



Travis helps with Army ... **MOVEMENT**

PAGES 12-13



Continue persistent pursuit of passion

In the 60th Force Support Squadron, we have dedicated time for real talk: unscripted conversations with various groups ranging from professional development and personal hobbies to better parenting techniques.



Commentary by Lt. Col. Nathan Williams
60TH FORCE SUPPORT SQUADRON COMMANDER

fortunate. The smiles grew wider and their posture straightened as they spoke of travel, accounting and coaching. They were doing more than conveying their interests; they were reflecting on their passion.

Commander's Commentary

logical question: Why not? What is keeping you from pursuing your passion?

They all had what appeared to be perfectly good explanations for merely dreaming about doing the things they love, rather than actually doing them: lack of time, fear of failure, lack of money, lack of appropriate education or training, fear of the work required to succeed. The list goes on.

What we all discovered through the course of the conversation is these were all poor excuses when held up to the

light of pursuing the things that excite us most: our passions.

Passion. One word with huge implications. Webster's Dictionary defines passion as "A strong liking or desire for or devotion to some activity, object or concept."

Actively pursuing your passion will change your life. If you live your passion or routinely engage in activities that you're passionate about, you can't hide it. It permeates everything you do, every interaction you have and, most importantly, it shows up in your attitude. Purposely and persistently pursuing your passion makes you more productive, fulfilled and happier.

Passion is also extremely contagious. Passionate people

spread passion to those around them. They raise the bar of excellence for everyone. Conversely, if you aren't routinely engaging in activities you're passionate about, you can't fake it. You're cheating yourself and leaving untapped potential on the field.

If we're attentive, passionate living is all around us. With the great honor of commanding an extremely high-performing Air Force squadron comes the sheer joy of observing passion displayed on a daily basis.

Passion is the leader unapologetically shedding a tear when his or her team is recognized for a job well done. Passion is

See WILLIAMS Page 10

One recent conversation with a group of noncommissioned officers turned to the topic of pursuing passions. The conversation revealed passions in certain individuals that I was not aware of. They were excited as they detailed their love of cooking, curating and providing for the less

This was refreshing and inspiring. Then came the follow-up question: Are you currently practicing your passion? Engaged and excited just moments ago, many of these professionals quickly grew quiet. They stopped making eye contact. Their body language became less engaging. The next

Constant change during our journey through life



Commentary by Chief Master Sgt. Anedra Conlan
60TH FORCE SUPPORT SQUADRON

Life is full of changes that bring different chapters in our lives. There are the care-free early childhood days, awkward adolescence, high school, and for some, college, our 20s, 30s, 40s and, for those lucky enough, even wiser ages of life.

You name it, there are several compartmentalized phases and events that can represent who we are at different times in our lives. These phases and events all tie together to create our journey in life.

Our lives are always changing. As a teenager, I struggled with changing locations every three or four

Chief's Commentary

years as an Army brat. During my freshman year of high school, my family moved from Raytown, Missouri, to Fairbanks, Alaska. What an experience that was. Nothing can prepare your body, mind and soul for temperatures below zero degrees Fahrenheit. A Missouri winter could not stand up to an Alaskan winter. I attended Lathrop High, one of five high schools in the Fairbanks area. The school was filled with a mixture of military and nonmilitary students who either lived in the city all their

lives or moved there because of the military or the oil pipeline.

One day in social studies class, I remember the topic of discussion was traveling around the world. Each student talked about places they lived and where they wanted to travel to. Soon it was my turn to share. I stood up and talked about all the places we lived being in the military. Prior to Alaska, my family had lived in four different states.

The awe and curiosity across the classroom, didn't settle too well with me at first. But, everyone in the class wanted details of all the places I had been. The majority of the class never

left the state of Alaska and the rest of the class had not experienced the opportunity to travel like me. I was a little confused, why would you want to move every three or four years and lose your friends?

My classmates just wanted a change from their everyday life. Something I had taken for granted being in the military. I realized that my life as an Army brat wasn't that bad. The experiences and people I have met throughout my life from being a military family member to a chief master sergeant have been

See CONLAN Page 18

Travis aids Cyclone Idai relief efforts

Tech. Sgt. James Hodgman
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Two C-17 Globemaster III crews assigned to the 21st Airlift Squadron from Travis Air Force Base arrived in Djibouti April 5 to aid Cyclone Idai relief efforts.

