotion cycles, boards, promotion testing, supplemental consideration, and promotion releases. Also handles the Weight and Body Fat Management Program, Foreign Language Proficiency Pay, Unfavorable Information Files, Control Rosters, and procedural guidance for administering disciplinary actions. Call 424-1922 for more information.

## **Readiness**

Oversees personnel deployment eligibility for various contingency operations. All units on base have a Unit Deployment Manager who works closely with the Readiness and can answer most questions concerning deployment. Readiness also has the “dog tag” machine that produces metal military identification tags. Call 424-4065 for more information.

**Reenlistments/Extensions**

Processes extensions and reenlistments. Requests career job reservations from headquarters prior to enlistment. Point of contact for career bonuses (including initial enlistment bonuses, selective reenlistment bonuses, and career status bonuses.) Call 424-1922 for more information.

**Retirements/Separations**

This office provides counseling and processes applications for those experiencing retirement or separation and handles sensitive issues such as hardship, involuntary and medical discharges. Also reviews Palace Chase applications for early release into the Guard or Reserve forces. Call 424-4092 for more information.

**Testing**

Administers enlisted promotion (WAPS) tests, language batteries, the AF Officer Qualification Test (AFOQT), and various career specific tests (i.e., ABSVAB, BAT, ASVAB). Call 424-5046 for more information.

## **PUBLIC AFFAIRS**

400 Brennan Circle (Bldg. 51), Room 231  
424-2011

### **Base Newspaper**

The 60th Air Mobility Wing Public Affairs (PA) Office produces the base newspaper, the *Tailwind*. It is delivered free of charge to all base housing units and larger base work centers and public facilities each Friday, with the exception of a two-week break over the Christmas and New Year holidays. A version of the paper is also available on line at [www.travis.af.mil/news](http://www.travis.af.mil/news).

### Submissions

News or sports items.

Anyone seeking to publish information of base wide interest in the *Tailwind*, or submit story ideas to the newspaper staff, should provide inputs no later than close of business Friday of the week before the desired publication date. Submission does not guarantee publication, but all inputs are considered. Articles may be submitted via e-mail to [tailwind@travis.af.mil](mailto:tailwind@travis.af.mil), or (less preferably) via fax at 424-3506. Please also provide one-week's notice on any requests for PA or base audiovisual photographic support of events to be covered in the *Tailwind*.

### Swap Ads

The *Tailwind* provides free classified-style advertisements on a space-available basis for ID card holders. "For sale" ads must be for a one-time sale of goods and not part of a business or similar profit venture. Blank Swap Ad forms may be clipped from the *Tailwind* or picked up at the PA office. Ads must be dropped off at the PA office during normal duty hours, 7:30 a.m. – 4:30 p.m. Faxed or e-mailed submissions are not accepted. Deadline for submissions is noon Monday for that Friday's paper.

### Standard classified ads and other advertising

Classified ads and advertising space in the *Tailwind* are sold by the newspaper's publisher, the *Daily Republic* in Fairfield. Rates and deadlines vary. Call the *Daily Republic* at 425-4646 for more information.

### **Commander's Action Line**

People wishing to express gratitude or frustration with base personnel or policies are encouraged to use their chain of command. However, unresolved issues may be communicated to the commander's Action Line at 424-3333 or via e-mail through the Travis Intranet site. Items are brought to the attention of the wing commander, who tasks the appropriate agency to provide a response on items of concern. The commander may publish items of general interest in the *Tailwind*.

### **Media Visits and Information Requests**

All base media visits, including those to base housing, must be coordinated through PA, which is required to have a representative escorting media at all times on the installation. Military personnel should coordinate all media representative requests for interviews or other information through PA. Call 424-5099 or 424-2011 for more information.

### **Hometown News Releases**

Members who have PCSed, been promoted, re-enlisted, retired, received an award or completed significant training or education programs can share those milestones with the people back home through the Hometown News program. The program is administered through the Air Force News Service in San Antonio, which gets your news to the place(s) you call home via an electronic network of thousands of newspapers worldwide. To submit a Hometown News Release, complete a Department of Defense Form 2266 and bring it by the PA office or, for faster service and publication, e-mail the form package file to [media@travis.af.mil](mailto:media@travis.af.mil).

### **Base Tours**

On average, PA conducts more than 100 base tours annually for more than 7,000 visitors. Despite that volume, the office cannot support a majority of the tour requests it receives. PA has therefore begun to focus the efforts of its formal tour program on middle- and high-school students of recruiting age and groups of key public opinion leaders—elected officials, educators, specific business groups, etc.—who have the greatest potential to positively impact the future of our base and the Air Force.

Although the formal tour program has narrowed its focus, informal tours for members of the general public—including friends or schoolmates of military dependents—must be coordinated through PA. Stop by the PA office to discuss the tour with a member of our Community Relations staff and obtain a self-guided tour checklist, or call 424-0132 for more information.

Any tour of the flight line area must be coordinated with Security Forces, Command Post and Airfield Operations, and the escort must possess a current flight line badge.

Visitors who only wish to tour the Travis Air Museum may obtain a pass from the Visitor's Center to do so, unless otherwise dictated by a heightened force protection condition.

**Public Queries and Solicitations**

Direct noise complaints or other requests for information from members of the public that are outside the scope of normal duty responsibilities to PA at 424-2011.

PA should be consulted before any military member or agency proposes to provide support to local civilian organizations such as businesses, charities and interest groups. Military members should never commit to the use of DoD-employed personnel, equipment or facilities without first consulting PA.

## **RETIREE ACTIVITIES OFFICE**

540 Airlift Drive  
(707) 424-3904

The Retiree Activities Program is a program through which retirees volunteer to work in on-base functions. There are approximately 100 Retiree Activities Offices throughout the Air Force.

The Retiree Activities Office function on Travis is divided onto three areas: the Retiree Activities Office, the Medical Retiree Activities Office and the Space "A" Desk.

The Retiree Activities Office is located downstairs in room E-118. It is manned by 14 volunteers who are available to answer questions and brief retirees and their spouses on a wide range of subjects, such as retiree and veterans' benefits, insurance, health, casualty reporting, survivor benefits program, etc. If we are unable to answer your questions, we will refer you to the office that can. We also sponsor the annual Retiree Appreciation Day and publish a quarterly newsletter to pass on items of interest to local retirees. To receive your newsletter you must keep your address current so that you will receive our newsletters regularly.

There are a few things you can do to help us improve our services. If, at any time, you have questions about your retiree or veterans' benefits or would like to find out about other matters pertaining to retirees, please drop by our office or give us a call. Our hours of operation are 9:00 a.m. – 3:00 p.m., Monday through Friday

# SCHOOLS

## Public Schools

Children living on base attend schools in the Travis School District.  
 Children living in Vacaville attend schools in the Vacaville and Travis School Districts.  
 Children living in Fairfield attend schools in the Fairfield School District.

