



America's First Choice

CONTACT

Vol. 24, No. 07

Magazine for and about Air Force Reserve members assigned to the 349th Air Mobility Wing, Travis Air Force Base, California

July 2006



349th Medical personnel hone their skills with a simulated aircraft crash mass casualty exercise

Freedom requires sacrifice

Welcome to the mid-summer WUTA! This July 4th marks the 230th anniversary of the founding of our great country. The inalienable rights laid down by the founders in the Declaration of Independence include the right to live in a society where all men are created equal and free. The God-given right of freedom is something we in the military are willing to pay the ultimate sacrifice for if needed. I salute you and your families for the many sacrifices you make day-in and day-out in your service to this great nation. Each of you can be counted as an American hero! I hope you will not only reflect on the meaning of Independence Day but take time to celebrate with family and friends.

Summer is the time of year when the wing hosts several Employer Appreciation Day events. These events are much more than a KC-10 or C-5 orientation flight. It is an opportunity for your employer to see the pride and professionalism you bring to your military specialty. It's the same pride and professionalism you take from your years of military training and give back to them. Employers play an important role in our success as Reserve members. Employer Appreciation Day is an opportunity for us to share information and increase an employers understanding of the Reserve mission. This is a win-win combination for employers and you.

Reservists in today's "Total Force" are loyal, dedicated and highly motivated. Military discipline combined with our core values of "Integrity First, Service Before Self and Excellence in All We Do" is something each of us takes back to the civilian communities in which we live and work. Reservists, better than most, understand the challenges of balancing their families, military commitments and

civilian jobs. It's important we continue to educate our employers of those challenges. I highly encourage everyone to bring your civilian boss out to Travis Air Force Base for the day. I'm sure you will agree it's an experience they will not soon forget!

Around the wing:

"Operation Gratitude," held at the California Veteran's Home in Yountville, was a resounding success thanks to the efforts of **Senior Master Sgt. Alice Munoz** and the entire **349th AMW Top Three** council. I extend my thanks to all who took time to celebrate and socialize with these American heroes of past conflicts. This event was a terrific way to give something back to men and women who clearly understood what "service before self" meant. We are all proud to follow in their footsteps. Thanks again for a job well done!

The wing stood up a new maintenance squadron last month – the 945th Aircraft Maintenance Squadron – in preparation of the new C-17 mission that we will be gaining next month. What a ceremony. **Maj. Roger S. Law** assumed command of this brand new unit and is ready to forge ahead while making history with the new unit.

We were privileged to host a Silver Star presentation for Maj. (retired) **Don Fulton** last month. What an honor. At the time Captain Fulton distinguished himself by gallantry in connection with military operations against an armed enemy of the United States in the Republic of Vietnam, near Laos, on Aug. 14, 1969. Captain Fulton was the pilot of a lightly armed observation aircraft O-2 when he came to the assistance of a Strategic Reconnaissance Team that was heavily engaged by enemy forces. With a low



by **Col. Robert K. Millmann, Jr.**
Wing Vice Commander

ceiling and heavy rain approaching and no tactical air support available, Captain Fulton fired marking rockets and an M-16 rifle while making numerous aerobatic, treetop-level attacks on the enemy forces. During these passes he was subjected to heavy fire from various weapons damaging his aircraft. His actions alone forestalled enemy attacks on the besieged Reconnaissance Team until tactical air support could arrive. His gallantry led to an extraction of the Reconnaissance Team. His selfless devotion to duty and service to his country is what Airmen are made of.

Last month I mentioned **Senior Airman Eric Pena**, from the 349th Security Forces Squadron, was representing our wing and the Air Force Reserve Command while competing in the Air Force 12 Outstanding Airmen of the Year competition – well the vote is in – Airman Pena won the title as one of the 12 Airmen of the Year. Words can not express how proud we are of this 349th member. It just goes to show that we here at the 349th are doing wonderful things, working hard and devoting ourselves to the mission; now the entire Air Force knows that as well. Airman Pena is an inspiration to us all and will represent the wing well. Congratulations!

Many of you will travel in the air or on our nation's highways this summer. Please stay safe and enjoy your well-earned summer vacation as you continue the good work, strive for success, and have fun.

Frustration -- we all have to learn to deal with it

by **Chaplain (Maj.) LeBane S. Hall**
349th Air Mobility Wing

Frustration! Frustration! Frustration! It was rampant this past Friday night and Saturday morning. I had some struggles getting to the base and they continued once I had arrived. A chief told me that she was very frustrated over some

issues she encountered once she had entered the base. An airman told me that she had arrived 30 minutes early to the location where she thought her class was being held. By the time she found the correct site, the two-day class was already an hour into it and the instructor would not let her join the class. Frustration! Frustration! Frustration!

We all feel it. It can be related to military,

work, family or just everyday life. The power goes out in your neighborhood and you are unable to watch TV or listen to music since the batteries are also inoperable. You cannot easily read since it is dark outside and the matches are somewhere in the kitchen, but it is too dark to find them and that knife you found almost cut your hand.

