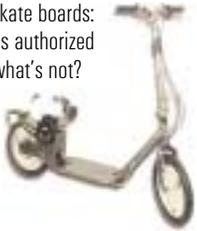




# TAILWIND

## MOTORING?

Motorized scooters and skate boards: what's authorized and what's not?



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## HIGH STEPPING

Youth Center dance classes keep children on their toes.

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## LONGER WAITS

To prevent long delays, Travis residents should be prepared with ID cards at the ready when approaching Travis gates. Also people can expect longer waits at MSS customer service and DGMC lines due to the number of people processing for deployments.

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Reserves  
Pitch  
In  
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# Commander's Corner

## New approach to defining Air Force core competencies

### Air Force News Service

Recently, the Air Force's senior leaders debuted the service's new approach to describing its core competencies. Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper made this announcement in two separate messages to all airmen.

The competencies are developing airmen, technology-to-warfighting and integrating operations. According to Roche, these three elements are fundamental to how the Air Force views itself, how it is viewed by leaders and colleagues, and how the service develops its capabilities for joint warfighting.

"These unique institutional qualities set the Air Force apart from the other services and every other military force in the world," Roche said in The Secretary's Vector. "By identifying and keeping these competencies foremost in our vision, we can more effectively advance these unique capabilities, as well as the ultimate effects we provide to the nation."

These core competencies are not new, Jumper said in the Chief's Sight Picture. "Rather, they are the unique institutional qualities inherent in everything we've done and continue to do," he said.

Core competencies form the foundation upon which the Air Force organizes, trains and equips, and form the cornerstones of the service's strength as a military service, Roche said.

Previously, the service had distilled its areas of expertise into the following six distinct capabilities and labeled them core competencies: air and space superiority, global attack, rapid global mobility, precision engagement, information superiority and agile combat support.

According to the secretary and chief of staff, the Air Force's very nature of developing and delivering air and space power are at the root of the need to recognize these core competencies.

"Our systems may change, our threats may vary, our tactics may evolve and our people may come and go, but these three core competencies remain the constants that define our Air Force and enable us to fight and win America's wars," Jumper said.

Of the three air and space core competencies, the secretary and chief of staff said developing airmen is the heart of combat capability.

"The ultimate source of combat capability resides in the men and women of the Air Force," Roche said. "The values of strategy, technology and organization are diminished without professional airmen to leverage their attributes."

Technology-to-warfighting involves the tools of combat capability.

"We combine the tremendous technological advancements of stealth, global communications connectivity, global positioning, and more, to put cursors on targets and steel on the enemy," Jumper said. "It is our unique ability to apply various technologies in unison so effectively that allows us to translate our air and space power vision into decisive operational capability."

They believe integrating operations means maximizing combat capabilities.

"Innovative operational concepts and the efficient integration of all military systems — air, land, maritime, space and information — ensures maximum flexibility in the delivery of desired effects across the spectrum of conflict," Roche said.

According to Jumper, victory in the 21st century belongs to those who can most quickly collect intelligence, communicate information and bring capabilities to bear against targets around the globe.

"This is precisely what our Joint and Combined Air Operations Centers achieve," he said. "The result, integrated operations, is our unique ability to ... bring effects on the enemy at times and places of our choosing."

By continually striving toward the air and space core competencies, they said, the Air Force will realize the potential of its capabilities.

"We can achieve success in these six distinctive capabilities only if we're first successful in our three (air and space) core competencies," Jumper said. "Only then do we bring the decisive effects of air and space power into joint warfighting."

"Collectively, the air and space core competencies reflect the visions of the founders of airpower ... and serve to realize the potential of air and space forces," Roche said.

"Our continued focus on and nurturing of these core competencies will enable us to remain the world's greatest air and space force," he said.

enforced. My suggestion is to have Security Forces either on foot or somewhere less visible to catch those breaking the law.

**A** Thank you for your concern and be assured that our Security Forces are actively pursuing these violators through aggressive "selective patrolling" (patrolling high violation areas) to address this issue. A highly visible police vehicle is one of our most effective means of deterring speeding and illegal parking. However, curbing or completely stopping violations will not happen all at once. Continued education and enforcement is the most effective means of ensuring a positive change.

### Garbage problem

The housing area near where I live is really starting to look bad. It seems the garbage company is not picking up trash from people when they vacate a housing unit. I have seen the same set of mattresses on the side of Maine Street every day for the past

week or so. I know the garbage people have picked up trash in this area at least twice, and I feel it is becoming, not only a safety issue with all of the children running around in such a small area, but also a health issue, as the trash is holding water, generating housing for mosquitoes and rodents and other pests.

**A** Thank you for being involved and making suggestions for improvement. We have contacted Solano Garbage and asked for their assistance with the large items of trash when residents call them in. And we have an active village mayor (Staff Sgt. Jon Niimi and his spouse Tenille) of Onizuka Flats, who are making a real difference. For instance, they have found names of nine offenders dumping trash. Also, my housing staff has begun additional surveillance of this area and when illegal dumping occurs, disciplinary action will be taken against the military member. As a reminder, if you need to have large items picked up, you may call Solano Garbage Company and make arrangements. The company's number is (707) 439-2800.

## ACTION LINE

### TRAVIS AIR FORCE BASE

Call the Action Line at 424-3333

### Speeding problem

I have seen numerous individuals as well as the director and staff (of CDC#2) speeding up the two-lane road past CDC#1 and CDC#2. Occasionally, I will see a patrol car sitting at the beginning of the road to watch everyone drive at 5 mph. Obviously they will with a patrol car sitting there watching, but when there is not a patrol car then they speed beyond 5mph. I have stopped numerous cars and asked them to slow down and they just ignore me. I have also seen the director as well as parents leave their car in front of the CDC to run in for a minute while their vehicle is unattended. I know there are no parking signs posted, but I have yet to see it

## TAILWIND

Travis AFB, Calif.  
60th Air Mobility Wing

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### On the Cover



Staff Sgt. Charlie Miller / 445th ALW Public Affairs

Staff Sgt. Charlie Hampton, 87th APS, prepares cargo.

See Page 16.

**Spinning their wheels**

Joe Allmorong / Fitness Center instructor

New cycling classes are being offered Monday through Thursday at the Fitness Center. Priority is given to active duty personnel on weight management programs. Call 424-2008 for a schedule of classes.

# 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.

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.

## 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).

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# Car fails to curb grandma's quest for gold

## Air Force Print News

ROBINS AIR FORCE BASE, Ga. — Cars cannot stop her and age does not slow her down. In fact, only seven days before competing in last year's Air Education and Training Command "Muscle Mania," 45-year-old Drusilla "Dru" Amos was struck by a car in a hit-and-run incident and still took home the powerlifting competition's first-place prize.

Now, Air Force Reserve Command is recognizing Amos for her athleticism by naming her its 2002 Air Force Female Athlete of the Year nominee. The nomination comes on the heels of being named top performer in countless military and civilian athletic competitions.

"Everyone seems shocked at my age and conditioning," said Amos, who turned 45 in February. "I have always trained hard at whatever I set out to accomplish. Without blood and guts, I would not have made it this far. I want people to think I can't succeed because that makes me try harder. My heart and soul is to compete because this is my world. Age is just a number."

Amos is a technical sergeant and non-

commissioned officer in charge of information management for the 908th Airlift Wing's 25th Aerial Port Squadron at Maxwell Air Force Base, Ala. She has been part of the Air Force Reserve for 15 years and on active duty since March 1997.

Amos set six world records on her way to nine first-place finishes in military competitions and two first-place finishes at the regional, state and local levels.

In November, she set three of those world records in her age category (40 to 44) at the World Natural Powerlifting Federation's Championship in Atlanta. She also placed first at the Amateur Powerlifting Championship in Marietta, Ga. In the one event where she did not place first, she placed second.

