

2 TAILWIND Commentaries **JANUARY 12, 2018 JANUARY 12, 2018 TRAVIS** TAILWIND 3

Travis AFB commander reflects on past year

elcome back and Happy New Year. We hope you all had a chance to relax and recharge over the holidays.

Before we press into 2018, we'd like to take a moment to reflect on what you accomplished across the wing in 2017. We had a very engaging year and made a big impact both locally and globally. Here is just a sampling of the many great accomplishments across the wing:

The Operations Group stayed WING COMMANDER their eTool program, a modernreadily engaged in 2017 with multiple major exercises coupled with heavy real-world demands. Our KC-10 Extender squadrons participated in Exercise Ultimate Reach and Exercise Talisman Sabre, large-scale international exercises that involved over 33,000 participants from four different nations.

In the wake of multiple, back-toback natural disasters, the OG supported over 50 humanitarian missions, delivering 2 million pounds of cargo and hundreds of first responders to Texas, Florida, Puerto Rico, Mexico City and various Caribbean islands. The 60th Operations Support Squadron Radar Approach Control Airmen provided vital air traffic separation during wildfire breakouts affecting Northern California. They seamlessly protected 236 California tanker operations and enforced temporary flight restriction areas covering 813 square miles.

Despite the large demand that these additional exercises and humanitarian relief efforts placed upon our wing, our Maintenance Group was able to surge forward with innovation and continue to meet daily requirements. Aircraft Structural Maintenance has been selected as the Air Force's first test-bed for a new laser paint removal process and Travis will be one of three locations set to test a new Metal Wire Arc Sprayer. All told, the two processes will save 837 hours annually and prevent corrosion on aircraft structures for up to 25

Commentary by Col. John Klein

The 660th Aircraft Maintenance Squadron also began uti-60TH AIR MOBILITY lizing iPads as a supplement for ization that will save mainte-

> nance personnel more than 400 hours a year. The Aerial Port Squadron, the Department of Defense's premier West Coast port, pushed 48,000 tons of cargo. prepared 35,000 passengers and supported 7,300 missions to fuel rapid global mobility.

> While healing, protecting, and training heroes, the 60th Medical Group at David Grant USAF Medical Center was once again recognized by the American College of Surgeons as a Meritorious Performing Hospital. This is the second year in a row that DGMC has received this recognition and is the first DOD facility to achieve this prestigious distinction twice.

Paramount to many of the Medical Group's achievements were the 14 successful open-heart surgeries that were performed. Open-heart surgery, similar to repairing an engine while it's running, requires the expertise of over 50 medical Air Force Specialty Codes. In addition, our Airmen medics continued to demonstrate education as a priority by graduating 338 Airmen from nine enlisted Phase programs and 61 officers from 11 graduate medical professions.



U.S. Air Force 1st Lt. Zach Gilbert, 21st Airlift Squadron C-17 pilot, helps load humanitarian aid onto a C-17 Globemaster III aircraft from Travis Air Force Base, Calif., Sept. 22, 2017, at Joint Base San Antonio-Lackland Kelly Field, Texas. The humanitarian aid was delivered to St. Croix, Virgin Islands, after the island sustained damage from Hurricane Maria.

Commander's Commentary

Moreover, the Medical Group conducted a pilot study for rheumatoid arthritis that solidified treatment for 60 percent of patients. When this study closes, hyperbaric oxygen therapy may be indicated as a therapy to treat thousands of patients suffering from RA nationwide. Finally, the Med Group also had a hand in disaster relief efforts, deploying 38 medics to Houston, St. Croix and Florida to assist with treatment and

During 2017, the Mission Support Group improved processes and the wing infrastructure while garnering multiple high-level awards. The 60th Security Forces Squadron created the Home Station Training Initiative, which was elevated to Headquarters Air Mobility Command for potential command-wide adoption. This initiative will result in an overall 40 percent manning

Additionally, the squadron swept the SF Airmen categories for AMC annual awards by garnering flight NCO, Raven team leader, staff airman and flight

See KLEIN Page 25

Tailwind

Travis AFB. Calif. **60th Air Mobility Wing**

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On the cover **Medical personnel from David Grant USAF Medical Center** prepare patients for quarantine during an exercise Dec. 7, 2017, at Travis Air Force Base, Calif.

Travis' unforgettable display of readiness Commander's

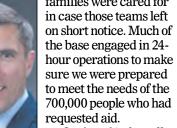
he month of August in Northern California is when summer begins to wind to a close, the days are long and beautiful and the 12,000 total force Airmen at Travis Air Force Base, California, are gearing up for an engaging fall season.

Little did we know just how engaging this past August would prove to be.

In the late days of the month, I watched Hurricane Harvey form and head straight for the Texas coast. On Aug. 25, 2017, and in the five following days, most of the nation could only sit back and watch it unleash havoc; affecting more than 700,000 people, killing more than 80 and causing a span of damage second only to Hurricane Katrina.

Catastrophic times like these, though difficult, are also the times I am most in awe of our Airmen.

In the days leading up to Hurricane Harvey's devastating landfall, Travis began posturing for a major humanitarian relief effort. If and when we got the call from the Federal Emergency Management Agency to assist, we would be ready. Maintenance personnel prepared aircraft to be in constant alert status; medical and aircrew teams assembled; mission support personnel prepared essential gear and ensured



Commentary by Col. John Klein

60TH AIR MOBILITY tion. Within 24 hours, WING COMMANDER

to meet the needs of the 700,000 people who had On Aug. 31, the call came from FEMA for additional support and the base sprang into ac-

one C-17 Globemaster III diverted on its way to Africa to provide presidential support airlift to Texas and six critical care air transport team members traveled to Arkansas, where they staged with additional aeromedical evacuation teams

Little did we know, this was just the beginning. In the three months that followed, the call came five additional times. With each call, within 24 hours, Team Travis came to help.

to care for victims.

In the wake of Hurricane Irma and then Hurricane Maria in September, additional medical and contingency response personnel and equipment flowed to southern Florida, the U.S. Virgin Islands and Puerto Rico. Our fleet of C-17s and C-5M Super Galaxy aircraft rapidly transported more than 500,000 pounds of water, Meals-Ready-to-Eat, medical supplies and search-and-rescue teams. Our aerial port, the largest on the West Coast, certified and

Commentary

processed the cargo for airlift at one point processing an entire mobile air traffic control center and later a 45,000-pound generator that provided air fidelity in St. Thomas and Puerto Rico.

After a magnitude 7.1 earthquake struck Mexico City Sept. 19, two C-17s delivered more than 220,000 pounds of medical supplies, hygiene items and food and water, as well as a 60-member U.S. Agency for International Development elite disaster team from the Los Angeles County Fire Department Urban Search and Rescue Team.

From a deluge of water in September in the south, closer to home, we saw the tragic effects of our dry summer. During the series of 250 wildfires that burned in Northern California in early October, Travis was designated a federal staging base for FEMA, housing 120 ambulances and more than 200 personnel. At the same time, fire and civil engineer teams assisted local authorities in firefighting and relief efforts across the area.

Finally, when the A.R.A. San Juan Argentine navy submarine went missing in the southern Atlantic Ocean Nov. 15, a C-5M delivered U.S. Navv undersea rescue capabilities to Argentina to assist in the search.

Through each of these



Equipment and supplies are uploaded onto a C-17 Globemaster III Sept. 9. 2017. at Naval Air Station Joint Reserve Base Fort Worth. Texas.

disasters, our Airmen willingly sacrificed time with their families, sleep and normal comforts to deliver hope to those who desperately needed it. These missions directly and immediately provided relief and reassurance to our international partners, our fellow Americans and, in some cases, our family members and friends. They hit a nerve in each of us. It could have been any one of us who had just lost our home in a hurricane or who was separated from our family after an earthquake or was anxiously wondering if our loved one was OK and alive somewhere in the Atlantic Ocean.

We operate on the pinnacle of readiness. I see our Airmen work hard every single day,

but to see them come together and put forth the major effort demanded of them to set these missions into action is something I will never forget. When the call came, they were prepared. They knew what they had to do, knew what was at stake and they came through.

In each of these missions, our Airmen reminded me why we do what we do. We can never lose sight of their fierce resolve to deliver rapid global mobility, to project American power and to bring hope and relief whenever and wherever needed. They lived out the service they promised they would give to their country. In this season and every day, they make me unwaveringly proud to serve in their ranks.

Name: Tech. Sgt. Nate Harris.

Duty title:

NCO in charge of wing electronic light bag office and flight engineer.

Hometown:

Durango, Colorado.

Time in service: 16 years.

Family:

6th Air Refueling Squadron. Spouse, Lauren; two daughters.

What are your goals?

I will finish my Certified Flight Instructor rating next month before my deployment and then I would like to attend Flight Engineer Instructor upgrade

when I return.

What are your hobbies?

I like to work with my hands and spend time outside with my family camping, hiking, running and backpacking.

What is your greatest achievement?

Raising my two beautiful daughters will be my legacy. 4 TAILWIND TRAVIS/AIR FORCE **JANUARY 12, 2018 JANUARY 12, 2018** TRAVIS/AIR FORCE TAILWIND 5

Commentary

Commit to fresh trials in new year

his time of year is a time of reflection for many. It could be where you traveled, who you saw and what you did in 2017. Some of your accomplishments may be person-

al, some professional and others related to family. Examples range from buying a car, earning a degree or get-

ting married. Whatever your goals were for 2017, I hope your reflection gives you satisfaction in having achieved

by Col. David Hammerschmidt MAINTENANCE GROUP

the goals. Congratulations and thank you. Your hard work has made you, your family, your peers and our service better. As we look to the new year. I ask that you continue to challenge yourself by setting new goals for 2018, then make a plan and share your plan with someone who will encourage you to get after it.

Undirected diligence isn't very efficient; therefore an element of planning must go into hard work.

- John Wooden, 10-time national basketball championship coach for University of California, Los Angeles

Making a resolution is identifying what we want to achieve. Tying a plan to that resolution lays out how we're going to get there. A plan also

See COLONEL Page 26



Two A-10 Thunderbolt IIs depart to continue a mission Dec. 1, 2017, after receiving fuel from a KC-135 Stratotanker assigned to the 447th Air Expeditionary Group over Syria. A-10s have been involved in fighting from Mosul to Raqqa and are currently used in the fight against the Islamic State of Iraq and Syria in countries such as Iraq, Syria and Afghanistan.

A-10s fight against ISIS

Staff Sgt. Trevor Rhynes

AIR FORCE CENTRAL COMMAND PUBLIC AFFAIRS

INCIRILIK AIR BASE, Turkey — The 74th Expeditionary Fighter Squadron is wrapping up a deployment that saw heavy involvement in the fight against the Islamic State of Iraq and Syria.

Upon arrival, their efforts were focused on Ragga for approximately three months. During that time A-10 Thunderbolt IIs partic- Lt. Col. Craig Morash, 74th ipated in an urban close air EFS commander. "The fight support role. Pilots focused on protecting friendly forc- complex of Ragga and the es as they maneuvered in the city between very large buildings in which the enemy hid and used as fighting five-story buildings. There positions.

"It was a difficult location to work in and we faced tionally trained to when we some situations that we have arrived. We reached out to not dealt with before we ar- different communities to see rived here," said Mai. Mat- what we could learn from thew Cichowski, 74th EFS them.

assistant director of operations. "Our weapons and tactics planners have done an excellent job preparing us for the variety of tactics and locations that we use and operate in."