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Contact magazine is the monthly, authorized publication of the Air Force Reserve's 349th Air Mobility Wing, Travis Air Force Base, California. It is printed under a contract with Folger Graphics, Hayward, California. The contents expressed herein are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. All photographs are U.S. Air Force photographs unless otherwise indicated.

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On the Cover



photo by Nan Wylie, Base Multimedia Service Center

Gently, gently: During the 349th Medical Group's mass casualty exercise in May, personnel honed their skills using a simulated aircraft crash and medical moulage. (Left to right) Technical Sgts. Jennifer Christopher and Richard Parrish, and Senior Airman Roan Niduaza assess and transport simulated patient Staff Sgt. Allisha Morris. All pictured are from the 349th Aeromedical Staging Squadron.

We must be agents of change

Last month I alluded to the changes we will be facing in the Reserve and military as a whole. Given that our command, Air Force Reserve Command, has been asked to ensure 10 percent of its personnel leave in the next few years, that fact, in and of itself, will alter the way we conduct business. How will the 10 percent be identified? Mostly by attrition in the form of more retirements, fewer high year tenure waivers, fewer PEP quotas, more rank structure reviews, smaller unit sizes and more. Marry this with the move to electronic customer service, and we have what feels like a revolution on our hands. Actually, this has all been predicted for years and is now coming to fruition.

I can almost hear some of you saying, "So Chief, what does this mean for me at my level?" It means to stay relevant. See this change as an opportunity to grow and become the agent for change. As we become a leaner force, it will become increasingly important for our military to be smarter and fitter in order to accomplish the mission of guarding and ensuring the freedom of our country and our allies. What can you do to ensure this happens for you personally?

First of all, give your best effort at all times. Be aggressive about seeking the training you need and then become the best at what you do. Be fit. The Fit to Fight program is here to stay, and that's a good thing. Regular exercise promotes overall improved performance and relieves stress. It's part of the whole person package.

What else can you do? Take advantage of the many programs and organizations we offer right here at the wing. For instance, one of the best moves you can make is to

complete your Professional Military Education at the earliest opportunity, whether you go in-residence or complete it by correspondence. And PME is not your only resource. Our Wing Training, (707) 424-1615 and the Base Education Office, (707) 424-3444, do an awesome job of providing information about classes to improve your skills. There's the two-week NCO Leadership Development for staff and technical sergeants, a mid-level course to improve leadership potential, as well as the Senior NCO Leadership two-day course designed to reenergize the leadership skills of our top three enlisted ranks. There are also a wealth of computer classes offered by the Base Education Office that are free, and you don't even need to be in status to attend. Don't forget about the Community College of the Air Force (a CCAF degree will become increasingly important for our enlisted), Solano Community College and all the universities which offer classes right here on base. What about CLEP and DANTES; both an opportunity to test out and receive credit for college courses, free right here at Travis! Throw in the Headquarters Officer and Enlisted Orientation courses at the Pentagon, our Franklin Covey classes taught here at the wing, the workshops available at the unit level as well as the upcoming Enlisted Workshop, and you can see opportunities to improve and become those agents of change are alive and well at our wing. Check with your unit training managers for more information.

These are just the tip of the iceberg. Our organizations also bring a lot to the table of self-improvement. Our **Top Three** and



By Command Chief Master Sgt.
Patricia A. Thornton

Rising Six, together, are sponsoring the upcoming 3-day Wing Enlisted Workshop, Wednesday to Friday, Oct. 18-20. Talk about feasting on information. This workshop will provide you with so many take-aways and is the perfect forum for personal leadership growth. Not to be outdone, our newly formed **Company Grade Officers Council**, will host its first 349th Wing Awards Banquet and Ball on Saturday, Oct. 21. With Maj. Gen. Robert E. Duignan, our 4th Air Force commander, as guest speaker, it will prove to be an "Academy Award" event with the announcement of our 2006 annual award winners as well as the celebration of other awards and achievements. Be sure to attend both events.

As you all well know, I could go on. Just realize change is an opportunity. How you respond is the key. Not only will your military career benefit, but also taking advantage of all this will have far-reaching effects for every facet of your life; your family, your military career, your civilian job, your church, your school, your country. Be the one to take it on and amaze yourself as to what you can achieve. When you focus on the positive and use it as a catalyst, every area of your life will benefit. As each of us takes these steps to greatness, we ensure our nation has the best and brightest defending our freedom. Improve yourself and you improve the world. Be about it.

Frustration...

(Continued from Page 2)

Frustration! Frustration! Frustration!

Driving in the Bay Area or Sacramento can also be a chore. Four lanes both ways and they are still not enough. You finally get up to about 35 m.p.h. and the driver in front of you slams on their brakes and their red lights come on warning you to stop as soon as possible. Your brakes engage and the beverage or just the liquid in the container flies forward and stains the floorboard or even goes inside the vents and cannot be cleaned. Frustration! Frustration! Frustration!

What is a person to do? First, I suggest you take an immediate and huge deep breath or two. Rage is always a bad option and can ruin not only your day but also innocent people's days as well.