The cyclone was a Category 2 storm that hit the port city of Beira, Mozambique, March 15 with winds at speeds up to 110 mph. The storm, which is the worst to hit Mozambique in three decades, killed more than 800 people. It left several villages submerged in water before moving inland to Zimbabwe and Malawi.

"A lot of bad things happen on the planet – war, disease famine, natural disaster ... but we are all citizens of the world, we care and we are there to help," said Lt. Col. Steven Nolan, 21st AS director of operations. "When disaster strikes, no matter where it is, the United States, Air Mobility Command, the U.S. Air Force and our Airmen are ready, willing and able to help."

Travis is supporting the Combined Joint Task Force-Horn of Africa, which is leading the Department of Defense support to relief efforts in Mozambique, after a call for assistance from the U.S. Agency for International Development's Disaster Assistance Response Team.

"We received a request for two crews to support relief efforts in Mozambique on March 28 and a few days later we had those crews on a C-17 bound for Africa," Nolan said. "We are providing Rapid Global Mobility; the support that's needed, at the right place and the right time."

"The people affected by this disaster need help, whether that's food, shelter or something else and our Airmen are out



U.S. Air Force photo/Tech. Sgt. Chris Hibben

A U.S. Air Force C-17 Globemaster III assigned to Joint Base Lewis-McChord, Wash., supporting Combined Joint Task Force-Horn of Africa, delivers food aid April 2 from the United States Agency for International Development to Maputo, Mozambique. The task force is helping meet requirements identified by USAID assessment teams and humanitarian organizations working in the region by providing logistics support and manpower to USAID at the request of the Republic of Mozambique.

there delivering hope," Nolan added.

According to various news reports about the cyclone, more than 100,000 people have lost their homes and more

than 2 million people have been affected by the storm.

To date, the team from Travis, utilizing a C-17 from Joint Base

Lewis-McChord, Washington, has helped deliver more than 17,000 pounds of US-AID food, a forklift, a 25K loader and palletizing equipment.

WARRIOR OF THE WEEK FOR APRIL 8-14

WARRIOR OF THE WEEK



U.S. Air Force photo/Master Sgt. Tony Swafford

Name:
Staff Sgt. T.J. Escorpese.

Unit:
9th Air Refueling Squadron.

Duty title:
NCO in charge of squadron aviation resource manager.

Hometown:
Ewa Beach, Oahu, Hawaii.

Time in service:
Six years.

Family:
Mom, dad and three siblings.

What are your goals?
Working to complete a bachelor's in business administration within

five years. Increase muscle mass. Be debt free.

What are your hobbies?
Strength training, hiking, recently picked up reading books on philosophy.

What is your greatest achievement?
Making staff sergeant.

Tailwind

Travis AFB, Calif. | 60th Air Mobility Wing

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- Col. Jeff Nelson
60th Air Mobility Wing commander
- 2nd Lt. Mike Longoria
Officer in charge of command information
- Tech. Sgt. Traci Keller
NCO in charge of command information
- Tech. Sgt. James Hodgman
Command information staff writer
- Airman 1st Class Cameron Orte
Command information staff writer

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Table of contents

Commentaries	2
The Flip Side	11/14
Cover story	12-13
Worship services	16-17
Classifieds	20-22
Parting Shots	23

On the cover

Soldiers assigned to the 1st Armored Division and 1109th Theater Aviation Sustainment Maintenance Group load an AH-60 Apache helicopter onto a C-5M Super Galaxy aircraft Jan. 30 during Intermodal operations.

U.S. Navy photo/Petty Officer 1st Class Benjamin A. Lewis

Program encourages reading

Tech. Sgt. James Hodgman
60TH AIR MOBILITY WING PUBLIC AFFAIRS

The lobby is full of people. Some are hurrying to check out so they can make their flights, while others are waiting for their coffee. In the corner of the room sits an Air Force staff sergeant.

In her hands is "The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results" by Gary Keller. She carefully reads each page and remains focused despite the noise surrounding her. After a few minutes, she brushes some hair out of her face and looks up.

Staff Sgt. Lashauna Dowdy, 60th Force Support Squadron front desk clerk at the Westwind Inn, joined the Professional Literature Program when it was initially offered at Travis Air Force Base in February. The program provides people with an opportunity to grow through reading, something Dowdy said she appreciates.

"One of my New Year's resolutions was to read more, so once I heard about the group, I signed up," she said. "I've attended every session."

Participants read one book a month and meet the second Wednesday of each month at the Travis First Term Airman Center. During the meeting, the group talks about the book they read for that month.

