

COOKIES

Holiday event delivers ...

PAGES 16-17



Airmen should know retirement options

WASHINGTON — If I had to pick just one thing I'm most passionate about as the chief master sergeant of the Air Force, without a doubt it would be taking care of our Airmen and their families professionally, physically, spiritually and financially.

I'm a firm believer that these four things go hand in hand. In order to be the best, most resilient Airman possible, you have to balance your professional, physical, spiritual and financial wellness. This is



Commentary by Chief Master Sgt. Kalet O. Wright

CHIEF MASTER SERGEANT OF THE AIR FORCE

why I'm always looking to arm our Airmen with knowledge to help them grow and make the best decisions possible in their lives.

Part of arming our Airmen with knowledge means providing them the tools necessary to understand and smartly plan their long-range financial goals. But this planning isn't just for Airmen with families; it's vital for all Airmen.

Beginning Jan. 1, 2018, the Department of Defense will transition to the Blended Retirement System. If

Leadership Commentary

you haven't heard about BRS, you need to get up to speed now and learn all you can. I need each of you to take an active interest in your financial planning by using every resource we've made available to learn about the BRS.

The BRS gives Airmen an opportunity to save their money in a portable Thrift Savings Plan while receiving matching government funds at the same time. This is the most basic layman's description of the program, which is why I need you

to arm yourselves with all of the research and information available. To help you, our Air Force leaders have put together a team of experts ready to provide extensive training. Certified personal financial counselors are available at your Airman and Family Readiness Center. These experts cannot decide for you, but they can help you evaluate which retirement plan is best for you. Every Airman's situation is different, financial goals are unique to each Airman and there is no "one size fits all" decision.

Airmen who enter the Air Force on or after Jan. 1, 2018, are automatically covered by the BRS. Active component

Airmen serving now and those who enter the Air Force on or before Dec. 31, 2017, will be grandfathered under the current retirement system. Airmen with fewer than 12 years of active service on Dec. 31, 2017, or Reserve Component Airmen with fewer than 4,320 retirement points as of Dec. 31, 2017, have the choice to opt into the BRS. Reserve Component members' "retirement points" and retirement eligibility for the defined benefit are the same under the BRS as under the current retirement systems. The opt-in window for BRS will run from Jan. 1, 2018,

See WRIGHT Page 24

Break down 'promise' to understand leadership



Commentary by Chief Master Sgt. Reny Nunag

GROUP FIRST SERGEANT

What an honor it is to serve in today's Air Force. While writing does not always come easily for me, when given the opportunity, you can bet I'll chomp at the bit.

I would like to take a moment to share my recipe for success, a concept I passed along to our future leaders at Airmen Leadership School. It basically comes down to one word: Promise.

According to Merriam-Webster's dictionary, the definition of promise is, "A declaration that one will do or refrain from doing something specified." To me, a promise is a vow that should not be broken or taken lightly.

Chief's Commentary

To understand the word promise in terms of Air Force jargon, let's break it down letter by letter.

The first letter is P, which stands for people. To be an effective leader or supervisor, you need to know your people. You're not here to be their friend. You are here to take care of them whether you are celebrating in their successes or administering discipline.

Both are a form of taking care of your people. As a young supervisor, I frequented the dormitories to see how my Airmen lived and invited

them to my home on special occasions and holidays. Out of the blue, I would have lunch with them at the dining facility. I made sure they could call on me if they got into a bind.

When they did something uncharacteristic of a good Airman, I dealt with it right away and didn't dwell on it. This mentality of taking care of your people never escaped me as a young supervisor and now, as a chief master sergeant, I still run through the same process.

Next is the letter R, which stands for respect. I truly believe respect goes both ways. I'm not perfect and make mistakes. I've learned that

owning our mistakes can help us gain respect.

Earning your Airmen's respect can be as simple as doing activities with them or just being available. I can tell you when I was a senior airman working a headquarters job, I had a boss who cared about my well-being. Something he said that sticks with me to this day was, "I will never have you do anything that I would not do myself." By expressing those exact words he earned instant credibility and respect.

To this day, I try to emulate his leadership style. Because he could

See NUNAG Page 25

Travis KC-10s move fighters to Afghanistan

Staff Sgt. Nicole Leidholm
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Two Travis Air Force Base, California, KC-10 Extenders from the 9th Air Refueling Squadron and 79th ARS participated Oct. 19-30 in an En-Route Support Trailing Aircraft mission that followed the Coronet East mission.

The Coronet, which is a movement of fighter aircraft from one theater to another with the escort of tanker aircraft, helped move F-16 Fighting Falcons from Shaw Air Force Base, S.C., to Bagram Airfield, Afghanistan.

Adding the ESTA mission required the KC-10s to carry the support equipment and personnel for the deployment of the fighter aircraft as opposed to only escorting aircraft in a standard Coronet mission.

"We delivered 61,000 pounds of cargo and nine passengers to Bagram in support of the 20th Fighter Wing's deployment," said Capt. Ross Jarvis, 60th Operations Group executive officer and aircraft commander for the mission. "This mission is not typically performed by KC-10s, so it had a bit of a different feel to it."

The mission proved challenging and more complex than the pilots were used to, said Capt. Allison Ohlinger, 9th ARS KC-10 pilot.

"The airfields we landed in, as well as some adverse weather along the way, made the mission even more



U.S. Air Force photo/Senior Airman Tyler Woodward

An F-16 Fighting Falcon disconnects from a KC-10 Extender after receiving fuel Dec. 25, 2016, over Iraq. Two Travis Air Force Base, Calif., KC-10s recently refueled F-16s in October during the Coronet East mission to Afghanistan.

challenging," said Ohlinger. "KC-10s don't typically land at Bagram, though we routinely fly through Afghanistan's airspace on refueling missions while deployed. The field itself

is extremely busy and the terrain surrounding the base makes the arrival and departure into Bagram even more difficult." Despite the difficulties, the

crew's teamwork was key to the success of the mission. "In the flying world, we constantly talk about Crew Resource Management, but this was a mission where CRM

was especially vital," said Ohlinger. "For instance, because the airspace into Bagram is extremely busy, as the co-pilot I had to focus primarily on radio

See FIGHTERS Page 24

Tailwind

Travis AFB, Calif.
60th Air Mobility Wing

Air Force

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60th Air Mobility Wing commander

2nd Lt. Jessica Ward
Chief of command information

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On the cover

Cookies are sorted Dec. 6 at the First Street Chapel as part of Operation Cookie Drop at Travis Air Force Base, Calif.

U.S. Air Force photo/Staff Sgt. Nicole Leidholm



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

WARRIOR OF THE WEEK

Name:
Senior Airman Will Johnson.

Unit:
60th Air Mobility Wing Safety Office.

Duty title:
Safety professional.

Hometown:
Clover, South Carolina.

Time in service:
Five years.

Family:
Single.

What are your goals?
To promote to staff sergeant and on to chief master sergeant in safety.

What are your hobbies?
Target practice, outdoor adventure, motorcycle.

What is your greatest achievement?
Being the sole Air Mobility Command sport bike chief instructor.

Race helps kick off Combined Federal Campaign



1

U.S. Air Force photos/Lan Kim

1) Col. John Klein, 60th Air Mobility Wing commander, addresses a crowd of participants prior to a 1.5-mile race marking the Nov. 29 kickoff of the Combined Federal Campaign on Travis Air Force Base, Calif. The CFC is the leading federal program in raising millions of dollars every year with more than 200 campaigns occurring throughout the country. 2) Senior Airman Adam Stainiger, 60th Diagnostics and Therapeutics Squadron and participant in the race, runs to the finish line to win the race Nov. 29 at Travis.



2

Travis Airmen compete in games

Airman 1st Class Christian Conrad

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Only to the extent that we expose ourselves over and over to annihilation can that which is indestructible in us be found.

— Pema Chodron

On Oct. 6, in the arid, unforgiving climate of Nellis Air Force Base, Nevada's Las Vegas Valley, 18 U.S. Air Force representatives gathered to compete in the 2017 military iteration of the Alpha Warrior Competition.

The competition, a grueling obstacle course aimed at motivating fitness and encouraging friendly competition between service members, boasted a top-tier roster of military athletes from Edwards Air Force Base, California; Nellis Air Force Base, Nevada; Vandenberg Air Force Base, California and Travis Air Force Base, California.

To qualify, Travis Airmen were subjected to a full fitness test including push-ups, pull-ups, air squats and knee-to-chests. The fastest Airmen who were able to complete the test reserved a spot to compete at Nellis AFB on the Battle Rig, a maze of metal pipes and obstacles designed to test a competitor's grip and upper body strength.

One of the qualifiers, 2nd Lt. Stephanie Woolman, 60th Inpatient Squadron clinical nurse, was excited to learn of the competition and the nature of the fitness test meant to simulate its rigors.

"I didn't even know (the Alpha Warrior Competition) existed until about three days before I went to try out for it," said Woolman. "Needless to say, I

See GAMES Page 23

Travis cyclists help out in Iowa

Tech. Sgt. James Hodgman

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Interacting with the American public at cycling events across the United States may not sound like something many people think of members of the Air Force doing.

