



# CONTACT

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Official Magazine  
of the  
349th Air Mobility Wing



**349th Air  
Mobility  
Wing  
commander  
celebrates  
promotion  
with  
friends,  
family**

(See wing web page  
for full story)

# Readiness, being prepared - Are you ready?

by Chaplain (Capt.) Andrew Edwards  
349th Air Mobility Wing

**R**eadiness is a term that all of us in the Air Force are very familiar with. Readiness means being prepared to move; ready to face an imminent threat; ready to deploy; ready to fight. We must be ready with our firearms training, ready with our mobility folders. We must be ready with our physical fitness, ready mentally. Readiness isn't an option! If we aren't ready in these areas then we definitely won't deploy. We could



lose our careers. Ultimately we could lose our lives. Are you ready?

Did you know that what is true in the physical realm is also true in the spiritual? Are you ready? You know, we as people, are like three-legged stools. If you are sitting on a stool and remove one of the three legs there is going to be a lack of balance, and very soon we are definitely going to face some real challenges as gravity comes into play. As people we are body, mind, and spirit – sort of like that three-legged stool, no?

Consider for just a moment that we are made of the same elements as everything else on the earth—rocks, water, trees, animals, roaches. Everything is made of the same basic elements that come from the earth. Granted, more elements are required in different quantities, yet ultimately everything consists of the elements from the earth. If we take certain elements, in the form of various foods, and put them in our mouth, the body incredibly turns those elements into products that the body uses to grow, sustain and rebuild itself.

Isn't it amazing how our DNA informs our body how to handle, just like a computer program, every food put in our



mouth, and how to perform every bodily function? It knows how to make new cells, how to grow body parts, how to mature physically. All of it is amazing to consider.

Yet if a person dies, and you cremate the body, crush it into fine powder, all you have are elements of the earth. If you then take those elements, add some water, sculpt it into the form of a human being, guess what? All of it is elements of the earth. There is no life, no spirit! You see we take for granted the fact that we are mind and body. Yet a mind and a body are made up of elements of the earth; they

(See Readiness on next Page)

**349th Air Mobility Wing  
Office of Public Affairs**

**520 Waldron Street  
Travis AFB, CA  
94535-2171**

**Office Hours:  
Monday - Friday and UTAs  
7:30 a.m. - 4:30 p.m.**

**Phone: 707-424-3936  
FAX: 707-424-1672  
Email:  
349amw.pa@travis.af.mil**

**Commander**

Brig. Gen. Maryanne Miller

**Chief, Public Affairs**

Maj. Robert Couse-Baker

**Deputy Chief, Public Affairs**

Ellen Hatfield

**Editor**

Patti Schwab-Holloway

**Public Affairs Staff**

Capt. Robin Jackson  
Senior Master Sgt. Ellen Hatfield  
Master Sgt. Robert Wade  
Tech. Sgt. Tony Castro  
Staff Sgt. Meredith Mingledorff

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The magazine is mailed each month to the address on file with Personnel Systems. If you aren't receiving your magazine, check with your orderly room or administration section to ensure your address is correct.

# Every one of us must ensure we stand ready to respond

I can honestly say that I love my job. How many people do you know that can really say that? I have been a member of the 349th Air Mobility Wing for just about two months and I already feel like a member of the family. Thank you very much for the warm welcome. I am humbled and honored to be your Command Chief.

I have been wearing this uniform for a little more than 22 years. I have served ten years of active duty with assignments in California, Spain and the Netherlands. As a traditional reservist I have been assigned to the 434th Air Refueling Wing at Grissom Air Reserve Base, Ind., and at the 452nd Air Mobility Wing at March Air Reserve Base, Calif.

My background is in aviation management and command post. I have also served as the Individual Mobilized Augmentee (IMA) to Air Force Reserve Command Chief Troy J. McIntosh at Robins Air Force Base, Ga. As a civilian, I currently work with the active duty Navy as a Special Security Officer at the Naval Surface Warfare Center in Corona, Calif.

The mission of the 349th AMW is to provide combat ready Airmen and expeditionary support to the war fighter. We do that by maintaining an experienced workforce, maximizing the utilization of our airmen with

training opportunities and developing effective and accountable leaders. If you noticed, I said “we” do that – it is just not up to Brig. Gen. Miller, her group and squadron commanders and chiefs – we all have a responsibility to ensure that our Wing can stand ready to respond to the call of our nation. We do that by bringing our ‘A-game’ every time we put on the uniform and by being accountable for our training and performance. This includes officers, enlisted, Air Reserve Technicians, traditional Reservists and our federal civilian and contract employees.