Secondly, if you are inclined, and I hope that you are, saying a prayer to God requesting peace and strength is extremely helpful. Taking that moment to accept that you are not always in control or always right can bring perspective and harmony.

Third, think! Emotions often control us during these times and a few moments of thought can bring a solution to the problem.

Fourth, when there is no solution other than sticking it out, accept it and treat it as

an opportunity to grow or do something else while stuck right where you are.

Lastly, remember that often times, the person that seems to be causing all of your problems is often just the messenger. They do not deserve your wrath and spewing your venom on them only makes their day bad too. Misery may love company, but not when you are that person being brought down into the mire!

So, if you see me having a bad day and not living up to the words I write, share an encouraging word, beam me a smile, let me know you are praying for me. I will do the same. God Bless you all! Happiness, peace, tranquility!

Higher cost of life got you down? - Try one of these money saving tips

by Patti Schwab-Holloway
349th Air Mobility Wing Public Affairs

No one joins the military to get rich – especially those who join the Reserve. With the ever increasing cost of our everyday needs such as food, rents and gas, we could all use a few tips on how to save money. Here are a few of my favorite ideas. You don't have to change your whole life to save money. Look these ideas over and pick one or two that you know you could stick with – and stick with it. The worst case scenario, you save a couple of dollars:



→ Pay yourself first. Add yourself to your list of bills. Even if it is only five or ten dollars every pay period, get into the habit of putting a little something away. I found the easiest way for me to do this is when we get a little cost of living pay increase, that is the amount I put it aside rather than add it – can't miss what I never had.

→ Pay off your credit cards or at least cut back on credit cards; one for an emergency is plenty. Ask to have the interest lowered on your credit card or switch your balance to a card with a lower rate.

→ Leave your credit cards at home!! You are more likely to think about a purchase when you pull the cash out of your wallet.

→ Shop at the commissary!!! It may not always be convenient but it is well worth it. Government studies show a savings of as much as 30 percent annually from commissary purchases as opposed to local supermarkets, major grocery store chains and supercenters.

→ Shop from a list and STICK TO IT!



Most of us overspend on impulse buys.

→ Eat a full meal before you go food shopping, it will cut back on impulse buys.

→ Try buying generic or store brands labels. You'll save a bundle, and most are name brand products without the fancy labels.

→ When practical, buy in bulk — laundry detergent, rice, toilet paper; great. Ten gallons of mustard, not so much.

→ Pack leftovers from last night's dinner and bring it in for lunch at work. Going out to eat for lunch adds up very quickly. A person, on average, could spend five dollars a day for a burger and a drink. That adds up to about \$25 in a week — at 52 weeks a year, that equals a whopping \$1,300!



→ Actually, as a rule, you should cut back on eating out all together. If you eat out three times a week, cut it to two. You'll be surprised how quickly yours savings adds up, plus "the less food is processed, the better" rule applies. Not only will you be saving money, you will probably drop a few pounds.

→ When you do go out to eat, use money-saving coupons or ask about menu specials.

→ Click past the "infomercials" and shopping channels on television, they may tempt you to buy things you really don't need and probably won't use more than once.

→ Buy secondhand items. Check bulletin boards and your base newspaper for "swap" ads. Since military personnel move more often than most people, not only can you find some really great deals, you can also score "karma" points by helping out your fellow military members.

→ Add a timer to your thermostat. This way you can set it to bring your home to a

comfortable temperature level before you wake up or before you get home.

→ Keep window shades down during the day in hot weather. Open the shades in cold weather to let in the warmth of the sunshine.

→ Shop around for the best cell phone rates and check your bill every month. Do you consistently have overages? It may be time to change your plan.

→ In the Spring and Summer months, hang wash to dry rather than using a dryer. When the temperature reach 90-plus degrees, by the time you are done hanging up the tenth towel, the first one you hung is almost completely dry!

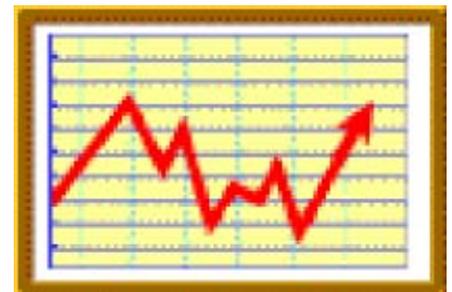
→ Check the 60th Services web page monthly to find free or discount events or tickets to events.

→ Can't wait to see the latest hit movie? Go to the matinee. Matinee's usual run until around 4 p.m. each day are almost half the cost. But remember to eat before you go because the price of popcorn and snacks stays the same.

→ Want to entertain you friends and family? Try having a potluck dinner or barbecue and invite everyone to bring a dish to share.

→ Need some extra cash? Take a look around your house and sell what you don't need by having a garage sale – remember one man's trash is another man's treasure!

Saving money is really just a matter of "getting into the habit" but once you start to see your savings grow, you'll see that it is not a hard as you thought.



