



# TAILWIND

TRAVIS AFB, CALIF.

FRIDAY, JANUARY 31, 2003

VOLUME 28, NUMBER 4



## STEP'IN ON UP

Three Travis NCOs take 'STEP' in the right direction, receive early promotions for exceptional performance

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## PRECISION JOB

Their job requires inspecting, testing, troubleshooting, calibrating, repairing and — most of all — precision.

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## RIDE THE SKIES

Travis paragliders take to the skies in search of fun and adventure

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As the crane operator lifts the simulator from its bed, other workers check the clearance and prepare to roll the casters in place underneath it.

Kristina Chia / 60th CS Visual Information

The new KC-10 simulator is unveiled.



Arielle Kohn / 60th Visual Information

# 'SIM'ply BIG

By Tech. Sgt. Scott King  
60th AMW Public Affairs

The Travis Boeing Aerospace Operations Facility received its long awaited, modified KC-10 simulator Thursday. Once operational, the simulator will be used to train Travis KC-10 pilots and crews on flight simulation.

Upon its arrival, the \$25 million simulator was tucked into a 50-by-50-foot bay ready to be connected, wired up and operational by next winter.

"We're looking forward to bringing it on-line," said Steve Andrews, site manager for the KC-10 aircrew training simulator. "We feel it will bring a big improvement over current simulator training."

The new simulator has several advantages over the old one. First, it contains a new visual system, allowing pilots to practice in-flight refueling maneuvers — sharpening their skills on this risky opera-

tion, Andrews said. Second, it has a new control loading system that dramatically improves the "feel" or flight fidelity for the pilots.

Other advantages, according to Andrews, include a new sound system which creates more realistic sounds while actually airborne, and improved aerodynamics to more closely replicate actual aircraft handling characteristics.

Travis' second KC-10 simulator will be replaced with a similar, modified version some time in the next few years, bringing both "sims" up to FAA standard level C/D trainers.

Last year, the Travis Boeing facility trained more than 2,000 students on KC-10 flight operations, and the staff doesn't see that slowing down.

"We're pretty sure the pilots and crew will benefit from this," Andrews said. "The newest technology packed into this thing should enhance training for years."

# Commander's Corner

## Travis serving in Operation Enduring Freedom



By Brig. Gen. Brad Baker  
60th AMW commander

January was a tremendously busy month for the Travis team ... as we continued our deployment schedule, and surged to max capacity with the movement of forces and resources downrange. As it stands right now, those deployed on **Air Expeditionary Forces 7 and 8** will remain in place, as indicated in a message by Gen. John P. Jumper, the Air Force Chief of Staff (see story below). Travis warriors are an integral part of the U.S. military posture and are doing a great job at home and abroad. If you are a commander, first sergeant or supervisor ... and have members in your organization deployed ... please check in with them and their families to ensure they have what they need. Remind folks that there is considerable support available on the base and in units, with organized spouse support groups, in addition to the services provided by the **Family Support Center**, which offers briefings for military families every **Tuesday at 8 a.m. and 2 p.m.**

One of our top priorities is supporting our people ... not only do they make the mission happen ... they represent what is great about this country. I'm proud of every Travis team member ... because you are serving something greater than yourself. Whether you are at home or deployed ... you're

serving to ensure freedom is preserved for generations to come. We ask a lot from you ... we ask you to give up time away from your families ... we send you into dangerous places ... and give you challenges for which there is no comparison on the outside. It is an understatement to say that your work for this noble institution — the U.S. Air Force — is equally invaluable and important.

Our operators, maintainers, aerial porters, air traffic controllers, and a host of others, have dealt with the challenges of increasing mission demands and unpredictable weather issues throughout this first month of 2003, working around the clock to ensure the readiness of aircraft and cargo. They persevered, delivering timely airlift and refueling capabilities on demand.

My hat's off to a crew from the **21st Airlift Squadron**, for rising above and accomplishing the mission when visibility was nil, Jan. 17. **Capt. Jim Argento, Maj. Bill Price, Capt. Jeff Souza** and the following crew members — **Tech. Sgt. Pat Nino, Staff Sgt. Bret Hays, Staff Sgt. Brian Means, Tech. Sgt. Jeff David, Staff Sgt. Scott Tirevold, Senior Airman Brian Nichols and Staff Sgt. Aidan Delatorre** — stuck with the mission until the fog lifted just enough so they could take off. They could have quit but they didn't. Thanks for following through despite the challenges ... keep up the good work.

I'd also like to commend some of our recent STEP promotees. **Command Chief Master Sgt. Whitman** and I had the honor of STEP promoting several superstar Travis team

members ... specifically, **Tech. Sgt. James R. Williams**, 60th Maintenance Operations Squadron, **Staff Sgt. Albert E. Felix**, 60th Communications Squadron, and **Staff Sgt. Shawn Webber** of the 60th Aircraft Maintenance Squadron. In addition, **Tech. Sgt. Ernest Medina**, 615th Air Mobility Operations Group, was STEP promoted. Congratulations to all of you and your success!

Meanwhile we've hosted a few big events here, not least of which was **Tops in Blue**, Jan. 22. Our **60th Services Squadron** ensured a superb performance ... and special recognition is due to some of those shining stars in Services, to include **Stephen Pierce, 2nd Lt. William Gumabon, Staff Sgt. Tanisha Hunter, Geodi Haley, Linda Mann, Jennifer Hayes, Master Sgt. Del Rosario, Tenille Niimi, Master Sgt. Matt Morgan, Staff Sgt. Grace Kirkwood, Senior Airman Jennifer Clay, 1st Lt. Cindy Orakpo, 1st Lt. Stephen Ricci and Capt. Rox Whyte**.

In addition, we recently had about 14 staff members from Congresswoman Ellen Tauscher's office here. We gave them a tour, lunch and briefings ... they learned more about the Travis' team's continuing role in Operation Enduring Freedom, and had the opportunity to meet some of the people that make that mission a success.

While many folks made this visit come off with polish, I'd like to recognize those who brought all the pieces and parts together on such short notice ... to include **Col. Dennis McCarthy, Lt. Col. Ray Miller, Linda Weese, Senior Master Sgt. Alan Chung, Lt.**

**Col. Grace Blevins-Holman, Capt. Paul Bruner, 1st Lt. Roland Bezovics, Master Sgt. Devin Chapnick, Staff Sgt. William Smart and Senior Airman Jason Schultz**.

Another team that really did a great job during this visit was our **Travis Security Forces**, led by **Maj. Rich Lucas**. This team briefed the visitors on the important role of the 60th and 349th SFS at Travis ... with special recognition due to **Master Sgt. Pat Harris, Tech. Sgt. Don Harazak, Tech. Sgt. James Frazier and Senior Airman Keenan Cobb**.

Once again, our Services team led by **Maj. Marcus Bass**, provided a first-class luncheon at the Sierra Inn. It can be a challenge to support these "events" ... during such a time marked by extended deployments and operations, but we also know it's important to show our community leaders our mission and the great people behind it.

In the near future, we have some other notable events on base, with the kick off of **African American Heritage Month** at the Delta Breeze Club on **Tuesday from 11 a.m. to 1 p.m.** — please contact **Capt. Demetrius Wilson** at 424-2476 for tickets or information (see Page 13).

Also, the **National Prayer Luncheon is scheduled Feb. 11** at the Delta Breeze Club at 11 a.m. This annual luncheon will be an inspirational event ... and I know those who attend will find this rewarding spiritually and professionally. As the country continues to prepare for heightened operations in Enduring Freedom, I encourage people to seek those opportunities that nourish both the mind and soul. This year, we welcome the scheduled guest speaker, **Chaplain Cecil Richardson** from Air Combat Command (see Page 5).

There are many other "events" in the near future ... but it's our participation in Operation Enduring Freedom that certainly is at the forefront of everything we do and is our priority ... and again, I couldn't be prouder of you and your commitment to this mission.

God bless you and God bless America!

## CSAF discusses AEF battle rhythm

By Gen. John P. Jumper  
Air Force Chief of Staff

The AEF is a powerful tool that has enabled us to successfully support long-standing contingency operations. Sustaining on-going requirements with 3-month rotations has become part of our Air Force culture. But we need to remember that the AEF structure also allows us to posture for a full range of combat operations, including major theater contingencies

that require more forces than can be provided by one AEF pair on a 3-month rotation.

When the time comes to build a force bigger than one AEF pair and/or deploy it for a time frame that may exceed three months, AEF is the mechanism that we use to select units who are best prepared to meet the needs of the situation. We now are reaching this point with our preparations for expanded operations in South-

■ SEE AEF RHYTHM ON PAGE 10

## Tailwind

Travis AFB, Calif.  
60th Air Mobility Wing

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60th Air Mobility Wing commander

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## On the Cover



Travis photographers captured images of the new KC-10 simulator being unloaded on First Street Jan. 23.

## STEP'in Up

### Three Travis NCOs promoted for exceptional performance



Tech. Sgt. Scott King / 60th AMW Public Affairs

Brig. Gen. Brad Baker, 60th Air Mobility Wing commander, pins a set of master sergeant stripes on the shoulder of James Williams, 60th Maintenance Group. Williams was promoted to master sergeant Jan. 17 through the Stripes for Exceptional Performers program.



Master Sgt. Dave Cushman / 60th Communications Squadron

General Baker (far left) and Chief Master Sgt. Kirk Whitman (far right) prepare to pin technical sergeant stripes on Alberto Felix, 60th Communications Squadron. Felix was promoted to technical sergeant Jan. 17 through the Stripes for Exceptional Performers program.



