



# BAY NOTES



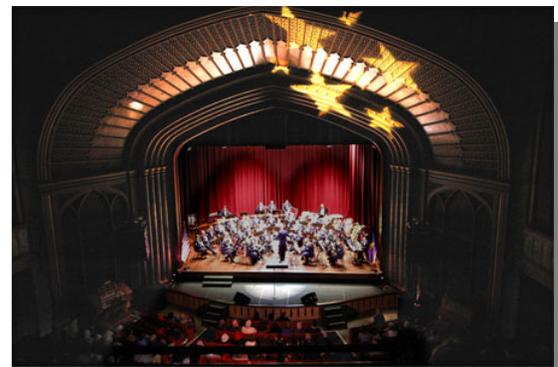
News from the USAF Band of the Golden West

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*The Concert Band onstage in the Historic Elsinore Theatre in Salem, Oregon from our recent Pacific Northwest Tour*



### Commander's Corner

Captain R. Michael Mench

I would like to introduce our band manager, Senior Master Sergeant Bill Castleman to write the Commander's Corner Article for this issue. Sergeant Castleman is an integral part of the Band of the Golden West team, and is our most senior ranking Non-Commissioned Officer.



### Senior Master Sergeant William Castleman

It's hard to believe how quickly this year is already passing us by. We hope everyone enjoyed our inaugural digital newsletter and to those who have joined our growing distribution list, welcome!

In this era of personnel cuts, the Band of the Golden West faces many challenges. In February our concert band toured Northern California, Oregon and Washington. This 12-day, highly successful civic outreach mission would not have been possible without the manning assistance from our Total Force: active duty, Guard and civilian. For our concert band to operate at full strength we needed to obtain 4 percussionists, 2 clarinetists, an oboist and a saxophonist. Our gratitude and thanks goes out to Mr. Doug Knoll of Benicia, CA; Senior Master Sergeant Nora Lemmon, Air National Guard Band of the West Coast; Technical Sergeant James Butler, USAF Band of the Pacific-Asia; Technical Sergeant Ruby Kathryn Nix, Air National Guard Band of the Central States; Senior Airman Micah Blouin, Air National Guard Band of the Gulf Coast; Senior Airman Mark "Andy" Tucker and Airman First Class Michael Correa, both from the USAF Band of Liberty; and Airman First Class David Diaz, from the Air National Guard Band of the Southwest.

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We are very thankful for their incredible support and we look forward to the continued partnership with our Total Force musicians as we move forward and continue to fully support our civic outreach mission throughout California, Oregon, Washington, Idaho and Nevada and our military/troop support mission of 10 Air Force bases, 10 Air National Guard units, 5 Air Force Reserve Command wings and 5 recruiting squadrons

We are very proud of the members of the Band of the Golden West as they continue to amaze us each and every day with their dedication and with their ability to adapt to our changing Air Force. We recently had the pleasure to announce our best of the best for 2006; Airman of the Year, A1C Louis Kohley; Non-Commissioned Officer of the Year, Staff Sergeant Paula Goetz; and Senior Non-Commissioned Officer of the Year, Master Sergeant Michael Goetz. These outstanding individuals stood well-above their peers as musicians, in their mission support duty accomplishments, and their community and base involvement. We are also extremely proud and honored to announce our commander, Captain Michael Mench, was selected as the 2006 Air Mobility Command Public Affairs Officer of the Year. Congratulations, Sir, and congratulations to all our outstanding award winners!

Since our last newsletter, we unfortunately had to say farewell to two musicians, SrA Greg Gallant, clarinetist, who moved on to the United States Air Forces in Europe Band at Sembach AB, Germany, and MSgt Jack Ryder, our First Sergeant and saxophonist, who retired after 26 years of faithful service to our great nation. We'll miss these dedicated Airmen and we wish them both the best. For your enjoyment, this digital newsletter edition will highlight three of our newest members, each of them fantastic individuals and musicians, A1C Jamie Lantz, A1C Rachel Trimble and A1C Dustin Trimble. We are extremely grateful to have these wonderful Airmen on board. We will also introduce our two most recent Doctor of Musical Art degree recipients! In addition, you'll find an article about our popular music ensemble Mobility's exciting new recording project. This project is in support of OPERATION IRAQI FREEDOM and will be distributed to our warfighters deployed overseas beginning in May and June 2007.