To complement her competitions, Amos also does many other activities within her community. She serves as the mentor for the Maxwell AFB youth football league. She is involved with the local Boys and Girls Club and is an active member of the local Air Force Sergeants Association chapter. Amos also coaches powerlifting, passing her knowledge along to her oldest son, who, coinci-



Courtesy photo

Drusilla Amos performs a dead lift at a powerlifting championship. Amos is a reservist with the 908th Airlift Wing's 25th Aerial Port Squadron at Maxwell Air Force Base, Ala. She has set six world records on her way to nine first-place finishes in military competitions and two first-place finishes at the regional, state and local levels.

dentally, has broken two world records in amateur and world competition. Her 7-year-old granddaughter has a few years to wait before competing.

When recollecting the hit-and-run

incident, Amos said, "I was kind of disappointed with my squat. My coach told me to stay in the game and I did. It was quite painful, but I finished the meet with a strong dead lift."

## Martial arts means learning through patience, hard work



Staff Sgt. Karen Tomasik / 386th Air Expeditionary Wing

Staff Sgt. Keith Morris, a third-degree black belt in kuk sool won, demonstrates to his students how to properly kick during class held in the recreation center at a forward-deployed location. Airmen from the 386th Air Expeditionary Wing and people from other tenant units make up the kuk sool won class.

By Staff Sgt. Karen J. Tomasik  
386th Air Expeditionary Wing

SOUTHWEST ASIA — What do kicking, joint-lock techniques, falling, push-ups and frog-jumps all have in common?

Staff Sgt. Keith Morris teaches them to his students in the kuk sool won class held several times a week at the recreation center in a forward-deployed location.

Morris, a member of the 819th/219th Red Horse Squadron, has approximately 15 students from several military branches that participate when work schedules allow. Every one participates for their own reasons, from learning a martial art to getting one of the hardest workouts available on base.

"I enjoy the class because it has taught me a lot and helps pass the time on my deployment — all while giving me a really good physical fitness routine to work from," said Senior Airman Brenda Clark.

After watching a class session, one learns to appreciate what Morris teaches and the students go through. Various stretching routines, frog-jumps across the recreation center and back — twice — and different push-up techniques prepare students for the class and build up their physical ability beyond the norm for most people.

As difficult as the class seems from an observer's perspective, everything is taught one way no matter what school you go to. Integrity is paramount when

instructors teach students the forms and techniques of kuk sool won. In an environment where falling into the same old routine could cost life or limb, this class prepares students to see more than the surface appearances of their environment. Being able to detect subtle differences in people and their surroundings aid deployed members.

"Everything I teach is straight out of the books," said Morris, who holds a third-degree black belt in kuk sool won and teaches at a school in Great Falls, Mont. "If a student questions anything I teach them they can check the manuals. If an instructor teaches anything other than what's in the manuals they lose their ranking and ability to teach."

All the students seem to enjoy the challenges of the class and the benefits that can come from studying a martial art.

"I think it's very effective even though it takes a while to learn," said Army Pfc. Eric Robertson, a first-time student of the class and member of the Patriot Missile Battery. "Nobody said it would be easy, but I think it can still be fun."

The kuk sool won class is only the most recent of many martial arts classes held as rotations come and go, but the benefits to deployed members is indispensable. Keeping fit is a major concern and martial arts are one way the Air Force teaches its own how to enhance their deployed quality of life.

## In the chill of the night



Staff Sgt. Martina Culich, 615 Air Mobility Operation Squadron training manager, shot this first place, award-winning photo for a recent Mobility Forum Magazine photo competition. The photo depicts a C-141 in Antarctica supporting Scientific Research for the National Science Foundation and was taken during Operation DEEP FREEZE.

## Air Force, 75 percent deployable

By Master Sgt. Scott Elliott  
Air Force Print News

WASHINGTON — In just more than a year, the number of "deployable" airmen has increased to nearly 75 percent of all Air Force members.

That increase reflects a growth of nearly 100,000 in just the past year.

The increase in deployment rolls is not because more people joined the service. According to Maj. Gen. Timothy A. Peppe, special assistant for air and space expeditionary forces at the Pentagon, it was simply a matter of Air Force people working very hard on the problem.

"It's Air Force Chief of Staff Gen. John P. Jumper's vision that we should maximize the number of Air Force positions available for deployment," Peppe said.

According to Peppe, commanders and career field functional area managers at both major command and Air Force levels examined each position in their fields to determine deployability. The managers then built the unit type codes, commonly referred to as UTCs, which postures each position.

Only people in select career fields or positions are exempt from deployment. Those groups include people in scheduled "pipeline" training, many instructors, ROTC staff members, recruiters, the space cadre, missile crews and missile security professionals.

The increase, Peppe said, came from MAJCOMs, Air

Force headquarters staff, direct reporting units and field operating agencies, and they covered all career fields to some degree.

"Most of this increased deployment capability is in 'associate unit type codes,' so they're not primary deployers," Peppe said. "But the bottom line is we have them (ready), and we have their specialties and positions cataloged. They've been put in an AEF, and if we have a need for a particular Air Force specialty code, the AEF Center at Langley Air Force Base, Va., has the means to find them."

While the service has identified 269,000 deployment positions, the general said that there is not always a person available to deploy in the required specialty.

"It goes back to our career-field shortages and the skills-mix issues we have in the Air Force," Peppe said. "We have some career fields with shortages, but it takes time to realign manpower authorizations to our relatively new expeditionary posture, and then recruit and train personnel in these specialties. That's part of the rebalancing act we've been dealing with."

According to Peppe, the increase is significant because greater numbers help meet the needs of combatant commanders and spreads the "pain" of deployment over a broader population.

"This allows us to have about 75 percent of the Air Force (ready) for deployment," Peppe said.

## Commitment to Caring

### Air Force Assistance Fund campaign under way

Air Force Print News

RANDOLPH AIR FORCE BASE, Texas — The Air Force Assistance Fund "Commitment to Caring" campaign starts this week. Officials ask airmen to contribute to one or more of four Air Force-related charities through cash, check or payroll deduction.

The charities benefit active-duty, Reserve, Guard and retired Air Force people, surviving spouses, and families. Charities receive 100 percent of AFAF contributions. This is the 30th year of the fund drive.

"Requests for assistance are up more than 13 percent since Sept. 11, 2001, while the investments that fund 70 percent of our programs are down 20 percent," said Lt. Gen. (Ret.) Mike McGinty, Air Force Aid Society's chief executive officer. "In 2002, we helped 34,000 people with \$24.1 million of assistance. That's a lot of help."

Charities under the AFAF umbrella include:

- ▶ The Air Force Aid Society,



Courtesy photo

Brig. Gen. Brad Baker, 60th Air Mobility Wing commander, makes a contribution to the Air Force Assistance Fund as Capt. John Lee, Travis AFAF project officer looks on. The AFAF campaign kicked off Monday and runs through April 7 here. Contact unit representatives or call 424-7806 or 424-3039 for information.

the official charitable organization of the Air Force. It provides airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs.

Local family support centers have full details on programs and eligibility requirements. Information is also available online at <http://www.afas.org>.

- ▶ The Air Force Enlisted Foundation at Fort Walton

Beach, Fla., providing rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at <http://www.afenlisted-widows.org>.

▶ The Air Force Village Indigent Widow's Fund in San Antonio, a life-care community for retired officers, spouses, widows or widowers and family members; includes indigent widows fund for widows and widowers of Air Force officers. The Air Force Villages Web site is at <http://www.airforcevillages.com>.

▶ The General and Mrs. Curtis E. LeMay Foundation, providing rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own

homes and communities. The LeMay Foundation Web site is at <http://www.info@lemayfoundation.org>.

Contributions to the AFAF are tax deductible as an itemized federal deduction. For more information on the AFAF campaign, visit the Air Force Personnel Center's voting and fundraising Web site at <http://www.afpc.randolph.af.mil/votefund>.

The secretary and chief of staff of the Air Force announced a \$4.8 million goal for 2003. Last year Air Force people gave more than \$5.1 million.

Local installation project officers have information on local contribution procedures and goals. Bases will hold their campaigns sometime before May 9.

