



# TAILWIND



### A TRIBUTE

Read the biography of the fallen Security Forces commander

**3**



### SETTING THE BAR

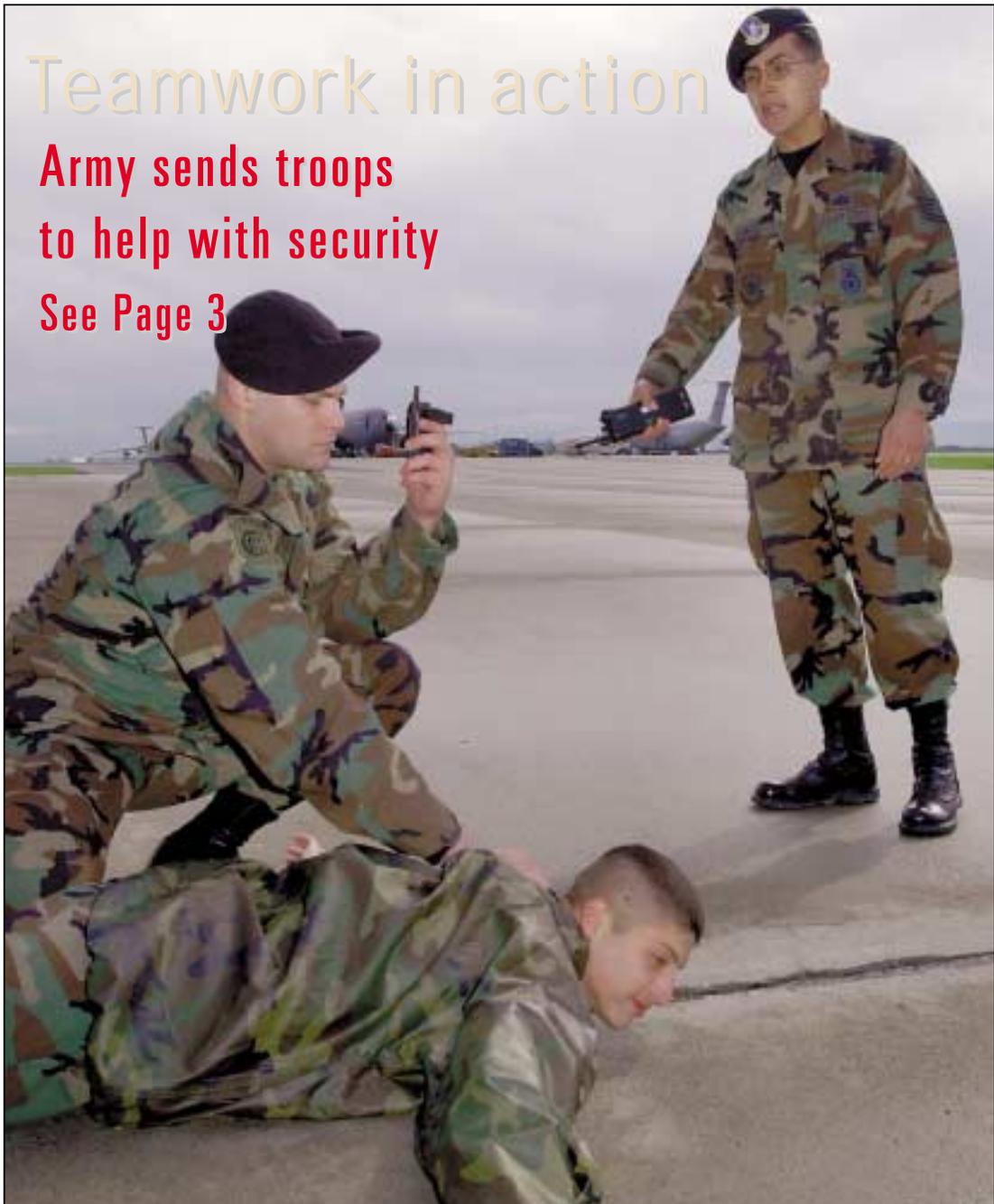
60th Aircraft Maintenance Squadron rebuilds 'cann' bird in record time

**20**



### LT. COL. SELECTS

Congratulations to the following majors for making Lt. Col.: 60th Ops Group: **Donald Anderson** and **Thomas Murphy**. 60th Mission Support Group: **Susan Pollman** and **Mark Ruse**. 60th Maintenance Group: **Robert Voegtly**. 60th Medical Group: **Lee Bryant**; **William Kieffer** and **Clair Sheffield**. Tenant: **George Crawford**.



## Teamwork in action

### Army sends troops to help with security

### See Page 3

# Commander's Corner

## Indomitable warrior spirit lives on



By Brig. Gen. Brad Baker

60th AMW  
commander

Our chapel, security forces, and mission support teams came together to honor the memory of **Maj. Rich Lucas**, in a basewide Memorial ceremony, Tuesday. I know I made mention last week, but it can't be overstated, that Rich was a great commander of our Travis security force team (page 3).

Our folks did a tremendous job in paying tribute to him and taking care of his family ... I thank everyone who helped in this effort.

The **indomitable warrior spirit** lives on here at Travis ... in the tireless dedication you — the Travis Team — demonstrate day in and out. Whether you are in security forces, maintenance, aerial port, communications, medical, legal, fire and rescue, air traffic control, operations, civil engineers, contracting, logistics, finance, weather or

any of our other fields, you are simply the best at what you do and I'm very proud of you!

### The road ahead

That's not to say we don't have our challenges in front of us — we do.

We have many deployed downrange in support of Operation Enduring Freedom. The absence of those folks creates added stress on those left behind. Since we're in this for the long haul ... let's take great care and not over extend ourselves. Best bet is to prioritize what needs to be done and hammer it down. This is really important in this post 9-11 environment where managing uncertainty and expectations are key, and processes are even more critical to our success.

The wartime mission hasn't slowed the procession of visitors we've had recently ... most notable, Maj. Gen. John Becker and I welcomed the visit of **Robert and Margrit Mondavi** last week, while **Congressman George Miller** visited the base yesterday. We appreciate the support of our local community leaders and dignitaries.

### Travis warriors out in front

One of the rewards of being commander is recognizing great people ... and I'd like to highlight the accomplishment of several

Travis members who were selected to fly the Air Force Chief of Staff and Secretary of the Air Force aboard one our KC-10s a few weeks ago.

The following folks transported **Dr. James G. Roche** and **Gen. John P. Jumper** in addition to several white house fellows and the SECAF advisory committee from Andrews Air Force Base, Md., to Nellis AFB, Nev., where they observed a live fire, air power demonstration.

My hat's off to **Lt. Col. David Goodhue**, **Maj. Don Andersen**, **Maj. Mike Vinson**, **Capt. Joshua Olson**, **Master Sgt. Danton Gipson**, **Master Sgt. Dan Judnic**, **Senior Master Sgt. Steve Hampton**, **Master Sgt. Dave Palmer**, **Master Sgt. Mario Andujo**, **Master Sgt. Ken Moon**, **Tech. Sgt. Sheri Thompson** and **Staff Sgt. Laura Theis**.

These warriors did a great job representing Travis and taking care of a very important Distinguished Visitor special assignment airlift mission.

### Recaps and milestones

It's an understatement to say that we continue to be very "busy"... but we're doing great things at home and abroad. Keep up the great work!

God bless the Travis team and God bless America!

## ACTION LINE

### TRAVIS AIR FORCE BASE

Call the Action Line at 424-3333

#### Thanks DGMC

**Q** I would love to give you a report on David Grant Hospital. I think it's the best one in the United States. My husband and I have been using base hospitals since 1949. Out of all, Travis has done a super job. I commend them all. I was in the hospital there twice, last month, and I had the best doctor, Dr. Rodriguez, and the Major, that is her coworker. I had the names of all the people that work in David Grant, to say they should commended for the great service that they performed for me.

**A** I appreciate you taking the time to provide us with this positive feedback. We strive to provide our patients and their families the uppermost in quality and professionalism in everything we do. I will pass on this commendation to the Internal Medicine clinic.