We hope you enjoy our newsletter. Thank you all for your support. We look forward to keeping you informed on the happenings of your USAF Band of the Golden West. Until next time, stay healthy, take care and keep our warfighters in your thoughts and prayers.

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## Band performs for Capacity Crowds in February Tour

Staff Sergeant Scott Ruedger



The Concert Band performing in Salem, Oregon

The US Air Force Band of the Golden West's Concert Band just returned from a highly successful twelve day tour to cities in Northern California, Oregon and Washington. An estimated 12,000 people heard the band perform compositions such as "Jupiter" from Gustav Holst's suite **The Planets** and Vaclav Nelhybel's exciting third movement from **Trittico**. The band also featured vocalists Airman First Class Rachael Trimble and Airman Pamela Kelley. Saxophone soloist Senior Airman Nathan Drabek was featured in Maurice Whitney's **Introduction and Samba**. The band closed each concert with the **Armed Service Salute** in tribute to our nation's veterans, and our national march, the **Stars and Stripes Forever**.

A highlight for the band was a performance at the Music Educators National Conference (MENC) Northwest Division Biennial Conference in Portland, Oregon. At this event, the concert band performed in Saturday's general session for an enthusiastic audience consisting of band directors, educators and students of all ages. The band's performance included **Into The Air**, which was composed by Timothy Mahr for the USAF Band in Washington, DC.

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The Boston Brass performing with the concert band in Portland

As a special treat, the Boston Brass, a highly entertaining brass quintet, joined the concert band onstage as featured soloists in **Fantasy for Film** by Rick DeJonge. A rush of rousing applause from the attendees was warmly accepted by our commander and conductor, Captain R. Michael Mench. The Boston Brass includes among its members, former USAF Band musician Lance LaDuke, who plays euphonium and trombone.

Earlier in the day, the Golden West Winds and Travis Brass quintets presented a clinic for band directors attending the conference. This clinic surveyed chamber music suitable for younger musicians and featured performances by both quintets.

Also scheduled in the tour were visits to the Veterans Affairs (VA) Medical Center in Portland, OR and the VA Rehabilitation Center in Vancouver, WA in support of events for the National Salute to Hospitalized Veterans Week. Veterans in these VA hospitals had served during World War II, the Korean War and the Vietnam War. The Golden West Winds woodwind quintet and a trombone/euphonium ensemble performed in the atrium lobby of the VA Hospital in Portland, and also visited wards to play in hallways for veterans unable to leave their beds. The Travis Brass quintet and a clarinet trio visited the VA Rehabilitation Center where they performed a mini-concert for veterans, and the groups also visited wards for those unable to attend the mini-concert. Band members spoke to veterans and thanked them for their service. These performances were extremely well received. Kay Hilt, Chief of Volunteer Services at the VA Hospital in Portland later wrote "...People are still taking about how wonderful it was to hear the beautiful music."



Master Sergeant Brain Wood plays for Veterans at the VA Rehabilitation Center in Vancouver, WA  
U.S. Air Force Photo by Senior Airman Adam Hoffmann



Mayor Randy Peterson of St. Helens, Oregon presents a proclamation to Captain Mench

Concerts were presented in the following cities and states: Red Bluff, California; Roseburg, Salem, McMinnville, St. Helens and Portland, Oregon; and, Tacoma, Enumclaw and Kirkland, Washington.

In St. Helens, OR, the band received a proclamation from Mayor Randy Peterson stating that February 18, 2005 was "United States Air Force Band of the Golden West Day."

The band returned to Travis Air Force Base tired, but energized by the enthusiastic reception in each community where the band performed.



Visit the USAF Band of the Golden West's website at: <http://131.9.254.113/pages/band/>

## Breathing Music Into Play

Senior Airman Monica Ding

Life is but a series of breaths. Breath is life. We can live approximately 30 days without food, a few days without drinking, but life without breath is measured in mere minutes. Breathing is absolutely one of the most important of all the bodily functions. Something so essential deserves our attention.

Last September, Immanuel Davis came to do just that: focus our attention and concentration on breathing.