Travis Unified School District
Address: 2751 De Ronde Road
City: Fairfield, CA 94533
Phone: [707] 437-4604
WWW Link: <a href="http://www.travisusd.k12.ca.us">http://www.travisusd.k12.ca.us</a>
Proximity to site: 2 Miles
Tuition: Public School System
Comments: Hours of Operation: 8:00a.m. - 4:00p.m., Monday - Thursday
Number of schools
Elementary                                5 (3 are on base)
Middle Schools                            1
High Schools                                1
Continuation with Adult                1
Education
School begins August 26, 2002 and ends June 14, 2003.
Travis Unified School District was ranked second in Solano County for SAT9 rankings for reading, language and math for 1998, 1999, and 2000. Students within the Travis Unified School District are strongest in math, followed closely by language, then reading.

Vacaville Unified School District
Address: 751 School Street
City: Vacaville, CA 95688
Phone: [707] 453-6102
WWW Link: <a href="http://www.vusd.solanocoe.k12.ca.us">http://www.vusd.solanocoe.k12.ca.us</a>
Proximity to site: 7 Miles
Tuition: Public School System
Comments: Hours of Operation: 8:00a.m. - 4:00p.m., Monday - Thursday
Number of schools
Elementary                                13
Middle Schools                            2
High Schools                                3
School begins September 3, 2002 and ends June 12, 2003.

Fairfield-Suisun Unified School District
Address: 1975 Pennsylvania
City: Fairfield, CA 94533
Phone: [707] 421-4000
WWW Link: <a href="http://www.fsusd.k12.ca.us">http://www.fsusd.k12.ca.us</a>
Proximity to site: 7 Miles
Tuition: Public School System
Comments: Hours of Operation: 8:00a.m. - 4:00p.m., Monday - Thursday
Number of schools:
Elementary                                17
Middle Schools                            5
High Schools                                4
School begins September 3 2002 and ends June 12, 2003.

## Private Schools

Number of Private Schools in area	
Pre-school & Kindergarten	32
Elementary	4
Middle School	2
High School	2
Military Schools	0

If you are considering private/home schools, refer to the following listings for further information.

American School Directory
WWW Link: <a href="http://www.asd.com">http://www.asd.com</a>
Comments: Information of private and independent elementary and secondary schools is available through the ASD by performing a search on the county of Solano and the state of California.

## **SERVICES**

Travis AFB Boys and Girls Club of America  
"A Positive Place For Kids"

### **Youth Center**

310 Fairchild Street, Bldg 7763  
424-5392  
2:00 – 6:00PM – Open Recreation Monday-Friday  
12:00-6:00PM - Saturday

While meeting the needs of the Travis community, the Youth Center provides dynamic quality recreation, fitness, personal development, social programs, activities and events for nine to 12 year old youth. The instructional classes offered include; art, tap, ballet, gymnastics, creative dance, cheer leading, tennis, sewing, and golf. The Youth Center also offers team sports such as flag football, baseball, soccer, cheerleading and basketball.

### **School-Age Program**

310 Fairchild Street, Bldg 7763  
424-0723  
6:30 AM – 6:00PM Monday-Friday

The School-Age Program is designed to provide developmental care promoting readiness and quality of life for first through sixth grade children in the Travis community. The School-Age philosophy is to provide opportunities for youth to develop their physical, social, emotional, and cognitive abilities, and to experience achievement, leadership, enjoyment, friendship, and recognition.

### **Teen Center**

489 Sky Master Drive, Bldg 650  
424-3131  
2:00 – 6:00 PM Monday-Friday

The Teen Zone offers various recreational programs for seventh through 12th grade teens. The Teen Zone also assists with personal development and leadership skills through the YES Program and the Congressional Awards Program. The Teen Center is located in the BX Mini Mall.

### **Skating Rink**

869 Dixon Avenue, Bldg 869  
424-3891  
6:00 –10:00PM – Friday  
2:00-5:00 PM - Saturday

The Skating Rink offers a variety of activities and events for age three years and up. (Must be accompanied by parent if under the age of nine). The Skating Rink events include monthly skating parties, limbo games, couple and trio skating and it is available for private parties. The Skating Rink is located behind the Out-Door Recreation Building.

### **Child Development Centers**

"Quality Without Compromise"

Child Development Center I  
2 Illinois Street, Bldg 664/665  
424-0341  
6:30AM-6:00PM Monday-Friday

The goal at each Child Development Center is to provide a developmental appropriate program of the highest quality without compromise in an environment that is safe, nurturing and fun. Center I offers quality care for ages six-weeks through kindergarten.

Child Development Center II  
4 Illinois Street, Bldg 668  
424-5400  
6:30AM – 6:00PM Monday-Friday

Each Child Development Center curriculum offers children the opportunity to experience the world through hands-on activities. We ensure that the creativity in each child has the opportunity to develop. Center II offers quality care for ages six-weeks through five years and also offers a part-day preschool program.

Child Development Center III  
450 First Street, Bldg 7690  
437-0553  
6:30 AM – 6:00PM Monday-Friday

Each Child Development Center has caring, experienced staff members who promotes each child's positive self-image and maintain open communication between home and center. Each CDC has been certified through the Department of Defense and accredited by the National Association for the Education of Young Children. Center III offers quality care for ages six-months through five years.

**Family Child Care Program**  
"Pulling For Our Youth"

Family Child Care Bldg 251  
450 First Street  
424-4583  
7:30-4:30 Monday-Friday

Family Child Care features quality care by licensed providers living on base in a warm, loving, safe private home environment. With all of us pulling together, we are confident that we can meet your child's individual needs. FCC offers individualized extended day care to help meet the needs of shift workers, persons TDY, children with special needs, volunteers and infants. Parents can have peace of mind knowing that their children are being cared for in a safe and loving atmosphere. If you're providing over ten hours of care weekly, you must be a licensed provider. Please come join our family. Call the FCC office for additional information. The Family Child Care Program also has a resource and referral program to assist parents with finding alternative care. Assistance is available daily at 3:00 p.m.

## **TRAVIS BOY AND GIRL SCOUTS OF AMERICA**



The Travis Scouting program currently has openings for boys and girls in school grades 1st through 12th. We emphasize teaching Travis youth teamwork and character-building skills. Our program also enhances personal relationships between youth and their families. Our motto is: "Do Your Best," which means even if you don't win at something, you can still be proud of yourself as long as you did your best. Adult leadership positions are also available. All Travis scout leaders are volunteers who receive full training at no cost. All regular scout meetings are held on base. For more information about this self-confidence-building experience for youth and their families, contact the following people:

Mount Diablo-Silverado Council  
800 Ellinwood Way  
Pleasant Hill, CA 94523-0204  
Phone: 925-674-6100  
Hours: 0830 - 1700, Monday thru Friday  
Web Site: <http://www.bsa-mdsc.org>

## **TRICARE**

A triple-option health benefits program provided by the department of defense for active duty spouses and dependent children and for military retirees and dependents. A TRICARE Service Center is located in the David Grant Medical Center. It's staffed by Health Care Finders and Beneficiary Services representatives who can help eligible beneficiaries with their health care needs and answer any questions about TRICARE. For more information please call 1-800-242-6788.