However, that's the mission of the Air Force Cycling Team, a group of Airmen who call themselves the "Guardians of the Road." According to the team's mission statement, it's dedicated to promoting the Air Force in the most positive way possible.

The team consists of more than 400 Airmen in regional chapters from California to Massachusetts. Every year, the members participate in numerous cycling events, often serving as course marshals where they help cyclists fix flat or punctured tires, replace broken chains and even provide water to those in need.

"We are a group of riders who like to help people," said Senior Airman Jacob Pinkney, 860th Aircraft Maintenance Squadron C-17 Globemaster III crew chief and AFCT member since 2015. "Some people may have been riding for years, but others may not know how to change tires or fix parts on their bikes. We enjoy donating our time to something we love while helping others and representing the Air Force."

Pinkey is a member of the California chapter of the AFCT based out of Travis Air Force Base, California. He said the greatest experience he's had as part of the team was helping riders during the 2017 Register's Annual Great Bicycle Ride Across Iowa in July, a 500-mile trek starting along the state's western border with the Missouri River and ending at Iowa's

See CYCLISTS Page 22

E-8s chosen to promote to chief master sergeant



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

From left to right, Senior Master Sgt. John Overturf, 921st Contingency Response Squadron; Senior Master Sgt. Sevin Balkuvvar-Smith, 60th Logistics Readiness Squadron; Senior Master Sgt. Sherita Outsey, 60th Operations Support Squadron; Senior Master Sgt. Jamie Hopkins, 60th Air Mobility Wing; and Senior Master Sgt. Kenneth Pryga, 60th Aerial Port Squadron; stand in front of the 60th Air Mobility Wing headquarters building recently after their selection to promote to chief master sergeant.

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KC-10 crews fly over Arizona sights



Courtesy photo/Airman Chou Yi Lin

Aircrews from the 9th Air Refueling Squadron executed multiple KC-10 Extender on KC-10 refuelings Nov. 29 while on the way back to Travis Air Force Base, Calif., from Cedar Breaks National Monument and Glen Canyon Dam over Page, Ariz. The exercise is designed to meet the training objective of precision air refueling and rendezvous while stay in formation.

Why victims of sexual assault or domestic abuse do not report

Anita Perry

60TH AIR MOBILITY WING SEXUAL ASSAULT RESPONSE COORDINATOR

Many have asked or thought this very question, "Why do victims of sexual assault or domestic abuse not report?"

Oftentimes we hear or read of a situation in the news and say, "If that was me, I would do or say X."

Until you are a victim of sexual or domestic assault, you don't know how you will respond.

"People who doubt the accusers will commonly ask things like, 'Why didn't you ever go to the police about this? Why did it take you so long to speak up?' " said a speaker at a Technology, Entertainment and Design Talk. "Just because a woman didn't report an assault doesn't mean an assault never happened. As it stands, there are myriad reasons why a survivor might not want to disclose what happened to them."

Someone may not even know that what happened to them was assault. Sexual Assault

Prevention and Response personnel are asked by many victims stepping forward to report, "Did he or she sexually assault me?"

The myths surrounding consent as it relates to what constitutes sexual assault is confusing to victims. The messaging seems to be different depending on the assailant. Here are just a few reasons why a victim may not report being sexually assaulted:

Fear of reprisals. Having your personal information shared with the world is an extreme example of retaliation. Short of that, reprisals take many forms. Fear of losing a position, job, being demoted or getting passed over for opportunities. If it's among acquaintances, there's fear of social rejection or isolating yourself from the friend group

Fear of being blamed. It's called victim-blaming and it takes various forms: questions about what you were wearing, where you went, who you were

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Courtesy photo

Airmen from the 60th Aerial Port Squadron set up night vision equipment during a recent training event at Travis Air Force Base, Calif. The 60th APS is in the process of transitioning the currently used green phosphor night vision goggles to white phosphor NVGs. White phosphor NVGs offer modern day technology and enhance mission effectiveness when operating in low-light or no-light conditions.

60th APS seeks to improve vision

Airman 1st Class Jonathon D. A. Carnell

60TH AIR MOBILITY WING PUBLIC AFFAIRS

Members of the 60th Aerial Port Squadron at Travis Air Force Base, have dedicated time and resources trying to update the night vision goggles which are used throughout the base.

Green phosphor NVGs are currently used throughout the base, from an Airman on the flight line to a pilot in a mobility aircraft. The switch from the green phosphor NVGs to white phosphor NVGs will help sustain proper safety, save the U.S. Air Force money and enhance

mission readiness, said John Buchanan, 60th APS civilian operations officer.

"The major difference is instead of green phosphor, the new model we're testing is white," said Tech. Sgt. Jameson L. Bliss, 60th APS operations NCO. "Meaning, instead of having to operate in low-light or no-light operation with the image being in multiple shades of green, the new model is black and white with grey shades."

Night vision devices were first used in World War II and became an even larger asset to the U.S. armed forces in the

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Travis spreads cheer at Vacaville event



U.S. Air Force photo/Ken Wright

Senior Airman Salina Boodoosingh, left, and Tech. Sgt. Clint Whitney, both members of the U.S. Air Force Band of the Golden West, sing Christmas carols to people on the streets of Vacaville, Calif., during Merriment on Main, an annual celebration of the Christmas and the holiday season.

Family Eye Doctors near Travis AFB

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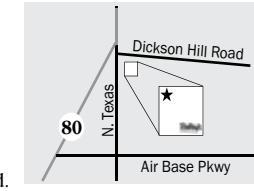
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Train recognizes armed forces



U.S. Air Force photo/Louis Briscese

Col. Matthew Leard, 60th Air Mobility Wing vice commander, provides remarks during the Union Pacific Railroad's commemorative locomotive presentation of No. 1943, The Spirit, Nov. 29 at the California State Railroad Museum in Sacramento, Calif. The Spirit honors the United States armed forces and the men and women filling their ranks. The Spirit is the 16th commemorative locomotive in the company's 155-year history.

SecAF, CSAF direct review of programs

Staff Sgt. Alyssa C. Gibson
SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

WASHINGTON — Air Force senior leaders have directed a Zero-Based Review of all Air Force programs, budget accounts and associated manpower authorizations in preparation for assembling the Fiscal Year 2020 Program Objective Memorandum and Future Years Defense Plan.

The review will examine whether the right services are being provided the right way across the Air Force.

“We must optimally posture the United States Air Force to align with the new National Defense Strategy and Support Secretary (of Defense Jim) Mattis’ expressed lines of effort for the Department of Defense,” said Secretary of the Air Force Heather Wilson and Air Force Chief of Staff Gen. David L. Goldfein in a memo sent Dec. 4.

The purpose of the 2020 review is to maximize the application of the Air Force’s limited resources in order to increase the lethality of the force.

“While the Air Force has updated its vision on strategy over the years, we have not conducted a zero-based program and budget review in over two decades,” the leaders said.

The memo also addressed the last 25 years of continuous Air Force combat operations, declining annual defense budgets and expectations for a more peaceful global environment.

Wilson and Goldfein stressed that everything done during the review will be “on the table,” and that senior leaders will be expected to question the relevance of not only every requirement and program, but also how taxpayer dollars are spent.

The Zero-Based Review will begin in January; results are scheduled to be reported by March 15, 2018.

Band entertains Vacaville for holidays



U.S. Air Force photo/Louis Briscese

Tech. Sgt. Marco Munoz, Commanders Jazz Ensemble of the USAF Band of the Golden West saxophonist at Travis Air Force Base Calif., performs Dec. 1 at the Vacaville Performing Arts Theater in Vacaville, Calif. The performance is part of the band's annual holiday concert series. This year, the band performed five shows in four days at three venues and performed for more than 10,000 audience members.

Combat RPAs integral in battle against ISIS

Senior Airman Christian Clausen
432ND WING/432ND AIR EXPEDITIONARY
WING PUBLIC AFFAIRS

CREECH AIR FORCE BASE, Nev. — U.S. forces, coalition partners and Syrian Democratic Forces liberated Raqqa, Syria from the Islamic State of Iraq and Syria's control in early October.

ISIS used the city as its capital for terrorist operations since January 2014.

Combat remotely piloted aircraft such as the MQ-1 Predator and MQ-9 Reaper were heavily integrated during combat operations to liberate the city. RPA aircrews tirelessly flew more than 44,000 hours and employed approximately 20 percent of the coalition strike effort.

The final push to free Raqqa city and eliminate ISIS strongholds started in June. In less than five months, the ground forces captured the city. During that time, combat RPA aircrews leveraged their persistence by giving a continuous bird's-eye view of the battlefield while providing precision weapons strikes.

“Primarily, we were doing things like close air support, tactical reconnaissance and overwatch of our allies as they fought to take back the city block by block,” said Lt. Col. Nicholas, a squadron commander assigned to the 432nd Wing.

“What our aircraft brought that was unique to the fight was persistence. We were over the city around the clock and that allowed us to have detailed knowledge of where the friendly forces were as they progressed.”

When ground troops encountered ISIS fighters, MQ-1 and MQ-9 aircrews were able to guide weapons from another aircraft to the target, a tactic known as buddy lasing, or strike with their own precision munitions, oftentimes within close proximity to friendly forces.