Adapting the squadron to the new location and varied tactical situations fell to the squadron's weapons tactics planners. "When we showed up we

got thrown into this fight essentially on day one," said ating equipment and doing it perfectly every single time." The squadron's intelliitself was within the urban gence Airmen also provide vital information to pilots pilots had to get creative to before their missions, enfigure out ways to strike tarabling those pilots to adapt gets at the bottom of these to threats and challenges on the fly. was a lot of learning as this "We're trained on what wasn't something we tradithe capabilities of the aircraft are, which allows us to

give threat perspectives to

pilots with what's going on

in the area of operations and

how that affects the aircraft

"Everyone jumped on and pilots," said Senior Airboard trying to figure out soman Jake Owens, 74th EFS lutions to the problems we intelligence analyst. "We faced even though we had brief pilots on possible long days and a mountain threats they may face while of work to accomplish." Moflying missions and we're rash said. "Our intel shop also tied into the intelligence processed an unbelievable reporting, where we reamount of expenditure report targets struck to higher ports to make sure (U.S. Air headquarters. There's a lot Forces Central Command) of battle tracking and prehad an accurate picture for dictive analysis." what we were doing. Our life According to the squadsupport troops were gener-

ron's weapons and tactics chief, one of the most difficult aspects of close air support isn't physically dropping the bomb, it's making sure the rest of the process has been done correctly. The pilots assigned to the 74th EFS are trained to work through that process correctly, making sure friendly positions are confirmed, any attack restrictions make sense and are adhered to.

and they are flying above or

See A-10S Page 24

Actions have consequences

60th Air Mobility Wing Judge Advocate

Law and Order is a monthly feature detailing the previous month's military justice matters at Travis.

Publicizing this information fosters an atmosphere of good order and discipline by demonstrating how the military enforces standards of conduct.

During the month of December 2017, three Airmen received final review of nonjudicial punishment under Article 15, Uniform Code of Military a reprimand. Justice and five Airmen were involuntarily separated.

The following are tools used by commanders as a means of punishment, rehabilitation and maintaining unit good order and discipline.

Nonjudicial Punishment (Article 15s)

60th Civil Engineer Squadron A senior airman received an Article 15 for two specifications of failure to go, a violation of

na, a violation of Article 112a, UCMJ. Punishment consisted of a reduction to the grade of airman basic, forfeiture of \$799 pay and a reprimand. 60th Diagnostics and

Therapeutics Sauadron A senior airman received

Law and Order

Article 86, UCMJ. Punishment

consisted of a reduction to the

grade of airman first class and

60th Security Forces Squadron

an Article 15 for one specifica-

tion of wrongful use of marijua-

A senior airman received

See LAW Page 21

Trump inks order extending benefits

Terri Moon Cronk

DEFENSE MEDIA ACTIVITY

WASHINGTON — Transitioning service members and veterans can now receive up to a year of mental health care mental health care for one year from the Veterans Affairs Department after discharge from the service, according to an executive order President Donald J. Trump signed Jan. 9.

of new veterans who now do not

The order, "Supporting Our Veterans During Their Transition From Uniformed Service to Civilian Life," directs the Secretary James N. Mattis. Defense, Veterans Affairs and Homeland Security departments to develop a joint action plan to ensure the 60 percent

service. "We look forward to continuing our partnership with the VA to ensure veterans who have served our country continue to receive the important mental health care and services they need and deserve," said Defense

qualify for enrollment in health

care - primarily because of a

lack of verified service connec-

tion related to the medical is-

sue at hand - will receive treat-

ment and access to services for

following their separation from

"We want them to get the highest care and the care that they so richly deserve, and I've

See BENEFITS Page 21

Followers become leaders



by Chief Master Sgt. Jason Morehouse 60TH

MAINTENANCE

he frontline supervisor and subordinate relationship is not just one of the most important relationships, it's the foundation on which our subordinates' development starts. How we catch and care for our Airmen, in my opinion, is the most critical step in their professional development.

Yes, I said our Airmen. America's moms and dads give their sons and daughters to us; they give them with the expectation that we, the U.S. Air Force, will care for them. A key part of that care-plan should be intentional professional development. We do a good job training and developing great maintainers, medics and cooks, but do we, as supervisors, do a good

Chief's Commentary

job developing professional Airmen who are also great maintainers, medics and cooks? Bottom line, the front line supervisor has two jobs: develop subordinates into professional Airmen and develop these professional Airmen to be great at their craft.

The frontline supervisor and subordinate relationship is much like the parent and child relationship. Most people remember their parents or guardians who impacted their childhood much like most of us remember our very first Air Force supervisor.

See MOREHOUSE Page 26

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Aiming high key to keeping warm

n Jan. 10, 2017, on a snowy morning in Knoxville, Tennessee, I was jostling through a crowd of young men who, like me, were being herded onto buses making their way to the



to the back of

the group so

I could kiss

my girlfriend

one last time.

The way I

saw it and

the reason I

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by Airman 1st **Class Christian**

60TH AIR MOBILITY WING PUBLIC

kept shouting back at

the sergeant yelling at me to get back in line was, "It's cold out there.

Commentary

sir. I'm going to be needing just a little bit more warmth to weather it."

It's not by accident that we all know what to say after "aim high." It's what we're here for. It's what a 30-yearlong career can be summarized by. Say it like a prayer, say it because your leadership told you to, say it because people have died in the act of doing it. We're kept alive by those words and we're kept together as a unit through them.

In BMT, you don't get a lesson in what winning looks like. In BMT, the words "fly, fight, win," meant for me, flying back home, fighting anyone who gets in my way and

But this year has tempered

winning my freedom."

See CONRAD Page 24



Reservists from the 41st Aerial Port Squadron and other service members prepare to load a CH-47 Chinook helicopter onto a C-5M Super Galaxy from the 709th Airlift Squadron Jan. 6 at the Gulfport Combat Readiness **Training Center – Battlefield Airman Center. Miss.**

Services unite for training

Tech. Sgt. Ryan Labadens 403RD WING PUBLIC AFFAIRS

> the 41st Aerial Port Squadron and other Air Force, Army AFB, to the CRTC, simulat-coming to us that needs to be and Navy units teamed up for ing transportation of person-shipped out, or somebody coma joint training scenario called GRIP III Breaking Barriers ing base to another. Jan. 5-7 at Keesler Air Force Base, Mississippi and at the Gulfport Combat Readiness Training Center - Battlefield Airman Center.

Reservists, guardsmen, cithe joint effort of this training ronments.

Master Sgt. Steve Mar-

tin, 41st APS ramp assistant of training to give them the supervisor, said the primary goal of this training was to give reservists and other military members the opportunity vilians and active-duty mem- to train with aircraft, personbers from the three military nel and equipment they nor- including a CH-47 Chinook hebranches worked side by side mally don't get to encounter in licopter, light mobile tactical during this event, highlighting their everyday training envi-vehicles, Humvees and mine-

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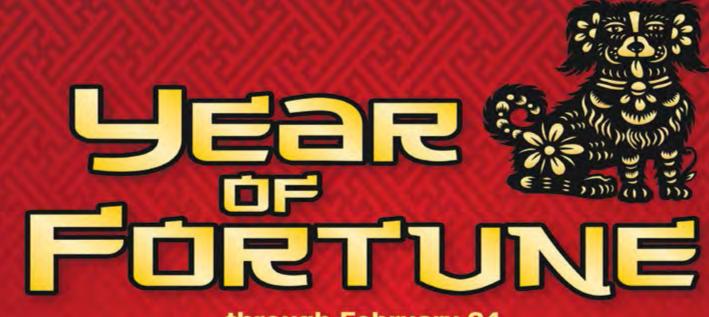


"When we deploy, we nev-1108th Theater Aviation Sus- er know who we're going to tainment Maintenance Group, have to support. It could be an KEESLER AIR FORCE Gulfport CRTC, provided UH- Army unit with 40 pieces of BASE, Miss. — Members of 60 Black Hawk helicopters to equipment that's got to be airferry personnel from Keesler lifted, it could be a Navy unit nel from one forward operating in that needs to go back to the states," said Martin. "So our guvs need this kind chance to mimic what they might encounter downrange." While at the CRTC, mem-

bers performed joint inspections of several vehicles, resistant, ambush-protected vehicles. The Navy Special Boat Team 22 from John C. Stennis Space Center, Mississippi, provided a riverine command boat and rigid inflatable boat and trailers for the APS members to practice loading and offloading as well.

While at the Gulfport CRTC. reservists from the 41st APS worked alongside Air National Guardsmen from the 186th APS, Key Field Air

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Invisible Wounds seeks interviewees

Merrie Schilter-Lowe

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The Air Force is seeking volunteers, including commanders at every level, to participate in interviews that will be used to develop a strategy to provide better care and support for Airmen and their families struggling with invisible wounds such as posttraumatic stress, traumatic brain injury and major depression.

A Booz Allen Hamilton culture assessment team will visit Travis Air Force Base. California, Jan. 22 to 26 to interview active duty and reserve members, civilians and military spouses as part of the Invisible Wounds Initiative.

"The aim of the interviews is to discover the values,

About Our MILITARY

beliefs, attitudes and behaviors surrounding invisible wounds and understand the benefits of seeking care," said Michelle Padgett, Warrior Wellness and Policy Integration director.

Those interviewed will remain anonymous and are not required to have personal knowledge of or experience with invisible wounds associated with deployments, said Padgett.

The information provided during each 60-minute session will be summarized with input from other interviews so comments cannot be attributed to any individual.

"Interview participants will be assigned an identification number and no personal information will be recorded

See INTERVIEWEES Page 25

Four Seasons

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Airman Shawn Bragg, 100th Maintenance Squadron aircraft fuel systems apprentice, secures bolts inside the confined-space trainer Dec. 15, 2017, at Royal Air Force Mildenhall, England.

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Senior Airman Justine Rho 100TH AIR REFUELING WING PUBLIC AFFAIRS

ROYAL AIR FORCE MILDENHALL, England — The access point into the wing fuel tanks of a KC-135 Stratotanker is a hatch that is about the size of a commercial air-

small opening, an Airman is of an aircraft, in order to do immediately enveloped by the their jobs. A team of Airmen smell of jet fuel and complete within the 100th MXG, each

men assigned to the 100th pertise, addressed the need to Maintenance Squadron have better prepare their personto become familiar with claus- nel by creating a standalone craft viewing window. After trophobic work spaces, such as

twisting and turning into that the fuel tanks within the wings contributing from their dif-Aircraft fuels systems Air- ferent sections and line of ex-

See TRAINER Page 25

Airman receives Purple Heart

Airman 1st Class Breanna Carter

90TH MISSILE WING PUBLIC AFFAIRS

F.E. WARREN AIR FORCE BASE, Wyo. — More than 10 years after his injury, Tech. Sgt. Douglas Smits, 90th Civil Engineer Squadron explosive ordnance disposal team leader, received a Purple Heart medal at F.E. Warren Air Force Base,

Wyoming, Jan. 5, 2018. The Purple Heart medal is one of the military's oldest driving to one of our rally

to 1782. It recognizes military plosive device," Smits said. members who were wounded or killed in combat.

In 2007, then-Senior Airman Smits went on a six-month deployment to Afghanistan in blown up, and resulted in Smits support of Operation Achilles, one of NATO's largest ground operations at the time.

"I was deployed out of Kandahar, and we were going into the Ghorak Valley to root out the Taliban, but as we were

commendations, dating back points, we hit an improvised ex-

Upon hitting the anti-tank mine, which contained more than 30 pounds of explosives, the 51,000-pound vehicle was suffering a traumatic brain in-

"It was like riding lightning, and it sent a shockwave through my body." Smits said. "My ears were ringing, and I remember looking up and

See PURPLE HEART Page 23



Air Force Junior ROTC cadets take a familiarization flight in a 1st Special Operations Wing aircraft June 27. 2017. at Hurlburt Field. Fla.

Flight Academy program launches

Phil Berube

MAXWELL PUBLIC AFFAIRS

MAXWELL AIR FORCE BASE, Ala. — Headquarters Air Force Junior ROTC has launched a program aimed at potentially putting more pilots in the cockpits of military aircraft to help address the Air Force's ongoing aircrew shortage.

Beginning in the summer of 2018, select AFJROTC cadets who applied for a new Fight Academy scholarship will attend an accredited aviation program at one of six partnering universities to get a private pilot license.