The first book featured in the program was "Grit: The Power of Passion and Perseverance" by Angela Duckworth followed by "The One Thing."

"I took a lot from 'The One Thing,'" Dowdy said. "It helped me realize, especially in the military, we tend to multitask and often try to perform multiple jobs at once. Sometimes being too busy isn't good. The book recommends that we focus



U.S. Air Force photo/Tech. Sgt. James Hodgman

U.S. Air Force Staff Sgt. Lashauna Dowdy, 60th Force Support Squadron front desk clerk, reads "The One Thing: The Surprisingly Simple Truth Behind Extraordinary Results," by Gary Keller, inside the Westwind Inn April 1 at Travis Air Force Base, Calif. The book was the second book featured in the Professional Literature Program, which was implemented at Travis in February.

on 'one thing' that fires us up and motivates us. Knowing what that 'one thing' is will fuel the best work that you can push forward and ultimately, make you better."

The mother of three said her 'one thing' is family.

"I have a daughter and two boys, so when I feel tired or frustrated, I think of them and about how much I want to make their lives better," she said. "That gives me the motivation to get the mission done and push through whatever I have to do."

"The discussion groups have also helped me get over my fear of public speaking and have provided

tremendous opportunities for networking," she added.

Master Sgt. Brandon Jackson, 60th FSS career assistance adviser, hopes the literature program helps others as it has Dowdy.

"Development is extremely important and the Air Force provides development opportunities such as Airman Leadership School and the Noncommissioned Officer Academy at certain points, but we want to bridge the gaps between those moments," he said. "It could be a while before someone attends a formal course so we need to ensure we are doing all we can to help develop

our Airmen, both military and civilian, and the literature program is one way to do that."

With "Grit," Jackson said Airmen learned the importance of identifying what they are passionate about.

"Knowing what your passion is, what drives you and 'your why,' will help you achieve success, for the mission and in life no matter what adversity you may face," Jackson said.

This ability to persevere also empowers people to accomplish their goals, he said.

"When you have a goal, See PROGRAM Page 18

General talks about squadron vitality

Maj. Ryan DeCamp
18TH AIR FORCE PUBLIC AFFAIRS

When Maj. Gen. Sam Barrett took the reins of 18th Air Force last summer, he outlined full-spectrum readiness and squadron vitality as two focus areas for the command.

"Full-spectrum readiness highlights the need to be ready for anything," Barrett said. "Our Air Force has been engaged in steady-state operations since the early 1990s. However, defending America in the future may involve threats such as advanced air defenses, cyber warfare, or chemical, biological, radiological, or nuclear effects, so we need to prepare for a wide range of possibilities. We are refining our tactics based on what we've seen in the Middle East and on what near-peer adversaries may bring to the table."

He said squadron vitality allows Airmen to focus on the mission, support their teammates, and have fun in the process, which creates a cohesive team that meets challenges head on. That atmosphere subsequently supports military families and improves retention.

"We are adding Airmen to help meet mission needs and support our squadrons," he continued. "We have roughly 321,000 active-duty Airmen today and expect to grow to 350,000 by the middle of the next decade."

The 'Air Force We Need' plan, as outlined by Secretary of the Air Force Heather Wilson last fall, called for increasing operational squadrons by more than 20 percent and adding another airlift squadron and 14 tanker squadrons by 2030.

The goal is to build well-manned and healthy squadrons to bring out the best in each

See GENERAL Page 19



U.S. Air Force photo/Airman 1st Class Cameron Otte

Airmen run for a mock physical training test April 3 at Travis Air Force Base, Calif. Airmen perform their outdoor run portion of the PT test on the blue track, which will undergo repairs this summer.

Renovation due for tracks

Airman 1st Class Cameron Otte
60TH AIR MOBILITY WING PUBLIC AFFAIRS

The 60th Force Support Squadron, 60th Civil Engineer Squadron and civilian contractors are scheduled to renovate the red and blue tracks April 15 to Aug. 12 at Travis Air Force Base.

During this time, all Airmen will conduct the running portion for the physical training assessments on days with clear weather on Hangar Avenue near the David Grant USAF Medical Center south entrance.

"When the tracks were originally built, they were built as temporary tracks and they were not intended to be permanent," said Tonya McCormick, 60th FSS fitness and sport center manager. "The tracks as you see, are in terrible condition. The plan is to remove the tracks and lay out a proper sub-base and rebuild the track for a more permanent outcome."