#### Why the fee?

**Q** I have a question about the barcode cards we required to have in order to enter the gym. I was told that I needed to have a barcode card to enter the gym, but if I lost or misplaced the card, I'd have to pay \$3 to get a new one. I don't feel paying this fee is fair. I still have to bring my military ID card with me to the gym. Why can't that suffice for entry? I'd just like a reason why I need to pay for a lost card fee.

**A** The barcodes are accepted in place of the ID card. You show your ID card twice a year to verify you are still entitled to gym privileges. If you do not want to carry the key card then you have two options, carry your military ID card and sign in at the front desk, or memorize your barcode key number and give it to the attendant who can enter it in for you. Customers are issued one key tag to start with and are encouraged to safeguard it like you would an ID card since it shows your entitlement to the gym. A replacement charge is in effect to ensure the keys are safeguarded and because of the expense of having to reorder replacement key tags. Key tags replaced the old gym equipment card, which was even more expensive than a key tag. The intent of the key tags is to make it easier for the customer, by quickly

swiping in and not having to stop and physically sign-in. We need to keep current and accurate records of the amount of usage our facilities in order to assist us in funding issues and programming for larger facilities. If you don't want to replace the key tag, then you are welcome to sign in.

#### No need to be rude

**Q** About two weeks ago, I went to the base gas station. After I got out of my car and opened the gas tank, I noticed that the premium pump hose was wrapped with plastic and there was a sign OUT OF ORDER. The gas attendant was nearby talking to another customer. I simply asked her, "excuse me, are you out of premium?" Her response in a sarcastic tone, was "don't you see the plastic cover?" Shocked and surprised, I said "all you need to say is "yes", you don't need to be rude." I believe this was unacceptable behavior by an attendant to a customer.

**A** Good customer service is the norm on Travis AFB and should be expected from every facility on base. This was an unfortunate display of poor customer service and won't be tolerated. The associate in this case was counseled for this incident and is no longer working for AAFES. I appreciate you taking the time to bring this to my attention.

## TAILWIND

Travis AFB, Calif.  
60th Air Mobility Wing

**Brig. Gen. Brad Baker**  
60th Air Mobility Wing commander

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#### On the Cover



Kristina Cilia / Visual Information

Security Forces trains Army troops on Air Force Security procedures. See Page 3.

# Travis loses security forces commander

**Richard R. Lucas, Major, USAF**  
July 19, 1961-February 12, 2003

Major Richard R. Lucas, son of Dennis and Barbara Lucas, departed on Feb. 12, 2003, to "meet with George Washington in heaven." (as quoted by son Shane, 4) He is survived by his wife of 10 years, Debi, and his children Makayla, 9, Delanie, 5, and Shane, 4. Lucas was born and raised in Appleton, Wisconsin. He held bachelor's degrees in Business and English from the University of Wisconsin and master's degrees in Business and Exercise Physiology from the University of Wisconsin. He was an avid bicycle racing enthusiast and fitness buff. Lucas was commissioned in the United States Air Force in 1986. He spent his active duty Air Force career as a navigator on the C-130 air-

craft. He joined the Air Force Reserves in 1991 and subsequently joined the 349th Air Mobility Wing. In 1998, he assumed command of the 349th Security Forces Squadron. After the events of Sept. 11, 2001, Lucas was recalled to active duty at Travis, leaving his job with the Intel Corporation in Folsom, Calif. At the time of his passing, Lucas was serving as the Chief of Security Forces for the 60th Air Mobility Wing. He was loved by all who served under him and respected by all who served above him. He will be greatly missed. In lieu of flowers, donations can be made to his children via the Richard Lucas Memorial Fund at any Travis Federal Credit Union. **See Page 4** for comments on Lucas' life and career.



People interested in donating to the Lucas memorial account can send checks to:

60th SFS  
510 Airlift Dr. Bldg. 380A  
Travis AFB, Calif. 94535  
In care of the Richard Lucas Memorial Fund

## Travis receives helping hand

Army soldiers augment Security Forces for up to a year



Kristina Cilla / Visual Information

Members of the 40th Infantry Division refresh themselves with Weapons familiarization Wednesday. The more than 100 members from the Army will be working with Travis' security forces.

By 1st Lt. Angela Arredondo  
60th AMW Public Affairs

More than 100 soldiers from the 40th Infantry Division (Mechanized) Artillery of Culver City, Calif., arrived in two waves Feb. 9 and 11 to augment security forces here. The California Army National Guard soldiers are activated for up to two years, with a one-year tour at Travis.

The soldiers began their official duties last week, with a six-day schedule that included inprocessing, orientation and a rigorous training course in security forces tactics, techniques and procedures.

After they complete their task certification, the soldiers will be integrated into 60th Security Forces Squadron operations at the base. The soldiers will help with installation gate security, flightline and perimeter patrols and random antiterrorism measure teams. They will also work in the Travis Visitor's Center and provide support for other security forces activities.

"The attitude here in the security forces squadron is great," according to base officials. "We welcome the Army to Travis and into our extended family. It gives us an opportunity to meet new folks, to train and work side-by-side with new partners. Everybody wins."

Between 8,000 to 10,000 Army National Guard soldiers could be mobilized to provide security at Air Force installations worldwide, following a Department of Defense mobilization announcement Dec. 16. As the Army assists with base security, the Air Force will continue to promote its own security forces. The Air Force plans on recruiting and training 1,400 security forces personnel, shifting people from other jobs and exploring other options like contract security.

## Sky's the limit for kids wanting aviation training

Aero Camp applications due in two weeks

Linda Mann-Iames  
60th Services Squadron

Last year, Vanden High School freshman William Sovitsky, Jr. was chosen to attend the Air Force Teen Aviation Camp. In 2001, Travis teen Gordon Ford was one of the lucky few. This summer another group of young people from Air Force families around the globe will participate in the program. The students will be selected from those who turn in their applications by the first week of March.

The Air Force wants to keep its families happy and wants to train the best and the brightest to lead in tomorrow's Air Force. The Teen Aviation camp is a tool to achieve those goals.

Air Force dependents interested in attending the Air Force Academy after high school, or who are planning on an Air Force career, have a unique opportunity to attend classes, meet cadets and learn what it takes to be accepted into the academy.

In addition to swimming, horseback riding and playing video games, campers will spend a week at the academy in flight simulator training, team-building exercises and piloting an aircraft.

Piloting the single-engine Cessna plane was an exciting experience for Ford.

"It was a little scary," he said. "You're looking down and you're in a small plane and it seems so vulnerable. Then they give you the controls and let you fly around a little. It was exhilarating."

Approximately 40 youth will be selected on the basis of a variety of activities and achievements including: student leadership, extracurricular activities, youth club membership, community service, honors won and high school grades.

Children of active duty Air Force personnel, who will be sophomores or juniors in high school in the 2003-2004 school year, are eligible to apply for the aviation camp.

The 4th Annual Air Force Teen Aviation Camp will be held at Colorado Springs from May 31 through June 6.

Interested teens must submit a completed application and all documents to the Youth Center and set up an interview with the Youth Center director by March 6.

For more information, call the Youth Center at 424-5392.



Courtesy photo

Vanden High School sophomore, Gordon Ford, learned to fly a plane with a simulator and then in the real thing at the 2001 Air Force Teen Aviation Camp. Applications for the 2003 camp are due to the Youth Center by March 6.

# Travis remembers Security Forces warrior

By Col. Leonard Patrick  
60th Mission Support Group commander

You've heard of Major Lucas' deeds described, and a brief outline of his career. But...who was the real Maj Lucas? He was Ricky, Rick, Richard, he was 'my Major'...to others, he was Rich. He's a devoted Father; a loving husband, son, or nephew; he's the best son-in-law in the world; he was a Ranger; an Aviator; a Cop; a fellow commander; a true citizen soldier. Many of us just knew him as the guy in the Beret and the fresh starched uniform, always there for his family, always there for his cops, and his country, always doing what it takes to do the job.