“We were there to provide fire to break that contact [sustained by the friendly forces] and allow them to either advance or retreat to a safer location,” Nicholas said. “Many times we employed in dangerous situations within meters of friendly forces because it’s a confined city.”

According to Nicholas, this urban CAS environment is where the advantages of using MQ-1 and MQ-9 capabilities are more apparent as aircrews can maintain visual contact before, during and after strikes.

While operating in a dense urban environment is difficult according to the crews, they also overcame other challenges to get the job done.

“Raqqa was different in the sense that we were trying to enhance our operations and bring lessons learned from other

See RPA Page 24



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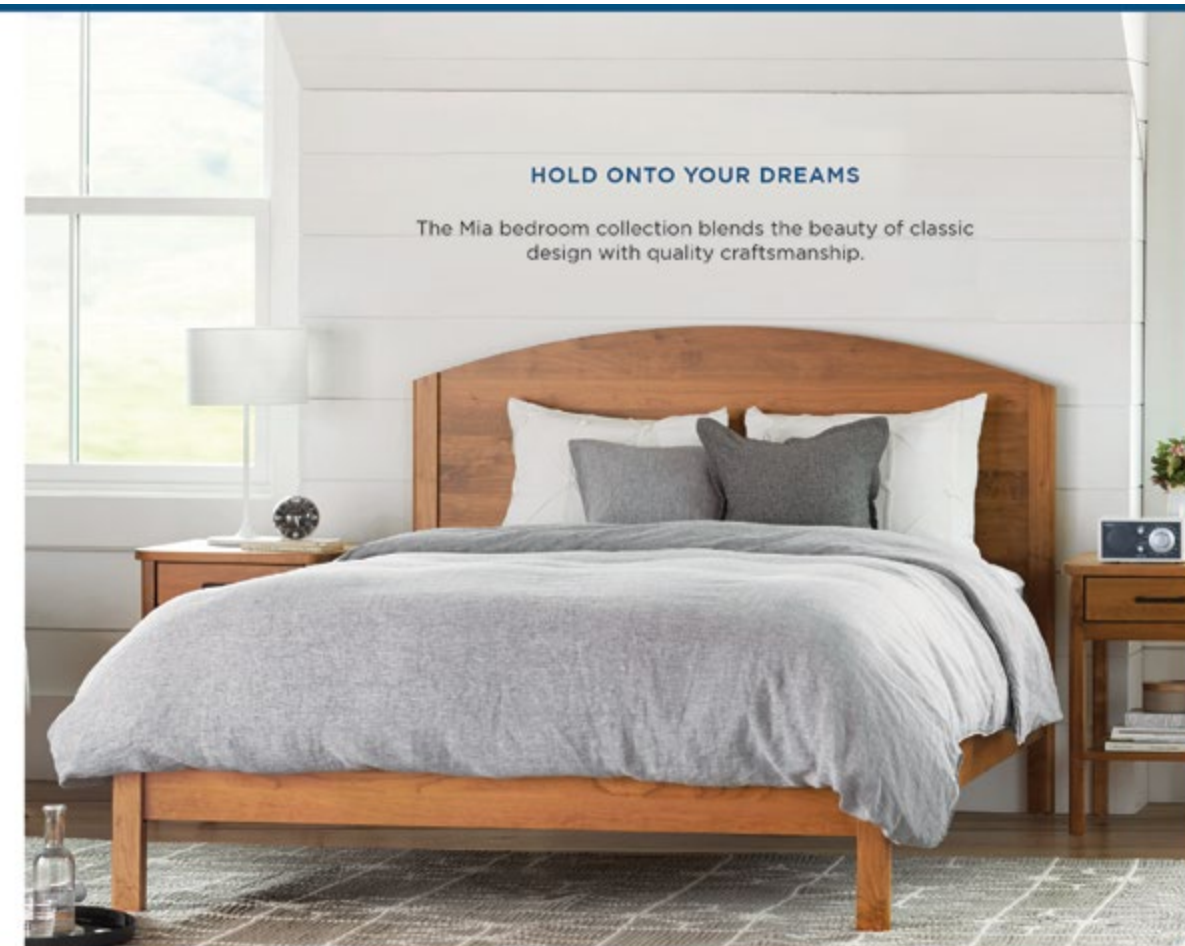
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Eating disorders can affect body, mind

Military Health System Communications Office

“Therapy has changed my life.”

For almost two decades, the spouse of an active duty service member kept a secret from loved ones.

No one knew of her guilt after she binged on a bag of cookies or snuck candy when she was alone. She was overweight, and yet remained determined to cut out sugar and treats.

Her struggle with food continued for years, but she never expected to hear a psychiatrist diagnose a binge eating disorder.

“Not even my husband knew,” said the spouse, who preferred to remain anonymous. Food was constantly on her mind. She learned she had a disorder after starting the process for gastric bypass, which required an appointment with a psychiatrist before surgery.

“I was in total denial,” said the spouse, who underwent about eight months of treatment. “But when I started going through therapy, I thought, ‘Yeah, you know what, I do have that.’ Therapy has changed my life.”

While most people would have been surprised to learn of

her disorder, being overweight had a big impact on her life and her health, she said. In therapy, she talked about why and when she binged, which helped her become more aware of her habits. In just nine weeks, she lost 44 pounds. While it hasn’t been easy, she’s healthier, happier, and able to think of food differently than before treatment.

Despite the name, eating disorders are about more than nutrition. These disorders involve psychological, physiological, and behavioral characteristics. According to the National Institute of Mental Health, eating disorders include anorexia nervosa, bulimia nervosa, and binge eating, and can often coexist with depression, anxiety disorders, and substance abuse.

Anorexia nervosa, the most deadly of the disorders, is characterized by extreme thinness and food restriction. People with anorexia have a distorted body view, usually seeing themselves as overweight rather than severely underweight.

Bulimia nervosa involves frequent episodes of eating unusually large amounts of food, followed by purging, excessive exercise, or strict food restriction. Binge eating, the most common eating disorder in the United States, occurs when someone loses control over his or her eating and consumes an unusually large amount of food in a single sitting. Unlike bulimia, binge eating isn’t followed by excessive exercise, purging, or food restrictions.

Angela Gray, a licensed clinical psychologist for the Psychological Health Center of Excellence, said eating disorders can affect people of any age and any weight. Both women and men are impacted by eating disorders, but women are more likely to show symptoms and seek treatment, she added.

While no specific causes have been found, risk factors include a mix of biological, environmental, and psychological factors, according to information provided by NIMH. Factors such as trauma, major life changes, or family history can contribute to an individual’s risk for developing an eating disorder.

“Any time you’re looking at large life shifts, that can be a time period where somebody feels a loss of control, and sometimes that loss of control and not being sure how to cope with those emotions will channel into focusing on food,” said Army Maj. Susan Stankorb, a



U.S. Air Force photo illustration/Staff Sgt. Keith Ballard

Eating disorders, which are a mix of psychological, physiological and behavioral factors, can affect every system in the body.

dietitian at Blanchfield Army Community Hospital at Fort Campbell, Kentucky.

Symptoms include difficulty concentrating, being withdrawn, and looking distressed during group meals, said Gray.

Other signs include preoccupation with thoughts of food or meal preparation, over exercising (such as spending three or four hours at a time in the gym), skipping meals, and losing weight, she added.

Treatment for eating disorders is usually geared to meeting individual needs. According to information from NIMH, the goal of treatment is to restore nutrition, maintain a healthy weight, and reduce harmful behaviors, such as excessive exercise and purging. The first line of treatment is psychotherapy, such as cognitive behavioral health therapy; however, treatment can also include nutritional counseling, medications, and group or family psychotherapy.

“Ultimately, we want to make sure that everyone is operating at their optimal psychological and physical health,” said Gray.

Service members share ‘art’ of healing at event

Military Health System Communications Office

Service members, veterans and caregivers gathered to share their love of comedy, visual artistry, performance artistry and share stories of how the arts saved their lives Nov. 16 around the National Harbor in Oxon Hill, Maryland.

“A Day of Healing Arts: From Clinic to Community” is an ongoing collaboration with organizations across military health agencies, community-based organizations and the National Endowment of the Arts.

“Today is about story telling. I want us all to share stories of the resilience of our military force. Art is just as important as athletics,” said Barbara Wilson, Office of Warrior Care director of training and outreach. “I can see the spark in your eyes and how much you enjoy the work you are doing. Thank you for sharing that with us.”

The event recognized wounded, ill and injured service members and veterans showcasing the various ways music, performance art, visual art and other activities inspired their recovery. Though each story and situation differed from person-to-person the narrative remained the same: art saved my life.

The guest speaker, retired Army Brig. Gen. Nolen Biven, expressed how art can help people navigate differences, boost self-esteem, process tragedy, and connect them with their humanity.

“We want to restore individual services members, families and caregivers,” said Biven. “This is a grassroots effort among the art community to heal service members and veterans. People can select themselves for the program and sleeve the stigma.”

Art of healing

After a short comedy show from the Veterans of Comedy, participants were able to walk around an art gallery showcasing work created by service members and veterans. They also had the opportunity to talk with the artists, like Air Force veteran Adrianna Ruark, about their pieces, the meanings, and

how creativity helped them cope.