Fighting Against Steroids Together - the Marrero f

by Senior Master Sgt. Marvin Meek
349th AMW Public Affairs

“I am using steroids,” confessed Efrain Marrero, Jr., looking sorrowfully into his mother’s bewildered eyes. As painful as it was for her to hear those words, at least she now understood, somewhat, her son’s recent erratic behavior.

Mrs. Brenda Marrero immediately contacted her husband, Col. Frank Marrero, who at the time was in the next room. Marrero was the commander of the 349th Air Mobility Wing’s 70th Air Refueling Squadron. Together they implored their 19-year-old son to stop.

“I told him to stop. Steroids are dangerous,” said Colonel Marrero.

Efrain promised he would. To prove he was resolute about stopping, he handed over to his parents his stash: an unlabeled vial, some pink pills, and two syringes and needles.

Less than a month later, Efrain committed suicide. His death devastated the Marrero family. They lost their beloved first child and they knew that anabolic steroid use was the cause. And, even though all the signs were right in front of them, they never made the connection or saw it coming.

Efrain was their family’s big brother;



photo by T. C. Tolliver, Base Multimedia Service Center

Col. Frank Marrero briefs members of the 349th Air Mobility on the dangers of steroid use at a Wing Commander’s Call in March.

both figuratively and literally. Growing up he usually was among the largest if not the largest of his peers. He also was talented and athletic enough to excel in any sport he played, especially football. By his senior year at Vacaville High School, he stood six feet two inches tall, and weighed more than 250 pounds. He was strong too, now anchoring the offensive line on his high school football team. As large as he was, it was his kindheartedness, especially with his family, that made him stand out.

“He was especially close to his sister Erika. He was more than her big brother. He was her protector too. They were great friends,” said Mrs. Marrero.

But Efrain underwent some dramatic transformations during his second year of college, both physical and mental. Efrain was an offensive lineman, but he wanted to play defensive linebacker. That year, while attending Solano Community College, he grew from a hefty 250 pounds to a muscular 285 pounds. He also became stronger, increasing his maximum limit on the bench press by nearly 100 pounds in two months.

His parents noticed these changes, but they never suspected anything. “He was a football player and he was training really hard,” said Colonel Marrero.

It was the changes in Efrain’s personality that hinted at something not being “right” with him. The Marrero’s loving, gentle giant was now exhibiting rage, unprovoked temper tantrums, paranoia, and depression. For Mrs. Marrero, one particular incident was emblematic of Efrain’s transformation.

“When Erika inadvertently erased Efrain’s homework assignment from his computer, he became so upset that he punched a hole in his bedroom door. He was out of control and it scared me,” she said. “That was when I began to add things up and figured out something serious was going on with him. But I did not think it was steroids. In hindsight, all the signs were right in front of us. He was paranoid — he thought his friends were laughing at him. He exhibited severe aggressive behavior — punching holes in walls. The list goes on and on, but we were naive.

We knew what steroids were, but we had no idea they were in our home,” said Mrs. Marrero.

Anabolic steroids are synthetic compounds that mimic the action of the male sex hormone testosterone. “Anabolic” means growing or building. Another term often applied, “androgenic,” means masculinizing or generating male sexual characteristics. The drugs have some medical uses—the federal Food and Drug Administration (FDA) approve them for treating specific types of anemia and some breast cancers, for example.

So for teenagers like Efrain, who want to grow bigger quickly, steroids can seem like a miracle. Unfortunately, steroids require its users to pay a high price for its benefits. In adolescents, anabolic steroid abuse can halt bone growth and has been associated with damage to the heart, kidneys, and liver. In males, steroid abuse can lead to impotence, shrunken testicles, and breast enlargement. In females, the drugs’ effects include menstrual irregularities, growth of body hair and loss of scalp hair, a deepened voice, and reduction in breast size. Some of these effects are irreversible.

As grave as these consequences are, the mental side effects associated with steroid abuse are even worse. Improper use of steroids can cause heightened aggressiveness during use and deep depression and mood swings after cessation, something the Marreros were not aware of.

“We told him that he needed to stop right away because steroids are dangerous,” said Colonel Marrero. ‘He promised us he would and we believe he kept that promise. Unfortunately, Efrain may have become deeply depressed and suicidal as a result of his suddenly stopping his use of steroids, said Colonel Marrero.

“The loss of our son totally incapacitated us,” said Colonel Marrero. Efrain may have thought he was invincible, but he was not. And neither are we. “Erika was really devastated by Efrain’s sudden death. She not only had to cope with losing her big brother and her best friend, but she now was suddenly thrust into the role of oldest sibling before she was ready for it,” said Mrs. Marrero.

The Marreros eventually were able to

Family turns their tragedy into hope for others



photo by T. C. Tolliver, Base Multimedia Service Center

Mrs. Brenda Marrero takes time out to speak with 349th Air Mobility Wing members after her husband, Col. Frank Marrero's briefing at a Wing Commander's Call in March.

deal with their loss, thanks to their faith and their strong family, which includes the 349th Air Mobility Wing.

"The Air Force and its wingman culture is a big reason why we were able to make it through this tragedy. We cannot thank the people of this wing enough. Someone from the 349th was in our home everyday, providing meals, running errands, comforting us, consoling us, giving us

whatever we needed to get through this. That is what being a wingman is about," said Colonel Marrero.