Regardless of rank, or place in life, many of us knew Rich Lucas as a friend.

When Lt. Col. Harry Kimberly deployed, Rich was my Cop Commander ... he commanded a seamless team of 60th and 349th Security Force personnel, and just recently, over 110 Army National Guard soldiers. Rich was my Mr. Reliable, he was my confidant. To Team Travis, he was a leaning forward, making it happen officer ... doing the job with less people, with higher evolving priorities that took on greater risk as our nation defends itself, all the while motivating his troops to do their duty ... with a smile on his face, and an "hoo-ah" attitude.

I've often asked myself, "Why did Rich serve?" He served his country brilliantly, but for family reasons he left active duty. But he still had that "service before self" itch ... he returned to duty as a Reservist ... and in the wake of Sept. 11, he 'deployed' ... for the last 17 months. For the last 17 months he's lived selflessly here in the Travis lodging facilities with Debbie, Makayla, Delanie, and Shane moving in on weekends from their home in Granite Bay...I told Rich, as I told Harry, I had every confidence in him to lead the

men and women of the Team Travis Security Forces.

I personally find my answer why Rich served in a little book I've carried with me since my freshman year in college. An opening letter from an anonymous graduate greets all new freshmen, his message is entitled:

"To what shall I devote my life?"

The graduate writes, "To every thinking person, the question sooner or later arises, 'To what shall I devote my life?' There are many choices, but few are as challenging, rewarding, demanding, or exciting as serving America ... as a member of its air arm. In simple terms, the United States Air Force is charged with the responsibility of providing air power, wherever and whenever it's needed, on a world wide basis. I am very proud to be part of a vast team which is dispersed throughout the world in order to help protect the life which we so fortunately enjoy in this country ... and no one appreciates life and freedom more than those of us who have faced loss of it each day in the combat arena."

Rich was serving, here at Travis, with his family's loving support, doing his part to keep our nation free, and safe. Rich and Debbie were doing their part for their country. We will miss Rich Lucas ... his deeds and touch are everywhere you look. We may not understand this moment in time, or ever get the answer to our question, "Why?"...but while we miss Rich, we will always have him with us, in our thoughts, and in our hearts.

Debie, Makayla, Delanie, Shane, Den and Barb, James, Bonnie, on behalf of the men and woman of the 60th Air Mobility Wing, you will always have friends throughout the world who served with Rich, particularly at Travis ... thank you for doing your part in letting Rich serve our country. God Bless you.

By Col. William Rollins  
349th Air Mobility Wing

We are here today to honor a husband, father, friend, and USAF officer. I first met Richard when he arrived to Travis in 1992, but it wasn't until 1998 when he became Commander of the 349th Security Forces Squadron that I had a better appreciation for his unique capabilities. It didn't matter if he supported the reserve or active side, he was a true total team member. Since he was a premiere officer who displayed attributes well above his peers we were working on promoting him early. Specifically, he commanded the SFS for the largest associate reserve wing in the command.

His leadership and mentorship resulted in the security forces being manned at 34 percent more than the authorized strength, at a time when most units are struggling to keep up. He was mobilized into the 60th Air Mobility Wing shortly after 9-11 but I would like to address some of his accomplishments while assigned to the 349th Air Mobility Wing. Shortly after assuming command, he led the 349th Security Forces Squadron to an overall third place in Air Mobility Command's Rodeo and second place for the Reserves. He was the top Reserve/Air National Guard graduate of the security forces course and lauded for enhancing the practical realistic aspect of the training. He was also later recognized as the top Travis team player. He initiated

the first Phoenix Raven Reserve qualified security team in our wing. He actively managed both wings' antiterrorism and force protection programs and the year prior to the 349th AMW mobilization, he contributed nearly 3000 mandays.

He always took care of his people and came to me often for financial support to ensure they were adequately equipped to do their mission. He always put his people at the top and his was one of the most successful squadrons in member awards and decorations. His other accomplishment while assigned to the 349th AMW include spearheading the recruitment and retention and driving them to the highest level in a decade; providing security during President Bush's visit and commended by the Secret Service for the "best ever" provided by any Air Force base; deploying eight members during Operation Palmetto Ghost thus keeping our aircraft safe in the midst of several drive by shootings and boasting the highest percentage of quarterly award winners in the Mission Support Group.

In addition, he quickly jumped at the opportunity to plan, develop, and execute the first ever DoD joint Army/Marine/Air Force area base defense exercise. He was the first member of the 349 Mission Support Group to receive the coveted Air Mobility Command Warrior Spirit coin. He also initiated bi-weekly deployed spouses' meetings to address important family readiness

■ SEE LUCAS ON PAGE 8

## 349th Air Mobility Wing activates to support Operation Enduring Freedom

*"We have not received a deployment order, so we can expect that these reservists will remain at Travis to help support the Travis mission which is to provide Global Reach for America in terms of its strategic airlift capability."*

— Col. James Rubeor  
349th Air Mobility Wing commander

### 349th AMW Public Affairs

The Air Force Reserve's 349th Air Mobility Wing received notification of a Presidential Selected Reserve Call Up Feb. 6 affecting nearly 600 reserve aircrew members, maintenance and support personnel.

Among the 596 being recalled at this time are the entire 200 members of the 301st Airlift Squadron, 200 members of the 312th Airlift Squadron, both of whom fly the C-5 Galaxy; 76 members of the 349th Component Maintenance Squadron, 59 members of the 349th Equipment Maintenance Squadron, 58 members of the 349th Aircraft Maintenance Squadron and 3 members of the 349th Logistics Readiness Squadron.

The recall message was received at 8 p.m. Feb. 6. Full-time wing staff began the notification process immediately and worked through

the night. Members who have been notified were required to report for duty within 72 hours. Under the auspices of the Presidential Selected Reserve Call Up, these reservists can be mobilized for up to two years to meet mission requirements.

"For the most part, these people will report to Travis and perform their normal duties relative to their individual career fields. That is, aircrew members will fly the C-5 Galaxies and our maintenance specialists will repair and maintain the Travis-based C-5s," said Col. James Rubeor, 349th AMW commander. "We have not received a deployment order, so we can expect that these Reservists will remain at Travis to help support the Travis mission which is to provide Global Reach for America in terms of its strategic airlift capability," Rubeor said.

"We want to remind the local community and the American citizenry at large, that the sacrifices and efforts of these volunteer Citizen Airmen are critical to the ongoing war on terrorism and whatever other support may be needed in the future as determined by the president," Rubeor added. "The support of these reservists' families and civilian employers is vital now, for the duration of their activation, and most importantly, when they are released to return to their pre-mobilization lives," Rubeor concluded.

The last time these squadrons were recalled was in the autumn of 1990 during Operation Desert Shield, the build-up of American forces in the Persian Gulf region prior to Operation Desert Storm.

# Unit commanders get more control of leave program

By Staff Sgt. C. Todd Lopez

Air Force Print News

RANDOLPH AIR FORCE BASE, Texas — A recent policy change returns the authority to unit commanders to approve permissive temporary duty and terminal leave of more than 90 days.

The Air Force's current instruction on military leave requires members wanting a combination of permissive TDY and terminal leave of more than 90 days to seek approval at group or wing level. It is that portion of Air Force Instruction 36-3003 that will be modified, said Master Sgt. Donald Taylor, Air Force leave program manager at the Air Force Personnel Center.

"Instead of pushing approval paperwork up to the wing commander," Taylor said, "this policy change puts that approval authority back down to the unit commander."

Permissive TDY, often granted in conjunction with terminal leave, is leave granted at the discretion of a commander to retiring airmen and some separating airmen to look for a new home or job, Taylor said. Terminal leave is simply a period of regular leave that ends on the same day as a person's separation or retirement date.

The current policy will not actually be reworded to reflect the change. Instead, Taylor explained, portions of the current instruction will be deleted.

"The leave program has always been the unit commander's responsibility," Taylor said. "By taking those sections out of the AFI, it puts the entire program back on the unit commander, where we feel it should be."