Immanuel Davis, who holds Bachelors and Masters Degrees from the Juilliard School, is currently professor of flute at the University of Minnesota. He developed an interest in the science of breathing efficiency through the work of the late Arnold Jacobs, renowned brass pedagogue and former tubist of the Chicago Symphony. Davis' mentor and teacher, Julius Baker, was by far one of the world's greatest flutists to have mastered the art of breath technique. These two musicians inspired Professor Davis to share his knowledge about the concepts of breathing. Davis has given numerous master classes to musicians of all types in breathing efficiency and technique. Breathing is a crucial part of any musician's performance, whether one uses the breath to create music through their instrument or not. Professor Davis visited the USAF Band of the Golden West at Travis Air Force Base for two days and led group wind ensemble sessions



Immanuel Davis helps Staff Sergeant Kevin Bolen take relaxed breath

and master classes which focused on his breathing exercises. Mornings were devoted to large ensemble playing using his "finger breath" technique. By activating the finger breath in unison, the concert band was able to accomplish cleaner attacks, better intonation, and a warmer, fuller sound. In the afternoons, Professor Davis worked individually with band members on a composition of their choice. Davis demonstrated to each musician how to utilize their breath to maximize performance efficiency. The results were astounding.

In one master class, Davis worked with Senior Airman (SrA) Bob Barnett, one of the band's trumpet players. Professor Davis asked Bob to rest his elbows on the top of the piano while he played a passage on his trumpet. What came out of the trumpet was a more flowing sound with a bigger, luscious tone. Leaning on the surface of the piano allowed Bob to free up the tension in his back which resulted in more ease of lung and rib cage movement, and this resulted in a better sound. Just by harnessing the actual feeling of what it is like to play in this relaxed condition allows the musicians to duplicate it in a real world performance setting.

In one of the morning sessions, Professor Davis worked with the concert band on a fast unison passage of a composition by Gustav Holst. The band was experiencing some style and ensemble problems, since each member was playing the passage in their own individual way. Davis asked the band to set our instruments aside, and then directed the band to count the passage in unison with the same speaking style. The band did this a few times and then picked up their instruments, and played the passage.



Immanuel Davis working with Airman First Class Jamie Lantz using a breathing bag to improve breathing efficiency

The result was an entirely different group! We all played as one voice. The difficulty in the passage had been completely eliminated. It was truly amazing.

Refresher courses are always welcome in The Band of the Golden West, and the breathing clinic led by Immanuel Davis was no exception. The two days of work that Immanuel Davis spent with the band was an extremely useful tool that allowed us tap back into one of the most important foundations of music making: the breath.

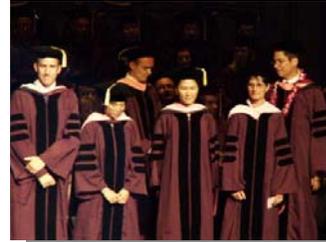
## New Doctors among Band of the Golden West

Staff Sergeant Scott Ruedger

The USAF Band of the Golden West is proud to have two of the Air Force's most educated members in its midst. While they may not be able to help you cure the common cold or tell you why your elbow hurts, these outstanding Airmen can be referred to as Doctor in academic circles.

Technical Sergeant Lindsey Bartlett and Airman First Class Ryan Williams were both awarded the Doctorate of Musical Arts degree from Arizona State University in a ceremony in Flagstaff, Arizona this past April. The Doctorate of Musical Arts (DMA) degree represents the highest level of specialized academic and performance practice study for musicians. Recent Air Force statistics indicate only .01 percent of the enlisted force hold the doctorate degree; and only 2.6 percent of field grade officers hold doctorate degrees\*.

Lindsey and Ryan join with hornist Technical Sergeant Steve Schaughency as the only members of the Band of the Golden West who hold doctorate degrees. The outstanding education levels these members represent are only a portion of the high level of professionalism throughout the United States Air Force.



A1C Williams (left) and TSgt Bartlett (2<sup>nd</sup> from right) among the graduates



Technical Sergeant Lindsey Bartlett

**Technical Sergeant Lindsey Bartlett**, a native of Bristol, England, performs on bassoon and contrabassoon in the Concert Band and Golden West Winds woodwind quintet. Additionally, she is operations representative for the Concert Band and Non-Commissioned Officer in Charge of the Golden West Winds. Her Doctorate was in bassoon performance, and included a dissertation which examined pedagogical techniques applied to bassoon instruction as supported by specific case studies. Lindsey performs in orchestras throughout the bay area, and is professor of bassoon at Sacramento State University. She has been awarded Outstanding Band Non-Commissioned Officer of the Year twice, in 2000 and 2001.