The red and blue tracks were built in 2006 and 2010, respectively. Both were made to give Airmen a place they could run and perform their physical training assessments, but were not meant to be used for

this length of time. Both tracks are being rebuilt with a plethora of enhancements to ensure a smoother, safer run.

"The new tracks will have 12 inches of a lime/cement-treated base consisting of pulverized asphalt and base rock and native

soil," said McCormick. "On top of that will be six inches of aggregate base, three inches of solid asphalt paving, and then one half inch of rubberized surface. All of that is the correct foundation for a track system. The new

See TRACKS Page 18

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SAPR activities bring awareness to assaults

Merrie Schilter-Lowe
 60TH AIR MOBILITY WING PUBLIC AFFAIRS

“Understanding our individual responsibility and the impact it can have on communities is necessary for culture change. Done correctly, this will significantly decrease the amount of sexual violence occurring in our communities.”

The quote is from Eric Barreras, founder and chief executive officer of Difference Makers LLC, 10 Strong, who will be a guest speaker April 18 at Travis Air Force Base, California.

The Sexual Assault Prevention and Response office is sponsoring the program as part of Sexual Assault Awareness and Prevention Month activities. The presentation will be in the 9th Air Refueling Squadron auditorium from 9:30 to 11 a.m.

“We want to educate people on how to prevent sexual assaults,” said Tiffanie Stevenson, See **SAPR Page 18**

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OPES ADVISORS

WARRIOR OF THE WEEK FOR APRIL 1-7

WARRIOR OF THE WEEK

U.S. Air Force photo/Airman 1st Class Jonathan D. A. Carnell

Name: Airman 1st Class Frida Pats.
Time in service: Two years.
Unit: 60th Medical Operations Squadron.
Duty title: Mental health technician.
Hometown: El Centro, California.

Family: Husband, Siarhei Pats; mother, Mary Moreno.
What are your goals? To become a surgeon.
What are your hobbies? Softball, whitewater rafting,

skydiving and working on my Jeep.
What is your greatest achievement? During a white water rafting trip, a rafter fell out of their raft and hit his head on a rock. I utilized my water rescue training to assist in his rescue and implemented self-aid buddy care to assess his head injury until the paramedics arrived.

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Robotic system advances minimally invasive surgery

Airman 1st Class Bailee A. Darbasie
NELNIS AIR FORCE BASE PUBLIC AFFAIRS

NELLIS AIR FORCE BASE, Nev. — The 99th Surgical Operations Squadron, or MSGS, performed their first robotic general surgery using the da Vinci Surgery System, April 3 at the Mike O'Callaghan Military Medical Center at Nellis Air Force Base, Nevada.

The da Vinci is a robotic surgery system that enables surgeons to perform complex procedures with heightened precision and accuracy.

"The da Vinci has given us the next step in minimally invasive surgery," said Maj. William Scott, 99th MSGS general surgeon. "These surgeries are done through several small incisions using cameras and significantly smaller surgical instruments."

The system is comprised of a tower and console, designed to expand the surgeon's capabilities and promote efficiency. The surgeon sits at the console and uses controls to operate the robotic arms on the tower. The



U.S. Air Force photo/Airman 1st Class Bailee A. Darbasie

Maj. William Scott, 99th Surgical Operations Squadron general surgeon, performs surgery April 3 using the da Vinci Surgery System at the Mike O'Callaghan Military Medical Center, Nellis Air Force Base, Nev.

console provides the surgeon with a magnified, three-dimensional view of the surgical site as the tower sits over the patient and performs the operation.

By minimizing incisions, surgeons can reduce the amount of trauma to the body, leading to less pain, shorter recovery times and fewer complications for the

patients, said Scott. The training and overall knowledge gained through robotic surgeries will provide the hospital staff with the experience needed to become a more proficient force.

"Introducing new techniques allows us to have a vast scope of capabilities and confidence," Scott said.

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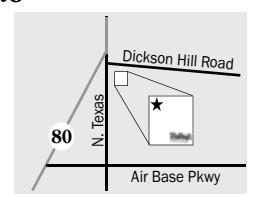
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Environmental Restoration Program
Restoration Advisory Board

The Travis AFB Restoration Advisory Board (RAB) is a group of local community members who meet as needed to review and discuss the Air Force's efforts to protect the Travis AFB environment. The RAB was formed in January 1995 and represents a diverse range of local community interests.

The next RAB meeting is scheduled for:
Thursday, April 18, 2019
Meeting: 7:00 to 9:00 p.m.