# STAR program helps people shine

Story and photos by 1st Lt. Angela Arredondo

60th AMW Public Affairs

Thanks to a Travis Family Support Center program, military spouses here are gaining critical job skills to make them more appealing to employers. The Spouses Trained and Ready program is a three to six month, self-paced course which includes entry-level computer applications, career assessment, job searches, career counseling and office skills.

"The STAR program is a Travis Family Support Center initiative to help spouses acquire marketable job skills to enable them to go to work," said Barbara Beougher, a work/life consultant here. "We partnered with community resources in education and employment and asked Air Force Aid Society for a grant to help pay for books of spouses enrolled in the computer applications course."

The Regional Occupational Program of Solano County teaches the classes on base at the Base Education Office. The course covers keyboarding, Microsoft Word, Power Point, Excel, Access and Outlook. Microsoft certifications are available through the program but the client must pay for the certifications.

"I really like the convenience of the program because it's held here on base," said Linda Belt, who is currently a STAR client. "Instructors also work with student schedules too. It's very supportive and relaxed. It's also free, so I encourage and recommend people take advantage of it."

Employer partners include staffing agencies and individual employers who will interview STAR graduates for job opportunities. When the STAR is in the last month of instruction with ROP in



Courtesy photo

Barbara Beougher, a Family Support Center work/life consultant, right, reviews a career assessment test with Linda Belt, STAR client. The test helps people determine job suitability. Career assessment is one of many job skills and training STAR clients can utilize.

the computer applications course, they will use the Family Support Center Career Focus Program to take job search skills classes like Self Assessment, Resume Writing, Interviewing Skills, Ultimate Job Search and Change Management.

Upon graduation, the STAR has access to the Career Focus Closet and can select two, free professional outfits

for interviewing and starting new jobs.

"The program is also a great way to make friends. I feel confident about going to any employer and applying for a job," Belt said. Belt wants to work for a library.

"The STAR program is a very important career path. It's wonderful to see the students grow and become independent," Beougher said.

Thirteen students have taken advantage of the STAR program and six have already gained employment in clerical, administrative or office jobs.

For more information about the program, contact Beougher via e-mail at [barbara.beougher@travis.af.mil](mailto:barbara.beougher@travis.af.mil) or call 424-2486. Additionally, people can attend a Spouse Employment briefing at the FSC every Monday at 9 a.m.

# National Nutrition Month stresses healthy eating

Tailwind staff

March is National Nutrition Month. The focus is a nutrition education and information campaign sponsored annually by the American Dietetic Association and its Foundation. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The campaign reinforces the importance of nutrition as a key component of health, along with physical activity. Healthy eating helps people get the most out of life. A healthy lifestyle is the key to looking good, feeling great and being best for people at work and play. It all starts with a healthy eating plan.

Individual needs and prefer-

ences determine personal food choices. People should match their food choices to their lifestyle and individual requirements, choosing enough to achieve and maintain a healthy weight.

Actively pursue variety. People should expand their range of choices and explore new tastes, within and among food groups. Eating a wide variety of foods not only promotes optimal nutrition, it provides the pleasurable aspects of eating.

People should moderate their goal — they decide how much and how often. Healthy eating

doesn't mean feeling deprived or guilty. People should look at the big picture, what they eat over several days — not just one day or one meal — that's important.

They should develop a personal fitness plan that fits their lifestyle. The key is to find a variety of activities people enjoy. They don't need expensive equipment or complicated fitness programs.

Nutritional Medicine Flight and the Health and Wellness Center have teamed up to sponsor nutrition-focused events to encourage that "all foods can fit" in honor of National Nutrition Month.

Furthermore, they have set down these tips for a healthier

lifestyle

» Weight loss and healthy habits start with small changes by you.

» Eat at least 3 meals a day and reduce portions as needed

» Replace soda with calorie free beverages.

» Start exercising. Commit to at least 3 times a week.

» Remember, exercise alone will not guarantee weight loss without creating a calorie deficit.

After March, if people are interested in a healthier body weight, they can look for more information from the Health and Wellness Center and the Obesity Working Group. For more information, Contact the HAWC at 424-4292 or log on under nutrition at: <https://www.travis.af.mil/dgmc/hawc/>.



## National Nutrition Month Events

» Nutrition Booth at the Sierra Dining Facility — Monday, 11 a.m to 1 p.m.

» Commissary tour — Wednesday, 10 a.m.. Call 424-4292 to sign up.

» Nutrition Supplement Briefing — Wednesday, 2 p.m. Call 424 - 4292 to sign up.

» Open House/Health Fair on Thursday 2 to 4 p.m., Hospital Dining Facility.

» Nutrition lecture on "Eating on the Weigh" — March 19 at 1 p.m. Call 424-4292 to enroll.

## Safety office addresses motorized scooter, skateboard guidelines for Travis

60th AMW Safety Office

Recently, there is an increasing number of motorized scooters being ridden by active-duty personnel and their dependents on Travis.

The state of California says that a motorized scooter is any two-wheeled device that has handlebars, is designed to be stood or sat upon by the operator and is powered by an electric motor that is capable of propelling the device with or without human propulsion. It can also be powered by a source other than electrical power.

The bottom line is motorized skateboards are not authorized, however motorized scooters are authorized for operation on Travis, but the operator must follow the same rules as a motorcycle operator.

In addition to distinguishing the meanings of these motorized items, some of the Travis community is asking if motorized scooters and skateboards are authorized for operation on Travis. Along with the California Vehicle Code references is the local Travis instructions concerning this issue:

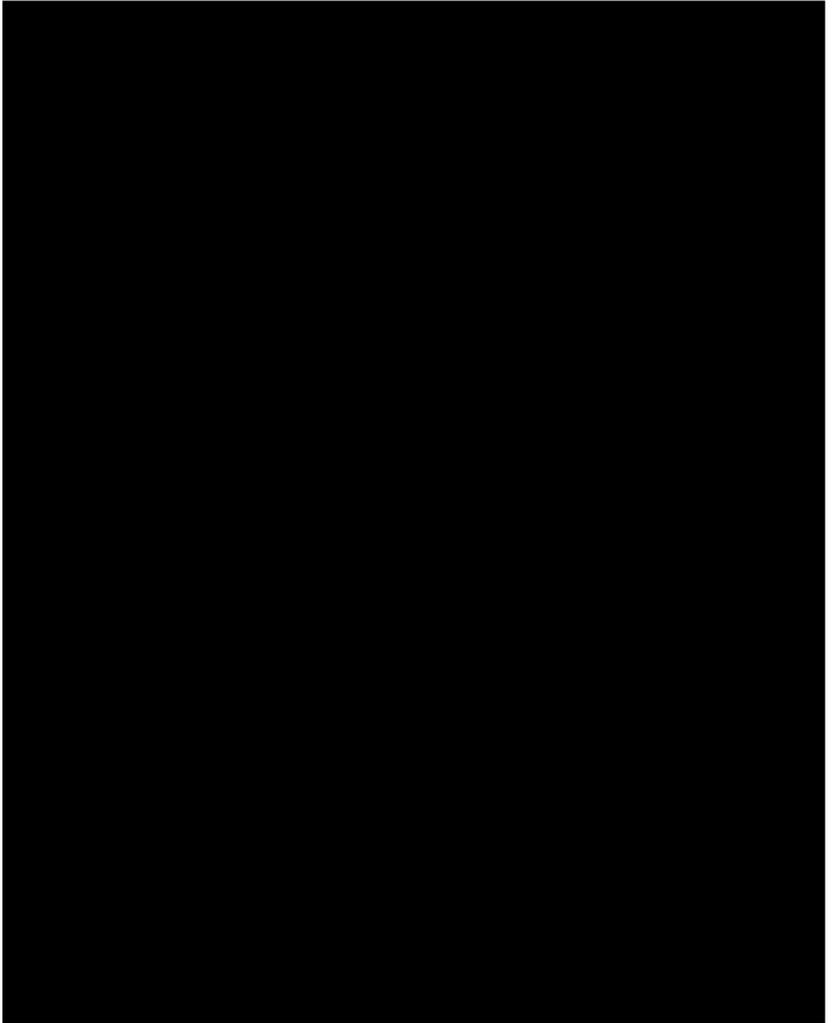
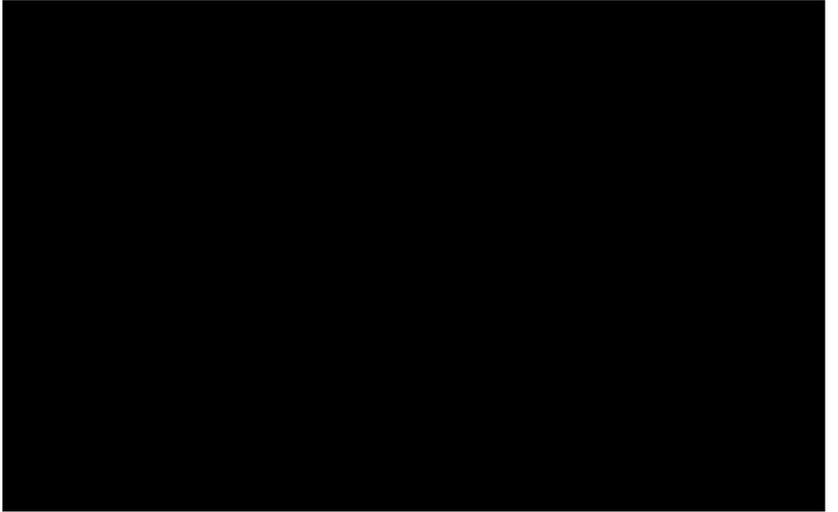
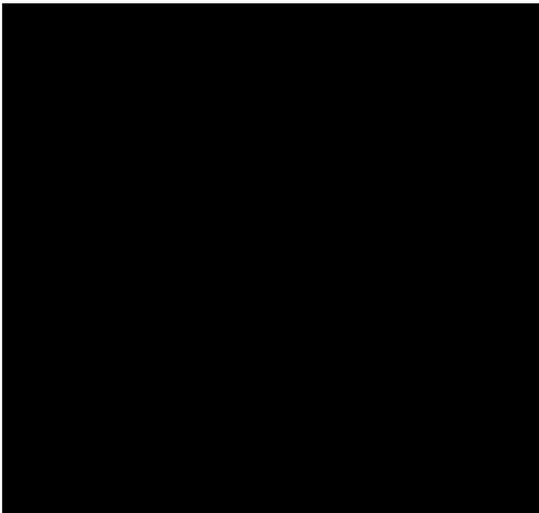
▶ Motorized skateboards are forbidden by CVC 21968, "No motorized skateboard may be propelled on any sidewalk, roadway, or any other part of a highway or on any bikeway, bicycle path or trail, equestrian trail, or hiking or recreational trail." Travis people are required to comply with the California Vehicle Code.