National surveys indicate 5 to 6 percent of high school students have used steroids. Sports officials estimate the number of high school steroid users in California is about 20,000. Many people close to high school sports believe the percentage is higher.

For the Marreros, one child exposed to illegal steroids is too many. That is why they created the "TEAM FAST Foundation," also known as the "The Efrain Anthony Marrero Foundation" for *Fighting Against Steroids Together* (www.efrainmarrero.org). The organization, of which Colonel Marrero serves as president, helps educate teachers, parents, coaches and our youth about the dangers of steroid use.

Colonel and Mrs. Marrero are also speaking to Reservists throughout the command, speaking candidly about how steroids devastated their family and what parents should know to prevent such a tragedy from occurring in their families. "There is absolutely no place for steroids around our children," said Mrs. Marrero, as she addressed the 349th AMW in March.

In 2005 they went to Washington, D.C., to attend a Congressional hearing about steroid use among professional athletes. They also testified before the California Legislature to help lawmakers enact laws that would make it harder for high school students to gain access to steroids. CNN's Paula Zahn also aired a segment on their family tragedy in March 2005.

"We know increasing awareness about the dangers of steroids is the right thing to do. We know that Efrain would have wanted us to do this. It helps us to deal with our pain," said Colonel Marrero.

Knowledge is power - learn more about steroid use, the mental, physical toll

Anabolic steroid use can lead to psychological and physical dependence. Dependence can make it hard for people to get off of anabolic steroids even though they may be suffering from some of the negative side effects of the drug. Some of the side effects associated with steroids can be very serious. Medical research has proven that side effects do exist but they cannot duplicate the levels athletes use because to do so would be dangerous and illegal.

Professional athletes generally get steroids from a trainer or doctor in a very controlled environment. The rest of society must trust the integrity of the substance from the word of a dealer who quite often is buying the substance from a third world country or "lab" in

someone's garage. No one knows for sure who will be negatively affected by the use of these drugs but what we do know is that those affected are changed forever. Here are some facts you might not know:

WHAT YOU CAN SEE

Here are some of the physical signs associated with the use of steroids:

For Guys: baldness; development of breasts; impotence

For Girls: growth of facial hair; deepened voice; Breast reduction

For Both: jaundice (yellowing of the skin); swelling of feet or ankles; bad breath; mood swings; nervousness; trembling

WHAT YOU CAN'T SEE

Steroids affect your heart. Use has been associated with cardiovascular

disease, including heart attacks and strokes. These heart problems can even happen to athletes under the age of 30.

Steroids affect your appearance. Steroids can cause baldness, cysts, acne, and oily hair and skin.

Steroids affect your mood, making you angry and hostile for no reason.

Steroids increase your risk of infection. Sharing needles or using dirty needles puts you at risk for disease such as hepatitis and AIDS.

Steroids can give you a short-term false advantage with long term, permanent, negative affects.

Steroids can cost you your life.

(Editor's note: information was compiled from www.efrainmarrero.org web site.)

301st Airlift Squadron transitions to C-17s

by 1st Lt. Robin Jackson
349th Air Mobility Wing Public Affairs

The 301st Airlift Squadron celebrated their rich heritage while looking forward to their new mission during a Transition Ceremony May 25 in Bldg. P-31 at Travis Air Force Base, Calif.

“Today is an historic day for this squadron, but not solely because of today’s ceremony,” said Lt. Col. Dave Pavey, acting commander for the 301st Airlift Squadron. “May 25, 1943, is the date when the U.S. Army Air Corps constituted the first iteration of our unit as the 301st Troop Carrier Squadron at Sedalia Field, Missouri. Destined to join the 9th Air Force as an integral part of the Allies invasion of Nazi occupied France on D-Day, the 301st was made up of individuals from all over the United States and all walks of life ranging from farmers to lawyers to garage mechanics, just as we are now.”

The atrium was filled with Team Travis members and honored to be present were the Honorable Harry Price, Mayor of Fairfield, the Honorable Len Augustine, Mayor of Vacaville, and Supervisor Mike Reagan, from the Solano County Board of Supervisors, District 5. The transition ceremony recognized the operational mission change from the C-5 Galaxy to the C-17 Globemaster III.

“In this room there are so many of the people who continue to make our ongoing conversion a

success,” said Colonel Pavey. “The 21st Airlift Squadron, 60th Operations Group, and 60th Air Mobility Wing have provided much needed support for our programs, and I’d like to think we have helped them to develop in this new area.”

The 301st has been flying the C-5 Galaxy since April 1973. Since becoming a C-5 unit, the 301st has participated in every world crisis with which the United States Air Force has been confronted. Some of the early highlights were Operations Babylift and Freedomlift, the emergency evacuation of Vietnam, Operation Nickel Grass, the emergency airlift to Israel, and support of combat operations in Lebanon and Grenada.

The 301st began preparing for this transition in January 2005 by sending pilots and loadmasters to training. The ability of the 301st to generate all-Travis, all-Reserve aircrews is a great source of pride for the squadron, and the journey is far from over.

