

2 TAILWIND COMMENTARIES FEBRUARY 2, 2018 **FEBRUARY 2, 2018 TRAVIS** TAILWIND 3

This is our time: Making service count

hen standing in harm' do vou want to be partially, mostly or fully ready to respond? Every day our friends, family and team of Airmen rely on us to be the best version of ourselves. Ask yourself if you have done everything you need to do for the person standing next to you or for your wingman?

When Lt. Gen. William Tunner, Military Air Transport Service commander, executed the "Hump Airlift" mission over the Himalayan Mountains in the 1940s, there were tremendous hazards faced by the Airmen of that operation. They flew



Commentary by Lt. Col. **Travis Rowley**

OPERATIONS

otherwise been engaged in combat operations in the Pacific islands. These Soldiers were responding to the nation's need in far from optimum conditions. Through dedicated and careful planning, training and execution,

over the world's high-

est mountains with

limited performance

equipment in non-opti-

mal weather conditions

and over large areas of

territory inhabited by

enemy forces. That ef-

fort (not without loss

equately supplied

tie up more than

of plane and crew) ad-

60,000 American Sol-

diers who were able to

1.5 million enemy sol-

diers who would have

Commander's Commentary

they succeeded.

On Jan. 8, 2004, a C-5 Galaxy with crewmembers assigned to the 22nd Airlift Squadron, departed Baghdad International Airport, Iraq. The aircraft was fully laden with fuel and cargo for a routine flight to its next destination when the number-four engine exploded shortly after takeoff. There was a flash seen out the right window and the plane shuddered as the sound of an explosion rang through the airplane. The aircraft was hit by hostile ground fire.

There was no panic. The crew performed their

Question of 'doing enough' can haunt you

emergency procedures flawlessly. They secured the disintegrating engine, checked for collateral damage and steered the plane back to the airfield for an emergency landing. The crew landed and brought the plane to rest without further incident. The crew's decisive and comprehensive actions that were learned in training and honed in practice, were critical in the safe return of the C-5 crew, aircraft, cargo and passengers without injury.

These stories did not start out as heroes' tales. They started with Airmen doing the job they volunteered to do. Right here, right now, there are examples of individual and team greatness in all aspects of our mission at Travis Air Force Base, California.

There is a reason why our military careers are labeled with an Air Force specialty code. Think about the role you play in our great Air Force. You are trained to do something incredible just by doing your job. We are specialists. Make no mistake, we are the best at what we do. We have the history and a future legacy of greatness. We have the privilege of being members of the most powerful Air Force in the world. When we serve. we make a difference. We are achievers. We are doers and leaders. We know our greatest reward comes from having the greatest impact. We will train, plan and execute. This is our time for our generation. We will be ready.

Commentary by **Chief Master** Sgt. Laura 3<u>4</u>9TH

to write an article for the Chiefs' Corner. Having always thought only the wisest voices were asked to contribute their insights, I was excited and honored. In retrospect, I am not sure if my insights were noteworthy or if I was simply fulfilling a new chief duty.

few years back, I was asked

Fast forward to today. I'm sitting in the airport terminal waiting to fly to one of my last Unit Training AEROMEDICAL Activities. I am struck by the notion **EVACUATION** that choices embodied both my ci-SOUADRON vilian and military careers. Only

Chief's Commentary

time will tell if my choices were correct, but my choices made me the person I am today.

During a deployment, I heard a general officer who was a fighter pilot, speak at a ceremony. He shared a time, early in his career, when he was alerted to fly a combat sortie. His mission provided air support to ground troops pinned down by enemy fire. The general repeatedly flew into and out of harm's way supporting the Soldiers. Over and over he flew. Eventually, exhaustion set in and he couldn't fly anymore.

After the mission, he wondered if he had done enough. Perhaps, he could have made one last run? That question haunted him for years. With the passage of time and perhaps the wisdom of experience, he eventually reached a point where he realized he did all he could. With that insight, he let go of the ques-

With my military career winding down, I routinely ask myself if I've done enough. To be honest, I am not sure. However, I am confident in my choices to maximize the opportunities presented before me.

As this will be my last commentary submission, I will use it to ask you, "Have you seized or squandered life's opportunities?"

It doesn't matter if you're a firstterm Airman, a mid-level officer or an old, retiring chief, when opportunities present themselves in both your personal life and career.

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

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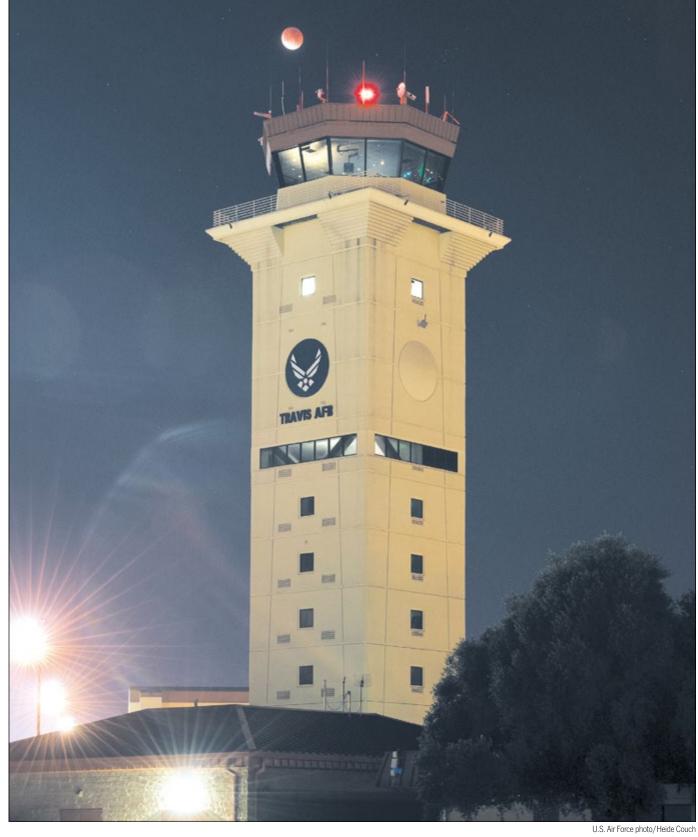
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On the cover

Airmen assigned to the 60th Air **Mobility Wing don Mission Ori**ented Protective Posture gear while they work during a readiness exercise at Travis Air Force Base, Calif., Jan. 30, 2018. The Airmen are participating in a week-long base-wide readiness exercise.

LLS Air Force photo/Louis Briscese

Moon shines over Travis control tower



A super blue blood moon sets Jan. 31 at Travis Air Force Base, Calif. This full moon was special for three reasons: It was a supermoon. when the moon is closer to Earth in its orbit - known as perigee - and about 14 percent brighter than usual. It's also the second full moon of the month, commonly known as a "blue moon." The super blue moon passed through Earth's shadow to give viewers in the right location a total lunar eclipse. While the moon was in the Earth's shadow, took on a reddish tint, known as a "blood moon."

Commentary

Diversity long-term viability

Commentary by 1st Lt. **Alexander A. Del Curto**

60TH LOGISTICS READINESS SOLIADRON FUELS MANAGEMENT FLIGHT COMMANDER

efore I was assigned to the 60th Logistics Readiness Squadron at Travis Air Force Base, California I worked as a political studies fellow in Washington. D.C.

I had the opportunity to spend time with members of Congress, top political intellectuals and even the late Justice Antonin Scalia.

The most memorable individual I met with was Gen. James N. Mattis. He spoke with strength and clarity and the political correctness which render many painfully dull was entirely absent from his remarks. A true scholar, he could discourse on evervthing from Plato's Republic and Thucydides to modern military strategy and the current political climate.

We talked at length about the role of today's military and the many social changes it faced. He explained to me the importance of military readiness and force lethality and how they both should be at the forefront of our military and civilian leaders' minds.

A year later, during his confirmation hearing with the Senate Armed Services Committee, he was asked about women in combat, LGBT service and other like issues. Striking a similar tone, Secretary Mattis responded by saying that his priority is military readiness and a Department of Defense, "so lethal, that on the battlefield, it will be the enemy's longest day and their worst day when they run into that force."

Oftentimes, arguments for

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Travis to celebrate 75th anniversary

60th Air Mobility Wing Public Affairs

Travis Air Force Base is scheduled to host a 75th Anniversary Kickoff at from 2 to 4:30 p.m., Feb. 8 in Hangar 837.

The ceremony will commemorate and honor 75 years of American power with heritage walkabout displays and the inaugural unveiling of the 75th Anniversary logo on a C-17 Globemaster III. Senator Bill Dodd (D-Napa), 3rd Senate District, and base leadership, will give re-

"As we pay tribute to our history, we take from it inspiration and pride as we pursue the call to respond anytime, anywhere," said Col. John Klein, 60th Air Mobility Wing commander. "Team Travis is ready to engage in the next 75 years - not only meeting the high standards we set before, but continuing to empower change, forge innovation and project American power across the globe."

For the past 75 years, Travis Air Force Base has been a focal point for the world as a power projection platform, a means to deliver hope and a mission fueled by community support. Continuing its tradition as a major strategic logistics hub for the Pacific, Travis Air Force Base has become an integral part of global power projection for the total force.

More than 26,000 people live and work at Travis, creating \$1.6 billion in annual economic impact.

Media are invited to the base at 1:30 p.m. Feb. 8. Opportunities include interviews with base leadership and Travis Airmen as well as up-close b-roll and photo opportunities of the ceremony and logo unveiling.

For additional formation and to download the 75th Anniversary Facebook event



From left to right, Army Capt. Alexander Zake, pilot, from Chicago, III.; Marjorie Etheridge, civilian war worker, from Napa, Calif; Tech. Sgt. Virgil Cleavinger, communications technician, from Elkhorn City, Ky.; Pvt. Velma McGuirk, technical clerk, from Sacramento, Calif.; and Capt. James D. Peters, civilian pilot, from Chula Vista, Calif.: walk with the flag in a Fourth of July ceremony in 1945 at Fairfield-Suisun Army Air Base, Calif. The base, later renamed Travis Air Force Base, celebrates its 75th anniversary this year.