“I’m a survivor of childhood abuse. Back then, my grandmother’s garden was a safe haven for me. Now I use my art,” Ruark said. “I love to express how I’m feeling through my drawings. I got my grandmother’s flower garden tattooed on my arm to remind me of my safe space and to remind me to be a safe haven for others.”

Art of recovery

Rock to Recovery founder and former Korn guitarist, Wes Geer, led a group of caregivers in the vocal performance dedicated to their loved ones.

“When we end up in these dark places, whether they [are] from alcohol, isolation, etc., I think the symptoms are similar,” said Geer. “I ended up in a rough space. I lost my career. I lost my friends. Music became very important for me because it showed me that it could transform how I felt. I hear people say all the time, ‘but I’m not musical,’ but if I turn on some music right now, what’s the first thing your body does? Dance. So yes, we are all musical.”

Rock to Recovery is a non-profit that helps people in recovery, whether from addiction or



Department of Defense photo/Roger L. Wollenberg

Staff Sgt. Natalie Lopez talks with Army veteran and former Green Beret Michael Rodriguez about her painting.

trauma, learn to express themselves through songs they compose during workshops.

Regardless of a person’s prior or musical experience or ability, Geer said this music therapy helps people explore their feelings and offers a creative, intimate outlet for expression.

“When you rock out, you do it organically. We aren’t trying to be perfect – this is just us trying

to express (what’s in) our hearts and our souls,” Geer said.

Veteran Ja’Miracle Morant joined the Air Force for a better chance at “making her own choices,” but trauma from a sexual assault “flipped her world upside down.” Rock to Recovery helped her put her world back together.

“When (the assault) happened I didn’t know what to do. I was ready to die and didn’t

feel like I had anything left in life, but then I got an email from Wounded Warriors inviting me to an event in Florida,” said Morant. “One day, someone heard me singing and told me I should try Rock to Recovery.”

Art of connection

The artists at the event seemed to echo one point: people

See ART Page 21

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Our deepest thanks and appreciation for your service.

Travelers reminded of flat rate per diem policy

Ed Shannon

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER PUBLIC AFFAIRS

JOINT BASE SAN ANTONIO-LACKLAND, Texas — Some Air Force travelers may not be aware of a flat rate per diem policy established a few years ago that focused on extended temporary duty travel.

Congress instituted the flat rate in November 2014. The new policy reduced per diem from 100 percent to 75 percent for TDYs from 31 to 180 days and to 55 percent for TDYs over 180 days. What this means is for a traveler whose TDY runs 31 to 180 days in length, the entire TDY per diem is paid at 75 percent. For a traveler whose TDY runs more than 180 days, the entire TDY per diem is paid at 55 percent.

The flat rate per diem policy

was put in place to encourage travelers to take advantage of cost saving opportunities available for long term travel. All government travelers performing TDY for more than 30 days in one location (continental U.S. and oversea continental U.S.) will receive a flat rate per diem.

The commercial lodging industry considers stays greater than 30 days to be “extended stays” and typically offers reduced rates to ensure occupancy.

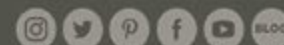
The Defense Travel System features a program that routinely checks to ensure travelers comply with the policy that was initiated three years ago. Flat rate per diem information is available at the Defense Travel Management Office website at <http://www.defense-travel.dod.mil>.



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Cookies help Travis deliver holiday cheer for Airmen



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



U.S. Air Force photo/Staff Sgt. Nicole Leidholm

Volunteers from Travis Air Force Base, Calif., put an assortment of cookies into boxes for first-term Airmen Dec. 6 for Operation Cookie Drop. The event is hosted by the Travis Spouses Club. More than 10,000 cookies were donated then packaged and given out by base leadership.

Airman 1st Class Jonathon D. A. Carnell
60TH AIR MOBILITY WING PUBLIC AFFAIRS

Travis Air Force Base, California, held Operation Cookie Drop which is an opportunity where volunteers can support Airmen living in the dorms.

Volunteers dropped off cookies at David Grant USAF Medical Center and the First Street Chapel.

“With leadership, community volunteers and their families volunteering their time for first-term Airmen is not only moral boosting, but it really shows how Travis cares about the Airmen who serve here,” said Airman Noah J. Carleton, 60th Air Mobility Wing administrator. “This will be my first Christmas away from ‘home,’ but being at this installation with everyone having the same purpose, to serve our Nation, makes it easier being away from family.”

For many Airmen this time of year is their first time away from their families during the holidays. Becoming

accustomed to being away from home and taking on the hardships that come with serving our Nation can be challenging.

“Airmen from each squadron who live in the dorms will receive cookies, which will give them a taste of home,” said Anji Klein, Cookie Drop coordinator. “We have approximately 40 volunteers who help with the boxing and handing out of cookies and a countless number of people who drop off cookies for Airmen.”

This program gathers service members, their families and residents of the community.

“I volunteered today for the Airmen who are away from home for the first time,” said Brittany Hunt, a volunteer for Operation Cookie Drop. “I think bringing Airmen any type of cheer for their first time away from home is an amazing opportunity to be a part of.”

To get more information about the annual event, email Traviscookedrop@gmail.com.



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



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



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



U.S. Air Force photo/Louis Briscese



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

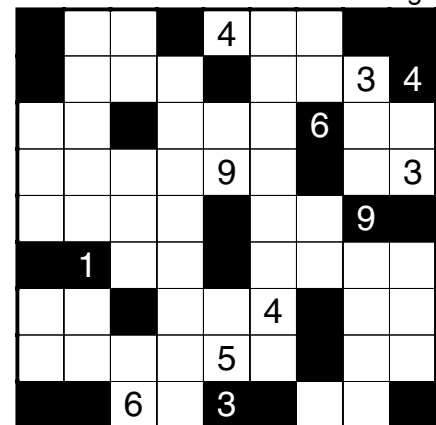


U.S. Air Force photo/Louis Briscese

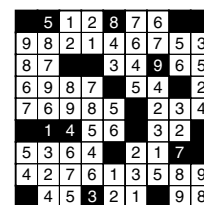
Puzzles

STR8TS

No. 363 Tough



Previous solution - Medium

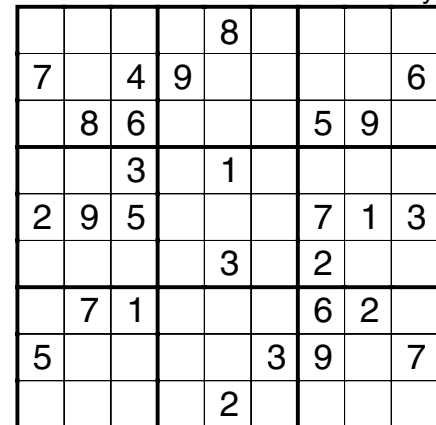


How to beat **Str8ts** – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

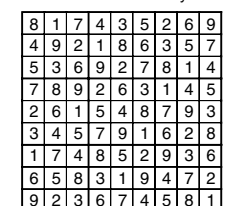
You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 363 Easy



Previous solution - Very Hard



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts, Sudoku and other puzzles, check out our books, iPhone/iPad Apps and much more on our store at www.str8ts.com

The solutions will be published here in the next issue.

News Notes

Flu shots available. Influenza season is rapidly approaching. Active duty members can annual get flu shots beginning Monday at the David Grant USAF Medical Center at Travis Air Force Base, California. All other TRICARE beneficiaries can get immunized beginning Sept. 18. Flu shots are available in the Influenza Room, which is located on the first floor across from Internal Medicine. Flu shots are strongly recommended for high-risk populations, which includes children 5 years and younger, adults age 65 and older and pregnant women. For more information, call the Allergy and Immunization Clinic at 707-423-5107.

Free Christmas Eve Dinner. 11 a.m. to 3 p.m. Dec. 24 at Veterans Memorial Building, 549 Merchant St., Vacaville.

Chapel programs

Recurring events

Catholic

Twin Peaks Chapel

- Roman Catholic Mass: 9 a.m. and noon Sunday.

- Children's Church: 10:15 a.m. Sunday.
- Sacrament of Reconciliation/Confession: 4:30 to 5:30 p.m. Wednesday or upon appointment.

- Infant Baptism Prep Class: Two classes. Registration Required. 6 to 7 p.m., quarterly.

- Youth Choir: 1 p.m. Sunday.
- Children's Choir: 2 p.m. Sunday.
- Adult Choir: 4 p.m. Sunday.
- Women's Bible Study: 10 a.m. (at First Street Chapel).

- Catholic Women of the Chapel: 6 p.m. first Monday of every month, Annex.

- Rite of Christian Initiation of Adults: 6 to 7:30 p.m. Wednesday, Annex.
- RE Classes: 10:15 to 11:30 a.m. Sunday, RE Wing.

First Street Chapel

- Mom's Group: 9 to 11:30 a.m. Thursday and Friday.

DGMC Chapel

- Roman Catholic Mass: Noon to 12:35 p.m. Monday through Thursday, except for federal holidays.

The Church of Jesus Christ of Latter-day Saints

- Sacrament Services: 9 and 11 a.m. Sunday at Church of Jesus Christ of Latter-day Saints Fairfield Stake Center, 2700 Camrose Ave., Fairfield.