Tech. Sgt. Ernest Medina  
715th Air Mobility Squadron



**Ernest Medina**, a Tanker Airlift Control Element communications craftsman assigned to the 715th Air Mobility Squadron was promoted to technical sergeant through the Stripes for Exceptional Performers program.

## AMC leaders reemphasize security

By Cynthia Bauer  
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AMCNS) — Mission-critical. That's what senior leaders at Air Mobility Command call the proper protection of classified and mission sensitive information. The protection of such information is vital to national defense as the United States moves forward in the second year of the Global War on Terrorism.

Gen. John W. Handy, commander of U.S. Transportation Command and AMC, recently sent a memorandum to all AMC commanders calling on them to reemphasize operations and communications security with their personnel.

In his memo, Handy said, "Practicing good OPSEC and COMSEC is absolutely critical to ensure the success of our operations. Without it we jeopardize our missions and put people's lives at risk."

Handy echoes the deep concerns of the Secretary of Defense as well as the Secretary and Chief of Staff of the Air Force about the disclosure of classified information, an act Secretary of Defense Donald Rumsfeld has called "outrageously irresponsible."

He reminded commanders that in addition to classified and sensitive information, unclassified mission critical information must also be protected, because seemingly innocent items could provide useful information to adversaries. He also cautioned that the release

*"Practicing good OPSEC and COMSEC is absolutely critical ...*

*Without it we jeopardize our missions and put people's lives at risk."*

— General Handy



of information to the public must be approved through public affairs channels.

The general has also requested AMC commanders convey this message to each member in their commands and ensure every individual is aware of all classification guides that apply to their mission area.

AMC Director of Operations Maj. Gen. Roger A. Brady said OPSEC must become second nature. "Every organization should review guidelines for visual, logistics, communications or training indicators for current operations," he said.

The immediate security concerns are Web page content, e-mail and telephone/radio patches.

Brady pointed out that some of these transmissions are being immediately transcribed onto open Web sites and chat sessions for other chat room participants. Another example is the unauthorized posting of photographs and sensitive information to public or individual Web pages without approval of the

theater commander or public affairs office. Such postings provide a one-stop shop for open source intelligence collection.

"All information released to the public or posted on public Web sites must meet Department of Defense and Air Force guidelines.

"Marking our critical information a minimum of 'for official use only' and protecting this information during all planning phases provides the OPSEC measures required until this information can be shredded," said Brady.

AMC OPSEC program manager Glynn Atchley said security goes beyond the Internet, that adversaries use multiple sources of information to piece together targeting information.

"OPSEC should not be seen as strictly a communications-specific discipline," said Atchley. "Our enemies use many methods to gather information, from digging through our trash to standing outside the fence line with binoculars or a telephoto lens."

Atchley said the rules for protecting critical information are common sense.

"The most important things to remember are to make sure sensitive or classified information is provided only to individuals with the appropriate security clearance who have a 'need-to-know,' that secure communications means are used to transmit sensitive or classified information, and care is taken to follow appropriate OPSEC/COMSEC practices to avoid inadvertent disclosure," he said.

## Reunion staff needs volunteers

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

The Travis museum needs volunteers to help run the 61st annual Doolittle Raiders reunion.

The reunion will be held at Travis April 16 to 18.

The reunion is kicking off fundraising efforts to raise more than \$50 million for a new Jimmy Doolittle Air and Space Museum, which will be located adjacent to the base.

"We are running very short on volunteers to adequately staff the reunion," said Cathleen Handlin, Jimmy Doolittle Air and Space Museum project manager.

In addition to primary vol-

unteer, the museum is looking for back-up volunteers to make up for shortages caused by deployments, illness, and other unforeseen 'no-shows.'

Volunteers are needed between from April 15 to 19 to manage Raider memorabilia booths at the Fairfield Hilton hotel and other locations. Volunteers are also needed to dress in patriotic costumes and circulate among the crowd during the Doolittle reunion.

For more information or to volunteer, contact Maj. Diana Newlin at 424-5605 or email [diana.newlin@travis.af.mil](mailto:diana.newlin@travis.af.mil), or contact Jenny McIntyre at 426-4742 or email [jenny.mcintyre@60mdg.travis.af.mil](mailto:jenny.mcintyre@60mdg.travis.af.mil).

## AMC announces 2002 mission support awards

Travis Air Force Base captured three AMC Mission Support awards for 2002. The winners are:

► Senior Airman Camella Apsay, 60th Equipment Maintenance Squadron, captured the Personnel Specialist award in the Outstanding USAF Personnel Manager Of The Year, Unit Level category.

► The 60th Air Mobility Wing Military Equal Opportunity and Treatment Office captured the MEO award for installations with an active-duty military and civilian employee population greater than or equal to 5,500.

► Capt. Karie K. Pahia, 60th AMW Military Equal Opportunity and Treatment Office, captured the Outstanding Base-Level Chief of Military Equal Opportunity and Treatment Award.

# Bush says trusting Saddam 'Not a Strategy,' 'Not an Option'

By Jim Garamone  
American Forces Press Service

WASHINGTON — "Trusting in the sanity and restraint of Saddam Hussein is not a strategy, and it is not an option," President George W. Bush told Congress and the nation Jan. 28 during his State of the Union speech.

The president answered questions about why Iraq is a crisis now. He said the Iraqi dictator has weapons of mass destruction and will share them with terror groups.

"Before Sept. 11, many in the world believed that Saddam Hussein could be contained," he said. "But chemical agents, lethal viruses and shadowy networks are not easily contained."

The president asked Americans to imagine the suicide terrorists who attacked the United States if they had been armed by Iraq. He said terrorists armed with weapons of mass destruction could "bring a day of horror like one we have never known."

The president said the United States will ask the U.N. Security Council to convene on Feb. 5 to consider Iraq's continuing defiance.

He said Secretary of State Colin Powell would present information and intelligence about Iraq's illegal weapons of mass destruction programs, its attempts to hide those weapons from inspectors and its links to terrorist groups. Bush stated that the United States will consult with allies and the United Nations, but he said if Saddam Hussein does not disarm, "for the safety of our people and the safety of the world, we will lead a coalition to disarm him."

Bush also spoke directly to the members of the armed forces. "Some crucial hours may lay ahead," he said.

"In those hours, the success of our cause will depend on you. Your training has prepared you, your honor will guide you, you believe in America, and America believes in you."

Bush also attempted to reassure the Iraqi people that the United States separates the regime from the popula-

tion. "I have a message for the brave and oppressed people of Iraq: The enemy is not surrounding your country; the enemy is ruling your country," he said. "And the day he and his regime are removed from power will be the day of your liberation."

As is fitting in a State of the Union address, Bush spoke about many other programs and proposals. He also reported on the global war on terrorism.

"There are days that our fellow citizens do not hear news of the war on terror," he said. "There is never a day that I do not learn of another threat or receive reports of operations in progress or give an order in this global war against a scattered network of killers. The war goes on, and we are winning."

Bush cited a number of terrorist plots that have been foiled and terror groups left leaderless. He said more than 3,000 terrorists have been arrested around the world, and many others have been killed.

Within the United States, homeland security has been strengthened and Bush thanked the Congress for its support of fielding a limited ballistic missile defense beginning this year. The president also said he is asking for \$6 billion to fund Project BioShield.

If approved, the project would be a major research and production effort to guard Americans against bioterrorism.

The money would go to make effective vaccines and treatments available quickly against such agents as anthrax, botulinum toxin, ebola and plague.

"We must assume our enemies will use these diseases as weapons, and we must act before the dangers are upon us," he said.

Bush told Congress that he had instructed the leaders of the FBI, the CIA, the new Department of Homeland Security and the Defense Department to develop a Terrorist Threat Integration Center to merge and analyze all threat information in a single location.

"Our government must have the very best information possible, and we will use it to make sure the right people are in the right places to protect all our citizens," he said.

The president stressed a number of times that the greatest dangers to freedom are rogue nations possessing weapons of mass murder.

He said those countries could use those weapons for blackmail, terror and mass murder. "They could also give those weapons to terrorist allies, who would use them without the least hesitation," he said.

Last year, the president lumped Iraq, Iran and North Korea together as an "axis of evil." He spoke of U.S. efforts to influence the other two countries of the axis.

He said that different threats require different strategies. "In Iran, we continue to see a government that represses its people, pursues weapons of mass destruction and supports terror," he said. "We also see Iranian citizens risking intimidation and death as they speak out for liberty and human rights and democracy. Iranians, like all people, have a right to choose their own government and determine their own destiny -- and the United States supports their aspirations to live in freedom."

The North Korean leaders continue to starve and oppress their people. "Throughout the 1990s, the United States relied on a negotiated framework to keep North Korea from gaining nuclear weapons," Bush said. "We now know that that regime was deceiving the world and developing those weapons all along. And today the North Korean regime is using its nuclear program to incite fear and seek concessions. America and the world will not be blackmailed."

He said the United States would work with South Korea, Japan, China and Russia to find a peaceful solution. "The North Korean regime will find respect in the world and revival for its people only when it turns away from its nuclear ambitions," he said.

## Waiting for medics



Photo by Staff Sgt. Cherie A. Thurby

OPERATION ENDURING FREEDOM — An Afghan boy from the Aroki Province of Kapisa in Afghanistan waits to be seen by U.S. military medics Jan. 21. Airmen from the 455th Air Expeditionary Wing, along with soldiers from the 48th Combat Support Hospital and the 924th Korean Medical Hospital, visited the province to offer health care to local residents.

## W-2s available on myPay

ARLINGTON, Va. (AFPN) -- American military members and Department of Defense civilians can now view, save and print their W-2 wage and tax statements from myPay at <https://mypay.dfas.mil>.