The competitive application process started in fall 2017. The names of the initial 120 scholarship recipients from the more than 800 who applied will be released in early 2018.

"The number of applicants and the demographics of the applicant pool have turned out to be beyond any we could have hoped for. It is exciting to know we can concurrently answer the number and demographic issues of the aircrew crisis," said Todd Taylor, AFJROTC Region 1 director and Flight Academy program acting director.

"... Young people electing to enter commercial aviation will have a positive impact on the overall national crisis."

- Brig. Gen. Michael

Aircrew Crisis Task Force. The task force was tasked by the Air Force chief of staff to come up with new and innovative ways to address the service's shortage of experienced aircrews. The ACTF is tackling the problem along seven lines of effort: requirements, accessions, production, absorption, retention, sortie production and industry collab-

The AFJROTC Flight Academy scholarship program is an initiative born of a joint military-industry working group within the industry collaboration line of effort that is responsible for "increasing intake." AFJROTC's Flight Acad- The working group is charged emy supports the Air Force with leveraging Civil Air Patrol.

AFJROTC and general civil aviation to bring back the "luster of aviation" to high school students and to increase diversity in avia-

"The Flight Academy initiative accomplishes two important tasks simultaneously: it helps 'get the word out' regarding the opportunities in the aviation community and it addresses the issue of diversity throughout the aviation community," said Scotty Lewis, AFJROTC deputy director and the Increasing Intake Working Group military lead.

Of AFJROTC's approximately 120,000 cadets, 58 percent are minority and 40 percent are female. Flight Academy scholarship applications mirror the demographic: 55 percent of those applying for the 2018 scholarships are female or minority ca-

AFJROTC leaders plan on collaborating with civilian aviation organizations, industry and others to provide partial funding for future Flight Academy scholarships. The scholarships pay for transportation, room and board, academics and flight hours required to potentially earn a private pilot license. The in-residence training

See LAUNCHES Page 23

Pharmacy copayments set to increase Feb. 1

60th Air Mobility Wing Public Affairs

TRICARE has announced that pharmacy copayments will increase for prescription drugs Feb. 1 for all beneficiaries except active duty service members.

The increase is mandated by the 2018 National Defense Authorization Act and applies only to medications obtained from retail pharmacies and TRICARE home delivery sermilitary pharmacies remain at no cost. Also, some survivors of active duty members may be eligible for lower cost-sharing amounts for medications.

TRICARE groups medications into three categories: generic, brand name and nonformulary, which are drugs not approved by the health care plan and must be declared medically necessary by the health care provider.

Retail pharmacy copayments for a 30-day supply will increase from \$10 to \$11 for generic drugs, from \$24 to \$28

for brand-name drugs and from \$50 to \$53 for non-formulary drugs.

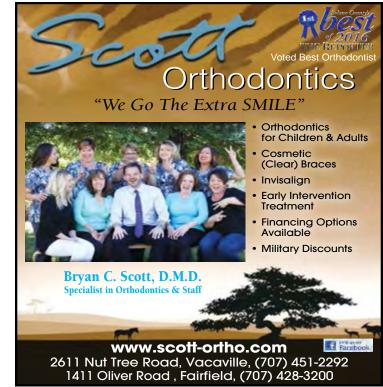
Home delivery copayments for a 90-day supply of medicine will increase from no cost to \$7 for generic drugs, from \$20 to \$24 for brand-name drugs and from \$49 to \$53 for non-formulary

TRICARE will ship nonrefrigerated medications to any address in the United States, U.S. territories or vices. Prescriptions filled at overseas military installation, except in Germany.

"Military pharmacies and TRICARE Pharmacy Home Delivery will remain the lowest cost option for beneficiaries," said Lt. Col. Ann McManis, Defense Health **Agency Pharmacy Operations** Division.

To sign up for home delivery service, visit: https:// www.express-scripts.com/ TRICARE/index.shtml.

For more information on prescription costs, visit: https://www.tricare.mil/phar-



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10 TAILWIND AIR FORCE **JANUARY 12, 2018 JANUARY 12, 2018** AIR FORCE TAILWIND 11

Two Air Force careers reunited after 21 years



Maj. Nick Hardeman, left, 379th Expeditionary Logistics Readiness Squadron distribution flight commander, and Chief Master Sgt. Nathan McCoy, 379th ELRS chief enlisted manager, stand in front of their painted squadron barrier Nov. 10, 2017, at Al Udeid Air Base, Oatar.

Master Sgt. Phil Speck 379TH AIR EXPEDITIONARY WING

AL UDEID AIRBASE, Qatar — It all started in 1996. One kid from Prattville, Alabama, and another from Baton Rouge, Louisiana, took a bus to Lackland Air Force Base, Texas. They were both a little scared and excited to become the U.S. Air Force's newest Airmen. Though they grew up about 400 miles apart and spent six weeks together in the same flight at Basic Military Training, their Air Force journeys separated them after graduation by thousands of miles and trips around the lead."

Twenty-one years later, the Air Force brought them together again at the 379th Expeditionary Logistics Readiness Squadron.

Maj. Nick Hardeman, the distribution flight commander, and Chief Master Sgt. Nathan McCoy, the chief enlisted manager, currently work together cool," said Hardman. "I was at Al Udeid Air Base, Qatar.

bers sitting in the day room on their first day of BMT with his flight mates as the military training instructors asked for volunteers for dorm chief and element leaders. Most trainees are too scared to speak up at first as they were told, "don't volunteer for anything," before leaving for BMT.

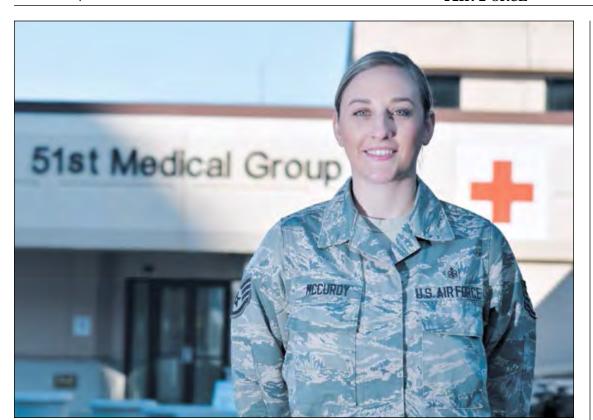
"What I remember about Nate is that he was the first one, raised his hand, stood proud, stood tall and said he was the team captain for his basketball team." Hardeman said. "Since day one, he's always been the one to stand up and take the

Their flight was affectionately called the Bad News Bears and the two agreed they were out of the running of being honor flight graduates within the first week.

"The big reason I joined the Air Force was I didn't have a whole lot of other options, and I thought 'Hey this might be

See REUNITED Page 22





Staff Sgt. Cassidy McCurdy, 51st Medical Group independent duty medical technician, poses for a photo Dec. 21, 2017, at Osan Air Base, South Korea.

Medic helps on flight

Staff Sgt. Franklin R. Ramos 51ST FIGHTER WING PUBLIC AFFAIRS

OSAN AIR BASE, South Korea — While returning from leave, an Osan Air Base Air- time I had to 100 percent rely man sprang into action, saving on myself to know what to do the life of a fellow passenger midflight Nov. 11, 2017.

After visiting family in Santa Ana. California. Staff Sgt. Cassidy McCurdy, 51st Medical Group independent duty medical technician, was heading back from leave on a flight from San Francisco to Seattle. when things took an unexpected turn.

"I was taking a nap and there was some commotion going on in the back (of the aircraft)," said McCurdy. "Then the (flight attendants) asked if there was a doctor or emergency medical technician onboard.'

McCurdy sprung to action to assess the situation onboard.

"I got up and there was a woman in cardiac arrest," said McCurdy. "There were no other medics around (at the mo-

ly reacted and did everything I've been trained to do through the emergency medicine protocols that we do. It was the first (in a cardiac arrest situation)."

It took around two minutes of cardiopulmonary resuscitation for the victim to gain consciousness.

"She quickly gained consciousness. Then another gentleman moved her to the back where the flight attendants sit," said McCurdy. "So from there we just got her stable, she started vomiting and another nurse came back and assisted."

McCurdy has more than five years of experience through the USAF in the medical field. including two years as an IDMT.

"(As an IDMT) we're essentially physician extenders trained on anything in the hospital. We're able to see patients, prescribe medication, diagnose and treat them under a flight surgeon," said Mcment) and she didn't have a Curdy. "We're supposed to be has taught me allowed me to do pulse, so I started to do chest like a mini hospital ourselves, so in a moment's notice.'

compressions. I just complete- so if we deploy, we can help take care of everything like dental, labs, pharmacy, public health, water testing, etc."

> McCurdy had to apply what she learned throughout her military career to help aid the

administered oxygen, maintained her vitals, obtained glucose readings and made sure she staved stable." said McCurdy. "I was able to do a full neurological exam to rule out a couple of other things."

Once the aircraft landed, emergency responders from the ground transported the patient to the emergency room.

"I feel very grateful I was there. She truly was my reason for being on the plane that night. It has been more than a month since this happened and each day I have wondered if what I did was enough and how she is doing," said McCurdy. "I ioined the medical field to help people, so it feels great knowing that the skill set the Air Force

Evaluations after first year no longer required

Secretary of the Air Force Public Affairs

WASHINGTON — Air Force officials announced Jan. 4 that Enlisted Performance Reports are no longer required for regular Air Force Airmen in the grade of airman first class and below with less than 36 months' Time-In-Service or Air Reserve Component Airmen below the grade of senior air-

This policy change supports Air Force senior leaders' focus on revitalizing the squadron and saving Airmen time. It is intended to eliminate an unnecessary administrative requirement and empower frontline supervisors, raters and commanders to frequently engage with their Airmen face-to-face, said Lt. Gen. Gina Grosso, deputy chief of staff for Manpower, Personnel and Services.

"While the Air Force values the contributions of all enlisted personnel, the requirement to document performance in a formal evaluation prior to the grade of senior airman is not necessary," said Grosso.

Instead, the Air Force has additional means available to document an Airman's performance and to ensure he or she is meeting the training, developmental and experiential skills required to perform as professional Airmen.

Performance feedback and Airmen Comprehensive Assessments will still be reguired. Initial feedback sessions will occur within 60 days of raters taking over as supervisors and then every 180 days until an EPR occurs.

The removal of EPRs prior to promotion to senior airman will allow Airmen more time to learn their primary skills and missions before their performance is documented on an EPR, Grosso said.

All active-duty enlisted Airmen will receive their initial evaluation upon reaching their first March 31 Static Close-out Date after either promotion to senior airman. or after completion of a minimum of 36 months' time-inservice, regardless of grade, whichever occurs first. All Air Force Reserve Component enlisted Airmen will receive initial evaluations upon

See EVALUATIONS Page 25



Officer embraces uncharted path as amputee

Shireen Bedi

AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

Editor's note: This is part one of a series following an Airman through her cancer treatment and amputation. Part two appears on Page 13.

FALLS CHURCH, Va. — Mai. Stephanie Proellochs, a Medical Service Corps officer, was fighting cancer, overcoming the odds and set on returning to active duty. Unfortunately, just when the finish line was in sight, new challenges presented themselves.

After a year of treatment and the amputation of her left foot, Proellochs thought she was cancer-free in November 2017. She was not. Her cancer had spread, and will require additional treatment. Her drive to overcome cancer, her commitment to rejoin her fellow Airmen and her relentless- a treadmill with a smile from ly sunny and positive attitude are all still present and stronger than ever.

The first part of her story showcases an Airman exhibiting strength and gratitude through the highs and lows of her treatment journey.

"Every journey begins with



Maj. Stephanie Proellochs relies on her wheelchair as she heads in to her daily physical therapy session Nov. 8, 2017, at Walter Reed National Military Medical Center.

ear-to-ear.