DGMC Chapel

- Latter-day Saints Service: 4 p.m. to 4:30 p.m. Sunday at DGMC Medical Center Chapel.
- For all other enquires, call LDS Military relations representatives at 707-535-6979

Protestant

First Street Chapel

- Protestant Community Service: 9:30 to 10:30 a.m. Sunday.
- Gospel Worship Service: 11:30 a.m. to 12:30 p.m. Sunday.
- Children's Ministry is provided for 6-month-olds through fifth grade.

In the next week ...

fri Tree Lighting Ceremony.

Travis will hold its annual ceremony at 5 p.m. Dec. 8 at the Airman and Family Readiness Center. In the event of rain, the tree lighting ceremony will be held at the Base Theater.

CA Run for the Fallen.

Takes place

Dec. 8-10. A full breakdown with maps and more information is available at www.carunforthefallen.org/the-run.html.

sat Holiday Home Tour.

10 a.m. to 3 p.m. Dec. 9, purchase tickets at the Vacaville Museum, 213 Buck Ave. 447-4513.

Recurring

- Protestant Men of the Chapel: 8 to 9 a.m., first Saturday of every month.

Twin Peaks Chapel

- Protestant Women of the Chapel: 9:30 to 11 a.m. Tuesday.

DGMC Medical Center Chapel

- Protestant Traditional Service: 10 a.m. to 11 a.m. Sunday.

Airmen's Ministry Center

- The Peak is open from 6 to 9 p.m. Monday through Friday at Bldg 1348. Home-cooked meal at 6 p.m. Tuesday's followed at 7 p.m. by Bible study.



For more information about chapel programs, call Twin Peaks Chapel at 707-424-3217.

60th FSS

Events and information

Home for the Holiday Reservations.

Westwind Inn is now available for holiday reservations. Book loved ones' stay for up to 14 nights. The reservation period is through Jan. 4. For more information, call 707-424-8000.

Huddle up for football. Did you know the Delta Breeze Club offers the NFL Ticket for free every Sunday, Monday and Thursday? You could even win Super Bowl 2018 Tickets. For more information, call 707-437-3711.

\$1 Bingo at Travis Bowl. Travis Bowl is now offering daily \$1 Bingo. Win up to \$200. Each bingo card is \$1 and participants must be 18 to play. For more information, call 707-437-4737.

Online language courses. Mitchell Memorial Library is offering Mango Languages for free. Learn Dutch, Spanish, French, Korean, Japanese, Italian and more at your own pace. For more information, call the library at 707-424-3279.

Custom vacation packages. Leisure Travel located inside Outdoor Recreation books travel destinations like Hawaii, Mexico, Las Vegas and more. Options include rental car, lodging, excursions, airfare and cruises. For more information, call 707-424-5250.



For more information on FSS, visit <http://www.travisfss.com>.

Air Force Office of Special Investigations.

To report a crime, get a foreign travel brief or request information on joining AFOSI, report to Bldg. 380B, second floor. Send correspondence to AFOSI Detachment 303, 510 Airlift CR, Travis AFB, 94535. For more information, call 707-424-3115 or DSN: 837-3115.

Air Force Sergeants Association "Walter E. Scott" Chapter 1320.

General membership meetings are at 3 p.m. on the second Friday of every month at Wingman's in the Delta Breeze Club. For more information, contact Senior Master Sgt. Angell Nichols or Tech. Sgt. Rebecca Linden de Romero.

Airmen's Attic. The Airmen's Attic is open from 10 a.m. to 2 p.m. Tuesday and Thursday and 4 to 6 p.m. Wednesday, 560 Hickam Ave. For more information, call 707-424-8740 or visit the Facebook page "The Attic at Travis AFB."

Alzheimer's Caregiver Support Group.

Meetings take place from 1 to 2:30 p.m. the third Thursday of the month in the diabetic education classroom on the first floor in Internal Medicine at David Grant USAF Medical Center. For more information, call 707-423-7227.

Base emergency numbers. Mobile phone users must dial 707-424-4911 if they have an emergency on base. Those using government or home phones can call 911. For more information, call the Travis Air Force Base Fire Prevention Office at 707-424-3683.

Crisis text line. Free, confidential, 24/7 counseling for teens and young adults. Text 741-741 anywhere in the United States and a live, trained crisis counselor responds quickly.

Employee-Vehicle Certification and Reporting System. Civilian and military personnel must maintain emissions information with the Web-based ECARS system. For more information, call Xuyen Lieu at 707-424-5103.

Exceptional Family Member Program Sensory Play Group. This group meets from 2 to 4 p.m. the second and fourth Wednesdays at the Balfour Beatty Community Center. For more information, call 707-424-4342 or visit the Facebook page "EFMP Travis AFB."

Fairfield/Vacaville Train Station Project. Located at Peabody Road and Vanden Road in Fairfield with a six-lane overpass. Construction is scheduled for completion in October. For more information, visit <http://bit.ly/1NlBwW>.

Family Advocacy Parent/Child playgroups. Toddlers to the Max Playgroup for children ages 1 to 3 meets from 9:30 to 11 a.m. Wednesdays at the First Street Chapel Annex. The Rattles to Raspberries Playgroup for infants 8 weeks to 1 year meets 9:30 to 11 a.m. Thursdays at the First Street Chapel Annex. For more information, call 707-423-5168.

Family and Friends Combat Stress Peer Support Group. Meets from noon to 1 p.m. the first Tuesday of every month at the Balfour Beatty Community Center and from 1-2 p.m. the third Thursday of each month at The Peak. For more information, contact Amber Quirate and Jessica Soto at 501-231-7756 or email travspocombatpsd@gmail.com.

Government no-fee passports. All submissions of applications for government no-fee passports must now include: 1) A photocopy of Military Identification Card front and back; 2) Passport photo taken in the past six months; 3) Supporting document(s), proof of U.S. citizenship certified copy with state or county seal, if it involved a name change submit a court order or marriage certificate. Passport application cannot be handwritten and printed back to back and must be completed online with 2D barcode at website <https://pdpform.state.gov> and/or <https://travel.state.gov>. For more information, call 707-424-5324.

Hometown News Releases. To submit a Hometown News Release, visit <https://jhns.release.dma.mil/public> and fill out the information.

LGBT Alliance. General membership meetings take place at 6 p.m. the first Wednesday of every month at the Airman and Family Readiness Center. For more information, email lgbtalliance707@gmail.com or call 707-424-2486.

Mare Island Museum. Now a Blue Star Museum, which means active-duty military, reservists and their family members are eligible for free admission from Memorial Day to Labor Day, 1100 Railroad Ave. on Mare Island in Vallejo. 10 a.m. to 2 p.m. Monday through Friday, 10 a.m. to 4 p.m. Saturday. For more information, call 707-557-4646.

M-50 Gas Mask Fit Testing. Takes place from 9 a.m. to 3 p.m. every Wednesday at Bldg. 791. All deployers are fit as necessary. For more information, call 707-424-2689.

Mitchell Memorial Library. Open 9 a.m. to 7 p.m. Monday through Thursday, 9 a.m. to 5 p.m. Friday, 10 a.m. to 5 p.m. Saturday and closed Sunday.

Montezuma Shrine Club. Meets every

third Thursday of the month at the Masonic Center, 412 Travis Blvd., Fairfield. For more information, call Mike Michaelis at 707-427-2573 or Cal Gitsham at 707-425-0060.

Motorcycle licensing and training. California Rider Education offers the Motorcyclists Training Course, Basic Riders Course 2 and the Military Sportsbike Riders Course on base. MTC classes take place most weekends. Motorcycles and helmets provided. Successful completion gives students a DL389 that waives the skills test at DMV. Course cost covered for active duty, reserves, some DOD and NAF folks. Family members welcome, but must cover own costs. All registrations done via phone at 1-800-966-3844.

On-base child care. The Air Force requires on-base residents to be licensed by the 60th Mission Support Group if they provide more than 10 hours of care per week in their homes. For more information, call 707-424-8104 or 707-424-4596 or stop by Bldg. 380B.

Photocopying of military identification. The prohibition of photocopying of U.S. government identification Common Access Card announced by the Office of the Assistant Secretary of Defense, dated Oct. 27, 2011, does not apply to medical establishments, applying for government-issued, no-fee passport and other U.S. government agencies in the performance of official government business. This requirement does not apply to minors ages 16 or younger. However, it applies to sponsors. For more information, call 707-424-5324.

Professional Loadmaster Association. The Professional Loadmaster Association meets at 7 p.m. the first Tuesday of each month at the Delta Breeze Club. For more information, call Mark Raymond at 707-416-5331.

Retiree Activities Office. Openings for volunteers. Customers are retired American service members and their family members. It is the RAO's responsibility to maintain open communication and to ensure retirees receive the service and the respect they deserve. If you would like to apply for a volunteer slot and have three hours or more to give, call 707-424-3905.