Military retirees and annuitants can view, save and print their tax form 1099s as well.

The myPay service provides a secure way for servicemembers, defense civilians, military retirees and annuitants to man-

age their pay account information. Available around the clock, customers can make changes online that previously needed to be made by visiting offices.

Customers can also help the Department of Defense save money by volunteering to turn off the print copy of their leave and earnings statements and checking it online.

The DOD can save up to 34 cents for each LES delivered electronically.

## Center officials seeking concessionaire

### 60th Services Squadron

Each year the friends and family members of Travis children gather at the Youth Center ball fields and cheer on the young baseball and softball players. Visits to the snack bar for hotdogs, popcorn, ice cream, nachos and more are all part of the fun.

Many base people may not realize that the concession stand is leased seasonally to a private concessionaire selected by the Youth Center.

In the past, squadron booster clubs, youth non-profit organizations and individual families have been awarded the contract. Last year, Travis teenager Nathan Barazza ran the concession stand to earn money to buy his first car.

"It is a great opportunity for someone to earn between \$1,500 and \$2,000," said Youth Center Director Sandra Latchford.

The Youth Center is currently accepting the names of pri-

vate organizations interested in operating the Youth Center Concession Stand located at the youth ball fields. The concessionaire selected would be required to operate the stand for a period of three months, from March 22 to mid-June.

The hours of operation would coincide with the scheduled youth baseball and softball games, which are typically weekdays from 4 p.m. until dark, and Saturdays from 9 a.m. to 5 p.m.

The concessionaire will pay a rental fee to the Youth Center to benefit the baseball and softball programs. The Youth Center has some equipment the selected concessionaire may use, such as a hotdog machine, nacho machine, cotton candy machine, pizza oven and a popcorn machine.

The deadline for submitting an organization for consideration is Feb. 14.

Contact the Youth Center at 424-5392 for additional information.

# NEWS NOTES

TRAVIS AIR FORCE BASE

## Change of Command

Col. George Vieyra will assume command of the 60th Medical Surgical Operations Squadron Feb. 14 at 10 a.m. at the David Grant Medical Center flagpole.

## Space shuttle re-entry

The upcoming re-entry of space shuttle Columbia will occur over Northern California before dawn on Feb. 1. The shuttle will be re-entering the Earth's atmosphere over the North Bay Area at 4:48 a.m. (22 minutes before landing at the Kennedy Space Center in Cape Canaveral, Fla.), which is well before the start of astronomical twilight. Since the space shuttle will be at a very

high altitude when it passes over Northern California, the re-entry may be visible for hundreds of miles on either side of the ground track.

## Flightline driving tips

In a Safety Wire released by the 60th Air Mobility Wing Safety Office Jan. 23, Travis safety experts emphasized flightline driving practices.

► In accordance with Travis Air Force Base Instruction 13-103, all drivers must be trained and qualified to operate vehicles on the flightline (for both day and night driving).

► Wear reflective gear during hours of darkness and inclement weather when visi-

bility is reduced.

► Remaining in the traffic flow plan will prevent flightline drivers from hitting obstacles. Travel to the right of the solid, single, yellow lines. If no lines exist, use good judgment.

► Drivers who find themselves disoriented while driving should stop and use their radio to ask for directions.

► Flightline drivers should maintain 15 mph or slower, depending on weather conditions and visibility.

## Blood donations

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 scheduled 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.

## National Prayer Luncheon Feb. 11

Travis will hold its annual National Prayer Luncheon Feb. 11 at 11 a.m. in the Delta Breeze Club. Dinner choices include: baked chicken, rice pilaf and garden medley; or, London broil, oven roast potatoes and garden medley; or, pasta primavera with roasted tomato parmesan (vegetarian). Tickets cost \$5 and can be purchased through unit first sergeants or at the Chapel Center.

### Guest speaker

The guest speaker for this year's event is Chaplain (Col.) Cecil Richardson, the command chaplain for Air Combat Command. As the command chaplain, Richardson advises the commander on religious, ethical and quality-of-life concerns.

He is responsible for all Air Force

Chaplain Service programs within the command to meet the spiritual needs of ACC personnel and family members.

Richardson started his career in March 1966 in the enlisted ranks as a Russian interpreter.

He was commissioned a chaplain in April 1977.

In addition to his current position, he has served as a Protestant chaplain, a senior Protestant chaplain, a wing chaplain, an Air Staff Training officer, a major command division chief, a Chaplain Service assignments officer, executive director of the Armed Forces Chaplains Board, and as a unified-command chaplain.



Chaplain Cecil Richardson  
Guest Speaker

To make an appointment or for more information, call Tina Curtis at 423-7766.

Additionally, Curtis said squadrons are encouraged to sponsor blood drives.

# SHINING STAR

## TRAVIS AIR FORCE BASE



Capt. Kim Garbett / 60th MDG Public Affairs

Rees Donneson, 60th Medical Group, discusses an issue with Col. Greg Melcher, DGMC's chief of medical staff.

### MDG employee helps provide safer, quality care

Almost everything in life involves risk. Rees Donneson, 60th Medical Group director of quality services and risk management, deals with health care quality assurance and safety every day.

Donneson, who has served the Air Force for 30 years in a both active-duty and Reserve capacity, has supported Travis' David Grant Medical Center since 1995. DGMC, commanded by Col. Jim Collier, serves more than 1,000 outpatients a day, providing quality healthcare to active-duty, Reserve, dependents and veterans.

A one-man shop, Donneson says his plate at DGMC is "pretty full." Donneson's days include quality assurance of medical negligence claims, patient safety, investigating unexpected outcomes in patient care, and some medical staff administration. Joint Commission readiness is also another hat Donneson wears.

Donneson also provides input to several DGMC committees. "We are constantly focusing on 'what can we do better next time,'" he said.

Donneson said the most satisfying part of his job is in knowing he is contributing to the delivery of quality health care at one of DoD's premiere military medical centers. "Working with cutting-edge people and technology also keeps my job rewarding to me," he said.

Col. Greg Melcher, DGMC's chief of medical staff, relies on Donneson to provide him with safety and quality assurance insight. "Rees has a demanding position; safety and quality assurance are critical elements to any health care institution," Melcher said. "Managing the quality services and risk management program is an incredible feat, considering the number of patients we care for on a daily basis. Rees is my right-hand man and a critical player in the medical arena when it comes to providing insight, advice and direction for providing our patients at DGMC with safer, quality care."

— Capt. Kim Garbett, 60th MDG Public Affairs

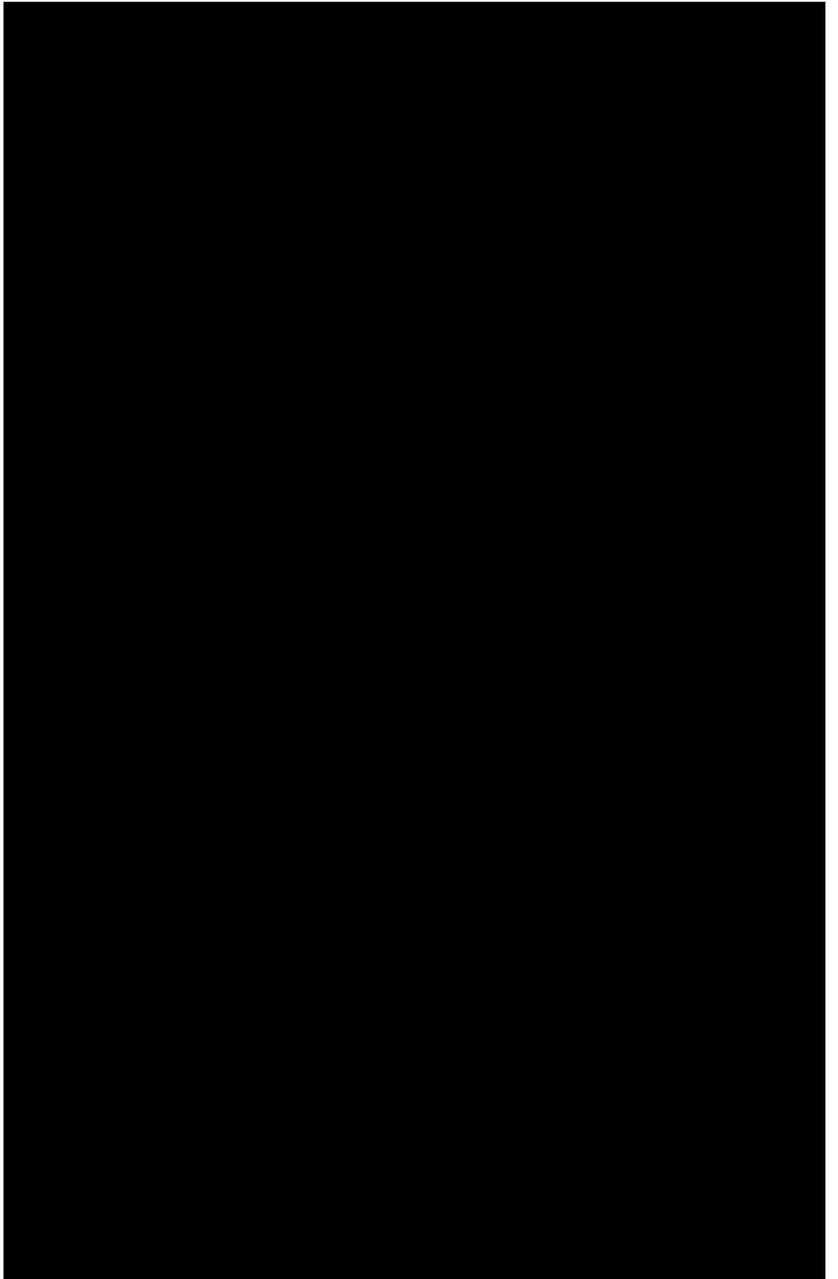
### DRINKING

The end results can kill

### & DRIVING

innocent people and  
a military career!