The change is necessary because an increasing number of Air Force people are reaching retirement or separation dates with large amounts of accrued leave. That can happen when individuals are sent on long deployments where taking leave is not possible, Taylor said. They return from such a deployment and expect to take all their leave, along with some permissive TDY, before leaving the military.

However, when airmen accrue significant leave by not taking it as it is given to them, it constitutes a misuse of the benefits Congress has given to servicemembers, he said.

"Congress' intent is for people to use leave as they accrue it," Taylor said. "If you look at the AFI, it highly recommends that everybody take at least a 14-day leave period for rest and relaxation each year. Those other 16 days should be taken intermittently throughout the year as needed. We shouldn't have people with 30 or 60 or 90 days on the books, but we do."

Airmen are normally permitted to have up to 60 days of leave "on the books" at the end of each fiscal year — Sept. 30. People with more than 60 days of leave accrued typically lose those extra days on Oct. 1.

*"If you look at the AFI, it highly recommends that everyone take at least a 14-day leave period for rest and relaxation each year."*

— Master Sgt. Donald Taylor  
Air Force Leave Program manager at AFPC

Exceptions to that policy include people who had been directly supporting contingency operations. In these cases, they may apply for special leave accrual to restore up to 90 days of accrued leave. Any leave approved in excess of 60 days under this program must be taken within three fiscal years.

Another option for people approaching separation or retirement dates with more leave than they will be able to take is to sell back leave, Taylor said. But they may sell only a total of 60 days of leave back to the government during their career.

**LUCAS** / From Page 4

issues for deployed personnel. Even while doing all his core accomplishments, he found time to be active in supporting the Fisher House, Special Olympics, Reserve Officers Association, Air Force Association and the Yountville Veterans Home. He was extremely passionate about cycling, and was also a volunteer coach for the United States Junior Cycling Federation. He was awarded the Military Outstanding Volunteer Service Medal for his sustained dedication to his community. His many military feats and accomplishments did not go unnoticed either because in 2000 we submitted him for the Air Force Association Field Grade Reserve Officer Award. Naturally, he won. Our wing subsequently nominated him for the Lance P. Sijan Award because of his demonstrated professionalism, dedication, and inspirational leadership.

Richard is not here physically, but he has left a strong legacy as a friend, leader and officer and has set a new benchmark for others to follow. He has shown a vision that motivates his fellow security forces personnel as well as the rest of us. He will be with us in spirit.

**AIR FORCE  
KNOWLEDGE**



**The C-5 Galaxy**

The gigantic C-5 Galaxy, with its tremendous payload capability, provides the Air Mobility Command intertheater airlift in support of United States national defense. The C-5, the C-17 Globemaster III and the C-141 Starlifter are partners of AMC's strategic airlift concept. The aircraft carry fully equipped combat-ready military units to any point in the world on short notice then provide field support required to help sustain the fighting force.

# NEWS NOTES

## TRAVIS AIR FORCE BASE

### Early testing

Due to increasing operations tempo, individuals eligible for upcoming testing cycles should be aware they may be required to test for promotion prior to deploying. According to Air Force Instruction 36-2605, paragraph A9.10, "Members who will be unavailable during the entire testing cycle due to a permanent changes of station or scheduled temporary duty assignment must be prepared to test prior to departure even if the departure is before the first day of the testing cycle. Testing up to 10 duty days prior to the announced cycle is authorized."

For more information, contact Master Sgt. Brown or Staff Sgt. Aamodt at DSN 779-7895.

### OWC/EWC scholarships

The officers and enlisted spouses clubs are taking applications for their respective scholarship programs. Scholarships are available to graduating seniors and military spouses. The Air Force Aid Society is also giving away education grants to children of active duty personnel, retirees, reservists on extended active duty, as well as spouses of active duty personnel and reservists on extended active duty. The deadline for the OSC scholarship application is March 30. The AFAS grant application deadline is March 10. Informa-

tion and applications for both can be picked up at the Family Support Center.

### Mentor meeting

The Travis chapter of the Air Force Cadet Officer Mentor Action Program is meeting at 1:30 p.m. Tuesday in the wing conference room. For more information, contact Lt. Col. Jim Green at 424-7236, Lt. Col. Jeff Whittall at 424-7714 or Maj. Dave Coley at 424-0443.

### Donate blood

People can donate blood at David Grant Medical Center during the following days and times: Tuesdays from 8 a.m. to 4 p.m. for walk-ins and schedules appointments;

Mondays from 9 a.m. to 4 p.m. for scheduled appointments only; and Wednesdays from 8 to 10 a.m. for scheduled appointments only.

To make an appointment or for more information, call Tina Curtis at 423-7766. Additionally, Curtis said squadrons are encouraged to sponsor blood drives.

### Attention retirees

Retirees who need help with their tax preparations should contact the Travis Retiree Activities Office. Tax preparations appointments can be made by calling 424-3904, Monday through Friday from 9 a.m. to 3 p.m.

To submit a story, e-mail the Tailwind at [tailwind@travis.af.mil](mailto:tailwind@travis.af.mil) or call 424-2355.

The best guests to invite to a party are the designated drivers.

## Hearts for Heroes



*The Hearts for Heroes program, sponsored by the Vacaville Veterans Organization, donated loving Valentine cards to veterans to show their support of America's military heroes. The cards were all made by children from the Travis, Vacaville, Fairfield Suisun, Vallejo, Dixon and Benicia Unified School Districts and were given to veterans in the local area.*

# Leisure Travel to give away Caribbean trip

Snorkeling in paradise may be  
one mouse click away

**To be eligible for the Antigua trip and other monthly prizes, participants must pick up a Passport to Adventure at the ITT office and enter their Passport entry form number at [www.aftravelonline.com](http://www.aftravelonline.com).**

**By Linda Mann-Iames**  
60th Services Squadron

Imagine spending three days on a Caribbean island with white sandy beaches, crystal blue water, snorkeling, duty-free shops and coral reefs all-expenses paid. This month one person will win a trip for two to Antigua — the largest of the British Leeward Islands — from Leisure Travel and Information, Tickets and Travel.

Antigua is only 108 square miles surrounded by 365 beaches. Snorkeling at Pidgeon's Point or Darkwood Beach is available for the adventurous, while others may enjoy shopping and dining along the mile-long white sand strip at Jolly Beach. For a more secluded romantic get-away, charter a boat to the nearby uninhabited Green Island.

The Passport to Adventure program has been awarding instant and monthly prizes to ITT customers since Oct. 15, but the pro-

motion ends April 15. Three people have already won all-inclusive three-day trips to Antigua, and the last Caribbean trip will be given away in February by a random drawing. All-inclusive trips include airfare to and from Antigua, hotel all meals and drinks.

To be eligible for the Antigua trip and other monthly prizes, participants must pick up a Passport to Adventure at the ITT office and enter their Passport entry form number at [www.aftravelonline.com](http://www.aftravelonline.com). Each participant may only log one Passport number into the website each month.

Each time a participant visits the website, they receive another chance at an instant prize such as a two-day, three-night stay for two in AmeriSuites Hotels or Wellsley Inn, \$100 gift certificates for Thrifty Rent-A-Car and \$25 MasterCard gift certificates.