SGLI and vRED. The Record of Emergency Data, aka vRED, and the Servicemembers Group Life Insurance form are two of the most-critical documents a service member is responsible for maintaining throughout a military career. Commanders, Casualty Assistance personnel and Mortuary Affairs personnel rely heavily on these two documents as a vital source of information



Here are the showtimes for this weekend's movies at the Base Theater:

Today
• 6:30 p.m. "Only the Brave" (PG-13)
• 9 p.m. "The Foreigner" (R)
Saturday
• 6:30 p.m. "Happy Death Day" (PG-13)
• 9 p.m. "The Snowman" (R)
Sunday
• 2 p.m. "The Mountain Between Us" (PG-13)

when a crisis occurs resulting in serious injury or death of the service member.

60th Air Mobility Wing Information Protection Office. The office has the following walk-in customer service window hours: 8 to 11 a.m. and 1 to 4 p.m. Monday through Thursday as well as window hours from 8 to 11 a.m. Friday. For emergencies, call 707-424-3114.

Solano/Napa Habitat for Humanity. This organization welcomes volunteers and supporters from all backgrounds. There are recurring events Tuesday through Saturday. For more information, email Staff Sgt. Mathew Clayton at mathew.clayton@us.af.mil.

Travis Community Thrift Shop. 10 a.m. to 2 p.m. Tuesday and Thursday. Ongoing need for volunteers to organize, sort and price donations. For more information, contact the Thrift Shop at 707-437-2370.

Travis Composite Squadron 22 Civil Air Patrol. Open to youth from 12 to 18, as well as adults ages 18 or older who train and serve as the volunteer component of the total force. UTA is 6:30 to 9 p.m. Monday, Bldg. 241-B-2. Open to all students with a 2.0 or higher grade-point average. For more information, contact CAP 1st Lt. Jo Nash at 707-424-3996 or recruiting@squadron22-cap.us, visit during a UTA or check out <http://squadron22-cap.us>.

Travis Heritage Center. The facility is looking to add to its historical collection. It is missing the past 15 years of conflict in which Travis was involved. Do you have something special to donate for generations to appreciate? The center also seeks volunteers. The gift shop is open 11 a.m. to 4 p.m. Tuesday through Saturday. For more information, call Rick Shea at 707-424-5598 or email richard.shea@us.af.mil.

Travis Legal Office. Power of attorney and notaries are walk-ins 9 a.m. to 2 p.m. Monday, Tuesday, Wednesday and Friday, 9 a.m. to 1 p.m. Thursday. Legal assistance for active duty members and dependents are walk-ins from 2 to 3 p.m. Tuesday. For all wills and retiree legal assistance, call 707-424-3251 to make an appointment.

Voluntary Leave Transfer Program. The following Travis employees are approved as leave recipients through the Voluntary Leave Transfer Program:

- Timothy Miller, 60th Medical Support Squadron.
- Deirdre Mullin, 60th Medical Operations Squadron.

The VLTP allows an employee who has a medical emergency or is affected by a medical emergency of a family member and is without availability of paid leave to receive transferred annual leave directly from other employees. For more information, call 707-424-1720.

Tuskegee Airman Lee A. Archer Chapter. Meets at 1 p.m. third Saturday of the month at Nut Tree Airport. For more information, call James Harris at 707-631-6361.

What's Cookin' Wednesday. Free lunch at the Travis AFB USO building 1348. Served from 11 a.m. to 1 p.m. every Wednesday. For active duty, Guard, reservist and their families.

THE FLIP SIDE

Airmen complete FTAC



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

Congratulations to the latest Airmen to complete the First Term Airman Center course. Alphabetically: Airman 1st Class Bernard Almor, 60th Aerial Port Squadron; Airman 1st Class Morgan Anderson, 60th APS; Airman 1st Class Julia Bechtel, 60th APS; Airman Caleb Beck, 60th Aircraft Maintenance Squadron; Airman Charles Beltz, 60th Communications Squadron; Airman 1st Class Shavion Brown, 60th Diagnostics and Therapeutics Squadron; Airman Basic Kim De Ocampo, 60th Civil Engineer Squadron; Airman 1st Class Jamal Diaby, 60th Operations Support Squadron; Airman 1st Class Stephen Donaldson, 60th Maintenance Squadron; Airman 1st Class Blaine Fisher, 60th MDTs; Airman 1st Class Ryan Heyer, 60th APS; Airman 1st Class Jacob Hubbs, 60th APS; Airman 1st Class Shayla LaFlamme, 60th Medical Operations Squadron; Airman 1st Class Brandon Lange, 60th APS; Airman Basic Austin Lizama, 60th APS; Airman 1st Class Larry Mann, 60th OSS; Airman 1st Class Colton Marshall, 60th AMXS; Airman 1st Class Ike Means, 860th AMXS; Airman John Mislang, 60th APS; Airman 1st Class Manuel Morales, 860th AMXS; Airman Basic Ryan Murphy, 60th APS; Airman Basic Michael Owerfeldt, 60th APS; Airman 1st Class Melissa Park, 60th Surgical Operations Squadron; Airman Basic Cole Ruecker, 60th APS; Airman 1st Class Marquis Russell, 60th MXS; Airman Basic Devrick Sayles, 60th APS; Airman 1st Class Ariel Smith, 60th MXS; Airman 1st Class Trevor Smith, 60th MXS; Airman 1st Class Leonard Torres, 60th APS; Airman 1st Class Michael Tuck, U.S. Air Force Band of the Golden West; Airman 1st Class Blanca Vasquez, 60th APS; Airman Basic Zachary Wisneski, 60th APS; and Airman David Yerushalmi, 60th MXS.

Retiree Corner

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On Jan. 1, there are a number of changes coming to TRICARE benefits.

This includes a change to the current TRICARE regions. The current three regions (North, South and West) will become two regions (East and West). There will be new regional contractors for the new East and West regions. Humana Military will manage the East and Health Net Federal Services, LLC will manage the West region. In preparation for this change, enrollments in TRICARE health plans will be delayed

while beneficiary files are transferred to the incoming regional contractors. The delay period, or an enrollment freeze, began Dec. 1 and last approximately three weeks.

Take command of your health care and prepare for the upcoming changes to TRICARE:

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- Make sure you have a current DS Logon;
- Sign up for eCorrespondence in milConnect;
- Sign up for TRICARE benefit updates.

For more information, visit tricare.mil/changes.
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- Revolution Youth
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Children's Church: 11:30 a.m.

Tuesday
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Bible Study: 7:00-8:00 p.m.

Web Site: www.stpaulfairfield.com
Email: stpaulbcfairfield@comcast.net
Church Phone: 707-422-2003

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Southern Baptist Convention

401 W. Monte Vista Ave., Vacaville
707-448-5430
www.tbvacaville.com
Greg Davidson, Senior Pastor

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Worship Service & Bible Study..... 10:30 am
Evening Worship & Prayer.....6:00 pm

Wednesday:
Dinner (Sept-May).....4:45 pm
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WEDNESDAY
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AWANA for Kids6:15 pm
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9:15 a.m.
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10:00 a.m.
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Art

From Page 13

improve their healing when they connect with others.

"Music and poetry have always been my release, my oxygen. (Rock to Recovery) helped me express myself and realize that I'm much stronger than I thought. Having people who care and understand is the best part of the program."

Morant, motivated by her journey, is learning how she

can help others.

"I'm in college now – a double major in social work and psychology," she said. "I want to help other people like me."

As the event came to close participants exchanged long hugs, shared words of encouragement, and expressed gratitude.

Bill O'Brien, senior innovation advisor at National Endowment of Arts, challenged people to think differently about art and how to use it to "create an opportunity" to heal. He

shared how the Greeks considered the arts as a critical element to military readiness because it helped warriors prepare fully: "mind, body, spirit and soul."

"I'd like to use the arts to do that for our service members and veterans," O'Brien said.

To learn more about the ways the Office of Warrior Care promotes creative expression through art, music, writing and dance for service members and veterans, visit <http://bit.ly/2ixSqfE>.



Air Force veteran Adrianna Ruark works on a drawing. Department of Defense photo/Roger L. Wollenberg

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www.vacavillefaith.org

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Phone: 707-446-4051

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Sunday 8:45am & 10:30 am
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PreK to 6th grade at each service (Childcare at all services)

Ministry Activities thru the Week
Youth Ministry.....Tues. 7:00 pm
AWANA (Sept-May).....Wed. 6:30pm
Women of Hope.....Thurs. 6:30pm
Men's Bible Study.....Thurs. 7:00pm
Numerous Bible Studies call church office
Office Hours: Tues-Fri 9am to 3pm
Website: newhopev.org

NON-DENOMINATIONAL

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401 Fir St., Vacaville, CA 95688
(707) 448-5085

Minister: Garrett Sander

Sunday Morning Bible Study
9:30 AM

Sunday Morning Worship
10:30 AM

Sunday Evening Worship
6:00 PM

Wed. Evening Bible Study
7:00 PM
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Adult Bible and Book Studies
United Methodist Women
Sunday Morning Bible Studies at 9:00 A.M.



For More Information
On Our Worship Directory,
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Classifieds
at (707) 427-6917

Cyclists

From Page 5

eastern border along the Mississippi River. The RAGBRAI is the oldest, largest and longest recreational bicycle touring event in the world.

At RAGBRAI, Pinkney was one of 150 AFCT members serving as course sentries. The event closes the team's riding season every year and often draws more than 20,000 people.