Topics for Discussion:

- 2018/2019 Field Activities
- Various Program Topics

Northern Solano County Association of Realtors
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Members of the general public are welcome to attend. The continued participation of all members of the local community in RAB activities is encouraged and appreciated. For more information about the Travis AFB Environmental Restoration Program, please call (707) 424-7520 or visit our web site at <https://www.travis.af.mil/About-Us/Environment/Environmental-Restoration/>.

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Williams

From Page 2

a group of Airmen in the most powerful Air Force the world has ever known opening a new dining facility and beaming with pride as they showcase their skills and abilities.

Passion is our honor guardsmen rehearsing every detail of a funeral hours before the sun peeks over the horizon, knowing their presence and professionalism will leave a lasting impression on the families and loved ones of the fallen. Passion is the childcare worker arriving at a child development center in the wee hours of the morning to care for our children to increase our readiness and give every ounce of their energy for the safety and happiness of others.

Passion is front and center and behind the scenes. Passion is Airmen growing, developing and maturing into stronger leaders and better teammates. Passion is realizing what's important in life, ignoring the noise and living our values. Passion is in every selfless act, every fist bump, every Friday high-five. Passionate living is everywhere.

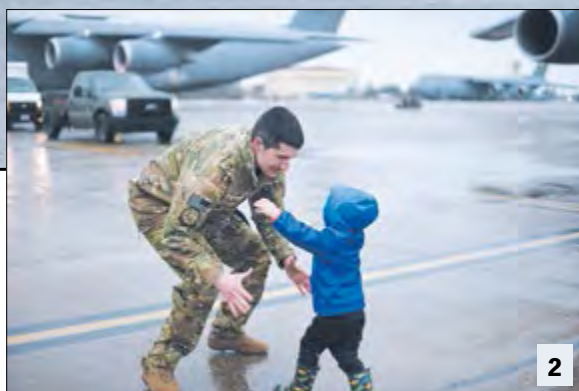
What are you passionate about? Are you purposely pursuing your passions? If not, why?

Everyone is passionate about something. We all have activities, objects or concepts that excite us and occupy our thoughts. Passion is more than interest. Passions are the activities or ideas that are protected from temporary circumstances and disappointments. With passion, setbacks only fuel the fire to overcome. Passion doesn't acknowledge fear or failure because success is determined by the process and pursuit, not the result.

As leaders, we must invest the time and effort to uncover that passion in our Airmen and empower them to pursue it. Encourage them to break through the perceived barriers that hinder them from pursuing their passions and watch their lives change. Provide the confidence boost they need to take the leap of faith and become what they were created for.

Stop making excuses and pursue your passion.

Mobility forces support USTRANSCOM air bridge



1) Naval Station Rota, Spain, Naval Supply Systems Command Fleet Logistics Center Sigonella, 1st Armored Division, and 1109th Theater Aviation Sustainment Maintenance Group, transport multiple AH-64D Apache helicopters during helicopter intermodal operations. 2) U.S. Air Force Maj. Thomas Neveu, 22nd Airlift Squadron C-5M pilot and multimodal stage manager, is greeted upon his return Feb. 25 by his family after returning to Travis Air Force Base, Calif., from a two-month deployment. Neveu and his team were part of an air bridge that transported U.S. Army cargo and personnel from Rota, Spain, to Afghanistan as part of a joint operation multimodal mission. 3) U.S. Air Force Airmen board a C-5M Super Galaxy in support of a multimodal stage operation Jan. 16 at Travis Air Force Base, Calif.

U.S. Air Force photo/Staff Sgt. Amber Carter

U.S. Air Force photo/Heide Couch

Staff Sgt. Amber Carter

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Airmen from the 22nd Airlift Squadron returned Feb. 25 to Travis Air Force Base, California, from a deployment supporting a joint operation transportation of a multimodal stage from Rota, Spain, to Afghanistan.

U.S. Transportation Command conducts this multimodal mission twice a year. Using multiple modes of transportation, such as the Navy's Military Sealift Command and the Air Force's Air Mobility Command, saves time and money versus performing the task with airlift support alone.

The U.S. Army's equipment, consisting of mostly helicopters, and personnel were first transported via a Navy vessel to Naval Air Station Rota, Spain, where they were then picked up by a C-5M Super Galaxy and transported to the area of responsibility. The C-5M can, then, pick up cargo and return it to the Naval Air Station in what is known as an air bridge.