A total of 232 instant prizes will be awarded during a six-month

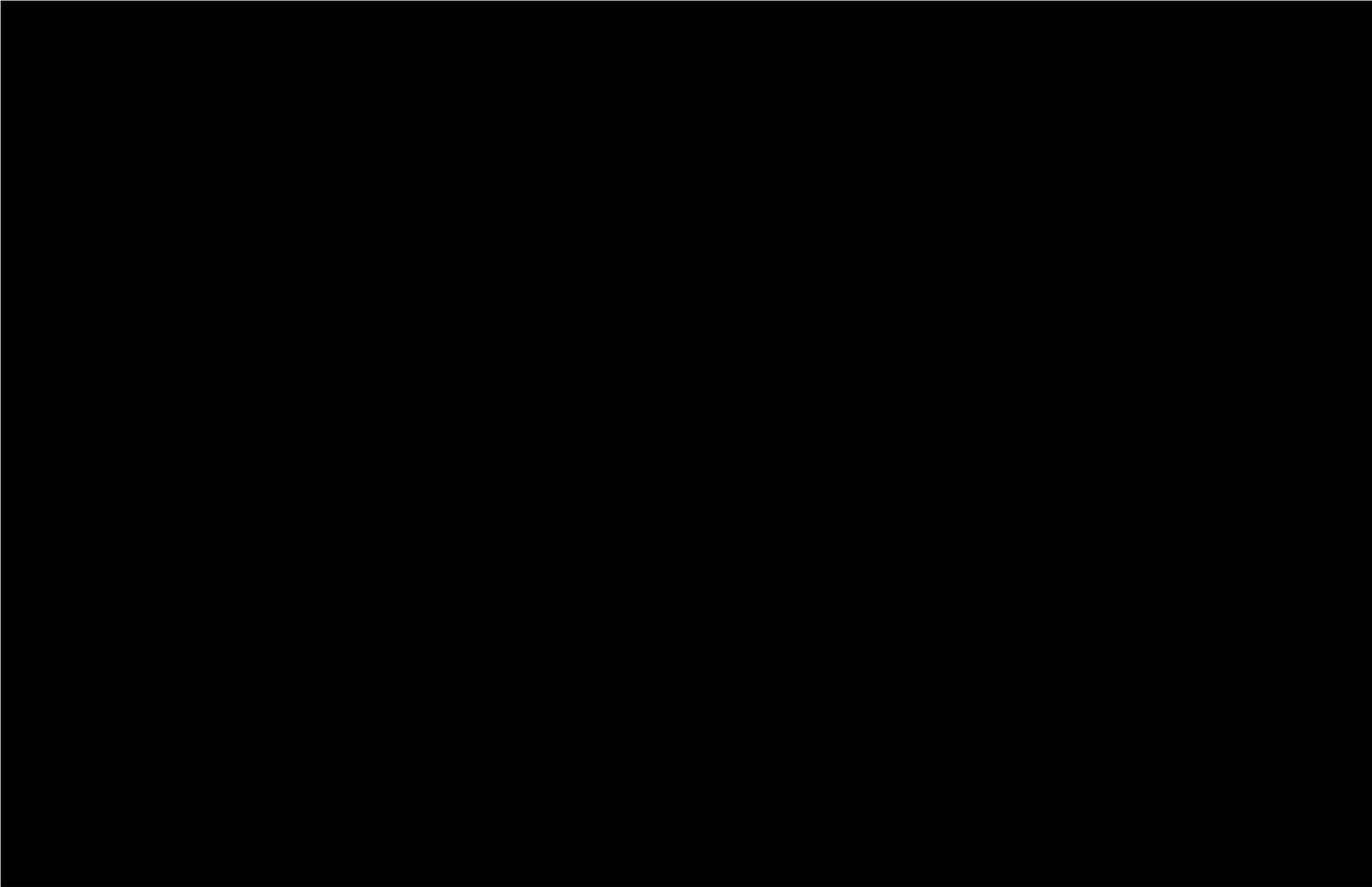
period just for registering for the Passport to Adventure program.

In March, there will be two winners of two roundtrip airline tickets to anywhere in the CONUS that Continental Airlines flies.

The two grand prizes are a 14-day European cruise for two to The Riviera and a 12-day American cruise for two along the New England Coast. Both cruises are with Cunard cruise lines. These prizes will be awarded after April 1.

Leisure Travel, the Air Force's answer to high-priced travel agents, offers rental cars, hotel and airplane reservations and cruises at affordable prices to military and Department of Defense employees.

All active duty, retired, reservist and DoD employees and their dependents are eligible to use the services of Leisure Travel and to enter to win the Passport to Adventure prizes. For more information, call Georgie Ellis at ITT at 424-0971.



# Female warriors form team

## In the skies above Afghanistan

*(Clockwise from lower left) 1st Lt. Alison, Capt. Heather and Waynetta and Senior Airman Lyndi, all from the 376th Expeditionary Air Refueling Squadron, flew an all-female KC-135 Stratotanker air refueling mission over Afghanistan on Jan. 31.*



**Photo and story by Capt. Elizabeth Ortiz**  
376th Air Expeditionary Wing Public Affairs

OPERATION ENDURING FREEDOM (AFPN) — In one of her songs, country singer Shania Twain croons about all the things women do these days — they are judges, politicians, doctors and soldiers, to name a few.

Not mentioned in the song, but occurring more frequently as the global war on terrorism continues, is something else: female fliers in combat missions over Afghanistan.

Early on Jan. 31, a KC-135 Stratotanker took off from Ganci Air Base, Kyrgyzstan, carrying more than 180,000 pounds of fuel and an all-female crew — both pilots, a navigator and a boom operator.

The event marked the first all-female crew to fly an air refueling mission into Afghanistan from Ganci.

"We've been really lucky," said 1st Lt. Alison, the navigator on board. Last names are being withheld for operational security. "You don't always deploy with a lot of women. The fact that we have four women on this deployment, and the fact that we make up a crew is amazing."

After living with each other in the same tent for almost two months, the women were eager to fly on the same mission.

"We've gotten along really well living together, so we were very excited to finally be able to fly together," said Capt. Waynetta, one of the two pilots on the mission.

The women, including the other pilot, Capt. Heather, and the boom operator, Senior Airman Lyndi, are all assigned to the 99th Air Refueling Squadron at Robins Air Force Base, Ga. They have been deployed here since Dec. 9.

Once inside the tanker, the women began their pre-flight and take-off duties with an ease borne of plenty

of experience and skill. Most of them have deployed before, to places like Saudi Arabia, Qatar, Iceland and Thailand.

Between the four of them, they total almost 4,000 flying hours in the KC-135.

The flight path to Afghanistan traversed three of the "Stans." The country itself remains a dangerous place. Just a few days before the historic flight, coalition forces on the ground encountered the heaviest fighting since Operation Anaconda last year. Norwegian F-16s from Ganci dropped munitions in support from the air.

Once over Afghanistan, the crew got down to business, refueling F-16s from the European participating air forces of Denmark, the Netherlands and Norway. Based at Ganci, the aircraft provide combat air support to coalition ground forces.

In the refueling world, the motto is, "Nobody kicks ass without tanker gas." The crew emulated that motto when the boom operator connected two moving aircraft together on a night with 1 percent moon illumination.

"It's awesome knowing that I'm having a direct impact on the mission," said Lyndi on her 17th combat mission over Afghanistan.

"The fighters couldn't put bombs on target without gas, and I'm the one who gets it to them," she said.

More than 50,000 combat missions have been flown in support of Operation Enduring Freedom.

In all, Lyndi refueled 10 European F-16s during the flight, off-loading 63,000 pounds of fuel.

"I'm accomplishing something with my Air Force career," said Alison.

This is especially true in the case of OEF, an operation that more than 1,800 women support, according to the public affairs office at Central Air Forces, the air component of U.S. Central Command.

"I've always thought the greatest thing I could do

*"I've always thought the greatest thing I could do with my life was to serve my country and be willing to die for it — for my family, my neighbors, people I don't even know."*

— Capt. Waynetta  
Aircraft member

with my life was to serve my country and be willing to die for it — for my family, my neighbors, people I don't even know," Waynetta said. "Now, we're here supporting troops in Afghanistan who are defending our freedom and way of life."

Basking in the early morning sunlight, the tanker headed back to Ganci.

As the snow-capped mountains poked out above the clouds, the women reflected on the significance of the flight.

"All we wanted was to fly together," said Lyndi. "I'm so excited we got to do it."

"We believe in equality," Waynetta said. "But, the fact of the matter is, we're still girls, and we're doing something our grandmothers couldn't do."