Media Kit, visit www.travis. receive af.mil/75thAnniversary/.

To view the official

updates, viswww.facebook.com/ events/952702288226461/.

RSVP, contact 60th Air Mobility Wing Public Affairs at 707-424-2011 or email For questions and to 60AMWPA@us.af.mil.

MPF to drop walk-in hours

Staff Sgt. Nicole Leidholm

60TH AIR MOBILITY WING PUBLIC AFFAIRS

The Travis Air Force Base military personnel flight will transition to appointment only services for ID card related issues starting March 1.

The MPF is transitioning to an appointment-only system and will no longer have walkin hour service. However, individuals still needing assistance for emergency situations such as lost or stolen common access cards and pin resets, will still be able to receive assistance during normal duty hours at the MPF, 7:30 a.m. to 3 p.m. Monday through Friday.

"The program is aimed at providing faster service when it is convenient to the individual." said Capt. Pricilla Rodriguez, 60th Force Support Squadron MPF commander.

The MPF currently handles both walk-ins and appointments, but according to Staff Sgt. Willie Horton, 60th FSS MPF customer support section assistant section chief, appointments are prioritized over walk-ins which creates a backlog of walk-ins.

"Some of our customers travel a good amount of distance to come here, and this would save them for traveling all the way here just to sit for hours to be seen due to the backlog," said Horton. "The changes are being implemented to reduce customers' wait time, giving customers a better forecast on when they will be seen which will allow them to better coordinate with their work, school or whatever agency they're taking time away from."

For more information, call 707-424-8483 to speak with a MPF representative.



Members of the Travis Honor Guard present the flag in a ceremony held at Travis Air Force Base, Calif., Sept. 11, 2015 honoring the victims of the attacks on Sept. 11, 2001. The ceremony marked the beginning of the 2015 Freedom Walk.

Honor Guard sets standard

Airman 1st Class Christian Conrad

60TH AIR MOBILITY WING PUBLIC AFFAIRS

At 4 a.m. on Travis Air Force Base, California, the air is still. There's a certain eerie calm in the silence of the early morning. What scarce signs of life that are awake at this time are usually animals: stray cats and birds leery of movement and sound.

In an instant, the small, timid tremors of a baby wren are shattered by the massive bellowing of drill commands. Shouts of "left flank, right flank, halt," signal the transition between the night, somber and delicate, and the next day of strenuous training for the Travis Honor Guard.

"Casualness towards training is never an option," said Master Sgt. Sofia Ronquillio, 349th Force Support Squadron Honor Guard superintendent. "Striving towards perfection is a must and the sharpening of our skills is never complete. Countless hours are spent prior to details and on off time to perfect our craft" Training early in the morn-

ing is common for the Honor Guard. Despite whatever loss of sleep is likely among those in the Guard, they always show up and execute their movements with clarity and precision, not because it's easy, but because

that's what it means to be in the organization, the ethos, or cul-Honor Guard; to be ready, said Ronguillio.

The Travis Honor Guard. which is an aggregate force made up of active-duty, Reserve and Air National Guard personnel, completed 129 details throughout December. Distinguishing this figure,

the Honor Guard conducted honors for 105 funerals and presented colors during 24 ceremonies, combining to require 656 man hours. "A huge part of our success

and of our ability to handle the sort of workload we had in December, is definitely the persistent and competitive training," said Senior Airman Donaven Rodriguez, 60th Maintenance Squadron aircraft structural technician. "As with any great

ture of it, must be strong. Ethos and training are huge parts of one another and where one lacks, the other will too. If you look at any great team or organization they all have the same goal, which relates somewhat to the goals and values its members maintain and live by per-

sonally."

Those in the Honor Guard aren't born with a flag in their hand. Their training consists of long hours of repetitive movements, longer hours away from their respective comforts and, by the end of it, a sense of pride and respect not only for what they do, but also for why they

This makes for a duty that. perhaps, is not for the faint of See HONOR GUARD Page 24



Bariatric surgery gives fresh chance

Airman 1st Class **Jonathon Carnell**

60TH AIR MOBILITY WING PUBLIC AFFAIRS

According to the State of Obesity's website, 35 percent of Americans have a body mass index that falls under the morbidly obese category.

The David Grant USAF Medical Center bariatric clinic at Travis Air Force Base, California, welcomes people who fall under this category and has treatments to help people in the local community to stymie health hazards they've encountered due to obesity.

The bariatric clinic at DGMC is comprised of U.S. Air Force members and their civilian counterparts who specialize in offering patients the support and operations necessary to assist their needs.

For many, being overweight causes symptoms which include breathlessness, back and joint pain, low confidence, self-esteem issues and isolation. There are also medical problems associated with obesity such as high blood pressure, high cholesterol, diabetes, heart disease,

obstructive sleep apnea, all of which are significantly improved after surgery.

Millions of Americans annually have a New Year's resolution of diet, exercise and to shed a few pounds. Medical weight loss therapies alone lead to a 95 percent fail rate.

"Typical patients have failed to achieve sustained weight loss efforts either through medical supervision or on their own," said Capt. Janice Perido, 60th Medical Group Surgical Squadron bariatric surgery physician

The process at Travis AFB begins with a referral from the individual's primary care manager. With that referral, the person will get in contact with Kelli Miller-Freeman. 60th Medical Group Surgical Squadron bariatric nurse coordinator, at the bariatric clinic to get scheduled for a bariatric seminar, an educational class which provides information regarding surgical weight loss treatment options.

Requirements for being a recipient at Travis' bariatric

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Travis reservists refuel Ospreys

349th Air Mobility Wing **Public Affairs**

Squadron at Travis Air Force Base, Calif., refueled two CV-22 Ospreys during a routine training mission Jan. 15 near Fresno, Calif.

Assigned under the Air Force Reserve's 349th Air Mobility Wing, the squadron flies the KC-10 Extender.

"With the help and coordination of all the crew on the KC-10, we were able to accomplish crucial training for CV-22 crews," said Senior Master Sgt. boom operator.

"It was exciting to refuel aircraft.

such a unique aircraft," said Capt. Victoria Hooper, 79th The 79th Air Refueling ARS co-pilot. "We rarely get to see Ospreys on a local sortie, so it was an excellent training opportunity both for our crews and theirs. For not having refueled behind a KC-10 in a long time, they flew very proficiently. We were impressed."

According to Bell Boeing, the CV-22 Osprey is a tiltrotor aircraft that combines the vertical takeoff, hover and vertical landing qualities of a helicopter with the long-range, David Palmer, 79th instructor fuel efficiency and speed characteristics of a turboprop



U.S. Air Force photo/Senior Master Sgt. David Palmer



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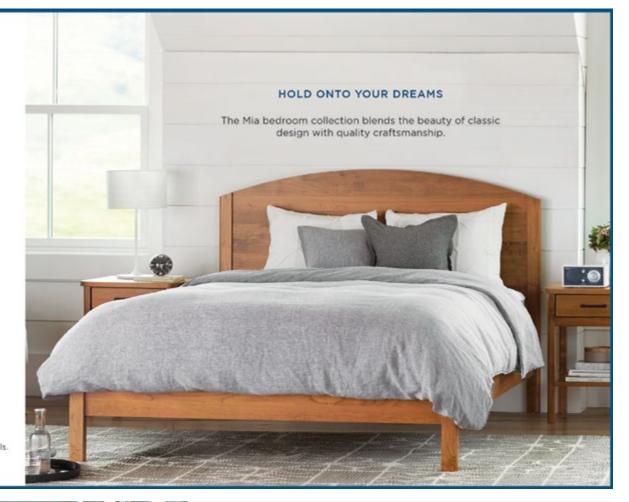
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FEBRUARY 2, 2018

CRW Airmen stay ready for mission



621st Contingency Response Wing defenders from the 821st Contingency Response Group at Travis Air Force Base, Calif., stay prepared by integrating physical fitness into their readiness training. "Across the board we have a group of motivated Defenders who understand what it takes to achieve full spectrum readiness," said Master Sgt. Christopher Galbadores, 821st Contingency Response Squadron team chief. "Our job is to provide Force Protection to CR operations around the globe ... being physically fit ties directly into mental toughness."

Exchange gets sweet for Valentine's Day

Army & Air Force Exchange Service Public Affairs

Apparently, a lot of sweethearts like the classics.

Last year, the National Retail Federation estimated consumers would spend \$2 billion on flowers for Valentine's Day, and according to WalletHub, 94 percent of people celebrating the holiday wanted candy and chocolate as gifts.

Travis Air Force Base, California, is helping Airmen and their families share the love on Valentine's Day with candy and gifts at Exchange Main Store, Express and Class Six, as well as fresh flowers for less at Shop-MyExchange.com.

"The Exchange is passionate about helping service members and their families save money," said Tonya Jones, Travis AFB Exchange facility manager. "The Exchange team's love for the military community doesn't fade after Valentine's Day-it lasts all year, just as Airmen work to protect our freedom year-round."

Beginning Feb. 8, shoppers This year, the Exchange at at the Exchange Main Store and Express can find a dozen roses for \$29.99; half-dozen roses for \$16.99; medium Valentine bouquet for \$9.99; and a single rose for \$5.99.

Authorized Exchange shoppers, including all honorably

See EXCHANGE Page 25

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Tax tips for Travis members | Center transitions

60th Air Mobility Wing Public Affairs

Travis Air Force Base, California, is in the midst of tax season and there are a myriad of useful and free resources available to base personnel, dependents, veterans and retirees who live in the surrounding areas.

Although base legal has traditionally helped Travis through the Volunteer Income by phone to answer any ques-Tax Assistance program, this service will not be supported by them in 2018 due to mission priority, though tax advice is still being offered to those requesting an appointment, according to Capt. Austin Holtsclaw, 60th Air Mobility Wing assistant staff judge advocate.

Instead, United Way has various locations where they're offering the VITA program for qualifying taxpayers who make under \$58,000 a year. For a complete listing of dates and locations as Support Squadron A&FRC 707-424-2486.

vice through H & R Block, visit www.earnitkeepitsaveit.org. These services are also available to veterans and retirees.