"In this case, the purpose of this mission was to create a massive 24/7 air bridge of C-5Ms, demonstrating the power projection capability that the U.S. brings to bear," said Lt. Col. Paul Pawluk, 22nd AS commander. "What this elite team did was airlift an incredibly capable combat aviation brigade of tactical helicopters to the fight. It demonstrates the U.S. asymmetric advantage of maneuvering the joint force in an uncertain and unforgiving environment."

USTRANSCOM's role in the operation was to provide staging and forward movement support for the U.S. Army helicopters and supporting equipment until it was delivered downrange. The 22nd AS assisted in switching out a U.S. Army Combat Aviation Brigade, which was deployed for more than 10 months in support of Operation Freedom's Sentinel, for a newly deployed group of CAB Soldiers.

"The importance of this mission is more than just training for us in moving a lot of helicopters," said Maj. Thomas Neveu, 22nd AS C-5M pilot and multimodal stage manager. "We focused on getting the Army home since they have been deployed for almost a year and that was our motivation."

Active duty, Reserves, U.S. Air Force, U.S. Army, U.S. Navy, as well as the Spanish navy, and contractors, all seamlessly work together to complete this mission and demonstrate the USTRANSCOM warfighting readiness capabilities.

"By completing the multimodal instead of moving the helicopters solely by strategic airlift, we were able to save close to \$50 million," said Neveu. "We moved 112 helicopters and more than 3.5 million pounds of total cargo."

Travis provided teams from the 22nd and



U.S. Navy photo/Petty Officer 1st Class Benjamin A. Lewis

4) An AH-64D Apache helicopter is taken off a ship at Naval Station Rota, Spain, during helicopter intermodal operations. This operation uses multiple modes of transportation to reduce cargo handling, improve security, minimize damage and allow quicker freight transportation.

312th AS as well as the 60th Aircraft Maintenance Squadron. The other AMC crews were from the 9th and 709th AS out of Dover AFB, Delaware. The combined teams accrued more than 500 flight hours over the duration of the stage. The mission was scheduled to end in March, but the team was able to complete the mission and return in February.

"The high-performing team that we have, the people that were out there, they really contributed to the agility and speed of the mission," said Pawluk. "We had three crews from the (22nd AS) operating at their best and they were able to finish the mission ahead of schedule."

The key to their success is teamwork, said Pawluk.

"We have a unique culture in the 'Double Deuce' and it's unlike any other squadron I've ever been a part of because of our team's genuine belief and unyielding pursuit of our squadron's vision: operate the best, care the most and have fun along the way," he said. "Everyone on this team believes in our vision, its simplicity and what we're trying to accomplish together. We go out there, 'hack the mish' as we say, and we do it with a quiet professionalism and humility, all while looking out for one another. We're incredibly fortunate to have such a fulfilling and fun purpose."

For the 22nd AS, mission support begins at home.

"My role is to empower the crews and be supportive of what they need," said Pawluk.

"We take care of the families and loved ones so they can focus on the task at hand and take care of the mission downrange. The day the missions departed, we held a town hall in the squadron to answer any questions and help alleviate potential issues proactively. In the military, we all know that 'life happens,' typically, at the most inopportune times, and we felt we owed it to our loved ones to clarify communication and stay ahead of concerns - as best we can."

After the two-month deployment, families of the deployed greeted the Airmen upon their return.

"I am always excited to see my family," said Neveu. "There is nothing better than having my boys run up to jump in my arms and seeing my wife again. I grew up watching my dad come home from deployments flying the KC-10 (Extender) and it's a memory I have from my childhood. I am glad I am able to give that memory to my kids as well."

The 22nd AS is a prime example of what it means to fly, fight and win.

"For our adversaries watching, the credibility of our commitment and capability is crystal clear - the U.S. military can and will project power whenever called upon," said Pawluk. "I take great pride in knowing that the men and women of the 22nd team play a vital role in bolstering U.S. conventional deterrence and our ability to win decisively in conflict should it come to that."