Most Airmen are not excited about exercising on a treadmill. but Proellochs is not your average Airman. As a recent amputee, this single step marked an important milestone on her road to recovery. Her journey has highlighted how patienta single step," read the centered principles of trusted

ture of Proellochs walking on jured Airmen at all levels of

For Proellochs, who has served for 10 years, it all started in late 2015 with unbearable pain in her left foot. That began a yearlong quest to find the root cause of her pain, a journey that drastically changed her life.

"I started seeing doctors, being referred to specialists and tests," said Proellochs. "My health care team was decause of my pain and get me back to work."

Her quest for answers led her to an orthopedic oncologist at Walter Reed National Military Medical Center in November 2016.

"The first thing he said to

Facebook caption under a pic- care help wounded, ill and in- out," said Proellochs. "They removed the tumor in December 2016."

While most would be shocked at the thought of a tumor, Proellochs had some prior experience with a benign tumor in the same foot. She assumed once doctors removed the tumor, her ordeal would be

However, in January 2017 she learned that her tumor was malignant and her foot needtermined to find answers to the ed to be amputated. Insisting on holding off on such a lifechanging operation, Proellochs opted to undergo months of radiation therapy instead. By June, Proellochs thought she was healed and ready to go back to work.

Unfortunately, not long after

her tumor was metastatic and had spread from her foot.

"It was at that point I said, 'Take the foot'," said Proellochs. "When I found out it was on the move, it was time for the foot to go."

For anyone, an amputation of a limb is a life-altering experience that nobody is prepared for. Fortunately, Proellochs' husband and his experience working with amputees made the upcoming transition a bit

"My husband, John, volunteers for a nonprofit organization that is focused on working with wounded veterans who have disabilities like amputations," said Proellochs. "He was familiar with life after amputations and conversations about what life would be like was common in our household. With the help of my husband and his experience, I felt prepared for it. And now he got his own amputee."

Knowing life as an amputee would be different, Proellochs wanted to have one last "tour' with all 10 of her toes. This motivated her to plan a "Farewell to Foot Tour" with her family.

"I wanted to put both of my feet in the sand one more time. My family, friends and I planned a vacation to commemorate the last time I would be able to do this with my left foot. We all met up and took pictures of my 10 toes in the sand and two feet in the water for the last

In September 2017, Proellochs underwent surgery to amputate her foot at Walter Reed National Military Medical Center in Maryland. The procedure was a below-the-knee, trans-tibia amputation on her left leg. This type of procedure will give her a strong chance at regaining a functional limb, and enable her to return to an active lifestyle.

"After speaking with my health care team at Walter Reed, I felt comfortable moving forward with the amputation," said Proellochs. "The team here has such an amazing reputation, so I knew I was in good hands.3

Major takes steps to walk after surgery

AIR FORCE

AIR FORCE SURGEON GENERAL PUBLIC AFFAIRS

JANUARY 12, 2018

Editor's note: This is part two of a series following an Airman through her cancer treatment and amputation. Part one appears on Page 12.

FALLS CHURCH, Va. — Maj. Stephanie Proellochs, a recent amputee, gazes up at the rock-climbing wall at Walter Reed National Military Medical Center's physical therapy center in Bethesda, Maryland. She recalled the time she witnessed a service member who had lost his arm effortlessly climb his way to

"Yeah, I'm climbing that wall soon. Just watch," said Proellochs, a Medical Service Corps officer.

On the surface, this physical therapy center looks like a normal gym with its energetic music, exercise equipment, and rock-climbing wall, all surrounded by a running track. Look closer and you see service members recovering from amputations, overcoming challenges and making remarkable progress as they return to duty.

Proellochs is one of those patients taking her first steps with her prosthesis on the road to re-

Proellochs spent months receiving treatment for a cancer diagnosis that culminated in the amputation of her left foot in September 2017. Now learning to walk with her prosthesis, Proellochs shows a resilience that has been with her throughout all the phases of her diagnosis, treatment and beginning of her recovery journey. Equipped with a daring sense of humor and support from her family, she demonstrates internal strength and resilience that are so critical to recovery.

That attitude was on full display right before she took her first steps. Proellochs and her husband, John, decided to spend Halloween at Walter Reed with other patients, physicians and physical therapists.

"Halloween here is on another level," said Proellochs. "Former patients even come back because everyone gets really excited about it and takes the cos-

Proellochs embraced all these challenges with a smile. Her attitude and appreciation for the support she has received helped her build meaningful relationships with her physical therapists and other patients. These connections have helped her cope and prepare for what to expect when taking these crucial first steps in a prosthesis.

"I was told that it's the lit-

tume contest seriously."

Proellochs was no exception. She won the costume contest with her amputation creatively dressed up as the iconic alien from the film "E.T." and her wheelchair fashioned to look like the familiar bicycle with a basket over the handlebars.

"Stephanie manages to make me laugh at every appointment," said Kyla Dunlavey, a physical therapist working with amputee patients at Walter Reed. "Her 'E.T.' costume is just one example of her humor. It was the best I had seen in my 14 years here."

tle things that you don't think of that you take for granted." said Proellochs. "For example, you can't feel the ground so you need to rethink about foot placement. Some other amputees have said that no matter how well you was ready to take her first steps brought to tears and we could not



TAILWIND 13

Maj. Stephanie Proellochs, a Medical Service Corps officer and recent amputee, takes some of her first steps in her new prosthesis, Nov. 15, 2017.

think you've got it down, you on Nov. 10, 2017. will never pick your foot up high

Despite a minor setback that delayed her from receiving her prosthesis sooner, Proellochs

"The moment I stood up I felt total elation. I can't begin to describe it but it was a very emotional moment," said Proellochs. "My husband and I were both

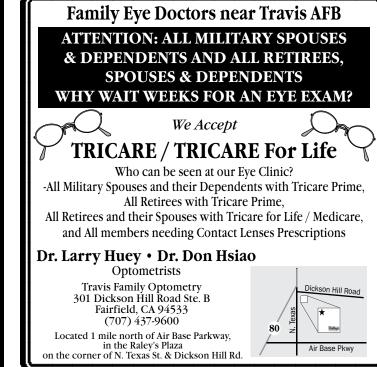
even look at each other when I first stood up."

That total elation is plain to anyone who sees Proellochs walking on her new prosthesis. It is easy to see how eager she is to

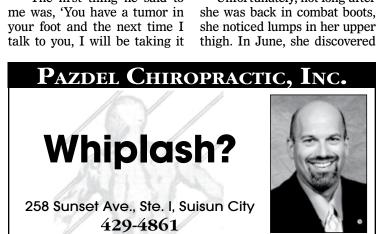
See STEPS Page 24



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www.PazdelChiropractic.com



See AMPUTEE Page 22

14 TAILWIND AIR FORCE **JANUARY 12, 2018**



More than 1,700 family members and mentors gathered for the Snowball Express balloon release Dec. 9, 2017, in Dallas, Texas.

Snowball Express cares for children

Airman 1st Class Alexis Christian

21ST SPACE WING PUBLIC AFFAIRS

PETERSON AIR FORCE BASE, Colo. — She felt ex- ed to do was to hug them and hausted, mentally, physically, and emotionally.

dren went through on a dai- mary care element noncom- days of fun, hope, friendship

her heart. To her they were and two other volunteers the holiday season. vulnerable was an amazing 2017. opportunity. All she wanttake away their pain.

Seeing what these chil- 21st Medical Squadron pri- is meant to offer them five ly basis was enough to break missioned officer in charge, and new memories during

so strong, and being able to participated in Snowball Exgive them a safe place to be press in Dallas, Dec. 9-13,

Snowball Express is an all-expenses paid event for children of fallen mili-Tech. Sgt. Rebecca Place, tary members. This event

This is not the first volunteer event these volunteers have attended that caters to Gold Star families. This was the first Snowball Express for two of them, however, they have all volunteered with the Tragedy Assistance Program for Survivors.

See SNOWBALL Page 19

DOD to face audit

Jim Garamone

DEFENSE MEDIA ACTIVITY

WASHINGTON — A departmentwide audit is important for business reform, for Congress and for the taxpayer, the Defense Department's comptroller told the House Armed Services Committee Jan. 10.

The process has started for the first department-wide audit in DoD history, David L. Norquist said. Defense is the largest department in the executive branch and has assets around the world.

Defense Secretary James N. Mattis and Deputy Defense Secretary Patrick M. Shanahan are fully behind this effort, Norquist told the committee.

While the department has auditors looking at various contracts or processes, "this is the first time the department will undergo a full financial statement audit," he said. "A financial statement audit is comprehensive and occurs annually and it covers more than financial management."

> Audit's purpose This audit will verify the **See AUDIT Page 19**



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rea ceeps base ercise







Airmen from the 60th
Medical Group make
preparations for setting up
a point of dispensing as part
of an exercise on Travis Air
Force Base, Calif., Dec. 7,
2017. The POD setup trained
Airmen in the execution of
a disease containment plan
in the event a real-world
outbreak were to ever occur
on base.

U.S. Air Force photos by Lan Kim







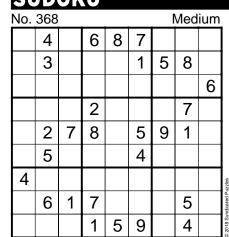


Puzzles

STR8TS No. 368 Medium Previous solution - Toug

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

SUDOKU



The solutions will be published here in the next issue

60th AMW Information Protection office no. longer offers walk-in fingerprint hours. All requests are done on Thursdays and by appointment only. Schedule an appointment by calling 707-424-3114 or by emailing 60amw.ip@ us.af.mil. Fingerprinting is only for federal employment and for agencies with a valid support agreement

to sons and daughters of active duty reserve Guard or retired military commissary customers. Recipient must be enrolled or planning to enroll full-time in a four-year undergraduate college or university accredited in the U.S. or a two-year community college, with a GPA of 3.0 on a 4.0 basis. For more information, call Marye Dobson at 804-734-8000, ext. 52781, Jim Weiskopf at 202-607-1067 or visit www.militaryscholar.org.

L&D open house. The David Grant USAF Medical Center's labor and delivery unit will hold an open house from 9 a.m. to 1 p.m. Jan. 20 for the base community, including parents with small children. Guests can tour the unit, meet the clinical team, ask questions and find out what to expect when expecting a child. There will be a cookie bar and the opportunity to win several prizes, including a massage package and breast-feeding gift basket. The L&D unit is on the fourth floor near the Women's Health Clinic. For more information, call 1st Lt. Cynthia Turner at

Foundation scholarship program. Will begin accepting applications for the 2018-19 academic year Jan. 15. All residents, including spouses and children, who live at a BBC-owned and managed property are eligible to apply. Applications must be submitted at www.bbcommunitiesfoundation. org by March 31.

DGMC Chapel Latter-day Saints Service: 4 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

Gospel Worship Service: 11:30 a.m. to

Protestant Men of the Chapel: 8 to 9 a.m.,

Twin Peaks Chapel

DGMC Chapel

Protestant Traditional Service: 10 to 11

Airmen's Ministry Center

Home-cooked meal at 6 p.m. Tuesday's followed

For more information about chapel

programs, call Twin Peaks Chapel at 707-424-

The Peak is open from 6 to 9 p.m

Monday through Friday at Bldg. 1348.

at 7 p.m. by Bible study.

• Protestant Women of the Chapel: 9:30 to

Children's Ministry is provided for

6-month-olds through fifth grade

first Saturday of every month.

• Protestant Community Service: 9:30 to 10:30 a m. Sunday

12:30 p.m. Sunday.

11 a.m. Tuesday

federal holidays

Ave.. Fairfield

- Sacrament of Reconciliation/Confession:
- 4:30 to 5:30 p.m. Wednesday or upon annointment
- Infant Baptism Prep Class: Two classes.
- Youth Choir: 1 p.m. Sunday.
- Adult Choir: 4 p.m. Sunday.
- Catholic Women of the Chapel: 6 p.m.
- Rite of Christian Initiation of Adults: 6 to
- RE Classes: 10:15 to 11:30 a.m. Sunday,
- Mom's Group: 9 to 11:30 a.m. Thursday

In the next week ...