In addition to the VITA program, service members may also visit Military One Source at www.militaryonesource. mil for both free online filing through MilTax software and tax consultants available tions that might arise during your filing.

The Airman and Family Readiness Center on base will also provide tax education to service members or families who need help navigating tax

"The A&FRC has two certified financial planners and two accredited financial counselors available to provide individualized or group financial tax education," said Betsy preparation Ratashak-Vogel, 60th Force

well as a free online tax ser- personal financial readiness program manager community readiness consultant.

For taxpayers whose annual takings make them ineligible for free services, it's recommended they seek services from tax preparers with expertise such as those licensed as an enrolled agent or certified public accountant. To find an enrolled agent, please visit www.taxexperts.naea.org. To find a certified public accountant, visit www.calcpa.org/ public-resources/find-a-cpa.

If you or your spouse is deployed, the deployed section of MilitaryOneSource at http:// bit.ly/2GAW3fy gives tax considerations to deployed Airmen and their families.

As a reminder, taxes must be submitted by April 17.

For more information education, including income or help on finding tax resources, contact Ratashak-Vogel at

to 24/7 operations

Shellie-Anne Espinosa

AIR FORCE SPACE COMMAND PUBLIC AFFAIRS SCHRIEVER AIR FORCE BASE, Colo. — Less than a year after changing the name of the Joint Interagency Combined Space Operations Center to the National Space Defense Center, the NSDC transitioned to 24/7 operations on Jan. 8, marking a significant step for the expanding, interagency team focused on protecting and defending the nation's critical space assets.

"This is a significant milestone," said Gen. Jay Raymond, U.S. Strategic Command's Joint Force Space Component commander and commander of Air Force Space Command. "We have officially transitioned the NSDC from an experiment to a functioning 24/7/365 operations center focused on protecting and defending the space domain. This advancement immediately expands our space situational awareness and bolsters our readiness - both of which are abspace superiority."

The NSDC is a partnership ment and Intelligence Commuization and provide enhanced in-

U.S. ability to rapidly detect, warn, characterize, attribute and defend against threats to our nation's vital space systems. The NSDC directly supports space defense unity of effort and expands information sharing in space defense operations among the DoD, National Reconnaissance Office and other interagency partners.

"This successful transition to round-the-clock operations was the result of the hard work of the entire joint and interagency team," said Col. Todd Brost, NSDC director. "With the growing potential threats to our nation's space capabilities, we must adopt a warfighting mindset and be prepared to defend and protect the assets that provide our joint forces and allied partners the asymmetric advantage from space-based capabil-

The NSDC increases the resilience of the space enterprise solutely critical to maintaining and the delivery of space capabilities to U.S., the joint warfighter and allied partners. It works organization, strongly support- across the space enterprise to ed by both the Defense Depart- aid on-orbit activity characternity, that develops and improves dications and warnings.





Chap. (Maj.) Mark Rendon, U.S. Army Garrison Rheinland-Pfalz family and life chaplain, speaks Dec. 12, 2017, at a "Wave of Light Celebration" at the Java Café on Rhine Ordnance Barracks, Germany.

Resources available for infant loss

Airman 1st Class Savannah L. Waters 86TH AIRLIET WING PLIBLIC AFFAIRS

RAMSTEIN AIR BASE, Germany — "Often-times, people don't know resources are out there," said Chap. (Maj.) Mark Rendon, U.S. Army Garrison Rheinland-Pfalz family and life chaplain. "Or, they're unaware of how to get these resources. And sometimes, it's just not a subject that is easily talked about with others, because, the loss of a child is very difficult."

October is Pregnancy and Infant Loss Awareness Month. where organizations and communities everywhere host events to commemorate the lives parents and families have lost due to miscarriage, stillbirth and infant loss. However, Rendon is on a mission to make pregnancy and infant loss awareness more than just an annual event within the Kaiserslautern military community.

Rendon, his wife, Tania, and son, AJ, hosted a "Wave of Light Celebration" at the Java Café at Rhine Ordnance Barracks. Dec. 12, 2017, to join parents and families within the KMC who've experienced this particular kind of loss.

"To be transparent and

vulnerable, my wife and I have Pregnancy and Infant Loss experienced three miscarriages: Peanut, Button and Jelly Bean," Rendon said. "It is my honor, privilege and calling to serve such families because my wife and I have been there. In

to no support of any kind." According to the Share Support website, www.nationalshare.org, nearly one in four pregnancies ends in loss.

"The goal of this event was to recognize and appreciate the

Marines, Special Tactics work to groom leaders

Senior Airman Ryan Conroy 24TH SPECIAL OPERATIONS WING PUBLIC

HURLBURT Fla. — The police officers rush into the compound, weapons drawn, shouting orders at the men inside the building to surrender.

Shots ring out, spent rounds discharge and the police retreat, leaving one officer behind with a gunshot wound. The insurgents drag him through the courtvard for all to see and execute him.

Buried in the thick brush on a hill, a small contingent of Force Reconnaissance Marines and Special Tactics Airmen are watching, waiting and reporting what they see back to the operations center. Their intelligence will provide

incoming Marines with vital information to conduct raids later in the day.

This was not a real mission in a foreign land, but rather a Marine reconnaissance proving ground at Bellows Air Force Base, Hawaii.

Three Special Tactics Airmen graduated from the Marine Corps' Reconnaissance Team Leader Course in November 2017, following two months of rigorous desert, jungle and amphibious reconnaissance training.

RTLC is an advanced level reconnaissance course designed to develop iunior service members into better team leaders through realistic training.

> "Our main objectives in See LEADERS Page 23



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Airman 1st Class Sara Hoerichs Jan. 22 to 26. 62ND AIRLIFT WING PUBLIC AFFAIRS

JOINT BASE LEWIS-MC-CHORD. Wash. — The commander of Air Mobility Command visited McChord Field Jan. 25 and witnessed fullspectrum readiness in action.

According to Gen. Carlton D. Everhart II, full-spectrum readiness describes the way prepared, confident, and able the Air Force maintains the skills and knowledge required to deploy quickly and operate effectively in a full range of combat environments.

Readiness and enabling warfighter lethality is a primary focus for AMC, and that was on display as Team Mc-Chord held operational readiness exercise Winterhook,

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OFF

"Being fully ready is a perishable skill," said Everhart. "It's critically important for Airmen to practice things like loading airplanes and to experience simulated chemical or biologically contaminated environments. Challenging scenarios ensure our Airmen are to generate airplanes and get them out the door in any environment.

Everhart said he was impressed by the way the readiness scenarios generated questions from exercise participants. The general stressed the importance of asking if the way they are

See SPECTRUM Page 24

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of 2 drinks. 50% Off entree of equal or lesser value. Not good with any other offers or on Senior menu items. Must present coupon. Offer expires 2/9/18.



Lt. Col. Robert Marshall, right, Center for Character and Leadership Development director for experiential education programs and honor education, speaks with cadets Aug. 7, 2017, at the U.S. Air Force Academy, Colo. Marshall is developing a summer program that encourages cadets to learn and overcome challenges, risk and failure that can't be replicated in a classroom via outdoor experiences.

Mountaineering guides program 8x20 \$150 mo.

Staff Sgt. Charles Rivezzo

U.S. AIR FORCE ACADEMY PUBLIC AFFAIRS U.S. AIR FORCE ACADE-MY. Colo. — If you told Lt. Col. Rob Marshall leadership starts at the top, he'd take you liter-

Part mountaineer, part special operations pilot, he's spent a lot of time living his life at high altitudes.

Marshall is by no means the casual adventurer, he's a world-class mountaineer, having led climbs of the highest peak on each continent, including Mount Everest, and ferried special operators in and out of war zones as a CV-22 Osprey

These days, the 2001 Academy graduate is on the forefront of adventure-based experiential learning at the Air Force Academy. He's in the early stages of developing a summer program that encourages cadets to learn and overcome challenges, risk and failure that can't be replicated in a classroom via outdoor experiences.

"The greatest threat to America is following the status quo," said Marshall, U.S. Air Force Academy Center for are covered with floor to ceiling

Character and Leadership De- whiteboards dotted with his advelopment director for experi- venture-based notes. ential education programs and honor education. "It inhibits innovation."

stems from a career he calls "unconventional."

"In a classroom, we mainly learn through reading, discussion, watching and listening," Marshall said. "Experiential learning involves applying the concepts learned in a classroom – often outdoors – experimenting with them and sometimes failing.

Controlled environments can limit learning and it's easy to develop tunnel vision as an Academy cadet, Marshall said.

"There's not a single cadet here who isn't highly intelligent, but how far have they been tested?" he said. "Learning with unpredictability is essential and that's what Mother Nature provides."

There's no one way to do anvthing

Marshall vibrates with innovation and ideas. He's a mixture of a mad scientist and athlete, and the walls of his office

He's an educational pioneer who admits to sometimes needing to taper his vision into His vision for the program something achievable, but recognizes the need to push cadets to break through their personal limits. Although in the nascent

stage, Marshall plans to add 10 days onto the Academy's Expeditionary Survival Training. The program would include a 12-hour hike, a 24-hour hike and a 36-hour adventure race in the wilderness west of the Academy. It's slated to be implemented this summer and involve the Cadet Wing's 1,200 sophomore-vear cadets with support from approximately 250 junior and senior cadets.

"At the end of each experience, cadets will debrief and reflect upon what they learned," Marshall said. "This way the experience is personalized and they can then try it again and again, each time learning something new and hopefully improving their results.'

CCLD department head, Col. Mark Anarumo, said See PROGRAM Page 25



Col. Kurt Matthews, 920th Rescue Wing commander, right, talks with Chief Master Sgt. Randy Wells, 301st Rescue Squadron chief enlisted manager, center, and Consul General Richard T. Yoneoka, the U.S. Ambassador's representative to the German states of Hamburg, Lower Saxony, Bremen, Schleswig-Holstein and Mecklenburg-Vorpommern, Jan. 26 at the German Maritime Museum in Hamburg. Germany.