**Airman First Class D. Ryan Williams**, from Provo, Utah, earned his DMA following the defense of his dissertation which examined the career and teachings of Jay Friedman, longtime principal trombonist of the Chicago Symphony Orchestra. A1C Williams performs on trombone in the Concert Band, Travis Brass quintet, Commanders Jazz ensemble, as well as the Ceremonial Marching Band. Additionally, he is the operations representative for the brass quintet. Ryan was recently awarded the "Sharp" Award by the Travis Chief's Group for his exceptional demeanor and achievement, and was named Airman Musician of the Quarter for July-September 2006.



Airman First Class Williams with his family

\*Data from: <http://ask.afpc.randolph.af.mil/PubAffairs/release/2007/1/Demographics.asp>

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## Mobility: A Record Like No Other

Airman First Class Andrew Jones

Just a few months ago Mobility, the popular music ensemble of the USAF Band of the Golden West, embarked upon a mission to create a raw-sounding album—complete with cover songs. Faced with this challenge, this ensemble presented, practiced, and perfected dozens of tunes; however, only the very best of many Billboard chart-toppers made the final cut. As winter weighed in with its faulty weather, Mobility headed to the city by the bay to record their newest album, *Mobility*. (continued on page 6)

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Sitting smack-dab in the center of the Tenderloin neighborhood of San Francisco is the world-renowned Hyde Street Studios, where Green Day and Chris Issak have recorded. With the smell of raindrops and the nervousness of city life just around the corner, Mobility arrived at the studio doors just after ten in the morning. The entire recording process was tedious for each member, yet necessary for perfection. From laying down the bass guitar to perfecting the background vocals, each layer of sound was recorded with precision.



Airman First Class Andrew Jones singing lead vocals

Technical Sergeant Gary Rosenak, Mobility's guitarist and Non-Commissioned Officer in Charge, played invigorating solos on tracks such as **Steroids** and **Cult of Personality**. His expertise gave the group an advantage in the planning process, and made the recording process feel comfortable. He organized studio schedules for the group and scheduled times for each track to be recorded.

**Carry on Wayward Son** and **Rock and Roll**, two of the tracks the band recorded, have one thing in common. They both start off with a powerful drum introduction, which can be credited to Staff Sergeant Troy Griffin, Mobility's percussionist. Listen closely to **The Diary of Jane** and you may hear Troy belting out a few grunge howls that only he could perfect.

Prior to the recording sessions, TSgt Paula Goetz organized several vocal rehearsals and implemented the concept of lyricism to the members. Paula "tore down the house" on several tracks, but really shows out on the final track **Rock and Roll**. SSgt Niko Ellison has recently been working with the jazz band, but was reunited with Mobility for this recording. His soulful rendition of the Jimi Hendrix classic, **Fire**, was exceptional. I was privileged to record **Dani California**, which recently won two Grammy Awards. All of the vocalists were successful in recording strong leads, as well as blending backgrounds which contributed to the overall mix.

**I Don't Wanna Be** showcases the electric bass of Senior Airman Jason Hafer, who also created the cover art for the disc. When asked about his feelings for the new album, Jason said, "I'm really excited about the raw energy we were able to achieve. This record is unlike any Air Force rock record in every aspect of its existence. *Mobility* encompasses the excitement of our live performances—captured in the studio. Most bands are unable to pull that off."



Senior Airman Jason Hafer, electric bass, laying down the groove

When released, *Mobility* will be freely distributed to deployed troops. Every airman knows how it feels to be away from home. From being in basic training to duty requirements away from family and friends, military life can be difficult; however, waking up every morning in a combat zone can be even more stressful. With this recording, Mobility hopes to bring a familiar sound to airmen deployed throughout the world. *Mobility* contains songs that represent the wide spectrum of human emotions. Tracks such as **Saturday Night**, an upbeat urban rap song about world peace, and **Lights**, a ballad that pays homage to the great city by the bay are included. Charge up your i-Pod and take that Toto disc out of your player—*Mobility* is ready to get granular!

## Retirements

The USAF Band of the Golden West is sad to see the departure of the **Master Sergeant Jack Ryder**. We are honored to have had the opportunity to work with this true hero, who epitomizes the core values of the US Air Force, and we wish him the best in the next phase of his life. May the road rise up to meet him, and the wind be ever at his back!