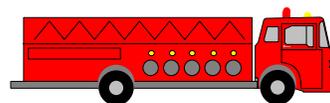
# Travis PhoneLink



## ON BASE EMERGENCY

Ambulance  
Fire  
Security Forces (Police)

# 911



### Base Services

Air Force Aid	424-4349
Airman's Attic	424-4346
American Red Cross	424-2261
Base Exchange (Main)	437-4633
Barber Shop	437-2776
Beauty Shop	437-2848
Laundry/Cleaners	437-2733
Base Information	424-1110
Base Locator (Military)	424-2798
Chapel	424-3217
Civilian Personnel	424-2268
24 hour Job Line	424-5627
Command Post	424-5517
Commissary	437-4004
Delta Breeze Combined Club	437-3711
Education Office	424-3444
Equal Employment Opportunities (Civilian)	424-3182
Fitness Center	424-2008
Housing Office	424-2726
Housing Maintenance	437-1230
Identification Cards	424-2276
Legal Office	424-3251
Lodging (Westwinds)	437-0700
	424-2987
<b>Military Personnel Flight</b>	
Customer Service	424-2276
Assignments	
Outbound	424-5136
Personnel Employment (Manning)	424-4064
Mortuary Affairs	424-5252
Outdoor Recreation/Equipment Rental	424-5297
Pass and ID	424-2276
Passenger Terminal - Flight Information	424-1854
Post Office	437-2889
Public Health	423-5464
Quality Line (Commander's Hot Line)	424-3333
Recycling Center	424-5764
Retiree Affairs	424-3904
Tailwinds -Public Affairs	424-2011
Taxi Services - Military (Official Use Only)	424-3405
Traffic Management Flight (TMO)	424-2411
Union AFGE	437-2693
Visitor Control Center	424-1462
Weather Information (Prerecorded)	424-3728

### Child Care & Services for Families

Child Development Center	424-0341
Special Needs Identification and Assignment	
Coordination Process (SNIAC)	423-5162
Family Advocacy	423-5168
Family Support Center	424-2486
Military Equal Opportunity	424-1701
Youth Center	424-5392

### Financial Services

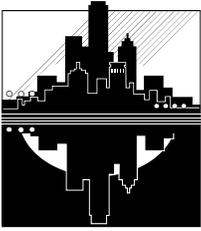
Finance	
Military Pay	424-3871
Travel Pay	424-3925
Personal Financial Management	424-2486
Travis Federal Credit Union	449-4000
Armed Forces Bank	437-0235

### Food and Entertainment

Base Exchange Food Court	437-4490
Bakery	437-9107
Bowling Center	424-5048
	437-4589
Burger King	437-6444
Information, Tickets & Tours	424-0970
Golf Course	448-7186
The Pit	437-4141
Skating Rink	424-3891

### Health and Safety

Behavioral Health (Mental Health)	423-5174
Dental Appointments	423-7000
Emergency Room (DGMC)	423-3826
Special Needs Identification and Assignment	
Coordination Process (SNIAC)	423-5162
Flight Surgeon	423-5446
Health Promotions/Wellness (HAWC)	424-4292
Law Enforcement Desk	424-3293
Medical Center Appointment	423-3000
	1-800-264-3462
Medical Center Information	423-7300
Pediatrics Appointments	423-3000
Pharmacy	
Main Floor	423-7658
2nd Floor	423-2718
BX Refill	423-5346
Phone In Refills	423-7600



# Community PhoneLink

## Boys and Girls Clubs

Campfire Boys & Girls 707-643-4573  
 Boy Scouts of America 925-674-6100  
 Girl Scouts of the USA Napa/Solano Council 864-8787

## Chambers of Commerce

Fairfield/Suisun 425-4625  
 Vacaville 448-6424  
 Vallejo 644-5551

Colleges  
 Chapman University 437-3327  
 Solano Community College - Cordelia 864-7000  
 Consumer

California Department of Consumer Affairs  
 1-800-344-9940

Federal Trade Commission –  
 San Francisco 415-356-5270

Solano County D.A. - Consumer Fraud 421-6859

## Dental/Medical

Tricare Dental  
 (Active Duty Dependents) 1-800-866-8499  
 Tricare Medical 1-800-242-6788

## Employment

California Employment Development Dept -  
 Unemployment Information Only 1-800-300-5616  
 Career Focus Management (Travis FSC) 424-2486  
 Solano Career Center/EDD 863-3570

## Entertainment

Skating Rink 424-3891  
 Tickets and Tours 424-0970  
 Scandia 864-8558

## Financial Services

Consumer Credit Counseling (East Bay) 1-800-200-6444  
 Consumer Credit Counseling (Sacramento) 1-800-736-2227  
 Personal Financial Management Program (Travis FSC) 424-2486

## School Districts

Fairfield/Suisun Unified School District 421-4000  
 Travis Unified School District 437-4604  
 Vacaville School District 453-6114

## Services for Families

Big Brothers/Big Sisters of Napa/  
 Solano County (Fairfield) 255-0966  
 Solano Family and Children's Services  
 Childcare referrals - off base 427-6600  
 Head Start - Solano County 427-7300  
 Solano County Health and Social Services 421-6644  
 Women, Infants, Children (WIC) 435-2200

## Support Groups

HelpLink 1-800-464-3575  
 1-800-273-6222

## Transportation

California Department of Motor Vehicles -Drivers  
 License and  
 Vehicle Registration - Fairfield 428-2052  
 Fairfield FTS 422-2877  
 Vacaville City Coach 449-6000  
 Vallejo Transit 648-4666

## Utilities

ATT Broadband 1-800-945-2288  
 Pacific Gas and Electric 1-800-743-5000  
 Pacific Bell  
 Residential Accounts 916-593-2310

## Victim Assistance

Sexual Abuse/Domestic Violence  
 Hotline 422-7273  
 Main Office 422-7345  
 Victims of Crime 1-800-777-9229

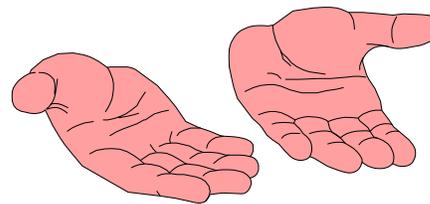
## 800 Numbers

Defense Finance Accounting - Active Duty 433-0461  
 Defense Finance Accounting - Retired 321-1080  
 Information 555-1212  
 Small Business Administration 827-5722  
 Social Security Office 772-1213  
 Veterans Affairs Office 827-1000

## OFF BASE EMERGENCY

Ambulance  
 Fire  
 Police  
 Child Abuse Hotline 1-800-252-2873  
 Poison Center 1-800-233-1935  
 Suicide & Crisis (24 Hrs)

# 911



PHONE-LINK brought to you in cooperation with the Travis AFB Community Action Information Board (CAIB). A listing does not represent or imply endorsement by the U.S. Government, the Air Force, or Travis AFB.

**Provided by Travis AFB Family Support Center**

# **TRAVIS AIR MUSEUM**

Burgan Blvd., Bldg. 80

424-5605

Website: [www.travis.af.mil/museum](http://www.travis.af.mil/museum)

## Museum hours

Monday - Saturday, 9:00 - 4:00. Closed Sundays and Federal holidays. Air park hours: Everyday until dark.