Building rededication. The served, but all other meals provided. 60th Maintenance Squadron is hosting a building re-dedication ceremony at 3 p.m. Jan. 12 at the 60th MXS Heritage Room.

Pharmacy closings. The nain pharmacy in the David Grant USAF Medical Center and the pharmacy refill center in the base exchange mini mall will be closed Jan. 15 in observance of Martin Luther

King Day. Both pharmacies also are closed for training the fourth Thursday of the month from 7:30 a.m. to 1 p.m. For more information, call 707-423-7657.

Sierra Inn dining facility closure. The DFAC, Sierra Inn, will close Jan. 15 for an extended time due to remodeling. All dining services will be moved to the Delta

Breeze Club. Midnight chow will not be

DGMC Chapel

Roman Catholic Mass: Noon to 12:35

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

p.m. Monday through Thursday, except for

TRICARE town hall meeting. TRICARE announced a number of changes this year, including pharmacy co-payment increases for prescriptions obtained from retail pharmacies and from TRICARE home delivery services. To hear more about TRICARE changes and how they will affect you, attend the town hall meeting Jan. 17 at 2 p.m. in the David Grant USAF Medical Center auditorium

Travis AFR Heritage Center

5883

Behind-the-Scenes Tour. 9:30 a m to 12:30 n m lan 18. Donuts and coffee provided Free For more information, contact the Heritage Center at 707-424-

60th FSS

Events and information

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.

Recurring

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

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 travsopcombatptsd@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

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://pptform.

state.gov and/or https://travel.state.gov. For

Hometown News Release, visit https://jhns.

LGBT Alliance. General membership

Wednesday of every month at the Airman and

Family Readiness Center For more information

Mare Island Museum. Now a Blue Star

Hometown News Releases. To submit a

more information, call 707-424-5324.

release.dma.mil/public and fill out the

meetings take place at 6 p.m. the first

email lgbtalliance707@gmail.com or call

Museum which means active-duty military

reservists and their family members are eligible

for free admission from Memorial Day to Labor

10 a.m. to 2 p.m. Monday through Friday, 10

a.m. to 4 p.m. Saturday. For more information,

Day. 1100 Railroad Ave. on Mare Island in Vallejo.

information

707-424-2486

of U.S. citizenship certified copy with state 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.

Air Force Sergeants Association

membership meetings are at 3 p.m. on the

"Walter E. Scott" Chapter 1320. General

second Friday of every month at Wingman's in

the Delta Breeze Club. For more information,

contact Senior Master Sgt. Angell Nichols or

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 overnass Construction is scheduled for completion in October For more information visit http://bit ly/1yNIBwV.

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

• 9 p.m. "Three Billboards Outside Ebbing, Missouri" (R)

Saturday

• 7 p.m. "12 Strong" (R, free advanced screening)

• 2 p.m. "Ferdinand" (PG)

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 identifica-

tion. 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

Servicemembers Group Life Insurance form are

two of the most-critical documents a service

throughout a military career. Commanders,

Affairs personnel rely heavily on these two

documents as a vital source of information

or death of the service member.

707-424-3114

when a crisis occurs resulting in serious injury

60th Air Mobility Wing Information

Protection Office. The office has the

following walk-in customer service window

8 to 11 a.m. Friday. For emergencies, call

hours: 8 to 11 a m, and 1 to 4 p m. Monday

through Thursday as well as window hours from

Solano/Napa Habitat for Humanity

recurring events Tuesday through Saturday. For

Travis Community Thrift Shop. 10 a.m.

to 2 p.m. Tuesday and Thursday. Ongoing need

Travis Composite Squadron 22 Civil

donations. For more information, contact the

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

This organization welcomes volunteers and

supporters from all backgrounds. There are

more information, email Staff Sgt. Mathew

Clayton at mathew.clayton@us.af.mil.

for volunteers to organize, sort and price

Thrift Shop at 707-437-2370

Casualty Assistance personnel and Mortuary

Emergency Data, aka vRED, and the

member is responsible for maintaining

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 Riderys 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

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

• 6:30 p.m. "Coco" (PG)

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.

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:

• Deirdre Mullin, 60th Medical Operations Sauadron.

 Jessica Pope, 349th Air Mobility Wing. 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 Bldg. 1348. Served from

11 a.m. to 1 p.m. every Wednedsay. For active

duty, Guard, reservist and their families.

Local events

Art exhibits

Artiszen Cultural Arts Center. Gallery open 11 a.m. to 5 p.m. Wednesday and Thursday, noon to 6 p.m. Friday, 11 a.m. to 3 p.m. Saturday, 337 Georgia St., Vallejo. 649-8984, www.artiszen.org.

ArtPhit. Open 10 a.m. to 6 p.m. Wednesday through Saturday, 726 Texas St., Fairfield, 439-3573.

Arts Benicia. "Art of Community," Jan. 27 through Feb. 25; open noon to 5 p.m. Wednesday through Sunday during exhibitions, 991 Taylor St., Suite 114, Benicia. Free. 747-0130, www.artsbenicia.org.

Benicia Plein Air Gallery. Susan Street is January's featured artist, reception 3 to 5 p.m. Saturday: open 11 a.m. to 5 p.m. Thursday through Sunday, 307 First St., Benicia, 495-2940, www.beniciapleinair.com

The Corner Store Gallery. Open 8 a.m. to 5 p.m. Monday through Friday, 10 a.m. to 3 p.m. Saturday, 320 Cernon St., Vacaville. 688-8889, www.thecornerstoregallerv.com.

El Comalito Collective. Portraits and Landscapes from Xico Gonzalez, through Feb. 3, reception 5 to 9 p.m. Friday; open 10 a.m. to 3 p.m. Friday, 9 a.m. to 3 p.m. Saturday, 10 a.m. to 3 p.m. Sunday, 302 Georgia St., Vallejo.

"NEWS NOTES" BRIEFS MUST BE SUBMITTED TO 60AMWPA@US.AF.MIL SEVEN DAYS BEFORE THE EVENT DATE. CALL THE 60TH AIR MOBILITY WING PUBLIC AFFAIRS OFFICE INTERNAL INFO SECTION AT 424-2011 FOR MORE INFORMATION.

Retiree Corner New military retirement

system takes effect WASHINGTON — One of the most wide-reaching and significant changes to military pay and benefits over

the past 70 years went into effect Jan. 1, with the implementation of the Uniformed Services Blended Retirement System. The new system blends

aspects of the traditional defined-benefit retirement pension system, with a defined-contribution system of automatic and matching government contributions through the Thrift Savings Plan.

All new entrants into

the uniformed services on or after Jan. 1 will be enrolled in this new retirement system, Pentagon officials said. The uniformed services are the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service Commissioned Corps and the National Oceanic and Atmospheric Administration Commissioned Offi-

Like Sudoku, no single number can

rows and columns are divided by black

squares into **compartments**. These need to be filled in with numbers that

of numbers with no gaps but can be in

any order, eq [4,2,3,5]. Clues in black

cells remove that number as an option

in that row and column, and are not part

see how 'straights' are formed.

Previous solution - Easy

1 2 7 9 8 4 5 3 6

 4
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 9
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 1
 2
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 5

1 3 5 9 2 6 4 8

To complete Sudoku, fill the board

that each row, column and 3x3 box

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

other puzzles, check out our books,

iPhone/iPad Apps and much more on

If you like Str8ts, Sudoku and

our store at www.str8ts.com

contains every number uniquely.

ering numbers 1 to 9 such

of any straight. Glance at the solution to

omplete a 'straight'. A **straight** is a set

cer Corps. Nearly 1.6 million current service members have the option to remain in the current legacy "high-3" retirement system or to choose the BRS when the opt-in period for eligible service members opened Jan. 1.

- Air Force News Service

News Notes

Information Protection office hours.The

Scholarships for military children. Open

707-423-3619. **Balfour Beatty Communities**

Recurring events

Chapel programs

Catholic

Twin Peaks Chapel • Roman Catholic Mass: 9 a.m. and noon

• Children's Church: 10:15 a.m. Sunday.

Registration required. 6 to 7 p.m., quarterly.

Children's Choir: 2 p.m. Sunday

• Women's Bible Study: 10 a.m. (at First Street Chapel)

first Monday of every month, Annex.

7:30 p.m. Wednesday, Annex.

First Street Chapel

JANUARY 12, 2018 TAILWIND 19



Department of Defense photo/Army Sgt. Amber I. Smith

Under Secretary of Defense David L. Norquist, comptroller, provides testimony on the Fiscal Year 2018 National Defense Authorization **Budget Request from the Department of Defense to members of the Senate Committee on Armed Services Dirksen Senate Office Building** June 13, 2017, in Washington, D.C.

Audit

From Page 14

count, location and condition of military equipment and real property. "It tests the vulnerability of our security systems and it validates the accuracy of personnel records and actions," Norquist said.

The department will have 1,200 financial statement auditors assessing the books and records to develop a true account of the state of the department, the comptroller said. It will take time to pass all the process and system changes necessary called "clean opinion," he said. He noted that it took the Department of Homeland Security – a much smaller and newer agency – 10 years to get a clean audit.

"But we don't have to wait to see the benefits of a clean opinion." Norquist said. "The financial statement audit helps drive enterprise improvements to standardize our business practices and improve the quality of our data."

The audit will provide information and accountability to the American people. "The taxpayers deserve the same level of confidence as a shareholder that DoD's financial statement presents a true and accurate picture of its financial condition and operations," he said. "Transparency, accountability

and business process reform are some of the benefits of a financial statement audit."

An audit will improve accountability, the comptroller said, noting that, for example, an initial Army audit found that 39 UH-60 Black Hawk helicopters were not properly recorded in the property system. "The Air Force identified 478 structures and buildings at 12 installations that were not in its real property system," he said.

The audit should cost about \$367 million in 2018, Norquist said, which is about the same percentage of the overall budget that large firms like Procto pass the audit and get a so- tor and Gamble or IBM spend on their audits. "We also anticipate spending about \$551 million in 2018 fixing problems identified by the auditors," he

> Finding better ways to do business will allow DoD to invest in greater lethality for the force, the comptroller said.

Snowball

From Page 14

TAPS is a support program for anyone who has lost a loved one in the military. They offer seminars, camps, retreats and online chat groups so families never have to feel alone.

These programs are meant to provide emotional support and healing for families who have lost military family members. They also give these families a chance to meet each other and form new bonds with others who have gone through similar situations.

"These kids' worlds have been turned upside down by a loss, then a secondary loss when they were disconnected from their military communities," said Marnie Herbert, 21st Medical Squadron mental health technician. "They are reconnecting with others just like them. They support each other during the grief process and help each other not to feel so alone."

These events give military members a chance to see the impact they have on the families of the fallen. Place started her journey with the TAPS program back in 2001. At the time, she was stationed in Washington, D.C., as a member of the United States Air Force Honor Guard. After spending months performing funeral ceremonies at Arlington National Cemetery, she realized that she didn't really get to interact with the families as much as she had hoped.

"Once I volunteered at my first TAPS Nationals over Memorial Day weekend, I was hooked," Herbert said. "This was a way to give back to these families and let them keep their military connection."

give grieving families a safe space and the tools to help them heal, and to connect them with other families that understand what they are going through. These events are powerful and emotional, and not just for the families involved, but also for the mentors. The staff makes sure that mentors are also getting proper self-care and support.

During these events some mentors can feel overwhelmed, or find themselves reliving past griefs. For these instances, chaplains are always available for the mentors to speak to, or they can step turning to their mentee.

"I think there's something very powerful and humbling about being a support for a hurting child," said Herbert. "So many military members have also experienced loss themselves and I've seen healing during the mentor's journey by drawing on the strength of the kids."