▶ Operators of motorized scooters are required to obey the same rules of the road as a vehicle, and are also required to wear personal protective equipment, which includes a safety helmet fastened under the chin, eye protection (tinted face shields and glasses are prohibited at night), full fingered gloves, foot protection, full length long trousers, brightly colored long-sleeved shirt or jacket, and reflective material (during hours of darkness) visible from all sides. People are also required to obtain a base decal at Pass and Registration.

▶ Every (motorized) scooter operated upon any highway during darkness shall be equipped with the following: A lamp emitting a white light that, while the motorized scooter is in motion, illuminates the highway in front of the operator and is visible from a distance of 300 feet in front and from the sides of the motorized scooter.

▶ A red reflector on the rear that is visible from a distance of 500 feet to the rear when directly in front of lawful upper beams of headlamps on a motor vehicle. A white or yellow reflector on each side must be visible from the front and rear of the motorized scooter from a distance of 200 feet.

For other rules pertaining to operation of motorized scooters, refer to the California Vehicle Code (Sections 21220-21235), TAFBI 31-103, Travis Air Force Base Traffic Code, and TAFBI 91-101, Motorcycle/Moped Safety Program.



## Helping children, family who are left behind during times of deployment

### Tailwind staff

Deployments can not only be hard on those deploying, but can also be tough on those who are left at home; however, there are people on Travis who can help.

Dr. Paul Hauck, Child Psychologist at David Grant Medical Center will join Travis families for a support and information session at (Center School) on Wednesday at 8:30 a.m. and at (Scandia School) on Thursday at 8:30 a.m. to discuss some difficult issues facing our families today such as:

- ▶ How to tell your child you will be deployed
- ▶ Talking to your child about

the possibilities of war.

- ▶ Dealing with your child's fears over the deployed parents safety

- ▶ Communicating with your child while deployed-some guidelines and suggestions.

- ▶ Other issues facing our military families during this difficult time

Also participating will be staff from the Family Support Center who will share with us some of the resources available to our families.

For more information, contact: Mary Patricia Whelan-Miille, Community Outreach and Volunteer Coordinator at 437-8104/ 437-4604.



Archive photo

*Deployments can be tough on those left behind, but there are people on Travis who can help.*

# NEWS NOTES

## TRAVIS AIR FORCE BASE

### Commissary closure

The commissary will be closed Monday to allow for systems upgrades to the cash registers. Normal business hours will resume Tuesday at 9 a.m.

### Chiefs Induction Ceremony

The Travis Chief's Group is scheduled to hold the 2003 Chief's Induction Ceremony at 6 p.m. Friday at the Delta Breeze Club. Dress for the evening is mess dress or semi-formal for military people and formal for civilians. People interested in attending the event should contact Chief Master Sgt. Steve Kingrey at 424.2113. Costs for the event are \$30 for club members and \$32 for non-members.

### Vehicle decals

The Travis Pass and ID office is currently out of DD Form 2220, Vehicle Decal. Decals may be available by mid-March. Additionally, Travis members must scrape decals off vehicles sold or scrapped. The theft-resistant decals are designed so that once the adhesive dries they will not come off the vehicle

in one piece, but several small pieces.

### Bowling tournament

The Travis Women's History Month Committee is hosting a bowling tournament March 14 at Travis Bowl. Registration starts at 11:30 a.m. and bowling starts at noon. The cost is \$10 per person, which includes three games and shoes. Teams will consist of three to four people and door prizes will be awarded. Contact Airman 1st Class Cynthia Arpan at 424-2750 to pre-register.