"On the first day of RAGBRAI, I met an elderly gentleman who brought all these tools and supplies," said Pinkney. "We joined forces and stopped every few minutes to help someone with a flat tire or whatever else was wrong with their bike. I think I fixed about 20 flats that day, along with one bike with a broken rim."

On day four of RAGBRAI, Pinkney helped a young mother.

"She was having trouble pulling her kid in a stroller carrier as she was becoming quite fatigued," he said. "She was an avid cyclist, but she was having a hard time. I attached the stroller carrier to my bike and pulled her child into the next town for her, which was about 15 miles."

Tech. Sgt. Samuel Kennedy, U.S. Air Force Band of the Gold- West regional bandsman and member of the AFCT, shares Pinkney's sentiments.

"We want to show people the highest levels of excellence that exist across the Air Force," he said. "Our team consists of men and women, active-duty Airmen, reservists, Air Force civilians and retired service members. We care about all we do, whether we're riding 100 miles or serving on the flight-line."

During RAGBRAI, Kennedy helped several people, including an older gentleman he said he will always remember.

"I saw an old man who was struggling on the second day. He must have been 93 years old and he looked dazed, so I stopped to help him," said Kennedy. "I got him some water and we sat down in the shade for an hour talking. I shared my story about how I served at five different duty stations and I learned he was a World War II veteran who served in the Navy."

"After that, we got on our bikes and continued the ride, but it was neat to meet him and swap stories. I also enjoyed knowing I was able to help him finish that day's ride, which was the longest single-day ride of the event, more than 80 miles."

Throughout the seven-day event, members of the AFCT assisted an average of five cyclists every day, amounting to more than 5,000 total assists and people noticed.

"RAGBRAI 2017 was my first and I was amazed at how



Courtesy photo

Senior Airman Jacob Pinkney, 860th Aircraft Maintenance Squadron C-17 Globemaster III crew chief and a member of the Air Force Cycling Team, pulls a toddler in a stroller carrier to give the child's mother a break July 26 during the Register's Annual Great Bike Ride Across Iowa.

I always saw Air Force team members stopping to help others," said Diane Sartori, a retired Air Force reservist on the team's Facebook page.

"We love seeing and having the Air Force Cycling Team in Iowa. You have helped us more times than I can count," said another rider from Grapevine, Texas.

Thanks to the Air Force Cycling Team for all the help the team gave to riders on the course, said Sheila Semenas, an Oshkosh, Wisconsin resident.

"I was fortunate not to have a bike or medical issue throughout the ride, but comforted in

knowing that your team was on the road with us," she said.

Having an opportunity to be a positive force for the Air Force means a lot, said Kennedy.

"I like wearing the Air Force jersey and showing my pride to as many people as possible," he said. "At RAGBRAI, we're riding with 20,000 riders every day so we're bringing the Air Force to people who may have never interacted with the Air Force before. We're also helping people in a myriad of ways all while representing the Air Force."

"We may come across someone who may not be a military supporter. And maybe, we stop

to help that person with their bike or give (him or her) some water, and maybe, that changes their perspective."

The AFCT hopes to recruit more riders and have an even greater impact with their 2018 season, which runs from February to August, said David C. Bell, the team's California regional leader.

Bell has been an Air Force civilian employee for nine years and works as a regulatory media expert for the Regulatory and Legislative Engagement Division for the Air Force Civil Engineer Center. He has been a member of the AFCT for three years.

"I would like to see our regional teams grow," said Bell. "I want to build a larger team so we can provide a greater service for charity rides we support. Often, we only send four or five riders to those events, but it would be nice if we could send more riders to showcase the Air Force."

Bell stressed anyone who has a love of cycling and a desire to represent the Air Force can join the team.

"The AFCT isn't a competitive racing team," he said. "All are welcome regardless of their fitness level. We ride for the enjoyment of the sport, to be active in an activity we enjoy while serving as ambassadors for the greatest Air Force in the world."

For more information about the AFCT, visit the team's website at <http://afcycling.com/>.

Games

From Page 4

was stoked when I found out what the tryouts entailed because I knew that I would be able to do what they wanted us to do to compete."

Woolman said working at David Grant USAF Medical Center has helped motivate her to not only stay fit to accomplish her specific mission, but to also strive for an excellence beyond what her job in the military requires and to represent Travis on a national stage.

"Too many times, I have been reminded of patients who would like nothing more than to go for a run, swim, bike, simply lift weights or go for a walk, but whatever is going on in his or her life, many times, things that none of them asked for and happened out of the blue, whether that be health issues or a physical ailment, they are unable to do the things my very capable body can do," said Woolman. "Also, I know that literally I could wake up one day and no longer be able to do the things that I love. I never want to live with regrets. Much of the time, my motivation is them."

Although Team Travis didn't progress to the Alpha Warrior finals in San Antonio, Texas, the results of the competition proved that Travis Airmen were well-represented as a force which demonstrates Air Force's philosophy of warrior ethos.

Woolman said the Airmen who participated walked away with something more valuable than a trophy: lessons and the humility to learn from them.

"I walked away with motivation to want to be more well-rounded in my fitness," said Woolman. "I have cardio down to a T, but not being able to complete this course was a massive strike to my ego. It helped me take away that you cannot be great at something that you do not put in the time or practice to perfect. I definitely gained the humility in knowing there are still areas of my fitness that could use some work."

Although Airmen like Woolman represent what it means to internalize the Air Force's warrior ethos, it's important to consider those Airmen who struggle in the physical aspect of their comprehensive Airman fitness,

said Airman 1st Class Elizabeth Wenner, 60th Medical Operations Squadron pharmacy technician.

"Even when we struggle to run that mile-and-a-half or do enough pushups or even pass our (physical training) test, we have six months to improve on it," said Wenner. "Imagine what other things you could accomplish in six months."

Wenner, whose pharmacy recently participated in a Spartan Race in Sacramento, California, Airmen fitness is as much about the strength of the Air Force as a whole as it is about the strength of the individual.

"The tools and people I work with have absolutely made me a stronger person and Airman," said Wenner. "I am a firm believer you work and succeed as a team and no success is solely done from you alone. I am so fortunate to have the tools and people that have made me a stronger person and Airman so far in my career."

For Woolman, the strength built over the course of an active life offers an opportunity to both encourage others and, in turn, be encouraged by their progress.

"The Air Force succeeds when the velocity of all our seemingly tiny victories among all our seemingly tiny roles compound into the effectiveness of the world's greatest Air Force," said Woolman.

As the sun set over the Las Vegas Valley and so, too, on Team Travis' trip there, Woolman was afforded a moment to reflect on her role in the Air Force, her thankfulness for those who came before her who set the standards by which she holds herself to and, ultimately, her hope for what tomorrow's Airmen will bring to the fight.

"We need to understand that those who came before us were some of the greatest heroes and warriors that this world has ever seen," said Woolman. "We are held to the same standard they were. The nation counted on them and it now counts on us to be physically fit enough to protect them both inside and outside of America's borders. If we are unable to do that, then we are doing an injustice to those who came before us. We have to have the energy and the capability to go beyond what the standards are; to excel."

Report

From Page 6

with. It shifts responsibility for the attack from the perpetrator to the victim.

They don't want anyone to know. For all the reasons mentioned, it may seem easier to keep it to yourself. The guilt, fear, shame and confusion may become paralyzing, making disclosure incomprehensible.

Victims do not trust leadership, management or their environment. If management or leadership condones gossip and hostility in the work place regarding seemingly harmless actions; "real" information is especially worthy of gossip.

Victims believe their perpetrators, assailants or subjects will not be prosecuted, serve any jail or prison time or are even charged with a "sexual" or "domestic" assault crime. Therefore, they will not have to register as a sex offender or be denied the right to bear arms. Victims will relive and retell their account of what happened time and time again and be judged in the process.

To those who ask why

women don't report sexual assault, I have some questions in return.

Remember when Rhiana needed medical treatment after Chris Brown abused her and hospital photographs of her injuries were broadcast all over the internet? Remember when a judge told Kesha she couldn't break her contract with a man she said drugged and raped her? Remember when, time and time again, rapists were excused because their victims wore "skimpy" clothing? Remember the women who reported what happened, then lost their jobs? The women who were publicly identified and called liars on the internet? The women who just want to be believed?

Remember a female victim at Maxwell-Gunter Air Force Base, Alabama, reported her boss had repeatedly sexually harassed her and then trapped her in his office, grabbed her arms and forcibly tried to kiss her. The Air Force's investigators confirmed much of her account, but the senior officer in the colonel's chain of command, who was 600 miles away at another base, made the decision not to charge the colonel. If this blatant case at

Maxwell-Gunter did not result in a court martial, one has to wonder how many other serious cases are also being swept under the rug.

For some people, reporting sexual assault can lead to them being punished. Remember the female midshipman at the U.S. Naval Academy, who reported being raped by three football players at an off-campus party in 2012. The woman was swiftly punished for underage drinking. Remember gay and bisexual students who reported sexual assaults at Brigham Young University, Utah, faced being suspended or even expelled for violating the school's honor code prohibiting homosexual behavior.