Herbert explained how volunteering at these events can really help military members see how they are part of a big community. For some, it offers comfort knowing that should something happen to them, there are people who are going to make sure their families are taken care of.

"TAPS really piqued my interest as I work in mental health, but I'm also a military spouse and have young kids whose identity is framed around being raised in the military lifestyle," said Herbert. "It was so touching to watch kids who have attended before reach out to the first time attendees and show them the ropes."

At the end of these events. continue their relationship

TAPS events are meant to with their mentee, in hopes that when they attend another event they will be paired again. This helps create a level of comfort for the child to help continue their journey with someone who already has an understanding of their situation.

> "The bonds that you form with these kids are incredible," said Place. "I've kept in contact with many of my 'kids' over the years and have watched them grow into amazing young men and women who are now doing great things in the world."

It might seem difficult to imagine discussing grief with out and take a break before re- a child. Place said there can be a fear that the child won't like you and that you might say something wrong. She said that if you just follow the child's lead, then everything will be OK.

> The very first event that Herbert attended was a TAPS Suicide Survivor Seminar, She was nervous about the heaviness of the event, and that the connection with her child wouldn't be as organic as evervone said it would be.

> "Here I am, a 33-year-old adult, worried that this kid wouldn't like me," said Herbert. "Just the opposite happened – we were perfect for each other."

> Herbert continued by explaining, these kids really look up to the mentors that volunteer at these events. They provide a level of support that influences them greatly.

"I kept hearing different survivors during Snowball Express saying that once they saw a TAPS person, they knew they would be OK," said Place. "They have a level of trust in us that we can help them with anything. You form bonds mentors are encouraged to with them that you didn't think you could."



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20 TAILWIND **JANUARY 12, 2018**

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local worship services

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- 9:15 AM SUNDAY SCHOOL 10:30 AM * MORNING WORSHIP • KID'z CHURCH Grades K-5th
- 10:00 AM WFDNESDAY SENIOR PRAYER
- 7:00 PM WEDNESDAY NIGHT Adult Bible Study Girl's Club
- Royal Rangers Revolution Youth *Nursery Care Provided

⁷⁰⁷**425-3612** 2207 UNION AVE., FAIRFIELD www.1agff.org

BAPTIST



Tuesday

With Us... St. Paul

2500 N Texas Street, Suite H Fairfield, CA 94533 Rev. Dr. Terry Long, Pastor

Sunday Sunday School: 10:00 a.m. Morning Worship Service: 11:00 a.m. Children's Church: 11:30 a.m.

Prayer Meeting: 6:30-7:00 p.m. Bible Study: 7:00-8:00 p.m.

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



BAPTIST



Southern Baptist Convention

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

Sunday:
Worship Service & Bible Study.
Worship Service & Rible Study

worship service & bible study9:00 am
Worship Service & Bible Study 10:30 am
Evening Worship & Prayer6:00 pm
Wednesday:

Diffict (SeptMay)	4:4) PII
AWANA (SeptMay)	6:00 pn
Youth	6:00 pn
Choir	.6:30 an
Bible Study 10:00 am,1:30 pm, 3:30 pm &	6:30 pn
A home for Military families sinc	e 1960
	Youth Choir

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Dr. Claybon Lea, Ir., Senior Pastor

email: info@1agff.org



Baptist Church

Suisun Campus 601 Whispering Bay Lane T.N.T. Bible Study Tuesday Noon Teaching, 12 p.m. Sunday Worship, 10:30 a.m ORDINANCES 1st Tuesday @ 12:00 p.m.

Fairfield Campus
1735 Enterprise Drive, Bldg. 3
T.N.T. Bible Study
Tuesday Night Teaching 7:00 p.m.
AWANA Bible Study 7:00 p.m.
ay Worship 7:00 a.m., 9:30 a.m. & 11:45 a.m.
Childrenby Church 11:45 a.m. Children's Church 11:45 a.m Youth & Collegiate Church 11:45 a.m. 1st. 2nd. & 3rd Sunda Nursery provided at 11:45 a.m.

ORDINANCES Please call the Church Office for

(707) 425-1849 Website: www.mcbcfs.org

BAPTIST



301 N. Orchard Ave., Vacaville 707.448.5848

SUNDAY
Classes for all ages 10:00 an
Worship11:00 an
CORE Bible Studies 12:30 & 5:00 pn
(0 10 4/1 0 1

WEDNESDAY Adult Studies **AWANA for Kids** ..6:15 pm Adult & Youth Studies6:30 pm

CHURCH OF CHRIST

YOU are the one that God loves the most Come worship with us so we can learn from **YOU**.



Jesus said, I am the resurrection, and the life: he that believet

S	unday Morning Bible Study .	9 AM
S	ounday Morning Worship	10 AN
S	Sunday Evening Worship	6 PM
V	Wed. Evening Bible Study	7 PM
	Homologe ministru at Mice	ion Colono

Rescue Mission 1st Friday of month 6-8 PM

CHURCH OF CHRIST - SOLANO

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4221 Suisun Valley Rd, Fairfield 9:00 a.m. Sunday Morning Bible Study

9:50 a.m. Sunday Morning Worship 5:30 p.m. Sunday Evening Worship 7:00 n.m. Wednesday Evening Bible Study

We welcome and encourage you to come and hear the good news of the gospel of Christ, and to learn about eternal salvation for all mankind that is offered through Jesus.

"And there is salvation in no one else: for there is no other name unde heaven that has been aiven amona mer by which we must be saved." Acts 4:12 Bring a heart and mind willing to hear God's Word and to do His great will..

For more information or directions, please visit our website at www.rockvillecofc.com

EPISCOPAL



Grace Episcopal Church

st & Kentucky Streets, Fairfiel 425-4481

Sunday Services:

8:00 a.m. Holy Eucharist Rite I 9:15 a.m. Pastor's Forum 10:00 a.m. Holy Eucharist Rite II **Tuesday Service:**

10:00 a.m. Healing Eucharist Childcare Provided for all Services For additional information, contact the office at 425-4481

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www.tlcps.org Rev. Dr. Dan Molyneux, Pastor

NON-DENOMINATIONAL



8:00 AM 9:30 AM inish Transl. Available) 11:30 AM

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2641 N. Texas St. Fairfield, CA 94533 **JANUARY 12, 2018** Tailwind 21

Benefits

been working very hard on that with (VA Secretary David J. Shulkin) and with evervbody. It's something that is a top priority," the president said. "We will not rest until all of America's great veterans receive the care they've earned through their incredible service and sacrifice to our country."

Shulkin noted that as

er risk of suicide and mental health difficulties. "The Department of

service members transition to

veteran status, they face high-

Homeland Security is where many veterans find a second opportunity to serve their country - nearly 28 percent of our workforce has served in the armed forces, in addition to the 49,000 active-duty members of the United States Coast Guard." said Homeland Security Secretary Kirstjen M. Nielsen.

Law

From Page 5

tra duty and a reprimand

an Article 15 for one specification of misuse of his Government Travel Card by making purchases not related to official travel, a violation of Article 92, UCMJ, and for making a false official statement, a violation of Article 107, UCMJ. Punishment consisted of a suspended reduction to the grade of airman 1st class, 30 days ex-

separation actions 60th Aircraft Maintenance Squadron

An airman was administratively discharged for drug abuse, with a general service characterization.

Administrative

60th Logistics Readiness Squadron

An airman was administratively discharged for drug abuse, with a general service characterization.

9th Air Refueling Squadron An airman 1st class was

administratively discharged for fitness failures, with an honorable service characterization.

60th Surgical Operations Squadron

An airman was administratively discharged for minor disciplinary infractions, with a general service characteriza-

60th Security Forces Squadron An airman basic was administratively discharged for drug abuse, with a general service characterization.

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- AWANA Program . Men's & Women's Bible Studies • Prime Timers (Seniors Ministry)
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For More

Information

On Our

Worship Directory,

Contact

Daily Republic

Classifieds

9 AM, 10:45 AM & 6 PM **Pastor Jon Kile**

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www.vacavillefaith.org

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Fairfield Stake Center 2700 Camrose Ave. Sacrament Services Sunday 0900 and 1300

Base Sacrament Services DGMC Chapel (1st Floor North entrance) Sunday 1600-1630

Inquires: Call LDS Military Relations Missionaries 707-535-6979

NON-DENOMINATIONAL



New Hope Christian Bible Based Expository Preaching Fellowship **Sunday Worship Services** 4910 Allison Parkway, Vacaville Phone: 707-446-4051

> **Main Worship Services** 8:45am & 10:30 am Children's Ministry

PreK to 6th grade at each service 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 StudyThurs. 7:00pm Numerous Bible Studies call church office Office Hours: Tues-Fri 9am to 3pm

Website: newhopevv.org

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The Father's House 4800 Horse Creek Drive Vacaville, CA 95688 (707) 455-7790 www.tfh.org

Service Times Saturday: 6pm Sunday: 9am & 11am

NON-DENOMINATIONAL Vacaville

(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

www.vacavillecofc.com

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Sunday School for children at both service

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Adult Christian Education (ACE) 10:20 a.m

Nursery care is available during both Worship Service

Interim Pastor Joanne Martindale

Alyson Barrett, Youth Director

Youth Group meets every Wed, at 6:30pm

The Lord's Supper is Celebrated

Every Week.

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863-0581

www.rockvillepresbyterian.org

Sunday Services nal with Choir 9:00 a.m.

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unityvv@pacbell.net www.unitvvacaville.ora

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Sunday Morning 8:00 am Coffee with God

10:00 am Contemporary Celebration with Youth Education

Wednesday Evening 6:30 pm Non-Denominational Meditation Time

7:00 pm Contemplative Prayer Come Home to Unity It's Like Blue Jeans for the Soul

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Pastor Ron Swisher Worship Service 10:30 A.M.

Sunday School for Children during the Worship Service

Communion is held the 1st Sunday of every month

Adult and Bell Choirs Adult Bible and Book Studies

Sunday Morning Bible Studies at 9:00 A.M.

United Methodist Women



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

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Pastor Gregory Stringer

Bethany Lutheran School

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WEDNESDAYS 7:00 PM

ibertychurchonline.org

22 TAILWIND **JANUARY 12, 2018 JANUARY 12, 2018** TAILWIND 23

Amputee

From Page 12

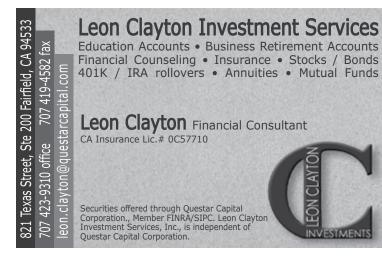
Proellochs' strength, positive outlook and, most of all. gratitude after amputation are impossible to ignore and help drive her recovery.

"I have the 'paper cut' of amputations. I only lost my left leg, so I can still drive," said Proellochs. "When you talk to other amputees with more severe injuries, it puts it all in perspective. I have reer and her ability to use huspoken with patients who are mor to face the more challeng-

incredible recoveries. I look at my situation and think, 'This is nothing. I just have a paper cut."

her amputation as "just a paper cut," but facing such a life-changing event like this is a sign of her strength and her ability to stay focused on her recovery.

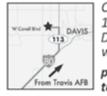
ry brings to light her amazing support system, the impact this has had on her Air Force caquadruple amputees, making ing moments of her treatment.



Christine J.J. Chao, O.D.

Optometrist

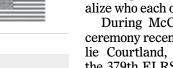
- Comprehensive Eye Exams
- Contact lenses
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- Military and Senior discounts
- Family eye care: Children to Seniors welcome
- Many insurance plans accepted including TRICARE

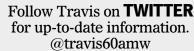


Christine J.J. Chao, O.D. 1970 Lake Blvd. Suite 7 Davis, CA 95616 www.doctorchao.org

phone (530) 756-9393 text (530) 208-9393 email doctorchao@doctorchao.org







Proellochs might describe

The next part of her sto-



Maj. Nick Hardeman, center circled, 379th Expeditionary Logistics Readiness Squadron distribution flight commander, and Chief Master Sgt. Nathan McCov. back row circled. 379th ELRS chief enlisted manager, are pictured in their basic training flight photo in 1996 at Lackland Air Force Base, Texas.