## Directions

Interstate 80 to Airbase Parkway exit. Airbase Parkway east to the main gate of Travis Air Force Base. Those who do not have a U.S. Government I.D. should call the Visitors' Center at the main gate (424-1462) to check on current security conditions for entry.

## Indoor exhibits

Piper L-4 "Grasshopper," BT-13 "Valiant," Stinson L-5 "Sentinel," PT-19, AT-17 "Bobcat," ultra-light aircraft, Link trainer, B-29 restoration, Tuskegee Airmen, WW II Jeep, principles of flight, WW I overview, military aviation between the wars, AF uniforms, WW II glider (nose section), 15th AF in WW II, Consairways, WW II aircraft recognition models, CBI, Berlin Airlift, heritage photographs, medal of honor, nose art, humanitarian airlift, history of Travis, "Fat Man" atomic bomb, aircraft engines, the crash of General Travis in 1950, T-28 and T-37 cockpits.

## Outdoor exhibits

### Bombers

A-26K "Counter Invader"

B-29 "Superfortress"

B-52

### Observation

O-2A "Skymaster"

U-3A "Blue Canoe"

LC-126

### Fighters

F-4C "Phantom II"

F-84F "Thunderstreak"

F-86L "Sabre"

F-101B "Voodoo"

F-102A "Delta Dagger"

F-104A "Starfighter"

F-105D "Thunderchief"

### Transports

C-45 "Expediter"

C-54 "Skymaster"

C-56 "Lodestar"

C-118 "Liftmaster"

C-119 "Flying Boxcar"

C-124 "Globemaster II"

C-131 "Samaritan"

C-140 "Jetstar"

### Helicopters

H-21B "Work Horse"

H-34 "Choctaw"

### Trainers

T-39A "Sabreliner"

AT-11 "Kansan"

AT-17

### In restoration

C-7 "Caribou"

C-123 "Provider"

HU-16 "Albatross"

C-141B "Starlifter"

Guided tours for groups are available. Call the office for information.

The gift shop is located inside the museum. There is a picnic area next door. Admission is free.

## **TRAVIS WIVES' CLUBS**

Delta Breeze Club  
400 Windward Drive  
(707) 437-3711

### **Travis Officers' Spouses' Club Society**

The purpose of the Travis Spouses' Wives' Club (TSWC) is to provide support and money, through volunteer hours, to base, local, and national military and community organizations. The club also awards money for scholarships to military high school seniors or adults for continuing education. The TSWC gathers in a social atmosphere, to meet, greet and make friends that will enrich our lives and become a part of the "military family." The TSWC strives to have fun with people that share common goals and interests.

Travis Officers' Spouses' Club annually awards approximately \$7,000 in scholarship money and \$6,000 to local and national charitable organizations. We raise our money through the Travis Thrift Shop and fund raising activities. The TSWC meets socially, on the second Thursday of every month. The TSWC also offers many special activity clubs: antique seekers, arts and crafts, book club, bowling, bunko, golf, gourmet couples, Mah-Jongg, out to lunch bunch, quilting, scrap booking, skylarks, snow skiing, stitchery, tennis, and walking.

Regular membership is open to the spouses of active duty officers and warrant officers who are members in good standing of the Travis Spouses' Club and a social membership is available to the spouse of active duty officers stationed at Travis whose sponsor does not belong to the Officer' Club. An application for TSWC membership is made through the Delta Breeze Club. Come join the fun and make a new friend and help out our military community.

### **Travis Enlisted Wives' Club Society**

The Enlisted Wives' Club (EWC) provides enlisted spouses an opportunity to meet/network with other spouses who understand the often difficult challenges of military life. The EWC meets the third Tuesday of each month at 7:00 p.m. at the Delta Breeze Club. We offer activities such as arts and crafts, informative speakers, socials, fundraisers, and volunteer opportunities.

The EWC is an active voice in the Travis, Fairfield and Vacaville communities, providing scholarships for high school seniors & military spouses, supporting deployed spouses. We support the Thrift Shop, sober grad-nights, and many other worthwhile activities. A majority of our funds come from the Thrift Shop. Membership fees are very modest and are based on sponsor's grade. Membership is available to the spouses of enlisted members whose sponsor is assigned to Travis. Membership is open to active duty Air Force, Army, Navy, Coast Guard and active reserves. Please come and join the fun. We would love to have you.

### **Retired Military Wives' Club**

The Retired Military Wives' Club was organized to provide social activities for wives of retired military personnel. It is open to all branches and ranks of the service.

Meetings with a buffet lunch are held on the third Tuesday of each month at noon at the Travis Conference Center. Reservations are required.

## **WING CAREER ASSISTANCE ADVISOR**

400 Brennan Circle, Room 216  
424-8115

For airmen who are uncertain about their career options or who are undecided about whether to re-enlist, the Travis AFB Career Assistance Advisor can help.

Career Assistance Advisors focus on more than just retention issues. Their main role is to serve as an advisor to the commanders and first line supervisors on all retention matters. They also counsel airmen who are seriously considering separation about Air National Guard and Air Force Reserve opportunities. Finally, they have a very visible role with the troops.

A senior noncommissioned officer from any career field fills the position. The senior NCO works closely with the Wing Staff and Command Chief Master Sergeant and is the point person for commanders, supervisors and first sergeants to go to on issues such as retraining, reenlistment, benefits and other career decisions. First line supervisors and commanders still have the primary responsibility to mentor and provide feedback to their troops.

The Air Force Personnel Center has established a web page at [www.afpc.randolph.af.mil/afretention/](http://www.afpc.randolph.af.mil/afretention/) to provide one-stop shopping for retention data and other related information.

## Flag Etiquette

The National Flag represents the living country and is considered to be a living thing emblematic of the respect and pride we have for our nation. Display it proudly.

### National anthem; Star-Spangled Banner

The composition consisting of the words and music known as The Star-Spangled Banner is designated the national anthem of the United States of America.

### Conduct during playing

During rendition of the national anthem when the flag is displayed, all present except those in uniform should stand at attention facing the flag with the right hand over the heart. Men not in uniform should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Persons in uniform should render the military salute at the first note of the anthem and retain this position until the last note. When the flag is not displayed, those present should face toward the music and act in the same manner they would if the flag were displayed there.

### Pledge of allegiance to the flag; manner of delivery

The Pledge of Allegiance to the Flag, 'I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.', should be rendered by standing at attention facing the flag with the right hand over the heart. When not in uniform men should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Persons in uniform should remain silent, face the flag, and render the military salute.

### Respect for flag

No disrespect should be shown to the flag of the United States of America; the flag should not be dipped to any person or thing. Regimental colors, State flags, and organization or institutional flags are to be dipped as a mark of honor.