### DON'T MIX



# Enlisted historians: The best-kept secret in the Air Force

By Chief Master Sgt. Chuck Starr  
AFSPC History Office

Desert Storm. Northern/Southern Watch. Support Hope. Allied Forge. Enduring Freedom. Do these names sound familiar? Most of you have probably deployed in recent years to support these and other Air Force-related operations. Each one of them is considered a valuable stepping stone in our Air Force history. But for most of us, we wait until either the next issue of the Promotion Fitness Exam booklet to be published to read about these events, or we sit back and let the local press tell us what we accomplished.

Well, it doesn't work that way. Every time there's a real-world situation —

**For more information** ... on becoming an Air Force historian, call Staff Sgt. Vincent Gonzalez, 60th Air Mobility Wing historian, at 424-1049, or call the Air Mobility Command historian, Senior Master Sgt. Ellery Wallwork, at DSN 779-7851.

whether it's a bombs-on-target operation in the Middle East or lending airlift support in the middle of Africa or fighting the war on terrorism, Air Force enlisted historians are there to cover these key events. These same people are the ones who record your wing's history at home station. These are the men and women who produce documents that our senior leaders use to make future decisions.

So, who are these enlisted troops who seem to always be where the action is — both at home and on distant lands?

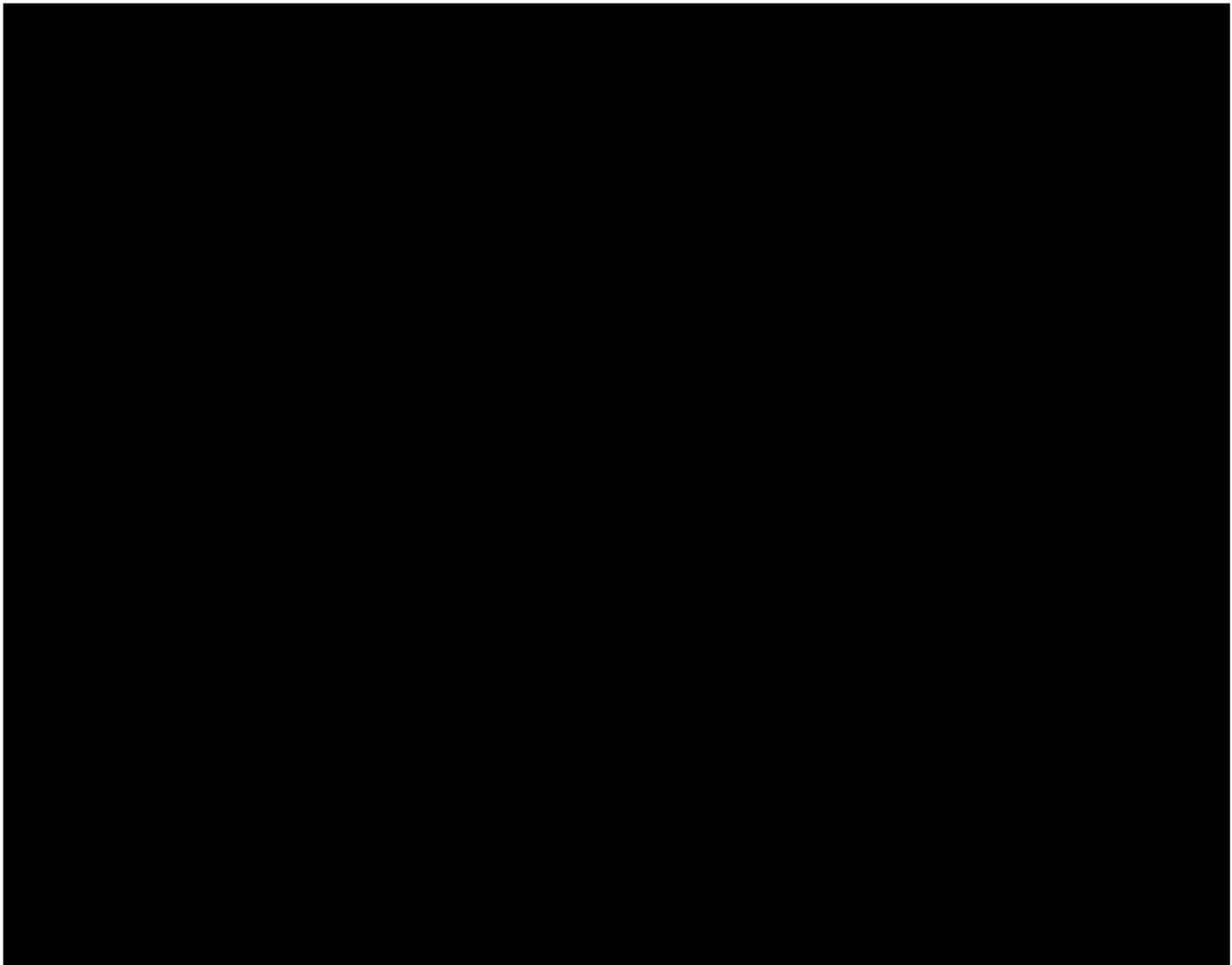
They are people just like any other enlisted member of today's Air Force. Maybe even just like you. They are mostly senior airmen through technical sergeants who have been trained to collect key documentation, conduct field interviews, and produce a written account of their wing's contemporary history. Besides each wing's command chief, the wing historian is the only other enlisted member to serve as a staff agency chief on the wing commander's staff.

Obviously it takes more than a slight interest in history to become an enlisted historian, although an interest in things past does help. Today's enlisted histori-

an needs to be a self-motivated, highly energized individual who believes that he or she has the best job in the Air Force. People who just want a job to get off the flightline need not apply. Today's enlisted historian records today's history for tomorrow's leaders.

If these thoughts have perked your interest in joining a career field (3H0X1) that is the "best-kept secret" in the Air Force, the timing couldn't be more perfect. With openings worldwide, now is the time to contact your local wing history office and get the process moving.

If you want to be where the action is — where the real Air Force story unfolds both before your eyes and on your computer — call your local historian and join a cadre of individuals who have a say in our Air Force's future.



**DEAD  
 BATTERIES  
 CAN'T  
 SAVE LIVES**

Change the batteries in your smoke detector before the old ones run out. That way, your smoke detector can warn you and your family in the event of a fire.



# CRIME STOPPER

## TRAVIS SECURITY FORCES ACTIVITY

### Jan. 20

- » Failure to obey a lawful order at the North Gate
- » Medical emergency reported on Moore Court
- » Domestic assault reported on Travis Avenue
- » Loud noise complaint reported on Armstrong Street

### Jan. 21

- » Military member caught DUI in Citrus Heights, Calif.
- » Damage to private property in the parking area of Building P-3
- » Verbal altercation reported at Building 777
- » Brandishing a weapon on Bradley Boulevard
- » Damage to government property at Building 981
- » Damage to private property in the dormitory area
- » Shoplifter caught at the Base Exchange
- » Damage to private property in the Sierra Inn Parking area

### Jan. 22

- » Security incident reported on the Mass Parking Area
- » Medical emergency reported at Building 869
- » Fire emergency reported at Building 381
- » Aggravated assault reported on Fairchild Street
- » Damage to private property at Scandia Elementary School
- » Animal control issue on Valley View Way
- » Theft of private property on Diablo Drive
- » Major vehicle accident on the Mass Parking Area

### Jan. 23

- » AWOL member apprehended at the Visitor's Control Center
- » Medical emergency reported at the Travis Commissary
- » Major vehicle accident on Travis Avenue
- » Loud music complaint on Carlton Court
- » Loud music complaint on Illinois Street

### Jan. 24

- » Medical emergency on Moore Court
- » Animal control issue reported at CDC No. 3
- » Shoplifter caught at the Base Exchange
- » Identity theft reported from Altus Air Force Base, Okla.
- » Damage to private property on Maine Street
- » Driver caught operating a motor vehicle on a suspended license on First Street
- » Driver caught on First Street in possession of a controlled substance
- » Assault consummated by battery reported in dormitory area
- » Child endangerment reported on Travis AFB
- » Welfare check on Carlton Court

### Saturday

- » Harassing telephone calls reported from Carlton Court
- » Theft of private property on Bond Street
- » Theft of private property on Travis Avenue
- » Shoplifter caught at the Base Exchange
- » Driver caught under the influence of a methamphetamine at the Main Gate
- » Loud noise complaint reported on Armstrong Street
- » Military member arrested for outstanding warrants
- » Loud music complaint reported in the dormitory area

### Sunday

- » Loud music complaint reported on Carlton Court
- » Loud music complaint reported on Ryan Court
- » Lost property reported in the parking area of Building 837
- » Assistance rendered for aggravated assault and battery in Fairfield, Calif.

## Giving children a 'HeadStart'



Nan Wylie / 60th CS Visual Information

Col. Dan Steele, 60th Maintenance Group commander, reads to Travis children Wednesday at Child Development Center No. 2 as part of the Travis Head Start program. For more on Head Start, call CDC No. 2 at 424 -

## AEF RHYTHM / From Page 2

west Asia.

The combined efforts of the entire Air Force team - active, reserve component, and civilians - are needed to meet the challenges of the coming weeks and months. With this in mind, I want to personally notify every airman that the time has come for us to begin to build up airpower in the CENTCOM AOR to achieve national security objectives if directed, by our Commander-in-Chief.