### AFCOMAP is coming

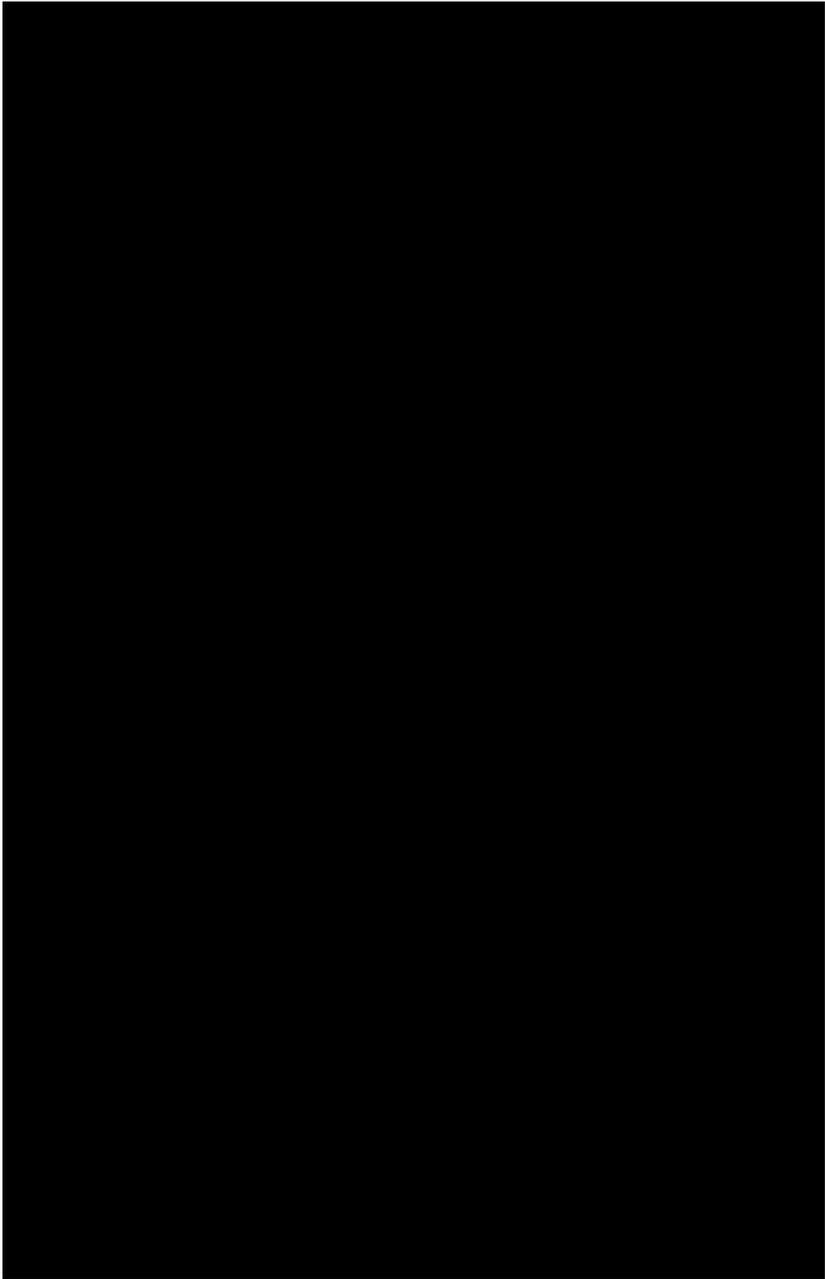
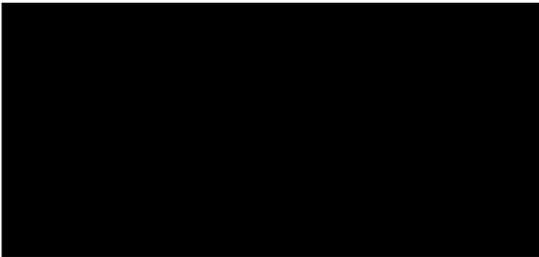
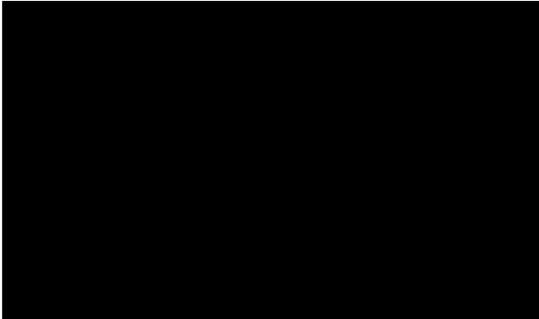
The purpose of this organization is to promote the professional development of Air Force officers and to assist officer candidates with their transition into the Air Force by fostering professional enhancement for all Air Force officers and cadets and supporting the professional development and retention of minority officers in the Air Force

A planning group will meet in the Mission Support Group conference room every Tuesday in March at 1:30 p.m. for anyone interested in mentoring or being mentored.



Check out Air Force online news at [www.af.mil](http://www.af.mil)

## Seatbelts are hugs from your car!



## Helpful tips to attain off base housing

### Travis Housing Office

Transferring to a new base can be exciting, and yet, frustrating for some. In addition to squadrons assigning a sponsor to assist a member transferring in to Travis, the [m2mreferral.com](http://m2mreferral.com) Web site is extremely useful to those searching for a place to reside off base. People can access a large number of rental properties in our locale from their current location in the world.

Sponsors are encouraged to pass this Web site address on to the transferring members who do not intend to live in the Travis dormitories or in Travis on-base housing.

The Web site is operated by the Travis Housing Office and its Pride housing maintenance partner. It allows property owners and property managers the opportunity to list (at no cost to them or the Travis military member) rental homes, apartments and roommate information for military members to search.

The information provided includes monthly rent, the number of bedrooms and bathrooms, square footage, property details, area details and much more. The advantage of using this Web site is the ability for members to locate and secure housing before transferring. The online search is quick and often includes on-line digital photographs of the rental property.

The success of the Travis military community referral web site has been the cooperation and patriotism of the local property managers and landlords and the professional renter, i.e. the Air Force member and family. From May 2001 to late Feb. 2003, the web site has placed 2,445 Travis families in local community rental housing. Sponsors can simply email the notice of the web site to their incoming troop and let the military member handle the rental property search on-line.



**Don't be dunce ...  
Don't drink and drive!**

**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.

**Yard Sales**

Saturday, early, 122 Forbes St.  
Saturday & Sunday, 8 a.m. to noon, 223/224 Carlton St.

**Furniture**

Entertainment center, black, \$75. 439-9397

Papasan chairs (2), dk green cushions, \$40/ea.; ottoman, wicker, dk green cushion, \$15. 437-1221

Entertainment center, holds 30" TV, \$125 obo. 452-1456

Entertainment center, 3 units, oak, holds 27" TV, \$350; computer desk, oak, \$50; desk cabinet, \$25; coffee table, end tables, glass top, \$100. 448-3062

Computer desk, \$15. 437-4413

Wooden chairs (2), \$20/ea. 208-9386

Children's dresser, 4 drawers, \$20; dresser, 6 drawers, \$25; entertainment center, \$15. 437-4375

Entertainment center, solid wood, \$250 obo; dining room table, white legs, wood top, \$50 obo. 437-1203

Sauder computer desk, oak, hutch, \$40 obo. 426-1422

TV stand, black, glass doors, hi-boy, holds 32" TV, \$40. 437-1210

Coffee table set, 3pc, \$25; computer table, \$25; Christmas tree, 7.5', \$25; armoire, \$20; crib, mattress, \$20. 864-2595

Dining table, white, 6 chairs, matching China cabinet, \$300. 421-9071

Living room set, 3pc, \$650 obo. 439-9258

Coffee table, end table, beveled glass, \$90. 451-4196

Sofa, love seat, matching oversized chair, beige, wood trim, \$500. 399-9264

**Appliances**

Washer/dryer, lg capacity, \$300. 469-7831

2002 Kenmore Elite refrigerator, side-by-side, \$1,400. 454-0511

Electric stove, \$75. 421-9071

**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

Graco double glider stroller, stadium seating, matching dual carrier car seat, \$90; diaper genie, \$10; Graco jumper seat, \$12. 439-9397

Stamp collection, 4,800+ from 130 countries in 12 stock books, \$160. 425-9632

Yard furniture, seed spreader, \$10. 451-9679

Swing, \$20. 448-3062

Jenny Lind crib, \$50; Graco stroller, infant car seat, \$65; Cosco high chair, 2 seat positions, \$15; Spider-man bedding, twin size, \$30. 437-4413

Fisher Price activity table, \$10; Graco swing, open top, battery operated, \$30; Toy Story sleeping bag, \$5; Blues Clues sleeping bag, \$5. 437-1266

Child's patio swing, \$15; patio set, \$25; bar-b-cue grill, \$10; lamp, \$5; child's table, chairs, \$10; lawn mower, \$40; rake, \$5. 437-4375

Basset baby bed, oak colored, \$50 obo. 437-3115

Crib bedding, 3pc, \$25; diaper champ, \$10; coffee table, black/red, matching mirror, \$75; king mattress, box spring, frame, \$250. 454-0511

Little Tykes playground, 8-in-1, adjustable, picnic table, \$150. 437-0717

Medela Double Ease breast pump, \$120. 439-9658

Brill Luxus 38 push reel mower, \$65; steam buggy, \$40; toddler bed frame, white, \$15; Graco pack & play, bassinet, \$40. 437-1210

Lawn mower, \$50. 864-2595

Harvard Hurricane air hockey, infrared scoring, \$220. 428-0484

Wood frame 3-in-1 crib, infant blankets, dancing dolls, toys, Little Tykes walker/fishing seat, videos. 439-9531