- (a) The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property.
- (b) The flag should never touch anything beneath it, such as the ground, the floor, water, or merchandise.
- (c) The flag should never be carried flat or horizontally, but always aloft and free.
- (d) The flag should never be used as wearing apparel, bedding, or drapery. It should never be festooned, drawn back, nor up, in folds, but always allowed to fall free. Bunting of blue, white, and red, always arranged with the blue above, the white in the middle, and the red below, should be used for covering a speaker's desk, draping the front of the platform, and for decoration in general.
- (e) The flag should never be fastened, displayed, used, or stored in such a manner as to permit it to be easily torn, soiled, or damaged in any way.
- (f) The flag should never be used as a covering for a ceiling.
- (g) The flag should never have placed upon it, nor on any part of it, nor attached to it any mark, insignia, letter, word, figure, design, picture, or drawing of any nature.
- (h) The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.
- (i) The flag should never be used for advertising purposes in any manner whatsoever. It should not be embroidered on such articles as cushions or handkerchiefs and the like, printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discard. Advertising signs should not be fastened to a staff or halyard from which the flag is flown.
- (j) No part of the flag should ever be used as a costume or athletic uniform. However, a flag patch may be affixed to the uniform of military personnel, firemen, policemen, and members of patriotic organizations. The flag represents a living country and is itself considered a living thing. Therefore, the lapel flag pin being a replica, should be worn on the left lapel near the heart.
- (k) The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.

### Conduct during hoisting, lowering or passing of flag

During the ceremony of hoisting or lowering the flag or when the flag is passing in a parade or in review, all persons present except those in uniform should face the flag and stand at attention with the right hand over the heart. Those present in uniform should render the military salute. When not in uniform, men should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Aliens should stand at attention. The salute to the flag in a moving column should be rendered at the moment the flag passes.

## **History of Travis Air Force Base**

What began as an isolated airstrip on a windswept California prairie with a few tarpaper barracks and maintenance hangars is now the site of the largest military aerial port in the United States-providing rapid global mobility through airlift and aerial refueling.

In April 1942, the Army Corps of Engineers authorized expenditure of \$1 million to build a bomber base in the San Francisco Bay Area.

By September of that year, with the base still under construction, the Army Air Corps and Navy were practicing takeoffs and landings on the new runways. The Navy especially liked the prevailing winds at the base, which simulated conditions at sea, and for a time the runway was painted with the outline of an aircraft carrier deck.

The suitability of the site as a major aerial port and supply marshaling point for the Pacific Theater, however, soon scrapped plans for the bomber base. When the installation was officially named Fairfield-Suisun Army Air Base on February 8, 1943, it was also assigned to Air Transport Command. By the close of World War II, Fairfield-Suisun AAB handled 75 percent of all ATC cargo and mail shipments to the South Pacific: 323 tons of freight, 302 tons of mail and 300 wounded servicemen evacuated in February 1945 alone.

Construction in the postwar era made Fairfield-Suisun one of the most modern installations in the newly formed Air Force. The base received the name it carries today on October 20, 1950, in honor of its commanding officer, Brigadier General Robert Falligant Travis, who died in a B-29 crash during takeoff on August 5, of that year.

Throughout the Cold War, Travis AFB-with forces assigned to the Military Air Transport Service, later designated Military Airlift Command-enhanced its reputation for excellence as the "Gateway to the Pacific."

During the peak years of the Vietnam War, 1966-1970, more than one million passengers and 200,000 tons of cargo moved through Travis each year. The base ingrained itself in the national consciousness through three operations that dealt with the aftermath of that war.

During Operation Homecoming in 1973, 280 prisoners of war, nearly half the number of Americans held, returned home through Travis. Two years later, Operation Babylift, brought 2, 945 Southeast Asian children to the United States, and Project New Life brought 68,394 Southeast Asian refugees (the "boat people") through Travis in 1979 and 1980.

Following realignment actions in 1994, Travis lost its C-141 Starlifter cargo aircraft, which had been at the base since 1965. In their place, the base acquired two squadrons of KC-10 Extender tanker aircraft, which joined two squadrons flying the massive C-5 Galaxy airlifter, which had arrived at Travis in 1970.

From Operation Desert Storm in Southwest Asia to Operation Allied Force in the Balkans, Travis has played a vital role in the worldwide deployment and employment of military forces.

The base has also supported humanitarian relief efforts on every continent, as well as providing special airlift support for everything from presidential travel to scientific research conducted by America's space program.

For more information on Travis' history, visit the Travis Museum, open 9 a.m. to 4 p.m., Monday through Saturday or anytime on-line at [www.travis.af.mil/air\\_museum](http://www.travis.af.mil/air_museum).

## Household Hazardous Waste

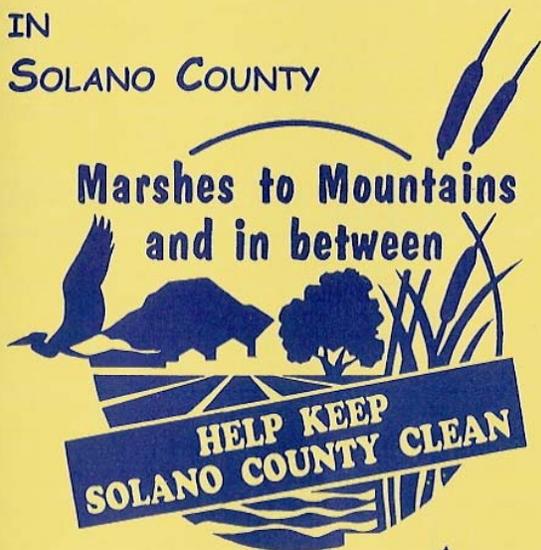
# HOUSEHOLD HAZARDOUS WASTE

AND

# USED OIL RECYCLING

IN

SOLANO COUNTY



Funded by the  
California Integrated  
Waste Management Board

Fall 2000



RECYCLE  
USED OIL

## STEPS FOR SAFELY CHANGING YOUR OIL

- Turn on your car engine and let it run for several minutes; warm oil will drain more quickly.
- Before you get under the car, turn off the engine, apply the parking brake, and have rags, funnel, collection container, and tools ready.
- Drain the oil from your car for about 20-30 minutes until it stops dripping.
- Remove the oil filter from the warm engine and allow it to drain for up to 24 hours into your collection pan.
- Hand-tighten a new oil filter. Add new oil to your car. Start your engine and then check for leaks.
- Store oil in a clean sturdy container with a tight-fitting screw cap. Do not mix the used oil with any other liquid. Oil should be free of dirt and debris.
- If you have curbside oil service, you may be able to get a free container from your trash or recycling hauler.
- To make changing you own oil easier, you may want to purchase a container that can collect as well as transport oil.



RECYCLE  
USED OIL

### Where can I take my used oil?

Listed inside this brochure are used motor oil drop-off locations and curbside collection programs that accept oil at no charge.



### What about filters?

After draining, oil filters should be put in a plastic bag for transport and taken to a certified center that accepts filters or a BOPA or HHW facility (look for the ♻️ symbol on the next page).

# Household Hazardous Waste

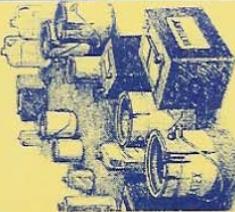
## BOPA

**BOPA Facilities accept only:**  
Batteries (car & household)  
Used Oil & Filters,  
Latex Paint, and  
Antifreeze  
No charge to residents.