In keeping with the intent of the Secretary of Defense's message on the Global War on Terrorism, we must interrupt our normal 3-month AEF rotation cycle because the resources in a single AEF pair can no longer satisfy the needs of our combatant commands. Although AEF rotation timing will change, we will make every effort to preserve the AEF sequence, which will give us the abil-

ity to sustain our operations over the long term. When able, we will return to a more normalized 3-month AEF battle rhythm.

Active duty and mobilized Reserve airmen deployed as members of AEF 7 and 8 or deploying to the AOR as part of current crisis taskings, should anticipate remaining in place until further notice. Deployed/deploying mobilized Reserve airmen will be extended on active duty as necessary. I assure you that we will continue to assess the evolving situation and develop rotation plans, which seek to relieve our forces in the most equitable fashion while still meeting combatant commanders' war fighting requirements. Reserve component airmen supporting our efforts are critical contributors; we will continue to utilize volunteers to the greatest pos-

sible extent. As necessary, extension of mobilization orders for deployed/deploying reserve airmen, and new mobilizations, will be worked in accordance with established laws and regulations.

Our success as an Air Force depends on how we prepare for and execute operations. I know this is a lot to ask, and I am confident that every airman understands we have been called upon once again by our nation.

I have never been prouder of our Air Force and of the great men and women that bring America's resolve to the doorsteps of those who would seek to inflict harm upon us and our allies.

I know you are all equal to the task, and I look forward to seeing our great Air Force continue to successfully defend American values and freedoms.

**Important Notice**

In the interest of base beautification, base housing residents are asked to refrain from putting up signs to advertise on-base yard sales. Posting yard sale signs on utility poles is a violation of 60 AMWI 90-3 and the California Utilities Commission's Code of Regulations. DO NOT post yard sale signs on utility poles around the base. You can post a notice at the shoppette or they can be announced free of charge in the TAILWIND.

**Yard Sales**

Saturday, 10 a.m. to 2 p.m., 127 Lamb

**Furniture**

Sofa & love seat, dk green, \$100. 439-9397  
Coffee & end table, black mirror top, \$50. 439-9397  
Couch, 65", light color, \$225 obo. 448-1570  
Coffee & end table, beveled glass, \$90. 451-4196  
Couch & love seat, blue, \$200. 439-0733  
Dinette set, 5pc, \$100. 439-0733

**Appliances**

Chest freezer, \$30 obo. 437-4375

**Household/Misc. Items**

Wedding dress, never worn or altered, sz. 12, ivory shantung, long sleeve, v-neck, long train, peplum waist, 2 yds. extra fabric, \$650 obo. 399-7001

Furniture, some computer equipment. 426-3185

Diamond ring, marquise cut, .62 ct, \$1,800. 446-6179

Cradle, lt wood, mattress, Country Noah bedding, \$100. 439-9397

Eddie Bauer stroller, 3-in-1, carrier, car seat base, \$90. 439-9397

Graco double stroller,, matching dual carrier car seat, \$100. 439-9397

Infant activity gym, red/white/black, \$15. 439-9397

Eveflo ultrasaucer, \$40. 439-9397

Diaper genie, \$12. 439-9397

Lawnmower, \$25. 437-1221

Lawn furniture, \$75. 437-1221

Harry Potter collector's stone, series I, complete set, rare Golden Snitch. 437-4570

Boy's bike, \$15 obo. 437-4375

Toddler kangaroo climber, \$40 obo. 437-4375

Stamp collection, 4,750+, 130 different countries in 12 stock books, \$160. 425-9632

Antique high chair, \$75. 439-0733

**Sports/Athletic Equipment**

Bun & thigh rocker, \$50. 437-1221

Men's bike, 10sp, \$25. 437-1221

Iron weights, barbell, \$15 obo. 437-4375

Weider Pro 2-position weight system, \$250. 437-3493

**Electronic/Computer Items**

Fujifilm 35-70mm autofocus zoom camera, \$40. 439-9397

Playstation, controller, cables, \$50. 439-9397

SVGA Gateway computer monitor, 15", \$25. 437-1221

Kodak Picture maker, printer, use w/wo computer, \$70. 435-9223

HP 700 printer/fax/copy/scanner, \$60. 435-9223

Compaq desktop pkg: 30gb hd, dvd, cd burner, web cam, 17" monitor, printer, \$350 obo. 437-6572

**Vehicle**

2002 Chevrolet Camaro, 2k mi, T-top, take over payments. 439-0859

2000 Suzuki GSXR-1300, custom blue/silver, \$8,000 neg. 803-0277

1998 Saturn SL2, 79.5k mi, pw, pl, cd, at, blue, tint, \$4,500 obo. 425-6882

1998 Toyota Tacoma ext cab, bed liner, camper cover, 4x4, forest green, \$13,500 obo. 437-8372

1994 Plymouth Sundance, 81k mi, smogged, \$1,750 obo. 446-7204

**Vehicle Accessories**

Camaro wheels (4), chrome, P235/55R16, \$425. 451-4196

1995-99 Mitsubishi Eclipse turbo wing, \$99. 437-6572

1997-99, Mitsubishi Eclipse GST stock cat-back exhaust, \$75. 437-6572

**House/Room for Sale/Rent**

House for rent in Suisun, 4br/2.5ba, fridge, stove, dishwasher, washer/dryer, \$1,600/mo + dep. 429-1915

House for sale in Fairfield, 4br/3ba, 2,300 sq ft, deck, yard w/fruit trees, 2-car garage. 426-3185

# 'Any service member' mail moratorium still in effect

By Tech. Sgt. Mark Diamond  
60th AMW Public Affairs

On Oct. 30, 2001, Alan Estevez, acting assistant deputy undersecretary of defense for transportation policy, suspended the "Operation Dear Abby" and "any service member" mail programs because of force protection concerns.

Estevez suspended the two programs in a signed memorandum to the Military Postal Service Agency.

According to defense officials, both programs created an avenue to introduce bio, chemical, or explosive materials into the mail system from unknown sources.

Recently, the Defense Department has learned that some organizations continue to support some form of "any service member" mail by using military unit addresses for distribution overseas.

In some instances, officials said individual service members have been requesting letters and packages from organizations, newspapers, religious groups, and other unknown individuals by providing these their names and addresses to these organizations.

DOD officials said they need everyone's help in ensuring we provide our

*Recently, the Defense Department has learned that some organizations continue to support some form of "any service member" mail by using military unit addresses for distribution overseas.*

deployed personnel a secure mail system. "We cannot support creative, albeit good intentioned, efforts that defeat force protection measures," DOD officials said in a message release last week.

Instead, officials recommend the promotion of numerous alternatives to the "any service member" mail program, including contributing to military relief societies, Web-based military support sites, visiting veterans administration hospitals and nursing homes, coaching children's sports teams, and so forth.

"While we applaud the kindness and generosity of the American people, we cannot afford the force protection risks associated with the 'any service member' programs," the message said.

When the moratorium on "any service

member" mail was announced in October of 2001, a written notice from the Military Postal Service Agency said the most critical issue surrounding these mail programs is personnel safety.

"Both of these programs create an avenue to introduce mail into the system from unknown sources," the notice said. "The recent mail-related attacks have demonstrated the vulnerability of the postal system."

Mail handling has become more sensitive and time consuming, said officials, and the increased volume of mail that would result from the Dear Abby and "any service member" programs could impact the quality of military postal service and force protection.

Following the October 2001 moratori-

um on "any service member" mail, the Navy developed a Web-based alternative to benefit members of all U.S. armed services.

The program can be reached at the Navy LIFELines Services Network at [www.LIFELines2000.org](http://www.LIFELines2000.org) or <http://AnyServiceMember.Navy.mil>.

Dear Abby, the U.S. Department of Defense and the Navy's LifeLines2000 Services Network is providing this private and secure online resource that will allow people to send a airman, sailor, marine, soldier or coast guardsman a message of support.

The Dear Abby program, founded by the newspaper advice columnist, has delivered mail to U.S. service members overseas during the holiday season for 17 years.

"Any Service Member" mail grew out of Desert Shield and Desert Storm, but really cranked up during the U.S. assistance to Bosnia in 1995, officials said.

For more information about military mail, visit the Military Postal Service Agency Web site at <http://hqdainet.army.mil/mpsa/main.htm>.

## HAWC helps Travis maintain wellness in the midst of Chaos

By Capt. Kathleen Detamore  
Travis Health and Wellness Center

Do you feel over-extended, stressed and tired?

Do you gain weight when you are stressed?

During high-stress and fast-paced times in life, it is important to take the time to take care of yourself.

Exercise has been proven to be an excellent form of stress relief.

Physiologically, when we are stressed, our body is tense, our breath is shallow and our mind tightens.

During these chaotic times, we also tend to either overeat or make unhealthy food choices (excess caffeine, chips, candy, etc). This results in blockage of our energy flow as well as unwanted weight gain.

When we exercise, we breathe deeper and more rhythmically, our mind relaxes and our energy flow is restored. We also tend to make healthier food choices and take better care of ourselves, thus restoring our wellness cycle. It leaves us with a feeling of peace.

So why is physical activity the first thing we skip when we are stressed? The reasons many of us use are the exact things that physical activity will help combat - too tired, depressed or busy.

So what is the best type of exercise to combat stress? It all depends on how *you* process stress.

Some people enjoy a long bike ride or walk to calm them. Others enjoy the intensity of kickboxing or resistance training. Whatever activity it is that you enjoy is the activity that you should participate in when you are experiencing an increase in stress.