Reunited

From Page 10

that kind of kid ... still here after this many years later."

Both of them thought they would get out of the military after their initial enlistments, but their Air Force careers turned into adventures that developed them personally and professionally.

"The camaraderie, the people you meet in certain places, you don't get this in the civilian world. It's all corporate, it's all about the mighty dollar," said Hardeman. "But in the military, it's not about that. It's about relationships."

McCoy arrived at Al Udeid AB in June 2017 and Hardeman arrived a month later. However, it took a little time for the two prior flight mates to realize who each other was.

During McCoy's promotion ceremony recently, Lt. Col. Kellie Courtland, commander of the 379th ELRS, described the new chief's military career and mentioned him showing up to BMT in July 1996.

flashed back to that summer of with 21 years ago." '96 and realized he knew Mc-Coy from basic training. After his many duties at Al Udeid AB the ceremony, he rushed back to his room and pulled up his BMT flight photo, confirming it with and support the enlisted was him.

"So he sent me the basic

McCoy felt proud to have known Hardeman, both back in basic and now that he is a com-

As commander, Hardeman has overseen many projects, such as the new customs and immigration terminal. He also directs vehicle operations, the base's bus routes, aircrews that need to get out to their planes, the traffic management office that manages inbound and outbound cargo and making sure this Air Force now," McCov military members get trans- said. portation when being forward deployed to other bases around right now was the same perthe U.S. Central Command's area of responsibility.

"The way they have done business over there is through the roof," McCoy said when er, he was that guy in our batalking about Hardeman's flight. "You kind of fall back prise that he's a chief master At that moment, Hardeman into 'Wow, that's a guy I started sergeant.'

McCoy has stayed busy with as well. As the chief enlisted manager, he has to stay in tune Airmen. His job requires ensuring squadron members have evtraining photo, and he had him- erything they need, living quarself and me circled," said Mc- ters are in good condition and training deficiencies and morale issues are taken care of. He pushes vounger Airmen to expand their professional development and take advantage of opportunities they have while deployed. He wants to pass on all of his knowledge to help mentor tomorrow's Airmen.

"I take enjoyment in the fact that I can give back. I can ensure that the next Airman Mc-Cov is 10 times better than me. We have some bright kids in

"The person you are seeing son that I saw in basic training," Hardeman said. "The way he talks about pulling people together, being the cheerleadsic training flight. It's no sur-



Staff Sgt. Jim Cagle and Senior Airman Preston Spear, 41st Aerial Port Squadron air transportation technicians out of Keesler Air Force Base, Miss., check the clearance of a CH-47 Chinook helicopter to make sure it will fit into the cargo bay of the C-5M Super Galaxy aircraft Jan. 6, 2018, at the Gulfport Combat Readiness Training Center - Battlefield Airman Center, Miss.

Unite

From Page 6

National Guard Base, Mississippi, loading and offloading various vehicles on a C-5M Super Galaxy aircraft from the 709th Airlift Squadron, Dover AFB, Delaware. This allowed them to train jointly with other military members on these procedures, in addition to vehicle inspections, cargo sequencing, preparing the airframe for aeromedical evacuation and other scenarios related to the cargo and personnel this aircraft might de-

"My hope with this type of training is to expose them to the types of problems they might run into so that they can troubleshoot these different issues in a training environment. Then they can minimize the actual operational problems," said Martin.

Army National Guard Master Sgt. Vernon Dedeaux, 1108th Theater Aviation

Sustainment Maintenance C-5M Super Galaxy airframe Group helicopter mechanic supervisor, agreed with Martin, noting the importance of communication to the success of this type of training and to working together in a deployed environment.

"I think the big takeaway is because it's a little bit more of a laid-back training environment – it's easier to correct a mistake, to talk it out and resolve it right then and there," said Dedeaux.

For many of the military members, this was their first time getting to work with a

and with many of the vehicles that were available for inspection, loading and offloading. That was the case for Senior Airman Heather Strang, 41st APS air transportation technician, who noted how beneficial this training was.

"As reservists we don't have a lot of hands-on experience with the bigger aircraft or loading larger equipment onto a bigger aircraft, so it's good to get the experience here in a relaxed location so that, when you do deploy, you know what you're doing," said Strang.

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Launches

From Page 9

typically lasts about seven to nine weeks.

The 120 AFJROTC cadets selected for the summer's Flight Academy and the 250 planned for 2019 are but a drop in the large commercial and military pilot shortage bucket. Civilian airline industry experts project a demand for 117,000 new commercial pilots over the next 20 years. The Air Force is currently short of at least 1,500 pilots to fulfill its requirements.

To help fill those voids down the road. AFJROTC leaders' end goal is to offer scholarships to 1 percent of its cadet corps, or 1,200 cadets, a year.

Leaders up and down the military chain are aware that Crisis Task Force director.

many of the cadets who do earn their private pilot license through Flight Academy probably won't have a career in military aviation in their sights, opting for the civilian airline industry instead. The cadets will not incur a military commitment after getting their private pilot license through Flight Academy, nor does getting the license guarantee acceptance into one of the Air Force's officer accessioning programs.

"We understand not all of the cadets graduating from the Flight Academy will elect to take a military track, but that's OK as those young people electing to enter commercial aviation will have a positive impact on the overall national crisis," said Brig. Gen. Michael Koscheski, Air Force Aircrew

Purple Heart

From Page 8

seeing pieces flying off of the vehicle and black smoke covering the crater. Although I was in significant pain, I did not request medical evacuation as I felt I could still function to contribute to our mission and continue with field treatments of injuries to other clearing other detonation members of the team."

Senior Master Sgt. Alejandro Rodriguez, 509th Civil Engineer Squadron EOD flight chief, who was the team leader at the time, said they had to be tough and resourceful. The team was isolated for five days until recovery assets were sent.

"We strapped our equipment onto a stretcher and carried it throughout the battlefield from scene to scene sites." Rodriguez said.



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are laterally deconflicted with any artillery that may be firing, and avoiding any exposure to threats like anti-aircraft fire or other aircraft.

"Positive identification is extremely important and is something that takes a large team and a long amount of time to get right," said Capt. Eric Calvey, 74th EFS chief of weapons and tactics. "Long before we show up there are individuals who use Intelligence. Surveillance and Reidea of what targets to strike target. We're the last link in amount of work done ahead of

OUT OF STATE SMOG SPECIAL

time to prepare these targets for strike before we employ munitions on them. It's amazing seeing the utmost care that is taken before we employ on these targets."

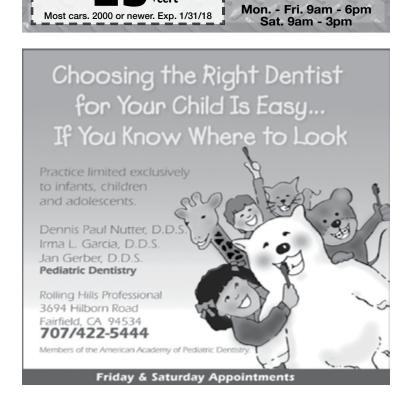
Although the squadron's deployment is coming to a close, Morash said they are still keen on supporting the ground forces, no matter where they are.

"Every single person in this squadron was and still is mission focused. They are looking at the bigger picture, seeing what solutions to prob-

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Steps

From Page 13

move to the next steps in her re-

"I know this might sound corny but this is my first step in my new life. There are all these things I want to start doing now," Proellochs said. "I know that it will take time for me to get comfortable with my new leg before I start running, but I am excited."

Proellochs' determination has pushed her to be diligent in every exercise that will help her walk on her own. Despite still relying on a single crutch, she has been able to outpace her therapist while walking around the track in the physical therapy

"I am excited, but this new leg definitely takes some getting used to," said Proellochs. "If it rubs or gets unbearably uncomfortable, then I work with the physical therapist to make sure that my gait is correct and physically doing what I am supposed to be doing."

Proellochs takes advantage of every moment with her prosthesis. As soon as her physical therapist helps her stand, she is ready to tackle that day's exercises. She eagerly races around the track to the parallel bars for her next exercise. She fearlessly transitions from her one crutch to walking on her own, minimally relying on the bars for support. Her smile and confidence make it look like she has done this a million times before. It can be easy to forget that she has only recently received her prosthesis.

Her health care team is a significant factor for her safely walking in her prosthesis and back to her active lifestyle. The team-based approach between her oncologist, surgeons, therapists and her prosthetists has been vital to her recovery. They sic example of Air Force Medical

is aware of and invested in every

step of this journey," said Proellochs. "My therapist takes note of any discomfort I have during each session and the prosthetist actually takes my leg to make adjustments. I often see the surgeon who did my amputation come here to check in on his patients and speak with the therapists here. They really work together as a team and make me feel supported and engaged in mv care."

JANUARY 12, 2018

Proellochs jokingly admits she sometimes struggles saying the word "prosthetists," but she has never had trouble facing new challenges. Talking with her health care team and other amputees recovering at Walter Reed, she is able to put her journev in perspective while finding solace through every step of her

"People might not understand work together to ensure she is this, but it was liberating seeing receiving the best care, a clasthe world from a wheelchair, said Proellochs. "I have gained Service Trusted Care principles. a new perspective and appreci-"My entire health care team ation to just be able to stand and walk again.'

Conrad

From Page 6

me; made me rethink what it means to be here.

I'm not cut from the standard military cloth and I will admit, I scoffed when I first heard the Air Force motto. I thought, "How can an organization that deals in war be said to 'win' when war is just a measure of who loses less?"

I thought, "Losing a limb isn't winning. Losing your friend isn't winning. Winning is probably pretty far from the thoughts of the veteran who comes back and has to ask neighborhood kids to please not shoot off fireworks near her house because they remind her of the time her Humvee was ripped apart by machine-gun

And then I met that veteran. On her lawn outside her home was a sign that said, "Combat veteran lives here please be courteous with fire-

Inside, she offered me a coffee made in a plastic cup, poured the sugar with a rubber-lined spoon. She said her last panic attack was when her dog accidentally knocked over

a glass vase from an end table. The shatter sent her to the floor and she spent the next hour with her knees to her chest, sobbing.

"My survival can look a little bit like death sometimes," she said. "But I'm surviving."

I sat with her on a sofa and asked her what she thinks "winning" means. She paused for a long time and pat her dog, a Saint Bernard named Viva. She looked down and said, "This. We've all got a reason for why we serve. And we all have opinions on the why of what we're serving for. But I served to get back to my dog. I served so I can afford to buy her top-line dog chow. She's an old woman now and my service makes it so that she can live well for the rest of the time she has left. I owe the military for her big, goofy grin."

Viva, as though in agreement, began to lick my hand.

"Winning" is an abstract concept. It's up to us to ascribe meaning to it and to apply the metric by which it's measured. For some, winning can be a degree. For others, it can mean honoring a family legacy or providing aid to those who need it. For others still, winning is coming back from a deployment to the big, goofy grin

of a dog.

The Air Force is a family, but a family is made up of individuals. We're kept alive by our family, but we excel by the strength of the individual. It's the fight of every individual Airman to enforce and perpetuate the values they want tomorrow's Air Force to be built

Our groupthink does not extend to our own personal motivations, so find meaning in our motto. Bring your personal struggle to the fight - don't tune it out. We're the world's greatest Air Force because of your individual victories; because we bring every ounce of ourselves to whatever arena we choose to win in. That's how the Air Force works and that's why we succeed.

Two days ago, it became one year since that snowy morning in Knoxville. I've grown a lot in that time. I've seen a lot, experienced much, made friends, lost friends and when I hear "aim high," I answer. I am proud to be in the Air Force for the reasons I work to enforce. Humanity and individuality will not make us weak. It will keep us warm. And we need a little bit more of that warmth to weather the cold.