Wing receives German award

Tech. Sgt. Lindsey Maurice

HAMBURG, Germany — For the first time in 20 years, the German Maritime Search and Rescue Service awarded the Medal of Honor on Ribbon for Rescue Missions at Sea in Gold in a special ceremony to the 920th Rescue Wing Jan. 26, 2018, at the German Martime Museum.

The wing, based out of Patrick Air Force Base, Florida, was honored for its rescue of two German citizens, a father and son, whose vessel caught fire approximately 500 nautical miles off the east coast of Cape Canaveral, Florida, July 7, 2017.

"The Medal in Gold has been awarded only five times since 1955," said Gerhard Harder, chairman of the German Maritime Search and Rescue Service. "This award reflects all the courage, commitment, compassion, dedication and professionalism that is necessary to make a sea rescue that is 800 kilometers from the coast possible. I feel greatly honored to award the Medal of Honor on Ribbon for Rescue Missions at Sea in Gold to the 920th Rescue Wing."

Col. Kurt Matthews, 920th "The lengths our Reserve Cit-ROW commander, and a contingent of six Airmen traveled to Germany to accept the award on behalf of the 80 unit members who took part.

"It is an honor to be here today and represent the amazing men and women of the 920th Rescue Wing," said Matthews.

izen Airmen went through to save these men is incredible and I am extremely proud of them. "The specific capability of

the 920th RQW's Guardian Angel Airmen, combined with its air refueling and extendedrange airpower make it uniquely

See AWARD Page 24

Choosing the Right Dentist for Your Child Is Easy... If You Know Where to Look to infants, children and adolescents. Dennis Paul Nutter, D.D. Irma L. Garcia, D.D.S. Jan Gerber, D.D.S. **Pediatric Dentistry** Rolling Hills Professional 3694 Hilborn Road 707/422-5444

Airman's passion helps out others

Airman 1st Class Alan Ricker

22ND AIR REFUELING WING PUBLIC AFFAIRS MCCONNELL FORCE BASE, Kan. — "In the first round, I landed a good right hand, and she went down."

stepped into the octagon of her cause there weren't any kickfirst professional mixed mar- boxing competitions, she contial arts fight with little expe- centrated on competing in rience in ground fighting, but she had plenty of boxing background to keep her standing not allow her to use her feet in on her feet.

As soon as her opponent hit the ground, Doerner took the opportunity to perform a ground-and-pound to quickly put an end to the match within three minutes of the first round.

Doerner, 931st Air Refueling Wing nuclear command and control procedures instructor, began kickboxing at Scott Air Force Base, Illinois, in 2004. The sport helped increase her score on her physical fitness assessment and

was a fun way for her to stay in shape. Her love for the sport eventually fueled her desire to compete at the amateur and, later, professional level.

She continued her training after moving to Minot AFB, Tech. Sgt. Jessica Doerner North Dakota, in 2005. Beboxing instead, which has similar techniques but would the competition. After struggling to find matches in her weight class for boxing, she started a professional career in MMA.

Doerner explained that after six years of professional fighting the sport helped her gain self-confidence and stav in shape and she wants to use her passion to help her fellow Airmen at McConnell.

She began teaching a free, no-contact boxing class at the fitness center.

See PASSION Page 21





14 TAILWIND AIR FORCE **FEBRUARY 2, 2018**

Aviators recognized with Doolittle Award

Master Sgt. Nadine Y. Barclay 432ND WING/432ND AIR EXPEDITIONARY WING PUBLIC AFFAIRS

ARLINGTON, Va. — In the weeks following the attack on Pearl Harbor, one group of men would attempt what was believed to be the impossible and forever shift the course of history.

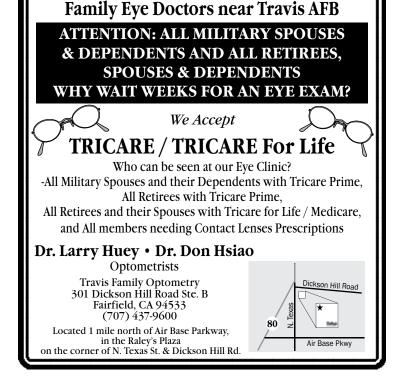
Today, these men, known simply as the Doolittle Raiders, continue to inspire Airmen to defend the nation, hunting down her enemies and delivering justice, anytime, anywhere.

Airmen assigned to the 432nd Wing/432nd Air Expeditionary Wing at Creech Air Force Base, Nevada, received the Air Force Historical Foundation's 2017, James H. "Jimmy" Doolittle Award, Jan. 30, 2018, at the U.S. Air Force Memorial in Arlington, Va., for their contributions to aviation history.

"The 432nd Wing has a heritage of innovation since its initial activation in 1943," said retired Lt. Gen. Christopher Miller, AFHF president and chairman. "It has been at the leading edge of operations for our nation providing both global vigilance and global power



Jonna Doolittle Hoppes, Doolittle Foundation executive director and granddaughter of Gen. James "Jimmy" Doolittle, and retired Lt. Gen. Christopher Miller, Air Force Historical Foundation president, present the General James H. "Jimmy" Doolittle award to Col. Julian Cheater representing the 432nd Wing/432nd Air See AVIATORS Page 22 Expeditionary Wing Jan. 18 at Creech Air Force Base, Nev.





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CSAF visit **Osan**

SecAF,

Staff Sgt. Franklin R. Ramos

51ST FIGHTER WING PUBLIC AFFAIRS

OSAN AIR BASE, Republic of Korea — Secretary of the Air Force Heather Wilson visited Team Osan while on a trip to the Republic of Korea from Jan. 27-30.

Wilson visited to reaffirm commitment to the RoK and U.S. alliance, highlight U.S. Air Force cooperation with allies, and ensure Airmen stationed abroad had the opportunity to hear from their senior leaders.

"No place on the world is it more important than here, now, for our Airmen [and allies] to be ready," said Wilson. "And here on the Korean Peninsula, you Airmen are laser focused."

She spoke about some of the challenges the U.S. Air Force is enduring and the importance of readiness and having no regrets when it comes to future operations.

"The most important thing we're focused on across the entire Air Force is readiness. Making sure we're ready for any fight at any time and that's no more important than here in Korea," said Wilson. "We need to make sure that every Airmen is ready to do the job that we are going to ask them to do on any day."

An all call was also held in which Wilson, along with U.S. Air Force Chief of Staff Gen. David Goldfein, spoke with members from Osan AB.

"The main reason we come out to the Korean Peninsula is to see the Airmen," said Goldfein.

Wilson and Goldfein also met with Airmen from various units throughout the installation to speak about maintaining

See OSAN Page 22

for active duty military members, single or married

6 to 8 p.m. Tuesdays at Twin Peaks Chapel.

Second track: 6 to 8 p.m. Wednesdays at First

Recurring events

Catholic

Twin Peaks Chapel

Roman Catholic Mass: 9 a m. and noon

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

4:30 to 5:30 p.m. Wednesday or upon

appointment

Street Chapel).

RE Wing.

Fairfield.

10:30 a.m. Sunday.

12:30 p.m. Sunday.

11 a.m. Tuesday.

Sunday

Sacrament of Reconciliation/Confession:

• Infant Baptism Prep Class: Two classes.

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

Rite of Christian Initiation of Adults: 6 to

• RE Classes: 10:15 to 11:30 a.m. Sunday,

First Street Chapel

DGMC Chanel

The Church of Jesus Christ

of Latter-day Saints

DGMC Chapel

• Latter-day Saints Service: 4 to 4:30 p.m.

Military relations representatives at 707-535-6979

Protestant

First Street Chapel

Protestant Community Service: 9:30 to

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

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

Twin Peaks Chanel

• Protestant Women of the Chapel: 9:30 to

DGMC Chapel

Airmen's Ministry Center

through Friday at Bldg. 1348. Home-cooked meal

at 6 p.m. Tuesday's followed at 7 p.m. by Bible

call Twin Peaks Chapel at 707-424-3217.

The Peak is open from 6 to 9 p.m. Monday

For more information about chapel programs,

Protestant Traditional Service: 10 to 11 a.m.

• Children's Ministry is provided for

6-month-olds through fifth grade

first Saturday of every month.

· Sacrament Services: 9 and 11 a.m. Sunday

Monday through Thursday, except for federal

at Church of Jesus Christ of Latter-day Saints

Fairfield Stake Center, 2700 Camrose Ave.,

Sunday at DGMC Medical Center Chapel.

For all other enquires, call LDS

• Roman Catholic Mass: Noon to 12:35 p.m.

• Mom's Group: 9 to 11:30 a.m. Thursday

• Catholic Women of the Chapel: 6 p.m. first

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

· Children's Choir: 2 p.m. Sunday.

• Youth Choir: 1 p.m. Sunday.

Adult Choir: 4 p.m. Sunday

Monday of every month, Annex.

7:30 p.m. Wednesday. Annex.

Street Chapel. Child care available. For more

and their spouses. First track:

information, call 707-424-3797.

Puzzles

2 6

How to beat Str8ts -

Like Sudoku, no single number can

rows and columns are divided by black

complete a 'straight'. A straight is a set

of numbers with no gaps but can be in

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

ells remove that number as an optior

Previous solution - Very Hard

3 9 5 4 8 2 1 6 7

To complete Sudoku, fill the board

by entering numbers 1 to 9 such

contains every number uniquely

visit www.sudokuwiki.org

If you like Str8ts. Sudoku and

our store at www.str8ts.com

that each row, column and 3x3 box

For many strategies, hints and tips,

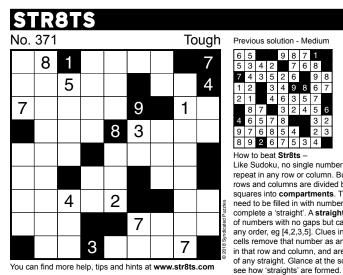
other puzzles, check out our books, iPhone/iPad Apps and much more on

in that row and column, and are not part

of any straight. Glance at the solution to

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

repeat in any row or column. But...