### Six tips to feel fit from the inside out

- ▶ Positive thinking about yourself will boost your self-confidence.
- ▶ De-stress yourself through deep breathing 3-5 times a day.
- ▶ Enhance your wellness by getting regular sleep, physical activity, and examinations with your primary care provider.
- ▶ Eat at least 3 meals a day, include a variety of food groups, and closely monitor your portion sizes to ensure healthy eating and prevention of weight gain.
- ▶ Enjoy the outdoors.
- ▶ Participate in regular flexibility and strengthening exercises.

It is important to remain active and stay healthy during chaotic times.

If you need assistance in starting a fitness program, balancing your nutrition or managing your stress, call the Health and Wellness Center at 424-4292 for an appointment.

# Travis photographers win at command level

By Linda Mann-Iames  
60th Services Squadron

Five Travis photographers, who competed and won during the base photography contest last year, have now won at the Air Mobility Command level.

The 2002 AMC Photography Contest judging was held at Pope Air Force Base, N.C., on Jan. 13. The command-level competition included more than 30 entries from photographers at five Air Force bases, including Dover, Grand Forks, McChord, Pope and Travis.

Travis had a first or second place winner in almost every category.

The Travis "Adult" winners were: Naomi Lawson, Monochrome print, people; Lynn Larsen, Color print, people; and



**Sleeping Beauty** by Lindsey Pierce

Nancy Perkins, Digital print, people.

The Travis "Youth" winners were: Lindsey Pierce, Mono-

chrome print, scenic/nature; and Shannon Reagan, Color prints, scenic/nature.

Lindsey Pierce said her entry, titled "Sleeping Beauty," began as a still life assignment for her high school photography class. Using her "photographer's eye," she looked in her backyard and saw Sleeping Beauty in a cheep lawn statue.

Lindsey's father, Stephen Pierce, marketing director for 60th Services Squadron, said the statue is really ugly and cheep looking, but added that the way his daughter cropped the photos made the statue look beautiful.

"I just took a couple of rolls at different angles and distances," said Lindsey. "[The lawn statue] looks like she is sleeping, so the name fit."

Lindsey began her hobby taking pictures less than two years ago and plans on continuing classes in college.

"My dad was a photographer for newspapers and it looked like fun, so I started taking pictures," she said.

Lindsey said she has learned that what one person thinks is art, another person may think isn't worth a roll of film. But she doesn't let outside opinions interfere with her photography.

"Don't worry about what other people think of your subject matter," she said. "Just take pictures."

All AMC winning entries will now compete in the 2002 Air Force Photography Contest held at the Air Force Services Agency.

**Classified Ads work. Call the Daily Republic at 425-4646.**

## Base celebrates African American Heritage Month

The 60th Services Squadron has scheduled a variety of events in celebration of Black History Month. The events include:

### Tuesday

Black History Month Opening Ceremony and Luncheon, 11 a.m. to 1 p.m. at the Delta Breeze Club

### Feb. 7

Golf Tournament, 11:30 a.m. tee time, Cypress Lakes Golf Course.

### Feb. 12

Higher Education Seminar, 10 a.m. to 4 p.m. at the Travis Conference Center.

### Feb. 14

Valentine's Day Ball, 6 to 10 p.m. in the Delta Breeze Club Ballroom.

### Feb. 18-21

Soul Food Lunch at the DBC.

### Feb. 20

Soul Food Meal from 11 a.m. to 1 p.m. at the Sierra Inn and Golden Hills dining facilities.

### Feb. 28

Grand Finale Black Expo and Fashion Show, from 6 p.m. to midnight at the Travis Conference Center.

### Non-Services events:

» **Feb. 10** — Afro Solo Theatrical Performance, 11 a.m. to 1 p.m., David Grant Medical Center auditorium.

» **Feb. 18** — Jeopardy Trivia Game, 11 a.m. to 1 p.m., DGMC Auditorium.

» **Feb. 19** — Jeopardy Trivia Game, 11 a.m. to 1 p.m., Building 381, MPF Auditorium.

» **Feb. 19** — Jeopardy Trivia Game, 11 a.m. to 1 p.m., Building 381, MPF Auditorium.

# 'Emergency data cards' move to the Web

By Maj. John Thomas  
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Scheduled to kick off Jan. 27, the new Web-based 'emergency data card' program began early to help airmen deploy from Eielson Air Force Base, Alaska. Air Force Personnel Center officials

said. Within the first week, more than 20,000 other people completed the form upon logging onto the virtual military personnel flight on the personnel center's Web site.

Airmen can update their emergency contact information from any Web-connected computer rather than visiting their military personnel flights.

Called the Virtual Record of Emergency Data, or vRED, the form provides the Air Force with information needed to contact family members if an airman suffers a serious illness or injury, or dies while on active duty.

The vRED replaces the Department of Defense Form 93, Record of Emergency Data,

and will need to be kept updated individually. The vMPF will prompt airmen to update their emergency data upon login.

Also, local military personnel flights will notify airmen based on location when they must sign on and establish their initial electronic form, said Maj. Jerry Couvillion, chief of the casualty services branch here. The tran-

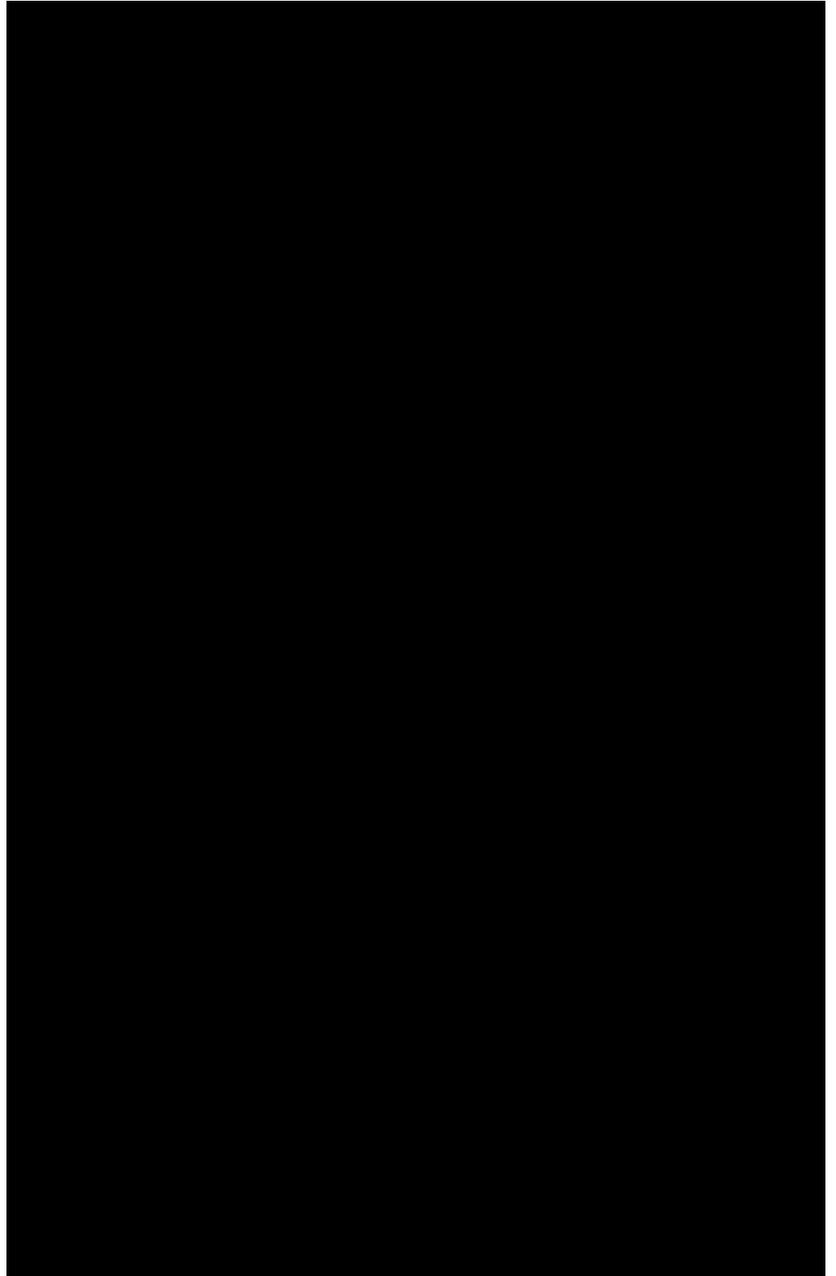
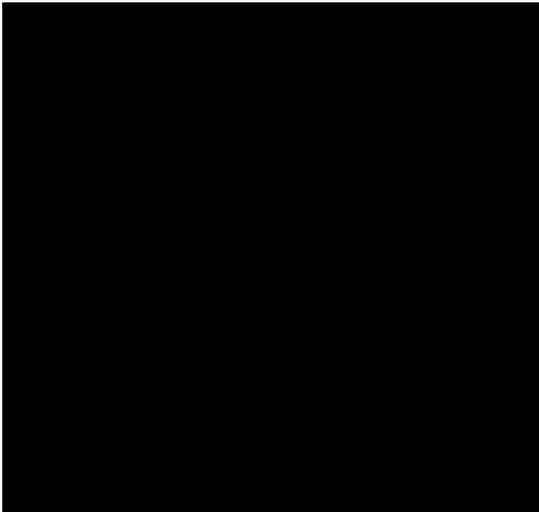
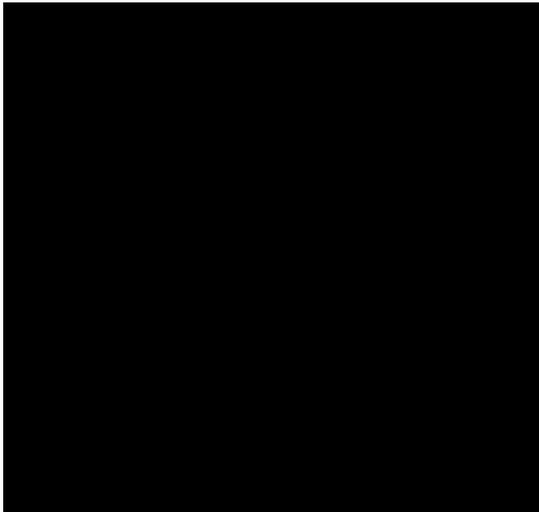
sition is expected to last until June; however, people at remote locations without Internet access can still use paper copies of the form.