Evaluations

From Page 11

Trainer

confined-space trainer.

From Page 8

shop."

From Page 8

attributed."

the first March 31 SCOD as senior airman

Commanders still retain the

"We had a large influx of

new Airmen and to get them

spun up and ready to do fuels

systems maintenance it would

take about three months un-

til they can do their first job,"

said Staff Sgt. Joshua Goins,

100th Maintenance Group air-

craft fuel systems craftsman.

"The confined-space trainer

allows us to work with Airmen

in a safe and controlled envi-

ronment; instead of pulling an

aircraft from the flightline, we

Some priorities to the de-

can do training readily in the

sign of the trainer included

Interviewees

during interviews or used dur-

ing the analysis process," said

Padgett. "Registration infor-

mation and interview data will

never be merged, connected or

name, phone number and email

address is required to schedule

an appointment. This informa-

tion will be permanently delet-

ed once the team completes its

Individuals will receive

a specific interview location

from the team and may bring

a support person to the inter-

view; however, children under

age 18 cannot be present due to

the nature of the conversations.

view, visit: https://iwiculturere-

search.acuityscheduling.com.

To register for an inter-

The IWI was created in 2016

to help Air Force senior lead-

ership develop an expected

environment of understand-

ing, trust and open discourse

among Airmen and their fam-

ilies, peers and leadership. The

goal is to eliminate real and

visit at Travis, said Padgett.

Contact information such as

option to complete a Directed By Commander evaluation to document substandard performance for those airmen first class and below any time after an Airman reaches 20 months' Time-In-Service. If a Directed

serve and give instructions

to Airmen inside the trainer.

With the specifications in mind,

the next step was to construct

conditions of an aircraft.

a unit that best simulated the

"Being in structural main-

tenance kind of centers around

building parts for the aircraft,"

said Staff Sgt. Scott Trombley,

100th MXG aircraft structur-

al maintenance craftsman. "I

took a personal interest in the

project because it's not some-

thing we normally get to do and

it gave me the opportunity to be

creative. It was mutually ben-

we recruited (Airmen still in

perceived barriers to care and

treat Airmen suffering with

invisible wounds with dignity

training) to assist in construc-

training in our career field."

By Commander evaluation is written, the Airman will receive a subsequent evaluation the following March 31 SCOD. More information about the

policy change is available at myPers.

authenticity and a design that To further the realism of the allows instructors to easily obtraining unit, the team looked

to the metals technology sec-

tion to help fabricate a fuel tank

"They needed a door that closely simulated an aircraft fuel tank hatch, for entry and exit procedures, to help get their newer Airmen trained properly," said Staff Sgt. Montana Engelking, 100th MXG metals technology craftsman. "They procured us a door from the wing fuel tank of a Stratotanker. We then took precision measurements and basically reverse engineered the existing door geometry to cut out eficial for my section because a door without having to buy a

> "A wing section to use as a trainer would have cost about \$500.000." Goins said.

tion, which gave them upgrade

throughout the recovery pro-Travis AFB is one of only three Air Force units selected at IWICultureResearch@bah.

Langley AFB, Virginia, and Kentucky Air National Guard, with headquarters in Louisville, also were selected.

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Klein

From Page 2

Airmen. The Force Support Squadron brought home the Lemay Trophy for AMC's best FSS and the Communications Squadron executed the daunting task of deploving over 10.000 Windows 10 workstations across Travis AFB.

The Logistics Readiness Squadron demonstrated exceptional performance supporting Travis AFB's commitment to AMC's Mobility Guardian. The LRS guided the deployment of 254 passengers and 372 short tons of cargo for the 3,000-member multinational exercise.

Finally, the Contracting Squadron paced the year with bold innovation awarding \$14 million in programs. They expertly executed the \$450,000 Wings Over Solano air show budget and contracted more than \$12 million in infrastructure and dormitory upgrades.

In all of these efforts, despite significant levels of fatigue and risk, the wing worked tirelessly to mitigate many obstacles in order to successfully complete the

mission when others needed it most.

As 2017 ends, we can reflect upon our full and active year with pride. We played a critical role in natural disaster relief. We stood up the Phoenix Spark Innovation lab - the first of its kind on an Air Force installation. We weathered an onslaught of challenges while continuing to perform our daily demands with professionalism.

However, our work is never done and we must look ahead to what opportunities 2018 - the year of Travis Air Force Base's 75th Anniversary – may bring.

We recently developed a strategic plan to guide our wing thoughtfully and purposefully into the future. Armed with our mission, vision, priorities and new objectives, we can posture Travis Air Force Base to be prepared for whatever our nation may ask of us.

As America's premier power projection platform, 2018 promises to be a demanding year for Team Travis, and we are rising to meet the threats.

We are Team Travis, this is our purpose, and there are no bounds to what we can

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Morehouse

From Page 5

Do you remember the name of yours? How did they impact your development?

Just like parenting, there are many books written on how to build and develop relationships, but there is no better way to learn than to get busy doing it. Don't be afraid to fail, and when you do, learn from your mistake, jump back in the ring and get busy.

Here are a couple of tips: be assigned as their sponsor and make contact with them before they arrive, meet them upon their arrival and make them feel welcome as this is one of the first steps in developing the team; get to know them and their family situation and find their niche and figure out

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"Today's subordinates are tomorrow's leaders and they are counting on us to get it right today."

what motivates them. How can you use this to benefit the team and positively impact the mission? Give feedback often and set high, but achievable, expectations. Hold them accountable to these expectations and apply the appropriate corrective actions where and when needed. If nobody is dying, then there is plenty of time to get both sides of the story. Always think about training your replacement. Get intimately involved

in their qualification and upgrade training. Be approachable. If they are more comfortable going to visit with the first sergeant than with you, there might be a problem. Nobody knows it all, so keep an open mind and be open to the idea that you could learn from them and be receptive to their feed-

Ultimately, you need to own it. Know and understand the enormous impact you have as a frontline supervisor. We can't afford to let day-to-day operations and continuous competing interests keep us from that responsibility. Your relationship and the deliberate development of your subordinate starts with you. We have to get this one right. Today's subordinates are tomorrow's leaders and they are counting on us to get it right today.



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Colonel

From Page 4

helps keep us focused on our goals. It's this drive that pushes us to work hard to reach our potential. Tying a plan to a resolution also helps build small victories along the way to stay motivated as you progress. If you haven't made any resolutions for 2018, a good place to start is choosing goals that enhance your personal, professional and family priorities.

Personal: Maybe you have a goal to read more, increase your fitness test score or lose a few pounds that you "found" over the holidays. If you want to lose a few pounds then define it, set a timeline and be specific. Setting a goal to lose 15 pounds by April 1 is better than simply saying "I want to lose a few pounds." Fifteen pounds by April 1 means losing five pounds a month for the next three months or one pound per week for the next 15 weeks. Track your progress and reward yourself along the way. Build your plan and stick to it. You'll be in charge of your progress and hitting your goals before you know it.

Professional: If you have a goal to earn your Community College of the Air Force degree or get promoted this year, then build a plan to do so. Make a consistent investment of time to read and study your Air Force study guides along with your specialty knowledge test material. Studying isn't difficult, but that doesn't mean it's easy. It takes consistency to build a new habit pattern and, if you stick to your plan, it will set you on your way to achieving your goal.

Family: Maybe you have a goal to spend more quality time "unplugged" with family or save money for a trip to

Disneyland. No matter how much time or money you have, it never seems like it's enough. Sometimes small changes in daily habits can yield significant savings. Saving a few dollars can be achieved by making your own coffee or packing your own lunch each day. Use your money saved to set up a small automatic deposit to your vacation account that quietly grows for you and your family. Paying for your vacation beforehand makes for a more relaxing vacation than one you're still paying for months after your return.

As Airmen, we live by some simple core values. One is excellence in all we do. Excellence doesn't just happen. It takes focus and work to be better today than you were yesterday, and better tomorrow than you are today.

We don't all have to be superstars or win championships. ... All we have to do is to learn to rise to every occasion, give our best effort and make those around us better as we

— Wooden

We don't have to be superstars, but if we put in the work and dedication to stick to a plan with some simple steps over time, we can achieve superstar results.

As you make your list of resolutions for 2018, I suggest you share your goals and your milestones with someone who will hold you accountable, such as a peer, spouse or a supervisor who will encourage you along the way.

This is how we motivate and inspire each other. I am amazed and inspired by you and our Air Force every day. I wish you all a Happy New Year. Now go make a plan to make 2018 your year.



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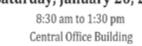
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30 TAILWIND Parting Shots **JANUARY 12, 2018 JANUARY 12, 2018** TAILWIND 31



1) A Douglas C-124 Globemaster is displayed Jan. 10 at the **Heritage Center** at Travis Air Force Base. Calif. Capable of carrying 200 passengers or . 68,500 pounds of cargo, when used, the C-124 **Globemaster** could move troops and The Heritage Center will host a Behindthe-Scenes Tour from 9:30 a.m. to 12:30 p.m. Jan. 18. Donuts and coffee provided. For more information on the free event. call the Heritage Center at 707-424-5883.

J.S. Air Force photo/ rman 1st Class

Travis center celebrates Air Force ...







2) Rick Shea, Travis Heritage Center curator, stands Dec. 15, 2017, in front of an SA-16 Albatross on display at the Travis Heritage Center at Travis Air Force Base, Calif. Shea became curator of the center in 2015. Anyone is welcome to visit the Heritage Center 10 a.m. to 4 p.m. Tuesday through Saturday. Government ID cards are not required. 3) Jim Parvin, Travis Heritage Center docent, stands at the welcome desk Dec. 15, 2017, at Travis. Parvin has been a docent here since 2013, providing tours throughout the Heritage Center. Parvin also volunteers as a crew chief on the C-7 Caribou, keeping it clean, maintained and making minor repairs as needed, such as replacing the seal on the windows. 4) Richard Terp, Travis Heritage Center docent, stands Dec. 14, 2017, in front of a B-29 Superfortress static display named "Miss America 62" at Travis.



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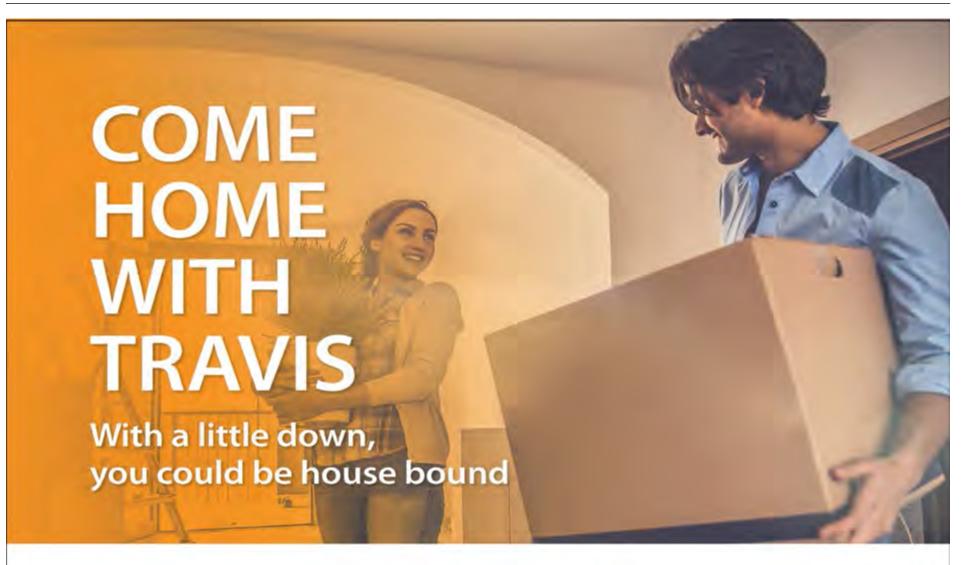
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