SUDOKU

No. 371 Easy								
	1					2	3	
			6		1		8	
			4	3			7	
	6	8	1					
7		4				1		8
					2	6	5	
	8			5	4			
	4		9		3			
	3	2					1	

The solutions will be published here in the next issue.

the personal property of Tech. Sgt. Deontae Lockett, deceased, 60th Medical Operations Squadron, as stated in AFI 34-511. Any person contact McNeal by phone at 707-423-5312 or email talisha.1.mcneal.mil@mail.mil.

to sons and daughters of active duty, reserve, 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 4.0 804-734-8000, ext. 52781, Jim Weiskopf at 202-607-1067 or visit www.militaryscholar.org.

Volunteer victim advocates. The SAPR

welcome. For more information, call 707-424-5392

Sierra Inn dining facility closure. The DFAC, Sierra Inn, is closed due to remodeling. All dining services are moved to the Delta Breeze Club. Midnight chow will not be served, but all other meals provided

* * *

Retiree Corner

Women vets urged to donate brains for research

WASHINGTON — The U.S. Department of Veterans Affairs has announced a collaboration between its National Center for PTSD and the nonprofit organization PINK Concussions encouraging women to donate their brains for the purpose of research of the effects of traumatic brain injury and post-traumatic stress disorder.

of TBI and PTSD brain re- it VA's National PTSD Brain search has primarily been based on male brains without any active recruitment

for women," said Dr. Carolyn Clancy, executive in charge of VAs Veterans Health Administration. "We have a lot to learn about how the female brain deals with TBI and PTSD. which makes this effort long overdue.

Katherine Snedaker, founder and executive director of PINK Concussions, and a brain injury survivor, also applauded the collaboration.

For more information about the effort, visit www. "In the past, the focus pinkconcussions.com/. Vis-Bank for more information.

> - Air Force Retiree **News Services**

News Notes

Disposition of personal effects. Capt. Talisha McNeal is authorized to make disposition of having claims for or against the deceased person,

Scholarships for military children. Open Guard or retired military commissary customers basis. For more information, call Marye Dobson at

Balfour Beatty Communities Foundation scholarship program. Accepting applications for the 2018-19 academic year. 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. bbcommunities foundation.org by March 31.

MPF walk-in hours. Effective March 1, MPF will no longer service customers for ID card related issues via walk-in hours and will go to an appointment-only system. For those needing assistance for emergency situations such as stolen or lost Common Access Cards or pin resets, visit during operation hours from 7:30 a.m. to 3:30 p.m. Monday through Friday.

office is seeking interested and qualified individuals to become volunteer victim advocates. The rank requirements are senior airman, first lieutenant or GS-9 and above. (Active military, reservists, and DoD civilian employees) Individuals must have an interview with the SAPR team, attend a 40-hour initial training class, pass all background checks and receive accreditation from the Defense Sexual Assault Advocate Certification Program. For those interested volunteering, a meeting takes place at 1 p.m. Feb. 13 in Bldg. 381, second floor, room

Sexual Assault Response Coordinators. The alternate SARC serves in the absence of the primary SARC and deputy SARC due to leave emporary duties, deployments, illness, etc. They also serve as subject matter experts once all requirements are met and training/certifications are completed. Officers O-2 and above or civilians GS-12 or equivalent, who have completed the VVA initial training and/or AF SARC course, has performed SAPR VA/VVA duties under SARC supervision, and are D-SAACP certified may serve as an alternate SARC. If interested or want additional information, please contact the SARC or SAPR VA at 707-424- 1105 /1098 or email tiffanie stevenson@us.af.mil to receive a packet.

60th FSS

Upcoming

First Friday. Feb. 2 . Free appetizers and tastings at First Friday at 4 p.m. at the Delta Breeze Club. Members are free and nonmem-

bers can join the fun for \$10.

Career and Education Fair. Feb. 2. Free. 10 a.m. to 1 p.m. at the Delta Breeze Club.

Super Bowl Party. 1 p.m. Feb. 4 at Wingman's. Free. Enjoy a complementary nacho bar, pre-game Madden tournament, Tom Brady look-alike contest, \$2 drinks and a ton of amazing prizes. Ski adventures. With Outdoor Recreation.

Those R4R eligible pay only \$5 to ski and enjoy the snowcapped mountains (February to March). The ski adventure is \$25 for all other customers and you must be 16 years or older to participate. 6 a.m. to 7 p.m. To determine if you qualify for R4R pricing call 707-424-0969 Family Sledding Trip. For only \$25, take

the family to go sledding and play in the snow (February and March). Outdoor Recreation will provide transportation and sleds. 7 a.m. to 4 p.m. For details, call 707-424-0969.

Arts & Crafts Classes. Get up and get crafty with \$25 for those R4R eligible. Travis Arts & Crafts classes. Sign up today before the classes fill up. The Family Heart Strings class is from 5:30-7:30 p.m. on Feb 12 and the French Memo Board class is from 5:30–7:30 p.m. on Feb. 16. Must be 18 years or older to participate. To determine if qualify for R4R pricing, call 707-424-2929.

"Strike Out" Teen Dating Violence **Bowling Event.** Thursday, February 15, 4-6 p.m. Location: Travis Bowl on Base. Free Food, Bowling, and Prizes. Free bowling for the first 40 people who sign up. To register: Call the Teen Zone 424-3131 or Kristin.c.criner.ctr@mail.

Steak Night. Bring the family and friends to enjoy \$12 Steak Night every Tuesday evening at the Delta Breeze Club. Doors open at 4:30 p.m. and each plate includes delicious steak, sides and non-alcoholic beverage. For details_call_707-437-3711

Youth Baseball Sign-Ups. Register children ages 5-12 for the Spring Season of Youth Baseball. The registration period ends March 2. All Travis youth are eligible to play and the registration fee is \$75. Prior to registering, participants must provide an updated physical with current flu shot and EFMP Packages are

Closures

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

Upcoming events

Chapel programs

Ash Wednesday. Mass at noon Feb. 14 at DGMC auditorium and 6 p.m. Feb. 14 at the Twin Peaks Chapel.

Financial Peace University. Two nine-week, two-hours-per-session, faith-based money management courses building financial resilience

Recurring

Air Force Office of Special Investiga-

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

Air Force Sergeants Association "Walter E. Scott" Chapter 1320. General membership meetings are at 3 p.m. on the second Friday of every month at Wingman's in the Delta Breeze Club. For more information, contact Senior Master Set, Angell Nichols or Tech. Sgt. Rebecca Linden de Romero.

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

Alzheimer's Caregiver Support Group.

Meetings take place from 1 to 2:30 n 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.

Base illicit discharge number. To report sewage/water leaks or illegal dumping, call 707-424-2575. For hazardous chemical/ material spills call the base emergency numbers.

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 Xuven Lieu at 707-424-5103

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

Fairfield/Vacaville Train Station

Project. Located at Peabody Road and Vanden Road in Fairfield with a six-lane overpass. Construction is scheduled for completion in October. For more information, visit http://bit.ly/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 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 travsopcombatotsd@gmail.com

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

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

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

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

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

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

The Last Key" (PG-13)

- 6:30 p.m. "Insidious:
- 9 p.m. "Molly's Game" (R) Saturday
- 6:30 p.m. "The Greatest Showman" (PG) • 9 p.m. "Lady Bird" (R)

· Closed due to Super Bowl LII

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.

Disposition of personal effects

Capt Talisha McNeal is authorized to make disposition of the personal property of TSgt Deontae Lockett, deceased, 60th Medical Operations Squadron, as stated in AFI 34-511. Any person having claims for or against the deceased person please contact Capt McNeal by phone at 707-423-5312 or email talisha.l.mcneal.mil@mail.mil.

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

MPF self-renewal program. Did you know that dependents can now renew their ID cards online? To participate in this program, visit http://bit.ly/2mR1gl2. This program is limited only for renewing dependents' IDs. For all other services, visit MPF during duty hours or call 707-424-8483

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

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

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

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

60th Air Mobility Wing Information **Protection Office.** All requests are done on

Tuesday, Wednesday and Friday. Thursdays and by appointment only. Schedule an appointment by calling 707-424-3114 or by 9 a.m. to 1 p.m. Thursday. Legal assistance for active duty members and dependents are walk-ins emailing 60amw.ip@us.af.mil. Fingerprinting is only for federal employment and for agencies from 2 to 3 p.m. Tuesday. For all wills and retiree legal assistance, call 707-424-3251 to make an with a valid support agreement. For emergencies, call 707-424-3114. appointment.

Solano/Napa Habitat for Humanity. This

organization welcomes volunteers and supporters

Tuesday through Saturday. For more information,

Travis Community Thrift Shop. 10 a.m. to

Travis Composite Squadron 22 Civil Air

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

volunteers to organize, sort and price donations.

For more information, contact the Thrift Shop at

Patrol. Open to youth from 12 to 18, as well as

adults ages 18 or older who train and serve as the

volunteer component of the total force. UTA is 6:30

to 9 p.m. Monday, Bldg. 241-B-2. Open to all

students with a 2.0 or higher grade-point average.

For more information, contact CAP 1st Lt. Jo Nash

at 707-424-3996 or recruiting@squadron22-cap.

Travis Heritage Center. The facility 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

more information, call Rick Shea at 707-424-5598

Travis Legal Office. Power of attorney and

notaries are walk-ins 9 a.m. to 2 p.m. Monday,

also seeks volunteers. The gift shop is open 11

a.m. to 4 p.m. Tuesday through Saturday. For

or email richard shea@us af mil

looking to add to its historical collection. It is

us, visit during a UTA or check out

http://squadron22-cap.us.

from all backgrounds. There are recurring events

email Staff Sgt. Mathew Clayton at mathew.

clayton@us.af.mil.

707-437-2370

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

• Deirdre Mullin, 60th Medical Operations Squadron.