## HHW

**Household Hazardous Waste facilities accept:**  
BOPA items, oil based paints, automotive fluids, pesticides, cleaners, poisons, solvents, chemicals, and fluorescent light bulbs.  
No charge to residents.



## SQLG

**Small Quantity Generator Facilities accept:**  
Hazardous Waste from qualified businesses for a fee.

## Read the Label

Before buying a product, read the label carefully so that you know you are buying the right product for the job. Choose the least toxic product that will do the job. Always read and follow product directions.  
**danger/poison = highly toxic**

**warning = moderately toxic**

**caution = somewhat toxic**

## Prevent Waste

- ❖ Purchase only what you need for the job.
- ❖ Choose the least hazardous alternative for the job.
- ❖ Try nontoxic traditional alternatives.
- ❖ Try to use it up. Give unused material to a friend or neighbor who will use it.

## Used Oil Legend

- \$ **State Certified Used Oil Collection Centers:**  
These centers provide customers with 4 cents per quart of oil.
- **Non-Certified Centers:**  
These locations accept oil but do not provide customers with a financial incentive.
- Curbside Oil Collection Service**
- Oil Filters:**  
These locations also accept used oil filters from the public.

Location:	City of Benicia Corp. Yard	Solano Recycles	Vacaville Sanitary & Recycling	Vallejo Garbage	Devlin Rd. Transfer Station	Vacaville Sanitary & Recycling	Devlin Rd. Transfer Station	City of Fairfield	Rio Vista Corp. Yard	Devlin Rd. Transfer Station
<b>Dates &amp; Times:</b>	Every month 2nd & 4th Sat. 9am-12noon	M-F 8am-4pm Sat. 8am-2pm	Every Sat. 9am-3pm	Tues-Sat. 9:30am-4:30pm	M-Sat. 8am-4pm Sun. 9am-12noon	Every month 1st & 3rd Sat. by appointment only	Every month 2nd & 4th Fri. 9am-1pm Sat. 8am-4pm	Regularly Held Events by appointment only	Opening Fall 2000 Call for schedule	Every month 2nd & 4th Fri. & Sat. 1:30-4:00pm
<b>For More Information:</b>	(707) 747-0608	(707) 439-2850	(707) 454-5705 or 448-2945	(707) 551-2629	(800) 984-9661	(707) 454-5705 or 448-2945	(800) 984-9661	(707) 428-7489	(707) 374-6747	(800) 984-9661
Benicia	✓				✓		✓			✓
Dixon			✓			✓				✓
Fairfield		✓					✓	✓		✓
Travis AFB		✓					✓	✓		✓
Rio Vista									✓	✓
Suisun City		✓					✓	✓		✓
Vacaville			✓							✓
Vallejo				✓						✓
Unincorporated County		✓	✓	✓	✓	✓	✓	✓	✓	✓

## Storing & Transporting Materials

- ❖ Store materials upright in their original labeled containers.
- ❖ Store away from children and animals.
- ❖ Make sure all containers are sealed; if any are leaking, put them inside another container such as a plastic bag.
- ❖ If you must use a non-original container to store or transport waste, clearly label the contents in a non-beverage container.

# RECYCLE USED MOTOR OIL

## BENICIA

Curbside - Benicia Residents PHBD (707-747-0608) picks up used oil curbside; set out oil in sealed container with curbside recycling  
 Chris's Engine & Auto Rpr. \$ 4770 East Second Street, 94510 (707) 746-5143 M-F 8am-5:30pm  
 City of Benicia Corp Yard - 2400 East Second Street, 94510 (707) 747-0608 2nd & 4th Sat 9am-12 noon

## DIXON

Dixon Recycling Center \$ 302 North First Street, 95620 (707) 678-4026 Tue-Sat 9am-3pm  
 Kragen Auto Parts \$ 1405 Market Lane, Dixon (707) 693-1200 M-Fri 8am-9pm, Sat 8am to 8pm, Sun 9am-7pm

## FAIRFIELD, SUISUN CITY, TRAVIS AFB

Residential Customers \$ Solano Recycles picks up used oil curbside at no extra charge, call 439-2850 for free container  
 Autozone \$ 288 Sunset Ave., Suisun, 94585 (707) 428-3994 M-F 8am-8pm, Sat 8am-7pm  
 Firestone \$ 1340 Travis Blvd., 94533 (707) 426-1706 Mon-Fri 7:30am-6pm, Sat 7:30am-5pm  
 Kragen Auto Parts \$ 2211 North Texas Street, 94533 (707) 422-0433 M-F 8am-9pm, Sat 8am-5pm, Sun 9am-7pm  
 Kragen Auto Parts \$ 1803 North Texas Street, 94533 (707) 429-3381 M-F 8am-9pm, Sat 8am-8pm, Sun 8am-7pm  
 Norm's Parkway Chevron \$ 2395 North Texas Street, 94533 (707) 422-9322 Seven days a week 24 hours  
 Precision Tune \$ 2230 North Texas Street, 94533 (707) 428-1727 Mon-Sat 8am-6pm, Sun 8am-5pm  
 Pep Boys \$ 601 Beck Ave., 94533 (707) 421-2088 M-F 8am-9pm, Sat 8am-8pm, Sun 9am-6pm  
 Solano Recycles \$ 2901 Industrial Court, 94533 (707) 437-1111 M-F 8am-4pm, Sat 8am-2pm  
 Steve Hopkins Honda \$ 2499 Magellan Road, 94533 (707) 427-1000 Mon-Sat 8am-5pm, Sat 8am-4pm  
 Travis Auto Care Center - Building 170, Travis AFB, 94535 (707) 437-2678 Daily 7am-4pm (Base Personnel only)  
 Wal-Mart - 300 Chadbourne Road, 94533 (707) 428-3649 Mon-Sat 8am-8pm, Sun 8am-6pm  
 Pick-N-Pull \$ 4659 Air Base Parkway, 94533 (707) 425-3783 Mon-Sun 8:30am-4:30pm

## RIO VISTA

Delta Marina \$ 100 Marina Drive, 94571 (707) 374-2315 Mon\*-Sun 8am-5pm (\*Mon closed winter months)  
 Rio Vista Auto Repair \$ 80 Main Street, 94571 (707) 374-2796 M-F 8am-5pm  
 City Corporation Yard - 789 Saint Francis Way, 94571 (707) 374-6747 M-F 7am-4pm (\*also accepts antifreeze)