**Master Sergeant Jack Ryder**, saxophonist, retired at a ceremony held at the band facility on November 30th, 2006 after more than 26 years of dedicated service to the nation's Air Force. The ceremony was attended by friends and family.

Sergeant Ryder hails from Dowagiac, Michigan and received a Bachelor of Arts degree from Western Michigan University. He had been stationed at Chanute AFB, IL, Clark Air Base, Philippines, March AFB, CA, Sembach Air Base, Germany and Travis AFB. At Travis, Sergeant Ryder has served as the band's First Sergeant and as Director of Operations. Sergeant Ryder performed on saxophone in the Concert Band, Jazz Ensemble, and Marching Band.



Master Sergeant Jack Ryder (right) receives a retirement certificate from Captain Mench

Sergeant Ryder is married to Cathy Matsuura, and they have two children, William, 15, and Genevieve, 11. Following retirement, Sergeant Ryder plans to seek employment in the government service sector.

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## New Arrivals

Staff Sergeant Scott Ruedger

We would like to welcome three new wonderful musicians to the Band of the Golden West family:



A1C Rachel Trimble singing with the Concert Band

### Airman First Class Rachel Trimble

Vocalist A1C Rachel Trimble is one of our featured vocalists with the USAF Band of the Golden West. She is originally from Colorado Springs, Colorado, and graduated Magna cum Laude from Colorado State University at Pueblo with a Bachelor of Music Education degree in 2006. She has performed as a soloist with the Pueblo Symphony and feels equally at home singing jazz music. She met her husband, Dustin (see below), also a member of the band, while at college. Rachel was recently named Airman Musician of the Quarter, in part due to her incredible solos on two recent concert band tours. In her spare time, she enjoys travel, exercise, movies, and spending time with her husband Dustin.

### Airman First Class Dustin Trimble

Guitarist A1C Dustin Trimble joined us in June 2006. He hails from Bailey, Colorado and attended Colorado State University at Pueblo, and graduated Summa cum Laude with a Bachelor of Music Degree in Guitar Performance with emphasis in jazz. Prior to joining the band, Dustin taught extensively throughout the Pueblo area as a private guitar instructor. He was nominated for Airman of the Quarter for Oct-Dec 2006 for his excellent guitar performances as well as his active volunteer work in the Travis community. In his spare time, Dustin enjoys watching movies, playing golf, exercise and spending time with his wife Rachel.



A1C Dustin Trimble

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A1C James Lantz with the Concert Band

### **Airman First Class James Lantz**

Airman First Class James Lantz is our band's newest trumpet player and is originally from Baltimore, Maryland. Prior to joining the Air Force in June of 2006, he received his Bachelor of Science degree in Music from Towson University, and a Master of Music in Trumpet Performance from Indiana University, where he served as an Associate Instructor of Trumpet. Prior to joining the Air Force, Jamie performed with the Columbus (Indiana) Philharmonic Orchestra, the Indianapolis Chamber Orchestra, the Indianapolis Opera, the Terre Haute Symphony, the Owensboro Symphony and the Loudon (Virginia) Symphony. He enjoys watching and playing basketball, photography and exploring the outdoors.

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## **Coda**



Join the **USAF Band of the Golden West** for its annual **Conducting Workshop**, April 14 and 15 2007!  
Guest clinicians include eminent band conductors and educators Dr. Jack Stamp and Dr. Eric Hammer.

This special event offers participants an opportunity to conduct the Concert Band in rehearsal and get comments from our two clinicians. The workshop will culminate in a free public concert with the Concert Band led by our guest clinicians on April 15 in Vacaville, CA. For additional information, please contact Senior Airman Nathan Drabek at: [nathan.drabek@travis.af.mil](mailto:nathan.drabek@travis.af.mil)

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### **Contact the USAF Band of the Golden West:**

<b>USAF Band of the Golden West</b>	<b>707-424-2263</b>	
<b>Editor, BayNotes</b>	<b>707-424-2263</b>	<a href="mailto:travisbandnewsletter@travis.af.mil">travisbandnewsletter@travis.af.mil</a>
<b>Operations/Band Requests</b>	<b>707-424-3327</b>	<a href="mailto:james.boubonis@travis.af.mil">james.boubonis@travis.af.mil</a>
<b>Auditions</b>	<b>707-424-3735</b>	<a href="mailto:auditions@travis.af.mil">auditions@travis.af.mil</a>