# First sergeant changes benefit entire AF



*Master Sgt. Nancy Martin mentors Staff Sgt. Josie Reyes-Smith, a flight operations noncommissioned officer, on enlisted force structure subjects to ensure Reyes-Smith can readily address her airmen's questions at Bolling Air Force Base, D.C. Martin is the first sergeant for the 11th Wing's security forces squadron. Faced with a continuing shortage of first sergeants, Air Force officials recently converted the career field into a three- or six-year, special-duty assignment. (Photo by Tech. Sgt. Jim Varhogyi)*

**By Staff Sgt. A.J. Bosker**  
Air Force Print News

WASHINGTON — Air Force officials are touting recent changes made to first sergeant assignments and hope that more senior noncommissioned officers take advantage of what some are calling "the best job I've ever had in the Air Force."

The Air Force converted the career field into a special-duty assignment in October, according to Senior Master Sgt. Chris Anthony, first sergeant special-duty manager at the Pentagon. However, since then, the Air Force is still short 100 first sergeants.

Anthony said the recent changes, which have been well received throughout the force, are helping the Air Force fill these critical jobs.

"A review of the career field was conducted, and it was determined that something needed to be done to make the position more attractive to senior noncommissioned officers," said Anthony. "So far, we've heard nothing but good things about the changes we made."

Most notably, the Air Force made the first sergeant position a three-year special-duty assignment, Anthony said. After two years, the first sergeant can apply to extend for another three-year assignment.

Once first sergeants complete their special-duty assignment, they are free

to return to their previous career field.

The program, as it was structured, was not meeting Air Force needs, explained Chief Master Sgt. Michael Gilbert, chief of enlisted force development in the Air Force's senior leader management office at the Pentagon.

"We were over 120 first sergeants short which equates to one out of every 10 squadrons without a diamond-wearing first sergeant," Gilbert said. "This meant that about 20,000 airmen and family members (were) not being properly served."

To compound matters, many of the best senior NCOs steered clear of the duty out of a concern for their careers, he said.

"Prior to the change, many senior NCOs felt that if they chose to become a first sergeant they would basically stop their promotion track because they were competing against a small group of highly qualified people," said Chief Master Sgt. Sandra Williams, commandant of the Air Force First Sergeant Academy at Maxwell Air Force Base, Ala.

In the past, very few first sergeants were able to return to their career fields, but those that were allowed to return historically have done very well with promotions, Anthony said.

"Promotion boards have consistently recognized the leadership experience of having led a squadron and

taken care of hundreds of people," Gilbert said. "I believe that under the new system, many more top senior NCOs will go into the first sergeant duty, do great things for us and then return to their career fields and do even more great things for our Air Force."

Besides facing tougher promotion rates, many people were also discouraged by just how time consuming the first sergeant job can be, Williams said.

"You have to be available 24 hours a day, seven days a week," she said. "With the high operations and personnel tempo over the last several years, many people didn't want to impact their family life any more than necessary by taking on additional responsibilities."

However, with the first sergeant position now a three- or six-year, special-duty assignment instead of a career choice, officials hope that more senior NCOs will be interested in doing what Williams, a nine-year first sergeant, called "the best job I've ever had in the Air Force."

"It was a big challenge, but I enjoyed it tremendously," she said. "I have no doubt that the experience I gained as a first sergeant (has) made me the chief that I am today. But the best part of all was the opportunity to help people and to know that I made a positive impact in someone's life."

From counseling grieving families to being the commander's sounding board on enlisted issues, the experience gained by first sergeants is very valuable to the Air Force, Anthony said.

"Senior NCOs should expect progressively more demanding roles as they handle each successive leadership step," Gilbert said. "We don't want a system that routes many of our best enlisted leaders into a dead end. In many cases, the first sergeant position, as a career field, was doing just that."

When someone became a first sergeant, the career field had to give up one of its sharpest troops, Anthony said. Although the Air Force, as a whole, gained a valuable asset, the career field was short one future leader.

Now senior NCOs can expect to work hard and make a big difference as a first sergeant and then move on after a few years to other important challenges, Gilbert said.

The changes to the first sergeant career field will also have a big impact on the airmen in the field.

"In addition to benefiting from having a unit first sergeant, airmen will also enjoy the leadership of some of the Air Force's very best NCOs who are accomplished leaders with diverse backgrounds and experiences," he said.

# SHINING STAR

## TRAVIS AIR FORCE BASE



1st Lt. Angela Arredondo / 60th AMW Public Affairs

Tech. Sgt. Robert Gordon, 60th APS dorm manager, Tech. Sgt. Sean Lock and retired Master Sgt. Joe Coryell built this barbeque deck for Dorm 1329. They used the \$2,000 cash prize from earning Dorm of the Year 2001 to fund the deck.

### More than a dorm manager

For the past two years, the 60th Aerial Port Squadron has been fortunate enough to have a dorm manager like Tech. Sgt. Robert Gordon. Affectionately known as "Flash," Gordon, he has become a familiar face around the port.

As the dorm manager, he is responsible for ensuring the dormitory is well maintained and clean for 136 airmen from six different squadrons. Although it is not in the job description, he is also a mentor to these airmen, many of which are away from home for the first time.

"I like to think I am helping them out, as well as their supervisors, here and now. By getting involved in their lives, I strive to solve problems at the dorm which helps the supervisors down line," Gordon said.

Gordon has spent much of his personal time and effort trying to improve the living conditions, ultimately enhancing the morale of the airmen. Dorm residents have experienced Gordon's generosity on many fronts. Whether it is helping build a new barbeque deck or horseshoe pits, Gordon's energy is focused on them.

"The most rewarding part of my job is interacting with the airmen and seeing them succeed in their Air Force careers," Gordon said.

Under his guidance and leadership, the two dorms assigned to the port have won numerous accolades including five group quarterly awards, five wing quarterly awards, and one Dorm of the Year.

"I feel great satisfaction when I see our airmen take ownership in the dorms and exude their sense of pride. When they are happy at home, they are happier at work!" Gordon said. But it is not the awards that bring him the most joy. "When these airmen come up to me and jokingly call me 'big daddy,' I feel really good about what I am doing."

— 2nd Lt. Matthew Hull  
60th Aerial Port Squadron

### Protect Your Child



In 2000, more than 373,000 children ages 14 and under were treated in hospital emergency rooms for bicycle-related injuries.

# COMMUNITY BRIEFS

## TRAVIS AIR FORCE BASE

### Announcements

#### Readers needed

The Mitchell Memorial Library is looking for volunteers who would like to read or tell stories to preschoolers on Tuesday mornings from 9:30 to 10 a.m. For more information call 424-3279.

### Services

#### Today

▲ All DoD civilian and military personnel over 18 years of age are invited to compete in the Microsoft XBOX competition tonight at 7 p.m. tonight at the AAFES Pit. XBOX will provide beverages, snacks and prizes. The final ArcadeXperience games are scheduled for Feb. 28 at 7 p.m. at the Delta Breeze Club. Four people with win an XBOX system with games and multiple controllers. Attend each competition and enter for the final drawing.

▲ There is a late night skate for kids 6 to 13 at the Travis Skating Rink from 5 p.m. to midnight. Tickets are \$20 at the door and include dinner, games, skate rental, prizes and more. Call 424-5392 for more information.

#### Saturday

▲ Tour Old Town Sacramento and the Train Museum with Outdoor Recreation. Transportation is \$12 for adults and \$7 for children. Call 424-5659 for details.

▲ Dance the night away to hip hop and old school at the DBC's Late Niter from 10 p.m. to 3 a.m. There are free snacks, drink specials and prizes. There is a \$6 cover charge, but members pay \$3.

#### Sunday

▲ Climb the walls at Rocknasium in Dixon with the Outdoor Adventure Program. The \$25 fee includes transportation, entrance fee and guides. Call 424-5659 for more information.

#### Monday

▲ The Little League parents meeting will be held at 4:30 p.m. at the Senior Baseball Field across the street from the Youth Center. Call

William Crocket at 424-5392 for details.