That's why. None of this is to discourage anyone from reporting their own assault. During this holiday season, instead of asking why they do not report, find ways to support and encourage victims to report. If you or someone you know is a victim of sexual assault, contact the Travis Air Force Base, California, SAPR office at 707-424-1098, 707-424-1105 or the 24/7 Hotline at 707-424-7272. We are available anytime to assist and provide information.





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Fighters

From Page 3

communications, while at the same time coordinating with the (flight) engineer to ensure that we were able to complete checklists and prepare the jet to land safely.”

During that time, Jardis was busy ensuring a safe landing at Bagram. This meant keeping communications with outside agencies prompt, concise and correct, said Ohlinger.

“Besides making sure that checklists were complete and the jet was in a safe configuration to land, the (flight) engineer also served as a lookout for threats and backed me

up on radio communications,” said Ohlinger. “We also relied on the boom operators for both the well-being of the passengers and the cargo. One of our boom operators also served as a safety observer on the flight deck and kept a lookout for threats on the ground with the (flight) engineer on our approach into Afghanistan.”

The unique mission was a first for Jardis and Ohlinger, as KC-10s are not usually scheduled for cargo missions to Afghanistan.

“This was a very unique mission for the KC-10s,” said Ohlinger. “I came from C-130 (Hercules) where flying cargo was our bread and butter, but for a KC-10, being a part of an ESTA mission was very exciting.”

RPA

From Page 11

fighters to this one,” said Senior Airman Chandler, 432nd Wing sensor operator. “It was very dynamic and there were many partners around, so there was a lot of airspace coordination. What really stuck out, however, was that ISIS was trying harder to blend in.”

As Syrian forces cleared structures in the city, combat RPA aircrews frequently witnessed civilians fleeing to coalition and partner ground forces, who escorted them to safety.

“It wasn’t our aircrew just striking ISIS targets,” Nicholas said. “We also were

“I couldn’t be more proud of our Airmen.”

— Col. Julian Cheater

safeguarding and watching over (Syrian Democratic Forces) as they cleared civilians moving out of the city to safe locations.”

It’s reasons like this why Chandler believes that combat RPAs made a real difference in this operation.

The city of Raqqa has been liberated, however, according to the Combined Joint Task Force Operation Inherent Resolve, there is still work to be done in parts of Iraq and Syria to fully eradicate ISIS forces

from the battlefield.

“My favorite part of this job is that I’m able to help civilians be safe and I’m able to help liberate whatever city we need to. There’s no better feeling than knowing you can directly impact the battlefield and other people’s lives,” Chandler said. “It’s a huge responsibility, but it’s extremely rewarding.”

“There are families in the Middle East who are returning home free from ISIS control in part due to the 432nd (AEW) ‘Hunters,’” said Col. Julian Cheater, 432nd Wing/432nd AEW commander. “I couldn’t be more proud of our Airmen. Day in and day out, they stand ready at our nation’s call and every day they continue to deliver justice.”

Wright

From Page 2

through Dec. 31, 2018.

Make your decision knowing only you can determine which system is best for you, and understand that if you opt into BRS, it is irrevocable. You only have one chance to make this choice, so it’s imperative you and those involved in making financial decisions for your family fully understand the pros and cons of both retirement systems.

I encourage each of you to take all of the training available on ADLS and utilize the BRS comparison calculator on the Military Compensation website (<http://militarypay.defense.gov/Calculators/>) before making an appointment with your base financial counselor. The calculator provides a comparison between the current retirement system and the BRS. Doing your homework and preparing your questions

ahead of time will help you get the most from your financial counseling appointment. I would like to see all eligible Airmen trained as soon as possible to give everyone time to really think about their options and be fully prepared before making this life-impacting decision.

There are pros and cons to every major decision we make, and this holds true for both retirement plans. I can’t tell you what to do. I can’t tell you what’s best for your family. All I can tell you is that you need to arm yourself with knowledge. Check out the training, talk to people who can provide you with objective advice, talk to those who will be most impacted by your decision and execute your plan knowing you made the best decision for you and your family.

For more information about the BRS, visit the BRS website at <http://militarypay.defense.gov/BlendedRetirement/>.

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Vision

From Page 8

Vietnam War. The technology of night vision has evolved greatly since their introduction.

There are many differences and uses NVGs offer. There are four different NVG “generations,” with generation III providing clearer image quality. All four generations are green phosphor and the generations are introducing the white phosphor NVGs.

According to Night Vision Plane, a company which specializes in selling a large variety of night vision aid, using white phosphor heightens visibility and contrast in comparison to green hue. White phosphor is highly recommended in tactical situations, enabling

users to acquire targets faster and easier because seeing in black and white is more natural to the human eye.

“The advantage of this new optic is the use of white phosphor, which enhances the degree of detail in overall contrast and range of shades through lenses with greatly improved pixels and new image intensification tubes to help prevent damage to the optic during moments of high-light during the night (such as inbound attacks and gunfire),” said Bliss. “From tests so far, users report an improved sense of confidence and situational awareness when operating in dark environments, meaning less chances of vehicle collisions and other accidents like falling from something.”

Bliss recently went on a temporary duty assignment with the objective of introducing the

new NVGs in a field training environment. Bliss and Airmen familiar with NVG equipment were satisfied with the results the new equipment produced.

“I’ve tested the [new NVGs] with aerial porters, aircraft maintenance, loadmasters, boom operators, security forces and civil engineering teams, culminated and summarized over two dozen feedbacks that believe that the [new NVGs] are a great improvement over current NVGs,” said Bliss. “It would support a large list of tasks from each of their career fields.”

According to American Technologies Network, Corp., a leading manufacturer and developer of precision night vision optics and thermal imaging, seven out of 10 users credit white phosphor technology as a “night vision preference” when compared with common

green night vision.

“White and black NVGs enhanced my vision capabilities with the thorough site I had while operating in the dark,” said Airman 1st Class Kim H. Yong with the 60th Civil Engineering Squadron pavements and equipment operator. “The NVGs enabled me to operate for a longer duration under less stress with the increased depth perception.”

The hand signals from spotters on the ground were much easier to identify, which is a huge advantage to operating in low-light or no-light circumstances, said Yong.

“If your life depends on your gear and you want to improve your operational effectiveness, using white phosphor NVGs is vital,” said Buchanan. “We’re starting off with our squadron. However, from the information gathered, we can justify a need

for transitioning the entire Air Force to the white phosphor NVGs.”

Using modern technology comparable to optics used by special operations teams will offer more effectiveness to the Travis mission, said Buchanan.

“Using white phosphor NVGs gives Airmen a lighter, more modern and more durable NVG to safely, but effectively operate in the dark,” said Buchanan. “It has the capability to replace three different models currently in use. Creating a single standard NVG which requires much less maintenance and lowers the cost to maintain will be beneficial to Travis AFB.”

The 60th APS has conducted exercises to ensure the white phosphor NVGs are more effective than the current Generation III green phosphor night vision goggles.

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Nunag

From Page 2

also count on me, we had a mutual respect for each other. Remember, respect is earned not bought or taken.

The next letter, O, is for opportunity. The Air Force affords us many opportunities. You just have to capitalize on them.

Nothing in life is free. You have to work hard for what you want. Opportunities come in different forms and times in our lives, you just have to identify which opportunities are for you and know that it may take you out of your comfort zone.

That being said, are you willing to take a chance, get out of your comfort zone and do things you always wanted to do? Would you be willing to embrace a developmental special duty, such as military training leader, an Airman Leadership School instructor or a first sergeant? Seize opportunities and don’t hold yourself back, you never know what amazing things you can achieve.

Next is the letter M, which stands for mission. Statistics tell us less than 1 percent of Americans take the oath of enlistment to serve our nation. Our very existence in the Air Force relies on how we can effectively accomplish the mission.

In order to accomplish the

mission, we need to focus on our readiness. Are you ready to defend our country? Without ready, willing and able Airmen to perform their duties, there is no mission success. Our job as leaders is to make sure our Airmen are well-trained and well-equipped, ready to respond to the call. Be ready yourself and expect your Airmen to be mission ready. That’s the only way we can accomplish the mission.

The last three letters in promise are I-S-E, which simply stand for: Integrity, service and excellence. In anything we do, any decision we make, we should use the Air Force’s core values as our guiding light.

This notion will keep us grounded. If we follow our core values, we will make sound and ethical decisions every time, decisions that will impact our Airmen and the Air Force. So, do your best to live by our core values every day, in everything you do.

So, are you a leader that can keep a simple promise? Get to know your people, earn their respect and jump on opportunities when they present themselves to accomplish the mission, while incorporating our core values of integrity, service and excellence to guide you. If you can say “Yes,” I believe you’ll see many successes in your career and throughout our Air Force.




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1) Members of the 60th Civil Engineer Squadron transition their uniform into Mission Orientated Protective Posture four gear at 6:45 a.m. Dec. 1 at Travis Air Force Base, Calif. CES ran their physical training in MOPP four to enhance mission readiness. 2) Tech. Sgt. Megan Deleon, 60th CES NCO in charge of emergency plans and operations, completes a 1-mile run in MOPP four gear Dec. 1 at Travis. 3) 60th CES members run in MOPP four gear.



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