 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

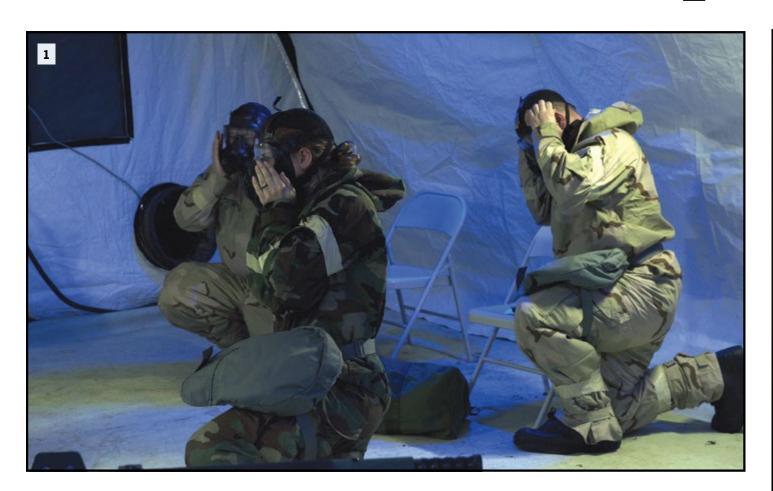
Events

Ghost Walk. 8 p.m. Feb. 16, leaves from Virgil's Bait Shop, 201 Main St., Suisun City: 8 n m Feb 17 leaves from the Lawler House, 718 Main St., Suisun City. www. suisunwaterfront com

"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.

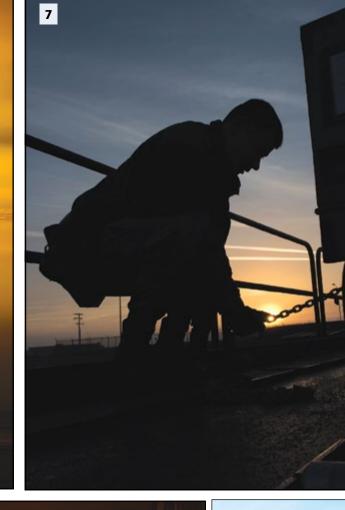
16 TAILWIND FEBRUARY 2, 2018

Exercise improves Travis' readiness









U.S. Air Force photos by Louis Briscese, Heide Couch, Joey Swafford,

Nicole Leidholm & James Hodgman

- 1) Airmen from the 60th Air Mobility Wing don their mission oriented protective posture gear, better known as MOPP.
- 2) Airmen from the 60th Air Mobility Wing stabilize and transport "injured personnel" to a medical facility during a simulated event.
- 3) Airman assigned to the 60th Air Mobility Wing, proceed through a mobility processing line.
- 4) A C-17 Globemaster III sits on the flight
- 5) 60th Maintenance Group and 60th **Operations Group Airmen don protective** gear during a readiness exercise.
- 6) Airmen assigned to the 60th Air **Mobility Wing conduct a post- attack** reconnaissance sweep as part of a readiness exercise.
- 7) Airman 1st Class Robert Durm, 60th **Aerial Port Squadron ramp operator,** checks the chains which keeps cargo stationary.
- 8) Airmen assigned to the 60th Air Mobility Wing conduct a post- attack reconnaissance sweep as part of a readiness exercise.









FEBRUARY 2, 2018



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20 TAILWIND **FEBRUARY 2, 2018**

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Classes for all ages...... 10:00 am

CORE Bible Studies 12:30 & 5:00 pm

Adult & Youth Studies6:30 pm

..11:00 am

...6:15 pm

(2nd & 4th Sunday)

SUNDAY

WEDNESDAY

AWANA for Kids

Adult Studies

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First Assembly Of God

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- KID'z CHURCH Grades K-5th 10:00 AM WFDNESDAY SENIOR PRAYER
- 7:00 PM WFDNESDAY NIGHT Adult Bible Study Girl's Club
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BAPTIST



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.

Tuesday

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 Study9:00 am
Worship Service & Bible Study 10:30 am
Evening Worship & Prayer6:00 pm
Wednesday:

Wednesday.
Dinner (SeptMay)4:45 pm
AWANA (SeptMay) 6:00 pm
Youth
Choir6:30 am
Bible Study 10:00 am,1:30 pm, 3:30 pm & 6:30 pm
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Website: www.mcbcfs.org

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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.



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

Sunday Morning Bible Study 9 AM
Sunday Morning Worship10 Al
Sunday Evening Worship6 PM
Wed. Evening Bible Study7 PM
Homoloss ministry at Mission Solano

Rescue Mission 1st Friday of month 6-8 PM

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CHURCH OF CHRIST BAPTIST

CHURCH of CHRIST Meets at Rockville Cemetery Stone Chapel

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

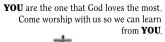
9:50 a.m. Sunday Morning Worship 5:30 p.m. Sunday Evening Worship 7:00 n.m. Wednesday Evening Bible Study

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 eaven that has been given among 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..

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CHURCH OF CHRIST





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Sunday Morning Worship	10 A
Sunday Evening Worship	6 P
Wed. Evening Bible Study	7 F
Homeless ministry at Mission	Solano

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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 7:00 PM

★@LCCfairfield

2641 N. Texas St. Fairfield, CA 94533 **FEBRUARY 2, 2018** TAILWIND 21

"I know (boxing) is some-

Passion

From Page 13

I've never gotten lower than a 96 on a PT test because it's a well-rounded way to stav in shape," said Doerner. "It gives you muscle fitness and cardio, and it almost makes the PT test look easy. I wanted to try and share that. You can be in shape and have fun, and you don't have to dread taking the PT in the training

"Since I took up boxing,

months."

She said she wants to keep the class as close to traditional boxing training as possible, but also make it enjoyable for her students.

class includes jumping rope, shadowboxing, heavy bag workouts, mitts with boxing combinations and footwork drills. Doerner explained that she also wants to incorporate circuit-style workouts

test every year or every six

The no-contact boxing you're willing and want to learn about fighting and boxing, then she's the person you want to go to."

thing she holds close to her heart," said Master Sgt. Douglas Clark, 22nd Air Refueling Wing command and control operations noncommissioned officer in-charge. "She has a passion for it and is competitive. She's a fighter. She's a fighter at work and outside of work, and if

DIRECTOR



Tech. Sgt. Jessica Doerner, 931st Air Refueling Wing nuclear command and control procedures instructor, poses for a photo Jan. 1, 2017, at McConnell Air Force Base. Kansas. J.S. Air Force photo/Airmar

st Class Alan Ricker

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Daily Republic

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- Men's & Women's Bible Studies
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Base Sacrament Services (1st Floor North entrance) Sunday 1600-1630

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Main Worship Services

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thru the Week

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Sunday: 9am & 11am

HOUSE

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WEDNESDAYS

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NON-DENOMINATIONAL

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on other ministries offered

THE CHURCH OF

New Hope Christian Fellowship

Sunday Morning Bible Study 9:30 AM Sunday Morning Worship

0

10:30 AM Sunday Evening Worship 6:00 PM

NON-DENOMINATIONAL

Vacaville

Church of Christ

401 Fir St., Vacaville, CA 95688

(707) 448-5085

Minister: Garrett Sander

Wed. Evening Bible Study

www.vacavillecofc.com If you would like to take a free Bible 7:00 pm Contemplative Prayer correspondence course contact:

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Email: info@cumcfairfieldca.org

Sunday School for Children during the Worship Service

United Methodist Women

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

22 TAILWIND **FEBRUARY 2, 2018** TAILWIND 23

Aviators

From Page 14

to the joint team preserving the lives of American service members on the ground and preventing damage to our nation and our citizens."

The Doolittle award was established to recognize units that have displayed bravery, determination, discipline, esprit de corps and superior management of joint operations while accomplishing its mission under extremely difficult and hazardous conditions in multiple conflicts, and thus made a sustained, significant contribution to Air Force history.

"A very direct parallel exists . . . Jimmy Doolittle flew Army Air Corp planes off of Navy ships, the Hunters provide close air support to our ground forces, both coalition and U.S., and they do it 24/7 with great reliability in a way that is still evolving and that is actually one of the things that the Hunters and the Doolittle Team share," said Miller.

To increase morale and demonstrate resolve to Japan and the world, the Doolittle Raid paved the way for innovation as 16 B-25s were modified and launched from an aircraft carrier which led to a reinvigorated sense of confidence and duty among U.S. troops.

(Raiders and

invite them all.

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Hunters) took a starting point and took the technology and operational concepts in a way that no one had ever thought of before, and I'm confident that this wing will continue to do that,"

Today, that innovative spirit lives on as the 432nd Wing continues to change the face of aviation with the use of the remotely piloted MQ-1 Predator, MQ-9 Reaper and RQ-170 Sen-

"The Wing has taken both technology and human determination and raised it to a very high level and so the foundation felt like the 432nd (Wing) had more than earned this distinction which is particularly appropriate because Jimmy Doolittle was himself an innovator." said Miller.

Similar to the 80 men who volunteered for the Doolittle Raid, the 432nd Wing and the Air Force is comprised of an all-volunteer force dedicated to the safety and security of the U.S.

"Gen. Doolittle once said There's nothing stronger than the heart of a volunteer," said Col. Julian Cheater, 432nd Wing/432nd Air Expeditionary Wing commander. "What the Airmen here have accomplished is nothing short of amazing and I'm certain that they would volunteer for challenging missions like Gen. Doo-

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In 2017 alone, Airmen of the 432nd Wing flew more than 12.000 sorties totaling approximately 216,000 flight hours, employed 2,900 weapons and aided in the liberation of multiple cities returning 2.7 million Iragis and 715,000 Syrians to an ISIS-free home.

from World War II the greatest generation, but the truth is that every single person that puts on this uniform is made of exactly the same stuff," said Jonna Doolittle Hoppes, Doolittle Foundation executive director and granddaughter of Gen. James Doolittle. "As you look around at the men and women today who are a part of a completely voluntary service, they are the same. I think it is so important to acknowledge that you are the greatest genera-

Most recently, the 432nd Wing supported the liberation of 99 percent of ISIS-held territory flying the new Block 5 MQ-9 in combat along with the newly upgraded Block 30 cockpit for the first time in combat.