On the AFPC Web page at [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil), people can select the "vMPF" logo at the top of the page. New vMPF users will need to establish an account.



## Stressed out?

Take time everyday to wind down. If you feel your stress level has progressed to an unmanageable level, call the Behavioral Health Clinic Monday through Friday from 7:30 a.m. to 4:30 p.m. at 423-5174.



## HOMETOWN NEWS RELEASES

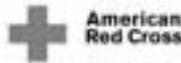
Fill out the Department of Defense Form 2266 and bring it in to the Public Affairs Office in Bldg. 51, Room 232.



### "Who do I call a hero? Someone who donates blood."

— 11-year old soccer goalie who needs regular blood transfusions to stay alive.

Blood Donations are Tuesdays, 8 a.m. to 4 p.m. at David Grant Medical Center. Appointments can be scheduled Mondays from 9 a.m. to 4 p.m. or Wednesdays from 8-10 a.m. Call 423-7766.



# CHAPEL SERVICES

## TRAVIS AIR FORCE BASE

### Catholic services

- ▶ Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.
- ▶ Thursday, noon, Catholic communion service, David Grant Medical Center Chapel.
- ▶ Saturday, 4 to 4:45 p.m., confessions, Chapel One.
- ▶ Saturday Mass, 5 p.m., Chapel One.
- ▶ Sunday Mass, 9 a.m., Chapel One.
- ▶ Sunday, 9 a.m., children's liturgy of the Word, Chapel One.
- ▶ Sunday Mass, 12:30 p.m., Chapel Center.

### Protestant services

- ▶ Friday, noon, 30-minute worship service, DGMC Chapel.
- ▶ Sunday, 8 a.m., community, praise and worship service, Chapel Center.
- ▶ Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.
- ▶ Sunday, 11 a.m., community Gospel service, Chapel One.

### Contemporary Christian services

Sundays, 5 p.m., Inside Out, Chapel Center. Children's program provided. For more information, contact Chaplain (Capt.) Herb Shao at 424-3943.

### Wicca services

Classes are held at various locations and times. E-mail beltane@prodigy.net for current information.

## Chapel News & Information

### Youth Group

St. Michael's Catholic Community High School Youth Group will meet Feb. 9 and 23 at Chapel One from 6 to 8 p.m. All 9th through 12th graders are invited to attend.

Also, there is a ski trip being planned for Feb. 15. For more information, call Jon or Lea-Ann at 437-4079.

the many caretaker positions you hold in life.

### Boy Scout Sunday

Boy Scout Sunday is Feb. 1 and 2. All Travis scouts are encouraged to wear their uniforms to chapel worship services and receive a special blessing and recognition.

### 'Faith'lift

Could you use a "faith lift"?

Join the Chapel for Mass each weekend.

Or, join one of the Chapel's Catholic Adult Faith Formation opportunities.

Or, stop by and sign out a book, video or cassette tape in a wide range of topics from our Lending Library located in Mary Ellen's office at Chapel Center.

### Help for parents

Wish your children came with an instruction manual? The Purposeful Parenting Seminar can help Travis parents find the answers.

Join this seven-session seminar to help: Build Relationships with Your Children; Build Character in Your Children; Impart a Sense of Purpose in Your Children; and much more.

The seminar is help on the second and fourth Saturdays of the month at 7 p.m. in Chapel One. Registration is \$15.

For more information or to register for the seminar, contact Chaplain Jack Stanley at 424-3651, or contact your squadron chaplain.

### Retreat! Retreat!

Calling all Catholic ladies to mark their calendars for a spiritual retreat May 29 through June 1.

Make time to renew your "self" in order to perform

Photos by  
Nan Wylie

Visual Information

Airman 1st  
Class Michael  
Valenzuela  
(foreground)  
and Tech. Sgt.  
Jerry Wheatley  
are both in the  
process of  
aligning  
oscilloscopes.



# Masters of Metrology

## Travis PMEL, a measure of precision

By Michael T. Moseley  
Daily Republic liaison

Metrology is an exact science, the science of weights and measurements to be exact. From the Greek *metrolgia*, the theory of ratios, metrology has evolved into such a complicated system of making precision measurements that it can take a person years to master. It is just such mastery that the men and women of the Travis Precision Measurement Equipment Laboratory seek.

"The breadth of what we do amazes a lot of people," said Chief Master Sgt. Norman Bain, the Test, Measurement and Diagnostic Equipment flight chief. "We establish a traceability link with the National Institute of Standards and Technology."

What that means, according to Bain, is that Travis ensures that every measurement made here is in absolute agreement with the national standard of measurement set in Washington, D.C.

To ensure that 10 watts at Travis is the same as 10 watts in Washington requires meticulous attention to detail, said PMEL quality assurance NCO Master Sgt. Richard Horn. "We track things down to

parts per million to make sure that every piece of equipment we test is accurate."

PMEL's measurement accuracy can be illustrated using a granite slab kept in the physical dimensions section. To the naked eye the slab appears flat and smooth, but when subjected to scrutiny by PMEL technicians, a chart similar to a topographical map is laid out depicting the "mountain range" that is the true surface of the slab.

Why pay so much attention to the surface of a granite table top? It is the smoothness of this very rock that helps to calibrate the accuracy of an F-16's bore site alignment fixture, which allows the F-16 to hit what it aims at.

"This rock has to be smooth to within 200 micro-inches," said Master Sgt. Don Erden, PMEL physical dimensions supervisor.

That means that from any point on the surface of the slab to any other point on the surface of the slab, the difference in elevation can be no more than 200 micro-inches (a micro-inch being one one-millionth of an inch). Travis' granite slab is accurate to 85 micro-inches, way under the national standard.

"We have to be accurate in what we

do," Bain said. "The measurement accuracy for 250, plus, work centers in three different states depends on what we do here at Travis."

Travis' 40-person PMEL shop commonly contains 8,600 items in its inventory to be tested at any one time. Technicians must learn to effectively use 530 different measurement devices, gages or meters to calibrate everything from pressure, to physical dimensions to electrical output.

"Many people don't know that 10 pounds at Travis is not the same as 10 pounds at, say, Ramstein (Air Base, Germany)," Bain said. "The earth's gravitational pull is different all over the world."

Knowing the difference in barometric pressure in those two locations is essential to the critical calibration of mechanisms that assist pilots in landing fighter aircraft for example, Erden explained.

If a piece of equipment is found to be "out of tolerance," as Bain puts it, meaning that the measurement levels fall outside of the accepted standard, it can most likely be repaired on station, Bain said.

Items that cannot be repaired or are deemed economically unfeasible to repair are condemned, and a new item ordered.

Keeping everything accurate also



Staff Sgt Dan Burke calibrates a primary pressure standard.

requires a dust-free, pressurized and climate-controlled environment.

"We have to maintain (a temperature of) 73, plus or minus six degrees, Fahrenheit and 20 to 50 percent relative humidity to maintain our certification to perform calibrations," Bain said. "We're audited every two years by the Air Force Metrology and Calibration Detachment from Heath, Ohio."



**Above** — Airman 1st Class Nathaniel Christian calibrates a Direct Current voltage supply. **Below** — Staff Sgt. Brain McBride helps train Airman 1st Class Emily Raines on a hydraulic pressure clock.



Airman 1st Class Jacob Snoddy certifies a weight scale used for the weight management program.



**Above** — Airman 1st Class Timothy Walsh (foreground) and Tech. Sgt. Rick McKenzie perform maintenance on a missile test set.



**Left** — Tech. Sgt. Jeff Jarvis calibrates a digital multimeter. The test has to be done at many voltage levels.



**Far left** — Airman 1st Class Ellis Harding (right) and another student locate a buried backpack using a transceiver. This scenario was part of the Outdoor Adventure Program Avalanche Awareness class at Mt. Shasta.

**Left** — Travis people camped out at Mt. Shasta with the OAP and learned how to survive avalanches in the backcountry.

# Travis people dig into snow safety

By Linda Mann-Iames  
60th Services Squadron

The Outdoor Adventure Program at Travis took a group of snow lovers to Mt. Shasta to learn how to survive an avalanche and how to save others caught in a snow disaster.

"It was a great class. We learned how to read the snow for signs of avalanche susceptibility and how to find someone buried in the snow," said OAP leader Brandon Lavin.

The Travis group took an OAP shuttle to Mt. Shasta on

Jan. 11. First, they learned how to be safe in the backcountry in the winter through the instruction of videos, manuals and classroom lectures. Then they went outside to practice techniques.

Mt. Shasta Climbing Rangers Matt Hill and Eric White taught the class with the assistance of Hill's Australian Shepherd-mix, Keeneye.

Keeneye is a trained rescue dog, and unlike the St. Bernard's of old, she doesn't carry whiskey around her neck and lie down next to people.

Instead, she locates and unburies avalanche victims.

"Eric would bury a backpack with a transceiver in the snow for the students to find, but before they could, Keeneye would find and unbury it," Lavin said.