**Musical Instruments**

Johnson mandolin, model MA-380, \$275. 208-9386

Upright piano, \$15. 437-4375

Piccolo, Monique, gold/black, \$115. 439-0655

**Sports/Athletic Equipment**

Bun and thigh rocker, \$40; men's bike, 10sp, \$10. 437-1221

Exersaucer, \$30. 454-0511

K2 Extreme skis, Tyrolia bindings, \$40. 437-2408

**Electronic/Computer Items**

Ultimate competition 8" woofer/tweeter combos (2), gray carpeted boxes, \$50. 451-9679

Sony TV, \$20; computer monitor, \$20. 437-4375

Compaq Presario IJ900 printer, \$20. 437-3115

Color TV, \$30 obo. 437-1203

Gateway 2000 computer, playstation, Sega Dreamcast. 439-9531

**Vehicle**

2003 Hyundai Tiburon GT, take over payments. 437-2115

2002 Yamaha \$-1, black/silver, 42k mi, helmet, cover, stand, \$8,500. 447-5961

2001 Chevy Tahoe LT, 4wd, warranty, 26k mi, \$29,500. 437-8408

2001 Hyundai Elantra, 15k mi, cd, standard, pw, pl, \$8,500. 437-2408

2001 Toyota Corolla LE, cd, 20k mi, standard, \$8,900. 437-2408

2001 Nissan Altima, pw, pl, ps, am/fm/cd, 37k mi, silver, \$13,500 obo. 530-788-2263

2001 Honda Accord, couple, spoiler, custom tail lights, pw, pl, ac, keyless, 35k mi, \$17,000. 437-3930

2000 Cougar, v6, ps, pm, pw, sunroof, keyless, alarm, ac, cc, fog lights, spoil-

er, stereo cd, 26k mi, warranty, \$12,900 obo. 437-1231

1999 Nissan Pathfinder XE, 4x4, blue, v6, am/fm/cd/cas, roof rack, fog light, running boards, ac, at, 1 owner, 75k mi, \$16,000 obo. 925-570-9664

1999 Isuzu Trooper, 4wd, 38k mi, red/silver trim, \$17,500 obo. 399-0137

1997 Nissan 200SX, 2dr, 5sp, 62k mi, cd, ac, 448-7468

1997 Chevy Silverado, 4x4, ext cab, 102k mi, 3dr, green, pw, pl, ps, 4wd on fly, \$12,000 obo. 469-9854

1997 Chevy Cheyenne, 4x4, ext cab, 64k mi, 2dr, maroon, pl, ps, \$15,000 obo. 469-9854

1993 GMC Vandura 2500 van, 5.7ltr, v8, 55.57k mi, 4 captain chairs, queen bed/bench seat. 422-2082

1987 Toyota Camry, 1 owner, \$1,700 obo. 425-8060

1987 Pontiac Grand Am, 155k mi, \$2,000 obo. 437-4614

1985 Chevy Camaro coupe, 6cyl, at, \$1,000 obo. 448-7956

1974 MG Midget, \$1,700 obo. 451-4196

1971 VW Superbeetle, no motor, \$400 obo. 437-3747

1968 Camaro tube chassis drag car, no motor/transmission, \$2,000. 437-3297

**Vehicle Accessories**

Ford Lincoln Mark VII radio, tools, \$100; 1988-98 Chevy long bed bed liner, \$50; Reese #14 5th wheel hitch, \$225. 446-7556

Camaro SS chrome wheels, 16" slug, \$400 obo. 451-4196

**Pets/Pet Accessories**

Aquarium, 29gal, wood stand, \$70. 437-3545

**House/Room for Sale/Rent**

Room for rent in Lawler Ranch, furnished, phone jack, \$500/mo + dep. 426-5670

House for rent in Dixon, 3br/2ba, 2-car garage, landscaped, wood floors, alarm, pets negotiable, \$1,550/mo + \$1,000/dep. 639-0714

Room for rent in Vacaville, pvt bath, \$450/mo + utilities. 925-250-1395

House for sale, corner lot, \$415,000. 399-0137

Townhouse for rent, 2br/1ba, patio, carport, \$850/mo + \$400/dep. 451-1785

### 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.

# Recycling contest kicks off base Earth Day activities

## 60th Civil Engineer Squadron

To promote active recycling, the 60th Air Mobility Wing Environmental Flight Office is turning recyclable trash into a valuable commodity.

From March 17 through April 14, the Environmental Flight Office will conduct its Fifth Annual Recycling Contest. The contest is a prelude to Travis' Earth Day '03 program.

The goal of the contest is to reduce solid waste, add money to booster clubs and promote a positive attitude toward recycling, according to Dolores Tiburcio, base recycling program manager.

Squadrons may enter an unlimited number of teams, each with a maximum of 10 people (counting the Captain). Military family housing/dorm

residents and local Travis schools are also eligible to enter teams.

Teams will collect and redeem California Redemption Value aluminum cans; CRV glass bottles; CRV plastic bottles; scrap glass, to include brown, green and clear bottles and jars; and No. 1 and No. 2 plastic containers.

Items may be redeemed at the Base Recycling Center (Lot 741) on Dixon Avenue. Items that are redeemed will be weighed and recorded on an official tally sheet. Team captains are responsible for submitting their tally sheets to the Environmental Flight Office so the totals can be tracked through April 14 when the contest ends.

Contest entry sheets will be distributed via e-mail to each squadron. Entries can be com-

pleted and faxed to 424-5105, returned to the e-mail address on the form or hand-carried to the Environmental Flight Office. Deadline to register is March 17.

Prizes will be awarded to first and second place teams, that recycles the most materials (weight) and those that turn in the highest dollar amount. The same criteria will be used for the highest individual awards.

In addition to winning prizes, teams will keep the money they earn by recycling. Teams will have the option of donating the money to their squadron booster club or a charitable organization, or splitting it among their members.

For more information about the recycling contest, contact Sherry Cassidy at 424-3739.

## Savings Bonds

Did you know that U.S. Savings Bonds information is available on the Internet?

The address is [www.publicdebt.treas.gov](http://www.publicdebt.treas.gov) Find out about maturity periods, tax benefits and the values of your Savings Bonds.

## DGMC continues commitment to excellence

By Capt. Kim Garbett  
60th Medical Group Public Affairs

Travis medical professionals have been deploying in support of Operation Enduring Freedom, including medical technicians, doctors, and nurses, among others. Each of the Primary Care Management Clinics — which includes Primary Care, Family Practice, Internal Medicine and Pediatrics — has in some way been affected by the deployments.

However, David Grant Medical Center is working diligently to maintain the best continuity and access to medical care despite the loss of personnel to deployments and other contingency requirements.

"Patients whose Primary Care Manager has been deployed can expect to be temporarily reassigned to a PCM within the same clinic and same team," said Maj. Scott Vandehoef, Family Practice Clinic chief.

"Other short-staffed clinics, including Primary Care, advise patients to expect longer telephone waits due to the deployment of nursing staff," said Maj. Tina McConnell, Primary Care Clinic's nurse manager. "We will make every effort to ensure that patients get in contact with us, however, we ask for additional patience during this high operations tempo time."

Patience and the use of self-care books wherever possible can also help DGMC staff care for those who need it the most first, stressed Maj.

Linda Ghanem, health care integrator for the Family Practice and Pediatric Clinics. "The main point is that folks understand it may not be as easy as it used to be to get everyone seen at DGMC as rapidly as possible," she said. "We are constantly working issues to maintain access for everyone, so that all needs are met."

Lt. Col. John Chu, a doctor with the surgical subspecialty flight, mentioned that deployments have had an impact on the surgical squadron, especially in orthopedics and general surgery. "Right now, we are serving our active-duty members first," he said. "Depending on the work-load, retiree surgeries may need to be referred out to the civilian hospital network, but if this happens, it will only be temporary until we can resolve our staffing issues with the recent deployments."

"Our biggest concern is meeting patient's urgent needs," said Ghanem. "Our next priority is to provide continuity of care within the assigned clinic. With managed impact, we hope to minimize or even negate the possible need to send folks out to other hospitals for care."