#### Tuesday through Friday

▲ In honor of Black History Month, the DBC will serve a soul food lunch buffet from 11 a.m. to 1 p.m. The menu includes fried chicken, ham hocks, collard greens, black-eyed peas, corn bread and more.

#### Wednesday

▲ Ski Sierra at Tahoe with OAP. Transportation is \$12 per person. Sign up in advance at Outdoor Rec.

### Family Support

#### Monday

▲ Spouse Employment Orientation is from 9 to 10 a.m. for newly arrived spouses. Topics include employment and career development programs at the Family Support Center. Call 424-2486.

#### Tuesday

▲ The FSC Readiness NCO will be conducting deployment briefings at 8 a.m. and 2 p.m. at the FSC for personnel tasked for deployment or TDY. Call 424-2486 for reservations. Those unable to make scheduled briefings can call to arrange a one-on-one briefing.

▲ Employment Interviewing Skills I is at the FSC from 8 a.m. to noon. Topics include interviewing techniques, answering difficult questions and more. Call 424-2486.

#### Thursday

▲ Informed Decisions is from 8 a.m. to noon. It is a mandatory seminar for all first- and second-term enlisted within 15 months of date of separation. Topics include Air Force benefits, retraining, TRICARE and Guard/Reserve opportunities. Call 424-2486.

▲ From 9 to 10 a.m., the FSC offers a briefing covering the Federal Long Term Care Program for civilians, annuitants, active duty, retirees and qualified relatives.

## An offer you can't refuse



Graphic illustration by Tech. Sgt. Jim Verchio

The Travis Godfather's Pizza celebrated its grand opening Feb. 14. Located in building 480, Godfather's is open Monday through Sunday from 11 a.m. to 10 p.m. and will begin delivery service in early March.

▲ The FSC Readiness NCO will be conducting deployment briefings at 8 a.m. and 2 p.m. at the FSC for personnel tasked for deployment or TDY. Call 424-2486 for reservations. Those unable to make scheduled briefings can call to arrange a one-on-one briefing.

#### Weekly

▲ Couples planning to be married or those who have recently married, can pick up a pre-marriage packet at the FSC. The packet includes information and resources for military members, spouses, and spouses-to-be to assist in the transition to married life. Before and after marriage help is included as well as information on minimizing the challenges of getting married in the military and navigating the military system.

▲ Those separating or retiring from the service must attend a mandatory pre-separation briefing at the FSC. This briefing must be conducted prior to 90 days before the discharge date. The four-day TAP workshop does not preclude members from attending this briefing. Briefings are

conducted every Wednesday at 8 and 10 a.m. for separating members and 12:30 p.m. the first and third Wednesdays of each month for retiring members. Reservations are required and can be made by calling 424-2486.

▲ Information orientation for military spouses interested in a career in elder care will be March 12 from 9 a.m. to noon at the FSC. Start at \$9.50 an hour caring for the elderly, disabled or blind in their own homes. A high school diploma is required. Call the FSC at 424-2486.

### Family Advocacy

#### Playgroups

Playgroups are for parents and their children and are held at the Chapel One Annex on First Street. The first Tuesday and Wednesday of each month, the playgroups meet at the Duck Pond for a stroller stroll. During rainy weather they meet at the McDonald's on the second floor of Solano Mall. The Toddlers Playgroup is Wednesdays from 9:30 to 11 a.m. for children age 18 months to 3 years. Tuesdays from 10 to 11:30 a.m. is the Time For Us Playgroup, for children 3 to

5. Thursdays from 9:30 to 11 a.m. is the Rattles To Raspberries Playgroup, for infants up to 18 months old.

Parents can network with other parents while their children enjoy crafts, guest speakers, music and free play. Registration is not necessary. For more information call 423-5168.

#### Dads boot camp

Boot Camp for new Dads is a program in which veterans (new fathers who bring their babies) show rookies (fathers-to-be) the ropes of fatherhood. The program is for men only. The program is currently recruiting new dads whose wives are expecting and rookie dads whose wives have just had a baby. Classes are held quarterly. For more information, call 423-5168.

#### Parenting classes

Parenting classes are offered as a six-week program geared toward parents of children 3 and older. Topics include peer pressure, corrective teaching, preventing problems before they occur, family meetings, and stopping problem behavior. Classes are held at David Grant Medical Center. Call the Family Advocacy office to register at 423-5168.

## Have a safe flight

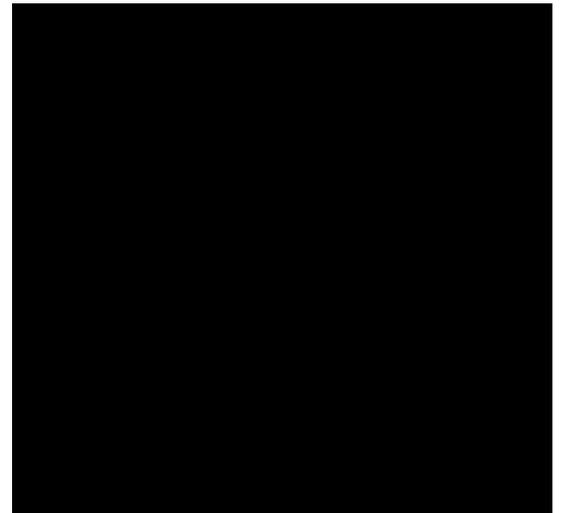
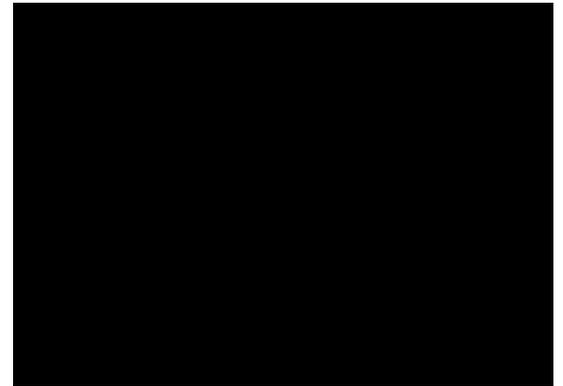
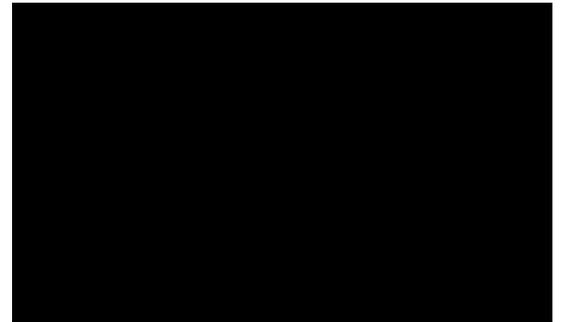


Courtesy photo

*C-5 Tail number 0457 prepares to take to the skies Feb. 11 from Travis' flightline. What makes this a memorable flight is the fact that this Galaxy was recently in pieces after being used as a parts donor for other aircraft. The 60th Aircraft Maintenance Squadron rebuilt the aircraft in a mere 60 hours. According to officials, this type of rebuild time is virtually unheard of in the maintenance world — especially during contingencies and the high ops tempo.*

## On the road again?

Take charge of your move with free relocation planning. Call the Family Support Center at 424-2486



# Fitness Center gives birth to new exercise class

By Linda Mann-Iames  
60th Services Squadron

When certified Aerobics and Fitness Association of America instructor and ballet dancer Jenny Doyle became pregnant, one of the first things she did was search the local area for an exercise class for pregnant women. She was surprised to find there were none.

"In Germany it is very common to have pregnancy exercise classes," she said. "I am an instructor at the Fitness Center so I wanted to start a class here."

While she waited for the class to be approved, she began teaching fitness techniques to pregnant women in Vacaville.

"I watched lots of videos and read books and talked to Obstetricians," Doyle said. "I have always taught myself to do things."

Now her research, experience and training benefits other pregnant women on base with the Pregnancy and Postpartum Fitness class at the Travis Fitness Center.