The students learned to locate lost hikers and skiers by using audible beacons and collapsing probes. They also cut blocks of snow and tapped them with a shovel to determine the last snowfall and whether the snow was safe for hikers and skiers.

The trip wasn't all work and no play. The group camped out in the snow and hiked up part of Mt. Shasta.

"Everyone had a good time and learned enough to travel safely in the back country," said Lavin. "We definitely plan on repeating this trip next year."

Upcoming OAP snow trips include a family sledding trip on Feb. 2 and a cross-country skiing trip on Feb. 22 and 23. Additionally, OAP will continue to offer shuttles every Wednesday and Saturday to selected ski resorts all season long.

"All our winter trips are not to the snow," said Lavin. "We also have a kayaking trip planned on Feb. 8 and a backpacking trip on the redwood coast Feb. 14 to 17."

OAP is also offering a special throughout February and March: buy one OAP trip and get the next one at half price. This deal excludes the ski shuttle, family sled trips and all Information, Tickets and Travel tours.

For more OAP information, call 424-5659 or log onto www.60thservices.com.

## HangTime

### Travis sergeants 'ride the skies'

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

As C-5 flight engineers, Staff Sgts. Brett Hays and David Chase are used to being airborne. Yet their enthusiasm for flight and thrills has led them to seek airtime through other means — paragliding.

"Paragliding isn't skydiving and isn't hanggliding, but it's a cross between the two," said Hays. "It works like a kite. We simply inflate the wing over our head, pull it into the wind, take a step or two off a hill and we're flying."

A paraglider is a non-motorized, foot-launched inflatable wing that lets people fly by soaring on currents of air. A paraglider is constructed of rip-stop nylon from which the pilot is suspended by strong ropes. The pilot is strapped into a harness and oriented in a sitting position for comfort. Paraglider pilots can stay aloft for three hours or more, climb to elevations of 15,000 feet and travel vast distances. "I like to fly and actually be in flight without an air-

plane around me. It's kind of like a bird," Chase said.

Paragliding equipment can cost about \$3,500 to \$5,000. Many pilots also use reserve parachutes, two-wave radios and altimeters. Hays and Chase were attracted to the sport because it's easy to transport, launch and land. The equipment can fit into a large duffel bag.

"They are easy to fly, but hard to fly well ... because of the nature of soaring," Hays said. "You don't need a license, but proper training is highly recommended. We operate under the same rules as ultra-light aircraft."

Paraglider pilots steer by pulling the trailing edges of the wing, like a parachute. They use rising air thermals and winds to stay aloft.

Hays has been paragliding for about six years. He started by hanggliding and transitioned to paragliding because of the convenience and portability of the equipment. Hays encouraged Chase to take up the sport when they were stationed at Dover Air Force Base,



Photos by Staff Sgt. Steve Edmundson

**Left** — Staff Sgt. David Chase, 21st AS flight engineer, prepares to land. **Right** — Two gliders, Chase (yellow paraglider) and Staff Sgt. Brett Hays (blue paraglider) enjoy a day of flying over the sand dunes of Monterey Bay.

Del., together. The favorable paragliding weather of Northern California prompted the duo to request assignments to Travis. They are both assigned to the 21st Airlift Squadron. "We would fly every weekend if we

could," Hays said.

For more information, point your web browser to www.usnga.org or www.paragliding.com or contact Hays at o2soar@hotmail.com or Chase at chasenwind@aol.com.

# Safety Office emphasizes sports safety

Sporting activities should be approached knowing the risks

By 60th AMW Safety Office

It's the end of January and many Travis people are excited or anxious about shedding those holiday calories by participating in sports.

Whether it's basketball, skiing, snowboarding, sledding or volleyball, all sporting activities must be approached knowing there are acceptable risks and doing what's necessary to reduce those risks.

All sports involve some type of risk, but some are more common than others.

More than 200,000 people are treated for basketball-related injuries every year.

During this month alone, Travis people have suffered more than 13 sports-related injuries; the majority of these injuries involved twisted or

sprained ankles. At this time of the year, participation in winter sports (i.e., skiing, sledding and snowboarding) also plays a large role in injuries.

More than 30,000 children each year are injured while sledding.

In 1997, about 54 million skiers visited ski areas, and about 135,000 people suffered injuries. Most snowboarding injuries result from jumping; and most injuries involve the wrist, forearm and ankles (snowboarders are inclined to break their falls using their hands).

With the growing numbers of participants in sporting events comes an increasing number of risks. Therefore, it is prudent that people approach every sport with caution and an action plan against potential injuries.

Know the sport and the safety requirements of the sport you will be involved in.

Warm up and stretch completely before playing a sport and after extended

breaks. Risk of injury increases when muscles are cold.

Drink plenty of water or a sports drink before, during and after practices and games.

Remove all jewelry before the game starts. Don't wear chains, rings or metal wristbands.

Maintain muscle strength, endurance and fitness levels throughout the year. Know your limits!

Take time for a good cool down after the game — this will bring down your pulse and help prevent muscle stiffness.

Avoid mixing alcohol with playing sports. Alcohol slows reflexes and makes a poor player even worse.

If you wear glasses, they should be secured and have shatterproof lenses.

Don't tolerate horseplay or unsportsmanlike conduct.

Indoor Sports — wear wrist guards and kneepads to protect you.

When participating in snow sports, fall on your rear end or on your side (the softest parts of your body).

## Martial Arts Dojo Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Intro to Jiu Jitsu 12:00-1:30 pm NAWCD/NAKI	8 a.m. - 7 a.m. Niki 12:30 a.m. - 1:30 p.m. Niki	Yogi in a Suit 11-12:30 1st & 3rd West Kajukambo 5-8:00 pm Claire	Jiu Jitsu 8 a.m. - 7 a.m. Niki Yoga 12:30 a.m. - 1:30 p.m. Dana	Intro to Jiu Jitsu 8:30-9:30 Mori Kajukambo 4:30-8 pm Claire
Kung Fu San Soo 6:30-8 pm Beto	Wing Chun 8:30-8 pm James	Kung Fu San Soo 8:30-8 pm Beto	Wing Chun 6:30-8 pm James	

## Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Cycling 9:30-10:30 a.m. Rita	Core Step 5:30-6:30 a.m. Rita	Core Cycling 9:30-10:30 a.m. Joni	Core Step 8:30-9:30 a.m. Rita		Cycling 8 a.m.
Cardio/Boxing 8:30-11:30 a.m. NAKI	Senior Fitness 9-10 a.m. Rita	Yoga 8:30-10:30 a.m. Dana	Senior Fitness 9-10 a.m. Rita	Yoga 8:30-9:30 a.m. Marta/Ana/Deja Niki	Total Fitness 9-10 a.m.
Core Step 11:30 am-12:30 p.m. Harvey	Core Cycling 11:30 am-12:30 p.m. Mark	Core Step 11:30 am-12:30 p.m. Harvey	Core Cycling 11:30 am-12:30 p.m. Mark	Core Step 11:30 am-12:30 p.m. Harvey	
	Squadron Cycle 3-4 p.m. 12th AF	Intro to Cycling 12:30 p.m. - 1:30 p.m. NAWCD/NAKI	Squadron Cycle 3-4 p.m. 12th AF		
Fit Fitness (12 & older) 4-5 pm MDC	Squadron Cycle 4-5 p.m. MDC	Fit Fitness (12 & older) 4-5 pm Rita	Squadron Cycle 4-5 p.m. MDC		
Core Step 5-6 p.m. Rita	Core Step 5-6 p.m. Katie/Harvey	Core Step 5-6 p.m. Tanya	Core Cycling 5-6 p.m. Rita	Core Kickboxing 5-6 p.m. Tanya	
Yoga 5:30-6:30 p.m. Anita/Steph	Core Power Blast 6-7 p.m. Katie/NAKI		Power Blast 6-7 p.m. Robin	Yoga 6-7 p.m. Tanya	
Cycling 7-8 p.m. Joni	Cycling 7-8 p.m. Rita	Cycling 7-8 p.m. Joni	Cycling 7-8 p.m. Joni		

AEROBIC AND EXERCISE PROGRAM Please check the current schedule for seasonal changes. Core classes are free to active duty military only. You must present your military ID to be allowed into the class. All other classes require a pass for both active duty and other authorized users. For details, call 424-3328.

# TRAVIS CINEMA

**Drumline**  
(PG-13) Friday and Saturday, 7 p.m.

Devon, a street drummer from Harlem, enrolls in a Southern university, expecting to lead its marching band's drumline to victory. He realizes it takes more than talent to reach the top. (innuendo and language).

**Star Trek: Nemesis**  
(PG-13) Friday, 9:30 p.m., and Sunday, 7 p.m.

The Romulan Empire is thrown into disarray when Shinzon, an exiled slave on the sister planet of Remus, murders the entire senate of the Romulus homeworld.

Running time is 117 minutes (Sci-fi action violence, peril and a scene of sexual content).

**ET.**  
Saturday at 3 p.m., Free family matinee.

**Empire**  
(R) Saturday at 9:30 p.m. Victor, a Puerto Rican drug-dealer, works the violent streets of the South Bronx. With an eye for money and a head for business, he dreams of one day achieving the wealth and success of a legitimate businessman. (strong violence, pervasive language, drug content, and some sexuality).

**Travis movie schedules are subject to change after publication. For up-to-the-minute information, call 437-3855 or visit**

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

### Looking for Sports Info.



The Tailwind is always looking for sports news and features. If you have an idea for a sports story, or if you would like to write a sports article, call the Tailwind staff at 424-2355. Sports stories can include unusual hobbies or pastimes as well.