“We look forward to strengthening these already strong working relationships with our active duty counterparts. As we

get many of our crews trained from Altus and out on the road, the critical and subtle arts of coordination with many of the support agencies continues with an increased emphasis on Life Support, Tactics and Intel and a host of others, both reserve and active,” said Colonel Pavey. “We’d especially like to thank our own leaders in both the 349th Operations Group and wing for their steadfast support through this exciting time.”

The C-17 Globemaster III will increase the Reserve wings’ ability to accomplish the Total Force, global-reach mission, which is critical to the Global War on Terrorism.

“In addition to having much of the strategic capability of the C-5, the C-17 with its night vision capability and its unique Direct Lift Control system will allow it to operate on many unimproved surfaces as short as 3,000 feet,” said Colonel Pavey. “This capability allows our crews, along with our active duty partner, the 21st AS, to play a key role in the ongoing war on terrorism and Operations Enduring and Iraqi Freedom. Simply put, the C-17

Globemaster III is the most versatile airlifter in existence and a natural airplane to base at Travis AFB, ‘America’s First Choice.’”

The 60th and 349th Air Mobility Wings will be the only units to concurrently operate three weapons systems within the Air Mobility Command.

Travis is scheduled to receive its first C-17 aircraft in August and the aircraft will be dedicated to the local community and called the “Spirit of Solano.”



photo by Andre Mansour, Base Multimedia Service Center

Col. Robert K. Millmann, Jr., 349th Air Mobility Wing vice commander (left) shakes the hand of Lt. Col. David Pavey, acting commander of the 301st Airlift Squadron, during the C-17 Transition Ceremony May 25 in Bldg. P-31 at Travis Air Force Base.

New 349th MXG commander arrives

by Senior Master Sgt. Marvin Meek
349th AMW Public Affairs

Col. William B. Anholt officially took command of the 349th Air Mobility Wing's Maintenance Group at a formal assumption of command ceremony held here on May 20.

Colonel Anholt is very familiar with managing military maintenance operations, having spent the last 12 years serving in the commander billet for several maintenance and logistics organizations. In his last assignment, he served as commander of the 439th AMW Maintenance Group at Westover Air Reserve Base, Mass. There he was responsible for leadership, management, administration and development of programs to develop and train more than 840 maintenance personnel assigned to the C-5A Galaxy aircraft.

He takes over a large and very diverse maintenance organization that includes the 349th Maintenance Operations Flight, 349th Aircraft Maintenance Squadron,

349th Equipment Maintenance Squadron, 349th Component Maintenance Squadron, and the 749th Aircraft Maintenance Squadron. These units maintain the C-5 Galaxy and the KC-10 Extender aircraft. He replaces Col. Thomas A. Linster, who retired earlier this year.

Col. Robert K. Millmann, Jr., 349th AMW vice commander, presided at the ceremony. As he introduced Colonel Anholt to the wing, he spoke about Anholt's leadership track record and why he was such a good fit for the position.

"Colonel Anholt knows how to lead and he is familiar with Associate Wings. He understands how they work and knows about their special dynamics," said Colonel Millmann.

Colonel Anholt thanked Team Travis for welcoming him and his family.

"Someone told me recently that every 90 seconds, a Travis AFB aircraft is generated somewhere in the world. I value teamwork and you obviously have a strong team here. My job is to make it stronger," he said.



photo by Nan Wylie, Base Multimedia Service Center

Col. William B. Anholt addresses the crowd when he officially took command of the 349th Air Mobility Wing's Maintenance Group at a formal assumption of command ceremony May 20.

349th Air Mobility Wing Meetings and Events

Top Three Council meeting begins at 11:30 a.m. in the Sierra Inn Dining Facility on Sunday of each UTA.

Rising Six Council meeting begins at 11:30 a.m. in the Sierra Inn Dining Facility on Sunday of each UTA.

Operation Teddy Bear meeting begins at 1 p.m., on Sunday of each UTA in the 349th Headquarters Bldg. 112 Conference Room.

Human Resource Development Council meeting begins at 2 p.m. on Saturday of A-Flight UTAs in the 349th Headquarters Bldg. 112 Conference Room and is followed by the HRDC subcommittee meeting for **Outreach and Community Relations** at 3 p.m.

The HRDC subcommittee meeting for **Recognition** begins at 2 p.m. on Sunday of A-Flight UTAs in the 349th Headquarters Bldg. 112 Conference Room. The HRDC subcommittee meeting for **Retention and Recruiting** begins at 1 p.m. on Sunday of B-Flight and C-Flight UTAs in the 349th Maintenance Group Bldg. 31 Conference Room.

Operation Teddy Bear Golf Tournament will be held on Aug. 25 with a 12 p.m. shotgun start. Registration begins at 10 a.m. There will be many gifts and prizes awarded throughout the day long. We are also looking for volunteers. Contact Master Sgt. Les Yu, 349th Aircraft Maintenance Squadron, (707) 424-0774 or Senior Master Sgt. Janice Lambard, 349th Airlift Control Flight, (707)-424-2895.