"Each generation that puts on that uniform does it to serve this country," said Doolittle Hoppes. "I'm so proud to be a part of this program to recognize you all because of how great you really are. I think he (Gen. Doolittle) would be really proud to serve with you."

Mon.-Fri., 7:30AM-5:30PM

Sat., 7:30AM-4:00PM

1245 Illinois St., Fairfield, CA



Secretary of the Air Force Heather Wilson and Chief of Staff of the Air Force David Goldfein speak to Airmen during a town hall Jan. 29 at Osan Air Base, Republic of Korea.

Osan

readiness in the USAF, which is

have been focused on restoring the readiness of the force. Like all those that have come before the guns," said Goldfein. "And Pacific region.

ty and resources to that level."

Goldfein and Wilson continus, we will fly to the sound of to visit other bases in the Indo-

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FEBRUARY 2, 2018



"They call the generation

U.S. Air Force photo/Staff Sgt. Alex Fox Echols III

From Page 14

one of their main priorities.

"Secretary Wilson and I

where we achieve our greatest lethality, innovate and build our highest level of readiness occurs first and foremost in our squadrons. We are going to continue to push decision authori-

ue from the Korean Peninsula



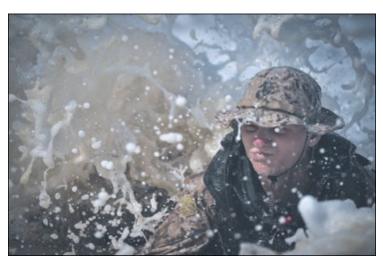
Nancy Price-Branson

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Sgt. Zachary Malik, a student with the Marine Corps' Reconnaissance **Team Leader Course, is battered by surf during amphibious infiltration** training, Oct, 22, 2017, at Marine Corps Base Hawaii.

Leaders

From Page 11

this course is taking young leaders and guiding them into being better ground force commanders," said Gunnery Sgt. Jeremy Froio, noncommissioned officer in charge of RTLC. "Regardless of what service you're in, the reconnaissance mission is so detail oriented and in depth that no matter what your actual mission is, you're going to benefit from this training."

Force Reconnaissance Marines are the Marine Corps' special-operations-capable forces that provide essential intelligence to the command element of the Marine Air-Ground Task Force. Forging a relationship between conventional and SOF creates unique opportunities and partnerships in the future.

Special Tactics is U.S. Special Operations Command's tactical air and ground integration force and the Air Force's ground special operations force enabling global access, precision strike, personnel recovery and battlefield surgery operations.

To provide realism to the curriculum, students in the course transition to three different geographic locations. Special Tactics regularly trains in extreme conditions to acclimate to any scenario when called upon.

"Much like in a Marine Expeditionary Unit, you find yourself in some other part of the world ... one day you're in the high desert, the next the desert plain, the next in the jungle, et cetera," said Froio. "We try to replicate that aspect of not real world."

always knowing your environ-

Beginning at Camp Pendleton. California, students learn public speaking to enhance their briefing skills, and conduct their first patrol as a team. According to the instructors, briefing is the first step of becoming a capable ground force commander.

Froio explained the need for ground force commanders to clearly communicate their intent and objectives during mission planning, because without that capability, the team won't make it to the battlefield.

"We wholly utilize the crawl, walk and run method during training by having them brief daily, to giving impromptu briefs and finally briefing a real commander after drawing up their mission plan," said Froio.

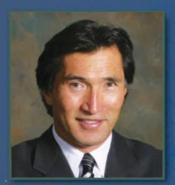
From there, the course moves to Yuma, Arizona, for desert patrols and reconnaissance. During this portion, instructors incorporated Special-Tactics-unique scenarios for the students such as an airfield reconnaissance and fires plan-

"Since Airmen from Air Force Special Operations Command began to take this course, we have changed our curriculum to accommodate what they bring to the table," said Gunnery Sgt. Edward Brugeman, senior NCO in charge of RTLC. "Each one of the mission sets gives the students - Marines and Airmen alike - the planning, briefing and execution aspect of a multitude of mission sets they will most likely encounter in the

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24 TAILWIND **FEBRUARY 2, 2018 FEBRUARY 2, 2018** TAILWIND 25

Spectrum

From Page 12

doing things is the best way, or if there are better ways of completing the task.

Exercises like Winterhook are designed to progressively build up skills to include ability to survive and operate in mission oriented protective posture gear.

"The wing has extremely capable Airmen," said Col. Steve Snelson, 62nd Airlift Wing, vice commander. "Our roadmap to readiness ensures each of them will not only survive in austere environments, but thrive. When a C-17 lands on a far flung airstrip or screams across a remote drop zone, our service members, allies and adversaries alike know that aircraft represents the strength and resolve of the United States."

Because of JBLM's location and mission, readiness is of particular importance. The C-17 Globemaster III is the aircraft that gives McChord Field its capability.

pable platform such as Joint to carry out the mobility mis-Base Lewis-McChord all you sion at all."

have to do is turn and ask and it gets done," said Everhart. "That's a powerful tool for our nation.

Ready Airmen and joint mission partners operating seamlessly together, leveraging a strategic location in the state of Washington, significantly enhances the rapid global mobility posture.

"You're talking about a base that's literally at the epicenter of what can happen if any events occur in the Pacific," said Everhart. "Power projection comes right out of this base."

The Pacific, however, isn't the only location of interest to AMC.

"With all of our mobili-

ty bases and with the mobility Air Forces as a whole we know the globe is our area of responsibility," said Everhart. "That's why it's essential to practice our skills constantly; so we continue to be ready to fight tonight. I can tell you, as I see our mobility Airmen like those here at Joint Base Lewis-McChord at work practicing full-spectrum readiness. "When you've got a ca- I don't worry about our ability

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Award

From Page 13

able to accomplish the mission where few others in the world

Matthews noted the unit was not facing the most ideal circumstances when they received the call for help that morning. The two HC-130 Combat Kings required to transport the Guardian Angel team and refuel the helicopters were broken and the helicopter crews were on crew rest.

However, the team pulled together and within two hours the maintenance crews fixed and launched the first HC-130 carrying the Guardian Angel team and their equipment. Two hours later, the helicopters headed to the scene, while the maintenance crews fixed the last HC-130.

Around this same time, the Guardian Angel team parachuted into the open water out at great personal risk." of the back of the HC-130, followed by their zodiac inflatable boat and medical equipment. After reaching the survivors, they provided urgent medical care and transported them to a nearby freighter whose crew volunteered to help. Under the cover of darkness, the HH-60 Pave Hawk helicopter teams arrived and their crews hoisted the men into the aircraft bound for the Orlando Regional Medical Center. The survi- cue Wing, 'These things, we vors spent roughly two weeks do, that others may live,' this in the hospital before returning to Germany.

"I would like to express my heartfelt thank you to my Guardian Angels for rescuing me." said Karl Meer Jr., who was severely injured in the accident. "With my injuries and without water. I don't think I would have lived another anywhere, with combat-ready day. I immediately felt so safe, Airmen.

because they knew exactly what they were doing and stayed calm.'

The father and son were able to personally thank some their rescuers while undergoing care at the Orlando hospital and some additional 920th RQW team members at the ceremony. It was a reunion that touched more than just the rescuers and rescuees.

"This is an awe-inspiring German-American story that unfolded where we didn't expect it." said Consul Gener-Richard T. Yoneoka, the U.S. Ambassador's representative to the German states of Hamburg, Lower Saxony, Bremen. Schleswig-Holstein and Mecklenburg-Vorpommern. "It showcases efficient transatlantic communication channels, the technical material capabilities of the U.S. Air Force and the determination of highly-skilled and superbly-trained individuals to get the job done

"To me, today's event is much more than a festive awards ceremony that honors brave men and women who stood ready when called upon to engage in a rescue mission at sea," he continued. "To me, above all, this extraordinary rescue story is about a human act of kindness, maybe the most noble, saving another's life, two lives in fact. True to the motto of the 920th Resrescue story is the most meaningful story about German-American relations that I can imagine."

As the Air Force Reserve's sole combat-search-and-rescue wing, the 920th Rescue Wing's mission is to rescue and recover personnel anytime.



Honor Guard

From Page 5

heart, according to Rodriguez. "The Honor Guard is not for everyone," said Rodriguez, "But if an Airman should find themselves holding themselves to

a higher standard, joining the Honor Guard is a natural extension of that mindset. The purpose of the Travis Honor Guard is to deliver a flawless ceremony for past and present military members. The way an Airman attacks this purpose is through continuous hard work and dedication, with a perfectionist mentality."

The unyielding professionalism and dedication that have, over the years, become a benchmark by which all Honor Guardsmen are measured by are attributes that Ronquillio echoes in addressing any potential recruits.

"Something that sometimes gets overlooked is that the Honor Guard knows no holdiays," said Ronquillio. "Our mission is 24/7. Our area of responsibility covers a population of over one million veterans and 45,000 square miles. This isn't a weekend duty. The Honor Guard is not a hobby and was never intended to be treated as such. Each member here understands the importance behind the mission and respectfully approaches the day with that mentality."

As the sun rises, three hours after the beginning of their training session, the Travis Honor Guard stays practicing. Though tired, sore and calloused, the energy with which they approached their first movement is unrelenting, and even though December has passed, they're ready for the next day's mission, whatever and however long it will be.

"Readiness and pride are two sides of one coin," said Ronquillio. "We understand the importance and the lasting impression that we as guardsmen leave with the families of our fallen heroes. Our training and attention to detail are driven by the fact that we don't get doovers. We have one opportunity to render honors to our fallen comrade and it is our accepted duty to perform as flawlessly as possible."

Exchange

From Page 9

discharged veterans, can send flowers and other gifts at a 25 percent discount through FTD, available now through May, and Teleflora, Feb. 1-14. at ShopMvExchange.com. Both offer same-day delivery and

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Nepute

grab them. Don't be afraid to try something new, different or uncomfortable. Put your toes into the pool of leadership, engagement and influence. Don't forget to be approachable and professional in these new

situations. Most of all, be OK with failure or mistakes. With these tenets, you might find vourself performing in the best way possible.