Ghanem also recommended home care prior to attempting to access the clinic unless it was an acute need. "This will help maximize appointment availability for urgent needs," she said. "Everyone should be assured, though, that all urgent needs will continue to be met by PCM clinics. Free self-care books and classes are also available at the PCM clinics."

### On the road again?

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



## Be prepared for delays



Senior Airman Nicholas Olson / 60th AMW Public Affairs

Private 1st Class Jose Cordero, A Company, 1st Division, checks I.D. cards at the North gate Monday. Travis security forces personnel are required to handle and inspect all I.D. cards. People should have their I.D. cards out of their wallets or purses before approaching the gate to prevent delays.

## Job well done



Narr Wylie / Visual Information

Chief Master Sgt. Rick Wooden, 660th Aircraft Maintenance Squadron, receives the Bronze Star Medal Feb. 27 from Brig. Gen. Brad Baker, 60th AMW commander. Wooden received the medal for his efforts during Operations Southern Watch and Enduring Freedom.

## Airman's The Book 2003



Available online!



[www.af.mil/news/airman](http://www.af.mil/news/airman)

**DEAD  
BATTERIES  
CANT  
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.



**Tunnel vision**



Master Sgt. Terry Blevins / AFPN

Airman 1st Class Gregory Sims uncoils concertina wire to secure parts of Al Udeid Air Base, Qatar. Sims is part of the 379th Expeditionary Maintenance Squadron's munitions flight supporting Operation Enduring Freedom.

# CRIME STOPPER

## TRAVIS SECURITY FORCES ACTIVITY

### Feb. 24

Domestic assault reported on Roberts Drive  
Medical emergency reported at Bldg. 680  
Security incident reported on the Mass Parking Ramp

### Feb. 25

Vehicle towed for expired registration from the South Gate  
Minor vehicle accident reported on Ragsdale Road  
Damage to government property reported at Bldg. 254  
Minor vehicle accident reported from the dormitory area  
Assault consummated by battery reported on Forbes Street

### Feb. 26

Medical emergency reported from Valley View Way  
Suspicious phone call reported from Travis

### Feb. 27

Traffic complaint reported from Travis Avenue  
Theft of private property reported off the installation  
Animal control issue reported from Dover Street  
Medical emergency reported at Bldg. P-1  
Assistance rendered on Roberts Drive  
Minor vehicle accident reported in the dormitory area

### Feb. 28

Welfare check in the dormitory area  
Assistance rendered on Valley View Way  
Fire emergency reported on Maine Street  
Juvenile mischief reported on Texas Street

### March 1

Vehicle towed for expired registration at Bldg. 241  
Suspicious activity reported at the Base Exchange  
Minor vehicle accident reported on Travis Avenue  
Patrol dispatched to the shoppette for belligerent individual.  
Civilian detained for DUI at the Main Gate

### March 2

Civil arrest for warrants at the Suisun Gate  
Theft of government property reported at Bldg. 777  
Medical emergency reported from Bldg. 668  
Damage to private property reported in the DGMC parking area  
Medical emergency reported from the BX  
Medical emergency reported on Diablo Drive  
Fire response to Bldg. 943  
Verbal altercation reported on Allen Court  
Theft of private property reported from Bldg. 205  
Military member apprehended for reckless driving causing injury on Interstate 80  
Fire emergency reported at the dormitory area

## Military Personnel and Immediate Family

To reach members of your family in times of emergency need,  
call the American Red Cross Armed Forces  
Emergency Service Center toll-free at (877) 272-7337.



# COMMUNITY BRIEFS

## TRAVIS AIR FORCE BASE

### Announcements

#### Easter egg contest

Families, classes, Boy Scout troops, squadrons and all other groups on base are invited to enter the Spring is in the Air art contest. Groups will decorate a four-by-three-foot wooden Easter egg for display at selected Travis facilities in April. There will be prizes for the winners. The entry fee is \$20 per egg and includes materials. Sign up at the Frame Shop Tuesday from noon to 8 p.m., Wednesday through Friday from noon to 5 p.m. or Saturday from 9 a.m. to 5 p.m. Call 424-4391 for more information.

#### OAP trips

There are many trips scheduled for the snow and water this spring, but most Outdoor Adventure Program trips require advance registration and a pre-trip meeting. Don't wait until the last minute, stop by Outdoor Recreation today to sign up for the next ski, snow hike, sea kayaking or back-packing trip.

#### Bravo lunch

While the base is under Force Protection Bravo, the Delta Breeze Club will add Monday service to its weekday line up of lunch buffets. The menu on Monday and Tuesday is chef's choice, Wednesday is Chinese buffet, Thursday is Mexican buffet and Friday is seafood fare. The buffet is open from 11 a.m. to 1 p.m. The price is \$8.75, but club members pay the Members First price of \$7.

Another lunch option is Gatsby's Grill, located at Cypress Lakes Golf Course. It is considered a Travis facility, so military members are allowed to eat there in uniform. Check out their menu at [www.60thServices.com](http://www.60thServices.com).

### Services

#### Today

▲ The Eat Here, Get a Lift contest begins. Enter to win Kirkwood lift tickets at Services restaurants such as the Strike Zone at Travis Bowl, the Delta Breeze Club, Smoothie Island at the Fitness Center

and Gatsby's Grill at Cypress Lakes Golf Course. Write your name and phone number on the back of your receipt from a food purchase at participating facilities and drop it in the entry box. Winning names will be drawn March 14.

#### Saturday

▲ Take the Outdoor Recreation shuttle to the Sacramento Zoo and a family picnic at Fairy Tale Town. Transportation is \$12 for adults and \$7 for children. Call 424-5659 for more information.

#### Tuesday

▲ Preschool story time at the Mitchell Memorial Library is from 9:30 to 10:15 a.m.

#### Wednesday

▲ Bowl from 3 to 5 p.m. at Travis Bowl for only \$5 per person. Shoe rental is included in the fee and bumper bowling is available. Call 437-4737 for details.

#### Thursday

▲ It's the last day to sign up for Outdoor Rec's trip to the Saint Patrick's Day Parade in San Francisco March 15. Information, Tickets and Travel provides the transportation for \$12 for adults and \$7 for children. Call 424-5659 for details.

### 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

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

▲ The Uniformed Services Thrift Savings Plan briefing is from 9 to 10 a.m. Call 424-2486.

#### Wednesday

▲ WIC representatives will

## Eating for a ticket to ride



Linda Mann-Iames / 60th Services Squadron

Everyone who eats at the Delta Breeze Club or other Services restaurants until March 14 may enter to win the Eat Here, Get a Lift drawing for lift tickets to Kirkwood resort. Stop by the DBC, Strike Zone, Gatsby's Grill or Smoothie Island for more information.

be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

#### Thursday

▲ WIC representatives will be at the FSC from 8 a.m. to 4 p.m. by appointment only. Call 435-2200.

▲ The Change Management class is from 9 a.m. to noon. Topics include coping skills for career changes, lifestyle changes, relocations and job changes. Call 424-2486.

▲ The financial planning seminar is from 9 to 11 a.m. at the FSC. Call 424-2486.

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

### Weekly

▲ The information orientation for a career in elder care is March 12 from 9 a.m. to noon at the FSC. Hourly pay in this career field starts at \$9.50 and involves caring for the elderly, disabled or blind in their homes. High school graduation required. Call 424-2486.

▲ The Air Force Aid Society and Family Advocacy work to help families who are eligible for respite care. After determining eligibility, funds are made available to the family to hire someone for short periods of time to look after those in need of care. For more information, contact the Exceptional Family Member Program manager at David Grant Medical Center, 423-5168.

### 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.

### Chapel Services

#### Catholic

▲ Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

▲ Thursday, noon, Catholic communion service, DGMC 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

▲ 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

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

#### Wicca

Classes are held at various locations and times due to deployments. E-mail [Beltane@prodigy.net](mailto:Beltane@prodigy.net) for current information.