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www.tbvacaville.com
Greg Davidson, Senior Pastor

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Worship Service & Bible Study.....10:30 am
Evening Worship & Prayer.....5:00 pm

Wednesday:
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Youth.....6:00 pm
Choir.....6:30 am
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(2nd & 4th Sunday)

WEDNESDAY
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AWANA for Kids6:15 pm
Adult & Youth Studies.....6:30 pm

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Sunday Morning Worship10 AM
Sunday Evening Worship6 PM
Wed. Evening Bible Study7 PM
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Rescue Mission 1st Friday of month 6-8 PM

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Tuesday
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Bible Study: 7:00-8:00 p.m.
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Email: stpaulbcfairfield@comcast.net
Church Phone: 707-422-2003



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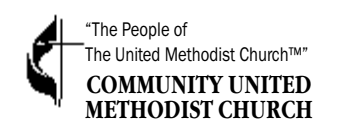
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Minister: Ryan Brewer

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Sunday Morning Worship
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Tracks

From Page 5

tracks will also have concrete curbs and trench drains for proper drainage.”

Both tracks are being renovated at the same time to expedite the process of restoring the tracks before the wet season in the fall. Restoring both tracks also helped save quite a bit of money for other projects, according to Lt. Col. Williams with the 60th Force Support Squadron.

These renovations to the tracks will bring them up to Air Force Instruction 34-266 Fitness, Sports and World Class Athlete Program and Unified Facilities Criteria (UFC) 4-750-02N, Outdoor Sports and Recreational Facilities running track regulations.

“The track has definitely seen better days with all the potholes and sunken areas

where you can easily twist your ankles. It can be pretty dangerous,” said Capt. Jessica Bertke, 60th Inpatient Squadron critical care clinical nurse and regular track user. “I use it a couple times a week so when they close down I’ll probably be using the duck pond trail.”

These new renovations to the track are to ensure Airmen are fit to fight, which will improve squadron readiness base wide.

“Having the track for Airmen who want to train is very important, whether it’s the 400-meter blue track or the kidney-shaped red track,” said McCormick. “These new tracks will give some flexibility with the rubberized surface that is gentler on the joints, bones and shins and help people to run longer. The end goal here is to make sure Airmen have a safe, long-lasting running surface for their physical fitness.”

Conlan

From Page 2

priceless.

Our journey in life is filled with lessons learned, hardships, celebrations and special moments that will lead us to our destination, our purpose in life. Sometimes we have a hard time accepting this. As I

matured throughout the years, I learned that we should not let a chapter define or determine who we are and whether or not we are happy. When we associate our happiness with these chapters, we are constantly at risk of losing our happiness when things change. Change is going to come, its unavoidable, you cannot escape it, it’s the nature of life.

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Program

From Page 4

something you want to achieve and you know why that goal matters to you, you have the perseverance to never give up,” Jackson said.

Senior Airman Michael Specioso, 60th Security Forces Squadron assistant NCO in charge of vehicle operations, said he signed up for the literature program to not just help himself, but his fellow Airmen.

“My focus is developing professionally so I can help Airmen, especially first-term Airmen,” he said. “Many Airmen may only serve in the Air Force for a few years and we need to ensure they’re developed deliberately to not only help the Air Force, but set them up for future success after their Air

Force career.”

Specioso said he plans on sharing what he’s learned in the program with the members of his unit.

“I took a lot from the book ‘Grit,’” he said. “It helped me refocus and think about things differently. One section of the book talks about four steps of deliberate practice, being 100 percent focused, very specific practice and informative, rich feedback. This part of the book forces people in leadership positions to ask themselves, ‘How can I better refine my leadership tactics and share those things with junior Airmen to ensure they are led properly and developed to the utmost of their capabilities?’”

“Deliberate development will improve our Airmen and lead to increased mission efficiency,” added Specioso. The goal of the literature program is to breathe new life

into professional development at Travis, Jackson said.

“We offer lunch-and-learns that cover 13 rotating topics, professional enhancement seminars and so many other courses, but when someone has attended nearly all of those courses, it’s important to find a way to keep the program fresh and offer people opportunities for growth,” he said.

“My hope is for us to continue to offer new ways for Team Travis to come together, network, team build and sharpen one another,” he added.

The next Professional Literature Program meeting is scheduled for April 10 at 3:30 p.m. at FTAC. During the meeting, the group will discuss “Leaders Eat Last: Why Some Teams Pull Together and Others Don’t” by Simon Sinek.

For more information about the program, call 707-424-5945 or 707-816-3463.

SAPR

From Page 6

60th Air Mobility Wing SAPR victim advocate. “Those attending the interactive session with Eric will gain skills to help them speak up against negative narratives, regardless of their rank or position in their units.”

DM-10 Strong speakers combine lecture, exercises, audience participation and scenario-based discussions during the presentation.