## VACAVILLE

Aegean Tire Center - 100 Aegean Way, 95687 (707) 446-2584 M-F 9am-6pm, Sat 8am-5pm  
 B & J Landfill \$ 6426 Hay Road, 95687 (707) 451-3276 M-F 8am-4pm, Sat-Sun 8am-4pm  
 The Cherry Pit \$ 812 E. Monte Vista, 95688 (707) 451-1233 M-F 8am-5pm, Sat 8am-3pm, Sun 11am-3pm  
 The Cherry Pit 95687 \$ 630 Orange Drive, Suite H, 95687 (707) 449-TEST M-F 8am-6pm, Sat 8am-4pm  
 Firestone Store #3585 \$ 1200 E. Monte Vista Ave., 95688 (707) 447-5301 M-F 8am-6pm, Sat 8am-5pm  
 Jiffy Lube \$ 810 Merchant Street, 95688 (707) 446-3035 M-F 8am-6pm, Sat 7:30am-5pm, Sun 8am-5pm  
 Kragen Auto Parts \$ 181 Depot Street., 95688 (707) 447-2456 M-Sat 8am-8pm, Sun 9am-7pm  
 Kragen Auto Parts \$ 2020 Alamo Dr., 95687 (707) 454-0770 M-Sat 8am-8pm, Sun 8am-7pm  
 Pep Boys \$ 107 Peabody Road, 95687 (707) 447-2922 M-F 8am-9pm, Sat 8am-8pm, Sun 9am-6pm  
 Vaca Sanitary Service \$ 855 1/2 Davis Street, 95687 (707) 448-2945 Tues-Sat 9am-3pm  
 Wal Mart - 1501 Helen Power Drive, 95687 (707) 451-0166 M-Sat 8am-5pm, Sun 9am-5pm  
 Wright Tire & Service \$ 1146 E. Monte Vista Ave., 95688 (707) 446-3388 M-F 8am-6pm, Sat 8am-5pm  
 Autozone - 2480 Nut Tree Rd., 95687 (707) 446-3958 M-Sat 8am-7pm  
 Autozone \$ 791 E. Monte Vista Ave., 95688 (707) 453-1576 M-Sat 8am-7pm, Sun 9am-6pm

## VALLEJO

Curbside- Vallejo Residents \$ Vallejo Garbage Service picks up used oil curbside; call 707-552-3110 for a special container  
 Curbside- Vaca San Customers \$ Vaca San picks up used oil curbside from Homeacres area; call 707-557-7773 for a special container  
 Kragen Auto Parts \$ 3580 Sonoma Blvd., 94590 (707) 644-0489 M-F 8am-9pm, Sat 8am-9pm, Sun 9am-8pm  
 Jiffy Lube \$ 4300 Sonoma Blvd., 94590 (707) 644-2710 M-F 8am-7pm, Sat 8am-6pm/Sun 10am-4pm  
 Oil Changers \$ 794 Admiral Callaghan Ln., 94591 (707) 645-9691 M-F 8am-7pm, Sat 8am-6pm, Sun 9am-5pm  
 Pep Boys \$ 128 Plaza Drive, 94591 (707) 648-1032 M-Sat 8am-9pm, Sun 9am-6pm  
 Speedee Oil Change \$ 1675 Tuolumne Street, 94590 (707) 642-9242 M-F 8am-5:30pm, Sat 8am-5pm/Sun 9am-3pm  
 Vallejo Garbage \$ 2021 Broadway Street, 94589 (707) 552-3174 Tues-Sat 9:30am-4:30pm  
 Devlin Rd. Transfer Station \$ 889 Devlin Road, American Canyon (707) 252-0500 M-Sat 8pm-4pm, Sun 8am-noon  
 Autozone - 730 Admiral Callaghan Ln., 94591 (707) 644-2710 M-Sat 8am-8pm, Sun 10am-7pm  
 Quality Tune Up - 3291 Sonoma Blvd., 94590 (707) 644-6103 M-F 8am-6pm, Sat 8am-5pm  
 Superior Automotive - 1903 Broadway St., 94589 (707) 554-2379 M-F 8am-5pm

It is illegal to dispose of motor oil or hazardous waste by



dumping it on the ground,



pouring it into storm drains, sewers, or waterways



or putting it in the trash.

When used oil and hazardous waste is dumped illegally it can damage wildlife and water supplies as well as harm trash collection and disposal workers. Hazardous material dumped into storm drains is not treated and is carried directly to streams and waterways where it poisons wetlands and wildlife.

## FOR MORE INFORMATION

- **Hotline for Local Oil and Hazardous Waste:**  
1-800-CLEANUP [www.solanocounty.com/recycle](http://www.solanocounty.com/recycle)
- **For Local NiCad Battery Drop-Off Locations:**  
1-800-8-BATTERY (Charge up to Recycle)
- **Disposal of PCBs or Radioactive Waste:**  
707-421-6765 (Solano County Env. Mgmt.)
- **Disposal of Medical Waste:**  
916-327-6904 (State Dept. Health Services)
- **Disposal of Low Level Radioactive Waste:**  
916-323-3693 (State Dept. Health Services)
- **Disposal of Explosives:**  
707-421-7090 (Solano County Sheriff)
- **To Report Illegal Dumping of Hazardous Waste:**  
707-421-6765 or 6770 (Solano County) or 911
- **For a Hazardous Waste Emergency:** Call 911

## WHAT IS HAZARDOUS WASTE?

Hazardous wastes are corrosive, toxic, reactive, or flammable materials which can be found in our homes and businesses. These materials can be harmful to people, wildlife, and the environment. These wastes must be taken to special facilities for disposal; it is illegal to put this type of waste in the trash, pour it down storm drains or sewers, or dump it on the ground.

### What are some examples?

Examples of hazardous waste include: latex and oil-based paints, poisons, solvents, garden chemicals, cleansers, oven cleaners, household and automotive batteries, automotive fluids, motor oil, full aerosol cans, and pool chemicals.

### How can I get rid of this stuff?

There are several programs for disposing of and recycling hazardous wastes in Solano County:

#### Oil and Oil Filters

There are over forty locations that accept used motor oil and fifteen that accept used oil filters.

#### BOPA (Battery, Oil, Paint, Antifreeze)

Accepts lead acid automotive batteries, household dry-cell batteries, used motor oil, oil filters, latex paint, and antifreeze.

#### HHW (Household Hazardous Waste)

Accepts BOPA waste as well as pesticides, oil based paint, cleaners, solvents, chemicals, aerosols, antifreeze, gasoline, contaminated oil, etc.

#### Business SQG

The conditionally exempt Small Quantity Generator program accepts the same material as HHW but for a fee from eligible businesses.

None of these programs accept radioactive waste, medical or infectious waste, explosives, or PCBs. If you have any of this material, see "For More Information." Empty aerosol cans should be recycled or placed in the trash; partially full or full aerosol cans must be taken to a HHW program. Call ahead for compressed gas cylinders.

### How can I avoid it?

Avoid buying these materials by using less toxic cleaners and natural pest control techniques whenever possible. Only buy what you need. If you have material left over (such as paint), give it to a neighbor, friend, or relative who will use it.