The goal is to improve stamina and strength, relieve back pain and leg cramps and keep the body in shape during pregnancy. New mothers can also benefit from the class during the postpartum period before a more rigorous routine can be implemented to get back in shape.

The class includes low impact aerobics, upper and lower body toning, pelvic floor exercises and safe stretching and relaxation techniques.

"Most of my students are already fit and have been exercising their whole lives."

Doyle encourages every pregnant and new mom to try out the class. She says that even a little exercise is better than no exercise at all.

"When you are pregnant and sit around, the extra weight hurts your joints. I teach weight-shifting and stretches to make women more comfortable during pregnancy," she said.

"Every pregnancy is different and women can do different things. But exercise is different when you are pregnant because your balance is off," said Doyle. "When I went home to Germany I wanted to show off my pirouettes. I was only three months pregnant—not even showing. My balance was off and I almost fell."

The class is held from 9:30 to 10:30 a.m. every Tuesday and Thursday. Babies less than six months old may accompany their mother to the class.

Registration is \$25 a month or \$4 per class and can be done at the front counter of the Fitness Center. Call Jenny Doyle at 437-1374 for more information.



Instructor Jenny Doyle (lower left), under the watchful gaze of her 4-month old son, Justin Conner, helps new moms to stay in shape during pregnancy.

Linda Mann-Iames / 60th Services Squadron

## Benefits to exercising during pregnancy

- » Increase blood circulation
- » Increase nutrition to baby
- » Reduce leg cramps
- » Increase stamina for birthing
- » Increase flexibility in pelvic area
- » Strengthen Kegal muscles
- » Maintain muscle strength
- » Learn relaxation techniques
- » Loose weight quicker after birth
- » Become part of a support group for pregnant women



Airman 1st Class Melinda Warner learns that relaxation is just as important to her pregnant body as exercise. Warner, who is about seven months along, is using the Fitness Center's new exercise class for pregnant women to assist her in preparing for childbirth.

## The puck stops here!



Karl Nichols races to beat a Navy player to a loose puck during an exhibition hockey game held Feb. 8 at the North Charleston Coliseum. Nichols helped lead the Air Force team to an 8-6 victory, scoring two goals and an assist. The game was part of the South Carolina Stingrays Military Appreciation Night honoring those serving their country. Charleston-based servicemembers made up the teams.

Airman 1st Class Jason Bailey / AFPN

## SPORTS SHORTS

## TRAVIS AIR FORCE BASE

**Little League meeting**

Parents of Travis Little League players are invited to a parents meeting Monday at 4:30 p.m. at the senior baseball field across the street from the Youth Center. Parents will have an opportunity to meet the coaches and Little League board members, ask questions and discuss the upcoming season. Call William Crockett at 424-5392 for more information.

**Fitness scholarship**

Last year two Travis youth won the National Fitness Authority decathlon — receiv-

ing a trip to the White House and scholarships. This year's competition is about to begin. Students 10 to 18 years old may sign up March 1 from 1 to 5 p.m. at the Fitness Center. Competitors must join or be current members of the Travis Boys and Girls Club. Call Larry Williams at the Teen Zone at 424-3131 for more information.

**Golf special**

Cypress Lakes is offering a chili weather golf special, which includes green fees, cart rental, a sleeve of golf balls and a chili dog with soda. This special is only

available weekdays until the end of February. Ranks E1 to E4 pay \$23, E5 and higher and DoD civilians pay \$26 and civilian guests pay \$35. Call 424-5759 for tee times.

**Kayaking trip**

Kayak the Consumnes River Preserve Saturday or camp out and kayak at Tomales Bay March 1 and 2 with the Outdoor Adventure Program. Participants in the new Out and Back Trips will receive free gifts from Outback Steakhouse and Coast 2 Coast Communications. Call Outdoor Recreation at 424-5659 to sign up.

Check with the Fitness Center for updated seasonal changes for all fitness programs. Core classes are free for active-duty military, who must present a valid military ID in order to attend. All other classes are available to both active-duty and dependents, however, a pass purchased through the Fitness Center is required. For details, call 424-2008.

## FITNESS CENTER CLASSES

## TRAVIS AIR FORCE BASE

**Mondays**

- » Core cycling from 5:30 to 6:30 a.m.
- » Cardio/sculpting from 9:30 to 10:30 a.m.
- » Core step aerobics from 11:30 a.m. to 12:30 p.m.
- » Introduction to Piyo in the martial arts dojo from noon to 1:30 p.m.
- » Phat Fitness for 12 and older from 4 to 5 p.m.
- » Core step aerobics from 5 to 6 p.m.
- » Butts-n-guts kickboxing aerobics from 6 to 7 p.m.
- » Kung Fu San Soo in the martial arts dojo from 6:30 to 8 p.m.
- » Cycling from 7 to 8 p.m.
- » Kickboxing with Dan Stell from 7 to 9 p.m.

**Tuesdays**

- » Core step aerobics from 5:30 to 6:30 a.m.
- » Piyo in the martial arts dojo from 6 to 7 a.m.
- » Senior Fitness from 9 to 10 a.m.
- » Core cycling from 11:30 a.m. to 12:30 p.m.
- » Piyo in the martial arts dojo from 12:30 to 1:30 p.m.
- » 15th AF squadron cycle from 3 to 4 p.m.
- » MDG squadron cycle from 4 to 5 p.m.
- » Core step aerobics from

5 to 6 p.m.

- » Kickboxing with Dan Stell from 5 to 7 p.m.
- » Core Power Blast from 6 to 7 p.m.
- » Wing Chun in the martial arts dojo from 6:30 to 8 p.m.
- » Cycling from 7 to 8 p.m.

**Wednesdays**

- » Core cycling from 5:30 to 6:30 a.m.
- » Yoga from 9:30 to 10:30 a.m.
- » Gym in a Bag in the martial arts dojo from 11 a.m. to 12:30 p.m.
- » Core step aerobics from 11:30 a.m. to 12:30 p.m.
- » Introduction to cycling from 12:30 to 1:30 p.m.
- » Phat Fitness for 12 and older from 4 to 5 p.m.
- » Core step aerobics from 5 to 6 p.m.
- » Kajukembo in the martial arts dojo from 5 to 6:30 p.m.
- » Kung Fu San Soo in the martial arts dojo from 6:30 to 8 p.m.
- » Cycling from 7 to 8 p.m.
- » Kickboxing with Dan Stell from 7 to 9 p.m.

**Thursdays**

- » Core step aerobics from 5:30 to 6:30 a.m.

- » Piyo in the martial arts dojo from 6 to 7 a.m.
- » Senior Fitness from 9 to 10 a.m.
- » Core cycling from 11:30 a.m. to 12:30 p.m.
- » Yoga in the martial arts dojo from 12:30 to 1:30 p.m.
- » 15th AF squadron cycle from 3 to 4 p.m.
- » MDG squadron cycle from 4 to 5 p.m.
- » Core cycling from 5 to 6 p.m.
- » Power Blast from 6 to 7 p.m.
- » Wing Chun in the martial arts dojo from 6:30 to 8 p.m.
- » Cycling from 7 to 8 p.m.
- » Kickboxing with Dan Stell from 5 to 7 p.m.

**Fridays**

- » Piyo in the martial arts dojo from 8:30 to 9:30 a.m.
- » Core step aerobics from 11:30 a.m. to 12:30 p.m.
- » Kajukembo in the martial arts dojo from 4:30 to 8 p.m.
- » Core kickboxing aerobics from 5 to 6 p.m.
- » Yoga from 6 to 7 p.m.

**Saturdays**

- » Cycling from 8 to 9 a.m.
- » Total Fitness from 9 to 10 a.m.

## TRAVIS CINEMA

**The Travis theater will be closed for renovation from Feb. 3 to early August. During the renovation, seats will be upgraded, soundproofing will be incorporated, and the building will undergo upgrades to meet base standards. Watch the Tailwind for details on its re-opening.**

Visit [www.aafes.com/ems](http://www.aafes.com/ems).

## Airman's The Book 2003



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