“We hope these messages reach supervisors and commanders at all levels,” said Capt. Aundrea Chapman, 60th AMW deputy SARC. “We want to open the door to talk about this and have people intervene when they see or hear something inappropriate so the behavior does not escalate. We have to foster that kind of environment if we want to see a decrease in sexual assault reports.”

The culture in the military will change when Airmen speak up about inappropriate behaviors, added Chapman.

“Thanks to social media, we’re starting to see this,” she said.

As a former investigator with the U.S. Army Criminal Investigation Command, Barreras conducted a number of sexual assault investigations stateside

and while deployed. After retiring from the military in 2013, he served as subject matter expert on sexual assaults, domestic violence and child abuse for the Monterey County Public Defender’s Office in Salinas, California.

In 2015, Barreras accepted a job as the Air Force SAPR specialist at the Presidio of Monterey in Monterey, California. Barreras later became the Sexual Assault Response Coordinator for the U.S. Coast Guard and in 2018, he was named the Department of Defense’s SARC of the Year for Coast Guard.

Barreras is also a sexual assault survivor. “Eric and his team not only raise awareness of sexual assaults and other types of violence, they show survivors that recovery and resilience are possible,” said Stevenson.

Seating for the program is limited so registration is required. To register, contact the SAPR office at 707-424-1105 or email 60AMW.CVK@us.af.mil.

The SAPR office also is encouraging off-duty military members and civilians to participate in National Denim Day April 24. Denim Day is an international campaign for sexual violence prevention and education.

The campaign began after the Italian Supreme Court

overturned a rapist’s conviction in 1998 because the victim had been wearing tight jeans when attacked. The court argued that the 45-year-old woman must have helped her attacker remove the jeans, therefore the act was consensual.

Women in the Italian Parliament protested the decision by wearing jeans and carrying signs that read, “Jeans an alibi for rape.”

As a wrap up to the month’s activities, the SAPR office is sponsoring a block party April 26 in the Airman and Family Readiness Center parking lot from 11 a.m. to 2 p.m. Free food and refreshments will be available as well as information about support services on base and in the local communities.

“We want to make people aware of the services we provide to active duty members, retirees and their family members over age 18 and civilian employees,” said Stevenson.

People who do not fall into one of these categories can still contact the SAPR office if they need help.

“We won’t turn anyone away,” said Stevenson. “We have several resources in the community where we can refer someone for assistance.”

For more information about the Travis SAPR program, call 707-424-1105.

General

From Page 4

Airman, helping each find innovative ways to accomplish the mission.

The two priorities – full-spectrum readiness and squadron vitality – help create healthy squadrons and are equally important, according to Barrett.

“We provide Rapid Global Mobility around the world, and we can best do that when our readiness levels are high,” he said. “The healthier squadrons are, the higher readiness levels will be. Plus, healthy squadrons help support families when loved ones are called away from home. This provides peace of mind for Airmen, allowing them to focus on the mission and give our collective team the best opportunity for success. The demand for global mobility takes us to every continent on earth. We need healthy, prepared squadrons, but we don’t want to overwork our teams.”

Senior leaders are addressing concerns about how overworked teams affect families

– again, in line with the ‘Air Force We Need’ plan to increase the number of operational squadrons and the number of Airmen.

“We must overcome those challenges and remain ready now and in the future. Here at 18th AF, we have begun to see

the effects of how senior leaders addressed manpower concerns. The Air Force added about 10,000 active-duty Airmen the last three years, and the recent budget should fund another 4,700 Airmen, many of whom will support the RGM mission.

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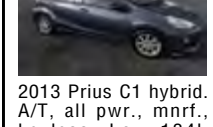


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275 - Commercial Prop.	675 - Pets, Farm & Garden
300 - Rentals	700 - Recreational Vehicles
400 - Bus. Op. & Financial	800 - Automotive

1) The U.S. Army Golden Knights parachute team performs for Vanden High School students in Fairfield, Calif., prior to its performance during the "Thunder Over the Bay" air show March 29 at Travis Air Force Base, Calif. In addition to the U.S. Army Golden Knights parachute team, the two-day event featured performances by the U.S. Air Force Thunderbirds aerial demonstration team, flyovers and static displays.



... opportunity for Vanden High students

U.S. Air Force photos by Airman 1st Class Christian Conrad



2) A member of the U.S. Army Golden Knights parachute team performs March 29 during a demonstration for Vanden High School students in Fairfield, Calif.

3) Students at Vanden watch a performance by the Golden Knights parachute team prior to its performance at the "Thunder Over the Bay" air show at Travis.

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