DEPARTMENT OF THE AIR FORCE  
AIR FORCE OFFICE OF SPECIAL INVESTIGATIONS  
ANDREWS AFB, MD 20762-7002

**CRIMINAL INFORMATION REPORT 01 - 25**

**FROM:** HQ AFOSI/XOGP

**DATE OF REPORT:** 21 May 2001

**TO:** All Regions, Squadrons, Detachments, and Operating Locations (CAT III)

**SUBJECT:** Identity Theft - New Telephone Scam

**SOURCES:** Federal Trade Commission (FTC), <http://www.consumer.gov/idtheft/cases.htm>  
SA Michael Youngs, AFOSI Det 222, Dyess AFB, TX

**SUMMARY:** The FTC has reported a new scam used by thieves that occurs hours after stealing your wallet or purse. The thief will call you, pretending to be with your financial institution. Posing as a sympathetic employee, the thief will ask you to verify your account number, your Personal Identification Number (PIN), where you normally bank, and how many accounts you have. Your bank already has the information the thief is asking for and would never ask you for it over a phone. If this scam happens to you, ask the caller for a name and phone number. Do not, under any circumstances, give out your personal information. Instead, immediately report the incident to the police and your financial institution.

**DISTRIBUTION RESTRICTIONS:** Insure the widest dissemination to include first sergeants and commanders.

**COMMENTS:** It is important to note that telephone scams and identity theft are on the rise and military members and their dependents are not immune to these types of criminal acts. This Criminal Information Report was written to get the word out in order to keep these types of crimes to a minimum.

**HQ AFOSI/XOGP POC:** SA Robert H. Shilaikis, DSN: 857-1059, COMM: (240) 857-1059; FAX: DSN: 857-0967.

## **IDENTITY THEFT RESOURCES**

AFOSI Det 410, Randolph AFB, TX  
210-652-1852

Information current as of Jul 01

Applicable Laws: Fraud and Related Activity in Connection with Identification Documents and Information: Title 18, US Codes (USC), Section 1028; Fraud and Related Activity in Connection with Access Devices (Credit Cards): Title 18 USC Sec 1029; Fraudulent Use of Social Security Number: Title 42 USC Sec 408(a)(7).

Federal Trade Commission: 1-877-ID-THEFT

<http://www.consumer.gov/idtheft/>

Social Security Administration Fraud Hotline: 1-800-269-0271

<http://www.ssa.gov>

Major Credit Bureaus:

EQUIFAX

To Order Report:

(800) 997-2493

Fraud # (800) 525-6285

<http://www.equifax.com>

EXPERIAN (formerly TRW)

To Order Report:

(888) 397-3742

Fraud # (800) 301-7195

<http://www.experian.com>

TRANSUNION CORPORATION

Order Report:

(800) 888-4213

Fraud # (800) 680-7289

<http://www.tuc.com>

Useful Web Sites

[http://www.ipc.on.ca/web\\_site.eng/matters/sum\\_pap/papers/ident-e.htm](http://www.ipc.on.ca/web_site.eng/matters/sum_pap/papers/ident-e.htm)

<http://www.igc.org/pirg/calpirg/consumer/privacy/index.htm>

<http://www.nacm.org/lpd/lpdarchives/1996/articles1996/dec/dec96art1.html>

<http://www.identitytheft.org/>

<http://www.futurecrime.com/>

<http://www.idscams.com/>

<http://www.bankrate.com/ust/news/cc/19990517.asp>

<http://www.aarp.org/confacts/money/identity.html>

<http://www.cpsr.org/cpsr/privacy/ssn/ssn.faq.html>

<http://www.ckfraud.org/>

Mail lists

Contact the Direct Marketing Association (DMA) to have yourself removed from mail and telemarketing lists:

DMA

Mail Preference Center Telephone Preference Center

PO Box 9008

Farmingdale, NY 11735

<http://www.the-dma.org>

Also call 1-888-5OPTOUT

DMA

Telephone Preference Center

PO Box 9014

Farmingdale, NY 11735

Consumer Advocacy Groups

Privacy Rights Clearinghouse

1717 Kettner Ave., Ste. 105

San Diego, CA 2101

Phone: (619) 298-3396

E-mail: [prc@privacyrights.org](mailto:prc@privacyrights.org)

U.S. Public Interest Research Group

218 D St. S.E.

Washington, DC 20001

Phone: (202) 546-9707

E-mail: [pirg@pirg.org](mailto:pirg@pirg.org)

### Checks

If you've had checks stolen or bank accounts set up fraudulently in your name, call these check guarantee companies. They can flag your file so that counterfeit checks will be refused.

<i>CheckRite</i>	(800) 766-2748
Chexsystems	(800) 428-9623
CrossCheck	(707) 586-0551
Equifax	(800) 437-5120
International Check Svcs	(800) 526-5380
SCAN	(800) 262-7771
<i>TeleCheck</i>	(800) 710-9898

NATIONAL CHECK FRAUD CENTER: 1-843-571-2143

### Action Steps for Victims

-If you received telephone calls requesting you verify your Social Security number or account numbers, do not give this information out until you have verified who is calling by asking for a return number to call back.

-Make a police report. The report must be made to the police department who has jurisdiction over the address used to open the account using your identity. This may be difficult when the victim, incidents, and probable culprit all exist in different states. Ask to talk to a detective that will handle the case. Provide all possible documentation.

-Report it to AFOSI.

-Contact all creditors, by phone and in writing, and inform them of the problem.

-Contact the Federal Trade Commission to report the problem.

-Obtain your credit report from each of the three major credit bureaus. Attempt to get one from a local bureau in the area the fraud occurred. Report the identity theft to their fraud units. Have a "Fraud Alert/Victim Impact" statement placed in your credit file asking that creditors call you before opening any new accounts.

-Alert your bank and check verification companies to flag your accounts and to contact you to confirm unusual activity.

-Request a change of PIN's and passwords where appropriate.

-Obtain your Social Security Administration (SSA) report and check for benefits paid out in your name. Report the situation to the SSA Fraud Hotline if your SSN was misused.

-Check post office for addresses in your name.

-Contact driver license authority in your state and the state where the loss/theft occurred to see if a license was issued in your name. If so, request a new license number and fill out the DMV's complaint form to begin the fraud investigation process.

-Keep a log of all contacts and make copies of all documents. Ask for single point of contact at all organizations/agencies so you don't have to keep repeating yourself.

## Natural Resources

Travis AFB has many Natural Resources to include seven Endangered Species

Travis AFB enjoys:

400 seasonal wetlands (vernal pools)

Three miles of riparian wetlands

Three permanent ponds (approximately six acres)

Duck pond and two in BRAC housing



Travis AFB Endangered Species include:

Vernal Pool Fairy Shrimp

Alkali Milk Vetch

Tri-Colored Blackbird

Contra Costa Goldfields

Loggerhead Shrike

Swainson's Hawk

California Tiger Salamander

Over 100 Acres of Travis AFB are in permanent preserves in order to protect these species

This Resource Guide is  
provided to you by the  
**TRAVIS INTEGRATED  
DELIVERY SYSTEM (TIDES)**



- **BASE CHAPEL**
- **LIFE SKILLS SUPPORT CENTER**
- **RESERVE FAMILY READINESS**
- **FAMILY ADVOCACY PROGRAM**
- **FAMILY MEMBER SUPPORT FLIGHT**
- **FAMILY SUPPORT CENTER**
- **HEALTH AND WELLNESS CENTER (HAWC)**