At the end of the project, mission or vour career, be proud of what you've accomplished. If you ask yourself, "Have I done enough?" Maybe, just maybe, you can say, "Who knows? But I did all I could."

Program

From Page 12

faculty have been completely evolving the way they deliver character education to cadets.

CCLD officials, including Marshall, plan to develop an adventure-based experiential learning foundation at the Academy and start collecting data to empower the Air Force to implement this style of learning across the enterprise.

"We will push them to their personal limits through these programs and test them in ways they would otherwise never experience short of leading in a combat environment," Anarumo said. "This generation clearly learns differently than any past cohort of young adults.

"Adventure-based experiential learning and similar programs we will be rolling Air Force leaders to think outout will close the gap between how we teach and what these their comfort zones.

future leaders need as they enter a rapidly changing, hyper dvnamic world."

Melding his background as a special operations pilot and mountaineer, Marshall wants to incorporate lessons at the Academy that deal with uncertainty and quick flexibility.

"There is usually only one way to solve things here at the Academy, you need to get an 'A'," he said. "The further you get to an 'A' the better. But what always foot stomp to cadets is that there is never one way to accomplish anything. This summer program is an opportunity for cadets to create their own unique strategy to succeed."

Having witnessed the innovations made by enemy combatants during his time in the special operations community, Marshall stressed the need for side the box and step out from

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Loss

From Page 11

family with every heartbeat," Rendon said.

"My hope is that families can experience this time together celebrating life knowing they're not alone, and that there are others who share similar experiences."

When the Rendons were anticipating their first child, they didn't know what to expect.

"I was really excited, I had never been through this before," Rendon said. "I was looking at the screen, and I was anticipating, and I was nervous...and the doctor left the room."

That was the first of three losses the Rendons experienced as parents.

"In 2005, when we had our

first loss, MEND, Mommies the only organization or community I could find online at the time," said Tania.

MEND is a Christian, nonprofit organization that reaches out to families who have suffered the loss of a baby, and hosts a variety of support groups throughout the nation.

The MEND website maintains and regularly updates a list of resources for those who've needed it the last 19 years, including bi-monthy newsletters, music, books, publications and family memorials.

Another resource, the Share Pregnancy and Infant Loss Support, is a community that can provide support for grandparents, siblings and others in the family unit. Their services include bedside companions, phone support,

face-to-face support group Enduring Neonatal Death, was meetings, resource packets, private online communities, memorial events, training for caregivers and more.

The KMC is making steps toward becoming a community that has a variety of choices and support for those that have experienced the tragic loss of a baby. Rendon hosts the Pregnancy and Infant Loss Support Group every third Tuesday of the month.

"How do I honor my babies?" Rendon asked. "They are a part of my life. It's not like grieving the end of an older relative's life. They'd lived a fruitful, meaningful, full life. How can a baby? You never stop grieving, thinking about all that they could've become."

The Rendons didn't really begin to heal until after their third loss, Rendon said.





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Bariatric

BMI of 35 kilogram/squaremeduty personnel, retiree, dependent a veteran patient referred by their VA PCM.

"When a new patient is onboard, I try to answer their questions openly and honestly with complete transparency," said Miller-Freeman. "My job is to make sure patient get as much support for their journey."

Miller-Freeman underwent a bariatric operation in 2002 and is able to bring a personalized perspective to the program.

both lungs from standing for long hours and being overweight," said Miller-Freeman.

"I developed cardio myopathy after having my daughter in 1997. There wasn't a choice for me. I had to reduce the volume of work my heart had to do for supporting my 400 pound body."

my operation, I had been given a second chance."

It's what you do with that

"I developed blood clots in second chance which defines who you can be and defy whatever mindset you previously had, said Miller-Freeman.

> "The bariatric surgery clinic offers comprehensive surgical care to TriCare and VA beneficiaries who've met qualifications," said Perido. "We provide a multidisciplinary approach to weight loss surgery and are committed to safe and top quality care."

> "One of the hardest decisions which can be made by an obese individual is saving. 'I need to start living a healthier lifestyle," said Miller-Freeman. "The surgery is a challenge. It will not be an easy way out and after the operation is complete. there are still hardships which remain from the past. Along this

journey, you have to remember, surgery clinic patient. "This living alongside these new lifestyle rules will make you successful."

Daily life experiences became much easier and spreading the word about bariatric surgery with a smile, helps invite people, said Miller-Freeman

"Bariatric surgery is so much more than just weight loss," said Maj. (Dr.) Logan M. Rawlins, 60th Medical Group Surgical Squadron general and bariatric surgeon. It resolves medical problems such as diabetes, high blood pressure, high cholesterol, reflux, heart disease, sleep

"Weight loss surgery is a jump start patients need to help them reach their weight loss goals; it is a pause button that Burton. allows you to reset. However weight loss surgery is not plastic surgery. It is a metabolic operation that changes your entire body in how you digest and process foods, we are not sucking out fat cells."

On average, individuals who've partaken in a bariatric operation here, have reduced their excess BMI by 70 percent and cut the prescription drug use by 75 percent, said Perido.

"I had my gastric bypass surgery July 18, 2017, and since directly at the general surgery have lost nearly 100 pounds,"

journey has been the best thing for me in my life. With still managing children at home, this surgery has given me the opportunity to have more and better experiences with them."

FEBRUARY 2, 2018

"Only one percent of people nationwide get bariatric surgery who qualify based on BMI criteria," said Rawlins. "Some are talked out of it by their family or PCM as many people think surgery is too risky when in fact, it is very safe with very low overall complication rates."

Doing anything with the word surgery is a very difficult mindset to break for most. The hardest part, though, is to ask "why did I not take advantage of this surgery long ago?" said

"Bariatric surgery offers people a new life free from obesity, medical problems and social stigma," said Rawlins. "It is the new start many patients are looking for."

All appointments are booked through DGMC's referral management office after a consult has been electronically placed by the patient's PCM. Alternatively, patients may also self-refer for this program. All followup appointments can be made clinic's front desk. Patients may

said Sharon L. Burton, bariatric also call 707-423-5224.

Del Curto

From Page 3

social change in the military are replete with misguided appeals to diversity, human interest stories, and flawed comparisons with Civil Rights. This line of reasoning misses the point entirely and is unhelpful.

The U.S. military as an institution was never intended to be a microcosm of the society it protects. Yes, diversity is necessary. However, it is not fostered for its own sake: it is fostered because it strengthens the force and ensures its longterm viability.

Secretary Mattis showed me the lens through which the military should be viewed, and in turn, helped me understand

what would be my future role as the fuels flight commander at Travis Air Force Base.

At the end of the day, my flight must issue clean, dry fuel in support of the flying mission. This is why it exists. Everything else is secondary. My airmen not only execute this function with pride and professionalism, but understand their role in ensuring a preeminent fighting force.

And so, my intent is not to argue for or against a particular policy, but rather to establish a foundation from which to argue. Only then can we actively pursue Secretary Mattis' aim of restoring military readiness and properly identify and remove that which detracts from it.



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From Page 5 clinic is the individual must be at least 18 years old and have a ter or higher. Eligible beneficiaries are dependents of active

For Miller-Freeman, being overweight did not define her.

"I really believe I was a fat happy woman," said Miller-Freeman. "I used to say if Oprah could be heavy and be on TV, what could I have to complain about. But it was when I had to fight for my life due to my weight, I understood that after

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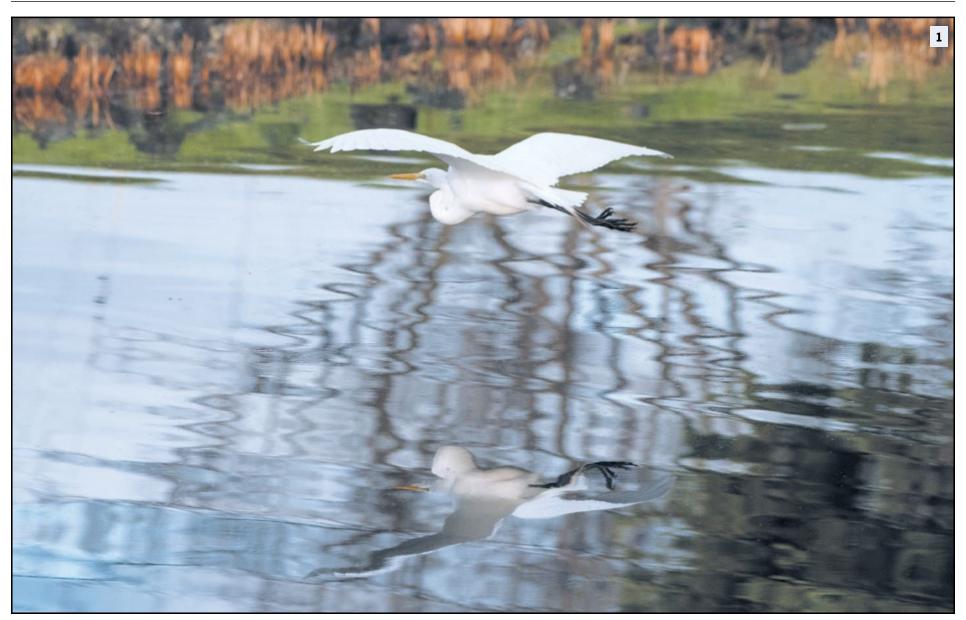
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30 TAILWIND PARTING SHOTS FEBRUARY 2, 2018 FEBRUARY 2, 2018 TAILWIND 31



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1) A great egret makes its way along the edge of the Duck Pond Jan 25 at Travis Air Force Base Calif. Great egrets wade in shallow water to hunt fish, frogs and other small aquatic animals.

2) A turkey vulture roosts in a eucalyptus tree Jan 25 at Travis. 3) A black-tailed jackrabbit occupies a mixed wooded and grassy area near the north gate Jan. 25 at Travis. 4) A male redwinged blackbird sings from its perch Jan. 25 at Travis.















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