Solano Thunderbirds Family Night "dinner, ball game and fireworks" with the Thunderbirds on Aug 5., 6 p.m. and the menu items are: "Blairs" BBQ ribs, "Home Run" beef sirloin, "Outta Here" Caesar salad, "Batter Up" chicken breast, "Tbird" potato salad, rolls and butter and a soft drink or water. Ticket prices include dinner and entry fee to ball game: Adults - \$ 16.00 Children - \$11.00. For additional information contact Senior Master Sgt. Alice Munoz, 349th Chaplain office, (707) 424-1368 or Senior Master Sgt. Kavin Krum, 749th Aircraft Maintenance Squadron, (707) 424-7015.

Wing Enlisted Workshop meeting is held at 2 p.m. Sunday of each UTA, 349th Headquarters Bldg. 112 Conference Room. The WEW will be **Oct. 18-20**. The point of contact is Master Sgt. Kari Sumner, 349th Component Maintenance Squadron, (707) 424-2072, or email at kari.sumner@travis.af.mil

Employer Appreciation Day application 2006

Employer Information

EMPLOYER: Mr. Ms. Mrs. Dr. Other:

Last Name: _____ First Name: _____

Employer's Title: _____

Company Name: _____

Employer's Home Mailing Address: _____

Person to be Notified in Emergency: _____

Employer's Emergency Phone: () _____
(Area Code and Number)

Note: An Air Force Certificate of Appreciation will be prepared for each employer using the name you provide. Please insure that the name above is clearly legible and correctly spelled so the certificate is correct when presented by the Commander.

Sponsoring Reservist Information

Reservist Rank: _____ Unit Assigned: _____

Last Name: _____ First Name: _____

Job Title: _____ Phone: Duty _____

Reservist's Home Mailing Address: _____

Home () _____ Work () _____

Note: An orientation flight is offered to employers pending approval by higher headquarters and is subject to cancellation. Space is limited; one employer per reservist. Reserve members may accompany their employer if space is available.

Dates and Points of Contact

- July 15 — Medical Group: Point of contact is Chief Master Sgt. Neil Curchin, (707) 350-6463
- Aug 5 — Mission Support Group: Point of contact is Chief Master Sgt. Jimmie Speers, (707) 424-4017
- Aug 19 — Operations Group: Point of contact is Maj. Jeffrey McCleery, (707) 424-5730

Privacy Act Statement:

Authority: 10 U.S.C. 8013
Principal Use: Use of individual's home address/phone is required to contact, coordinate, and/or provide participation details for Employer Appreciation Day events.
Routine Use: Log and track employers and their participation.
Disclosure: Voluntary - home address/phone is required to contact employers regarding their Employer Appreciation Day participation.

Promotions



Senior Master Sergeant

Joel D. H. Buchanan, 79th ARS
Oliver T. Echivarre, 349th MXG
Calvin E. Glass, 349th SFS
Christina A. Hickey, 79th ARS
Gregory J. Irish, 349th OSF
George W. Lott, Jr., 82nd APS



Master Sergeant

Nicanor D. Adion, Jr., 349th AMXS
Mark A. Brown, 349th SFS
Leon Clayton, 70th ARS
Eric S. Dennis, 82nd APS
Ronald G. Dockswell, 349th SFS
John D. McKern, Jr., 349th EMS
Catherine M. Monteon, 349th AMXS
Sindy Narcisse, 349th AMDS
Tony J. Paraham, 349th SFS
Gerald E. Rivas, 349th ASTS
Voncille L. Rosette, 349th MOF
Wendy C. Weidenhamer, 349th AMW
Willard W. Williams, 312th AS



Technical Sergeant

William B. Buenviaje, 349th MAS
Aldwin J. Donaldo, 349th AES
Russell P. Downie, 79th ARS

Amara Garrigus, 349th AES
Joseph K. Houston, 349th CS
Christopher Hox, 349th AMDS
Daren T. Jones, 349th EMS
Andrew R. Nawrocki, 749th AMXS
Nakie L. Nunley, 349th AMW
Kelly M. Sheets, 349th CS
Anand N. Vaswani, 349th AMDS



Staff Sergeant

Humberto R. Abiera II, 82nd APS
Alyson Angeles-Kimbrell, 349th CS
Neelie M. Bradley, 349th ASTS
Joshua W. Callahan, 349th CS
Jason C. Dado, 749th AMXS
Stacey D. Jackson, 349th AMW
Robert A. Manniche, 349th CMS
Ricardo Mojica, Jr., 55th APS
Kurtis J. Pecot, 704th MDS
Jason S. Podesta, 349th MDS
Carlos A. Valdespino, 349th MDS
John W. Walsh, 349th MDS
Timothy W. Woodall, 349th MDS
Amy S. Wyant, 349th ASTS