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## Command names DGMC 2002 Medical Service Award winners

**Outstanding Dental Junior Officer:** Maj. Renee Carlson

**Outstanding Dental NCO:** Tech. Sgt. Christopher Campbell

**Outstanding Nursing Services NCO:** Tech. Sgt. Robin Martin

**Health Physicist:** 1st Lt. Kelli Silverstrim

**Diet Therapy SNCO:** Master Sgt. Stacy Mattern

**Company Grade Occupational Therapist:** Capt. Amie Daryanani

**Occupational Therapy Apprentice:** Staff Sgt. Maryann Lacap

**Field Grade Optometrist:** Lt. Col. Steven Stanek

**Field Grade Pharmacist:** Maj. Arshad Qureshi

**SNCO Pharmacy Technician:** Master Sgt. Charles Pope Jr.

**Outstanding Diagnostic Imaging Technologist:** Airman 1st Class Jared Muasau

**Orthotic Laboratory NCO:** Staff Sgt. Roderick Roby

# Reservists bolster Travis manning

## Trained, equipped, ready to serve

Story and photos by Staff Sgt. Charlie Miller  
445th Airlift Wing Public Affairs

Air Force reservists are continuing to flow into Travis for their two weeks of annual training. And that's a good thing according to 60th Aerial Port Squadron members.

"The reservists are definitely a big help, especially right now with our manning being a bit low," said Senior Airman Chris Dye, who works in 60th's Fleet Services.

"There are times we can't do without the reservists," said Airman First Class Zach Sullivan, of the 60th Passenger Services section. "With the deployments we rely heavily on the reservists, especially on days it's busy."

"Their presence is highly valued," Dye said. "We have the opportunity to train them and that helps us be more proficient at our jobs. The reservists fill in the blanks and enable us to do our jobs without delaying aircraft. If it weren't for the reservists we wouldn't be able to do our jobs as thoroughly. They are an asset we greatly appreciate."

Dye has been at Travis for one and a half years and has nine years total in the Aerial Port career field.

"In the three plus years I have served on active duty, I have witnessed the tremendous amount our nation and our nation's military depends on the outstanding men and women

that make up our Reservist corps," said 1st Lt. Matthew Cowart, 60th Aerial Port Squadron, Combat Readiness Flight Commander.

"In today's multi-theatre environment, the reserves are the maintainers of our nation's military force and the robust strength vital in winning wars and preserving freedom both at home and abroad," Cowart said.

"I take personal responsibility to insure the reservists are trained here at Ramp Services," said Tech. Sgt. Michael Koff, Ramp Services supervisor. "If the reservists aren't trained and can't do the job, then I can't do my job. Above all else, I make sure they work safely."

"They don't do this every day like we do," Koff said. "Without the reserve help I couldn't give my guys a break. The stress level would be elevated without them." Koff has been in the aerial port career field for the last seven years and has served in the Air Force for 21.

"The training I've received not only benefits the active duty but reservists too as we are streamlined into their work flow," said Staff Sgt. Charlie Hampton, a reservist from Wright-Patterson Air Force Base, near Dayton, Ohio. "The active duty relies on us more when we have the right training. We compliment each other."

"The active duty guys have shown us everything we need to know," said Senior Airman Julie Butch, a reservist from Robbins Air Force Base, Ga. "We've mixed right in and are doing



Tech. Sgt. Ed Kirker, from the 87th Aerial Port Squadron, Wright Patterson Air Force Base, Ohio, tightens chains underneath a 60K Tunner/Loader on board a C-5 Galaxy.

the work right along side the active duty. They're letting us do things for ourselves."

"This is my first time in Fleet Services in quite a long time. I've gained a whole lot of knowledge in originating and terminating aircraft," Hampton said. "The active duty is more than willing to train. As long as that support is there the transition from civilian to active duty fleet services will be that much better."

Hampton served as a reserve aerial porter from 1977 to 1991, and then returned in 2001.

"The relationship between active duty and the reserves is 100% better than in the 70s and 80s," Hampton said. "Now, it's hands on. They want the reservists to be trained in every aspect of the job."

Air Force Reserve Staff Sgt. Charlie Hampton is a member of the 87th Aerial Port Squadron, Wright-Patterson

AFB, Dayton, Ohio. The 87th is part of the 445th Airlift Wing, Wright-Patterson AFB, Ohio.

He's been assigned to Fleet Services for his two weeks Annual Training. Senior Airman Julie Butch is a member of the 94th Aerial Port Squadron, Robbins AFB, Georgia. The 94th is part of the 622nd Regional Support Group, Robbins AFB, Ga. She's been assigned to Cargo Services for her two weeks of Annual Training.



Far left — Members from the 60th, 87th and 94th Aerial Port squadrons prepare equipment on a 463L pallet prior to loading it on a C-5.

Left — Members from the 60th, 87th and 94th Aerial Port Squadrons push one of three huge containers full of supplies onto a C-5 Galaxy sitting on the Travis ramp.

# Young at heart, body & soul



Linda Mann-Iames / 60th Services Squadron

Barbara Gaudu teaches conversational Spanish to Travis youth. Gaudu was an elementary school teacher in Spain and has been teaching Spanish to American children for the last three years. Students, Ashley Reely (7), Lydon Villanueva (9) and Gregori Merriweather (9) learn Spanish on Feb. 28.

Travis Youth Center more than after school childcare

By Linda Mann-Iames  
60th Services Squadron

The Travis Youth Center is much more than an after school childcare facility. In addition to many competitive sports, volunteer clubs and field trips the center offers a variety of Fine Art classes for youth.

"We are lucky to have so many talented dependents at Travis who are willing to share their time with our youth," said Youth Center Director Sandra Latchford.

The Youth center contracts with military dependents and retirees to provide a selection of classes for the school-age youth at Travis including dance, art, language, drama, music and martial arts. Because the program is dependent upon the talents of those attached to Travis at any one time, the classes may vary, but the program is always diverse and fun.

"We have never had a problem finding instructors for our program. When one instructor leaves, another takes her place," Latchford said. "We always have some type of dance and art classes, and piano has been a staple for many years."

Students may sign up for classes at the beginning of any month and new classes are starting this week so it is a great time for children to try a new activity.

The costs of Youth Center classes vary, so check with the staff for the price of the class when registering. Students in first through sixth grade, who are dependents of active duty, contract and Department of Defense employees are eligible to participate in the Youth Center program. Call 424-5392 for more information.

## Youth Center classes

**Beginning drawing and painting:** Students are introduced to the fundamentals of drawing and painting, to include the use of various mediums. The Youth Center provides all materials. Enrollment is limited to 12 students per class.

**Wednesdays,** 3 to 4 p.m. and 4 to 5 p.m.  
Instructor: **Caroline Page.**

**Highland dancing:** Students are taught the fast-paced steps of Highland traditional dances such as the sword dance and the fling, and will perform in public.

**Tuesdays,** 6:30 to 7:30 p.m.

(three classes per month)  
Instructor: **Briah McKinney**

**Travis Youth Choir** call for auditions, March 17:  
Choir practice, **Wednesdays** from 3:30 to 5 p.m.  
Director: **Marla McMaster**

**Beginning Spanish:** Students are taught the basics of conversational Spanish.

**Tuesdays,** 4:30 to 5:30 p.m.  
Instructor: **Barbara Gaudu**

**Beginning photography:** Students are taught to take 35mm and digital photos. Weekly assignments are given by the 60th Ser-

VICES marketing office for Services publicity. Photos may be published by the 60SVS or the *Tailwind*. Students must provide their own 35mm or digital camera.

**Fridays,** 4 to 5 p.m. or 5 to 6 p.m.  
Instructor: **Lynn Larsen**

**Junior Toastmasters:** The Youth Center is sponsoring an eight-week Jr. Toastmasters program for junior high and high school students. Sign up at the Youth Center. The class, which starts March 17, is free.

**Mondays,** 7 to 8:30 p.m.  
Instructor: **Don Johnson**

**Right** — International dance competitor and experienced instructor Briah McKinney teaches Alexandra Morrison (10), Heidi Martin (11), Heather Martin (13) and Holly Martin (9) traditional Highland dances such as the fling and the sword dance.

**Far right** — Melissa Schumann follows instructor Jenny Doyle's lead as she learns the art of Russian Ballet at the Youth Center.