Senior Airman

Nashara D. Bennett, 349th ASTS

Douglas R. Boyd, Jr., 349th AMXS
Michael R. Brohard, 749th AMXS
Chassey L. Buenviaje, 349th AMDS
Lindsay A. Butts, 349th MDS
Jorge I. Contreras, 349th AMDS
Derek D. Harris, 749th AMXS
Vicente J. Hernandez, 349th ASTS
Eiji Kurihara, 45th APS
Jeremiah N. Lo, 349th MAS
Bethany R. Maier, 349th MDS
Philbert B. Navarette, 82nd APS
John T. Rabine, 349th EMS
David L. P. Reed, 349th CMS
Nicholas E. Silva, 79th ARS
Travis M. Silvius, 55th APS



Airman First Class

Carlos A. Cortez, 349th MAS
Nikolaus A. Hasty, 349th ASTS
Thomas N. Lupold, 349th AMDS
Christian D. Moreno, 55th APS



Airman

Alexis S. Brown, 349th MSS
Ronald B. Sharpe, 349th CES

Promotions effective May 1, 2006

News Briefs

Privacy matters to AAFES

Widespread reports concerning identity theft have prompted many to reevaluate the security of their personal information.

With more than 1.4 million accounts, the military exchanges' proprietary Military STAR® credit card relies on a variety of safeguards to ensure its cardholders' privacy is secure.

Considering many Military STAR® cardholders are or have been active participants in the Global War on Terrorism, the exchanges recognize that the sensitivity of military personnel's private information goes beyond the threat of a fraudulent purchase. In the event that personal information is compromised the following actions should be taken:

- Contact the fraud department of one of the three major credit bureaus:
 - **Equifax:** 1-800-525-6285; equifax.com; P.O. Box 740241, Atlanta, GA 30374-0241
 - **Experian:** 1-888-EXPERIAN (397-3742); experian.com; P.O. Box 9532, Allen, TX

75013

• **TransUnion:** 1-800-680-7289; transunion.com; Fraud Assistance, P.O. Box 6790, Fullerton, CA 92834-6790

- Close any accounts that have been tampered with or opened fraudulently.

- File a police report with your local police or the police in the community where the identity theft took place.

- File a complaint with the Federal Trade Commission at: 1-877-438-4338, by email consumer.gov/idtheft, or by mail at Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue NW, Washington DC 20580.

For more information on the STAR® Card, visit aafes.com. (AAFES)

Civilian self-service system

The Air Force launched two self-service modules for civilians to access their personnel information June 1. *My Biz* will provide civilian employees access and the ability to update information about themselves; and *My*

Workplace will provide military and civilian managers access to information about their staff. *My Workplace* also keeps managers and supervisors informed about their employees' personnel actions. With online access to employees' personnel information, managers are able to make budget decisions, staffing plans and work distributions more efficiently.

For more information about *My Biz* and *My Workplace* contact your local civilian personnel flight or visit <http://ask.afpc.randolph.af.mil>. (AFPC)

SGLI Premium increase

Effective July 1, the monthly premium rate for the Servicemembers Group Life Insurance Program will increase from 6.5 cents per \$1,000.00 of coverage to 7 cents per \$1,000.00 coverage. For a servicemember with maximum \$400,000 coverage, the premium rate will increase from \$26 to \$28 a month. Family SGLI rates will decrease according to the member's age. (AFPN)

Wing Spotlight

349th AMW members earn a Community College of the Air Force degree

Twenty-one members of the 349th Air Mobility Wing recently received their associate degrees from the Community College of the Air Force. For Airmen interested in working on their advanced degrees, stop by the Education and Training Office of the Military Personnel Flight. The office is located on the second floor of Bldg. 239, Bay F.

Senior Master Sgt. Raymond McMurphy, 349th Aerospace Medicine Squadron

Master Sgt. April McGuire, 349th Medical Squadron

Tech. Sgt. Heather Bradley, 349th Air Mobility Wing Military Equal Opportunity Office

Tech. Sgt. Steven Martin, 312th Airlift Squadron

Tech. Sgt. Paul Ochs, 312th Airlift Squadron

Tech. Sgt. Lee Ann Stephan, 82nd Aerial Port Squadron

Tech. Sgt. Dennis Degolia, 349th Aircraft Maintenance Squadron

Staff Sgt. Sean Campbell, 604th Medical Squadron

Staff Sgt. Myla Ferrer, 349th Memorial Affairs Squadron

Staff Sgt. Michael Quesada, 55th Aerial Port Squadron

Staff Sgt. Marlon Barrios, 349th Logistics Readiness Flight

Staff Sgt. Lance Vanderhaven, 749th Aircraft Maintenance Squadron

Staff Sgt. Lance Adderly, 349th Medical Squadron

Staff Sgt. Joseph Hilt, 749th Aircraft Maintenance Squadron

Staff Sgt. James Boston, 349th Aircraft Maintenance Squadron

Staff Sgt. Guy Roberts, 749th Aircraft Maintenance Squadron

Staff Sgt. Dana Wallace, 349th Communication Squadron

Staff Sgt. Brian Davila, 349th Aerospace Medicine Squadron

Staff Sgt. Allisha Morris, 349th Aeromedical Staging Squadron

Staff Sgt. Friolan Velasquez, 349th Aeromedical Evacuation Squadron

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