Two words that you will hear me say over and over again are, “Thank you.” What you do on a daily basis deserves, at a minimum, a “Thank you.” It is equally



By Command Chief Master Sgt. **Kathleen R. Buckner**

important that you remember to thank your families, civilian employers, co-workers, supervisors, community and friends for their continued support. Maintaining these strong mutual bonds is critical to our success.

I am committed to preparing each and every one of you to be a combat ready warrior – ready to meet our nation’s call at a moment’s notice. Our high level of readiness will be realized by partnering with our active duty team mates, using our resources effectively and providing you with the best training, equipment and senior leaders possible.

I am dedicated to enlisted force development. I will help you succeed and take your career to whatever level you desire. My goal is for you to feel well cared for and that you understand your meaningful contribution in the fight. I will

(See Goals on Page 9)



## Readiness...

(Continued from Page 2)

aren’t alive; they don’t equate to life, to spirit. We make sure our bodies are ready by working out and feeding it properly. If you read, study, watch, and listen, you feed and make ready your mind. What about your spirit? Are you ready spiritually?

All faith groups, even many atheists, believe there is a distinction between body, mind and spirit. If indeed there is a spirit, as I believe to be so, are you preparing for the maturity of the spirit, for where that spirit remains, how that spirit is fed? Are you ready? Are you ready for eternal life, are you ready for Nirvana, are you ready for Perfection, are you ready for Paradise, are you ready to meet the Spirit?

Let me use myself for an example. As a Christian, I am constantly probing, testing, questioning, contemplating, and analyzing my spirit to be sure it is ready, ready for whatever the day brings, whatever scenario may occur. For whatever Jesus Christ has for me, especially if He should decide this is my last day in this world. I prepare by studying Scripture, praying, and fasting. I make myself ready. Are you ready to answer your friend, your coworker, your fellow airman, your God, about the things of the spirit?

Readiness comes in many forms. Will you pass the test; will you be ready for the ultimate? It isn’t difficult—the answers are out there, but you must ask, seek, and knock to find them and be ready!

# Wing announces 1st sergeant selection process

*Submitted by the  
349th Military Personnel Flight*

The following information is provided about the 349th Air Mobility Wing first sergeant selection process.

Application packages for individuals interested in meeting the July board are due to 349th Mission Support Squadron, Personnel Employment by July 17.

The board will convene on July 26 and applicants will be notified of date, time and place by the board chair. Service Dress will be the required uniform to meet the board.

Applicants are required by the wing command chief to complete a fitness assessment as part of the interview process. The assessment will be on July 25. Contact Senior Master Sgt. James Henley, 707-424-4089 or Senior Master Sgt. Catherine Monteon, 707-424-5864 to schedule the test.

349th AMW First Sergeant Selection Process:

1. The 349th AMW will hold two boards per year (June and December) for personnel meeting the eligibility requirements for becoming first sergeants. Results from each board will be good for one year.

2. Individuals wishing to be considered must meet the following eligibility requirements:

- Must be highly motivated and capable of fulfilling the role of the first sergeant as prescribed in AFI 36-2113, Chapter 1.

- Must possess exceptional communication, leadership and managerial skills.

- Aptitude Score of 41 in Administrative and 62 in General.

- Technical sergeant applicants must be immediately eligible for promotion to master sergeant and meet time-in-grade requirements for promotion to master sergeant.

- Hold an Air Force Speciality Code at the 7-skill level.

- Agree in writing to complete the United States Air Force Reserve First Sergeants Academy in-residence within one year of selection.

- Have a minimum physical profile of PULHES333231.

- Be financially stable.

- Must meet Air Force standard of good physical health with a scored 75 or above on the Air Force Fitness Test during the past 60 days. In addition, applicant's physical appearance and military image must meet the highest standards expected only of the most dedicated senior noncommissioned officers.

- Must have completed the NCO Academy Course. Must complete the Senior NCO Academy within 12 months upon graduation from the First Sergeant Academy. In-residence is highly desirable.

- Personnel must agree to serve tenure of no less than three-years from date of graduating from the First Sergeant Academy.

3. Application packages are due to 349th MSS Personnel Employment by announced suspense date.

4. Packages of individuals meeting all eligibility requirements will be forwarded to the wing command chief master sergeant who will in turn, notify all applicants as to the scheduled date and location of the semi-annual interview board. The interview board will consist of the wing command chief, a minimum of one senior NCO of equal or higher rank than the applicants, and one unit first sergeant.

5. Application packages will contain the following items (five copies each, plain bond paper) at a minimum:

- Cover Memo Letter of Application (overview of why the applicant wishes to be considered and how their experience will make them a good first sergeant)

- Resume (Explain how applicant's education and experience will make them a good First Sergeant. Include email and phone contact numbers both day and evening for use in scheduling board appearance. Resumes and Cover Memo should follow Tongue and Quill guide lines in AFH 33-337.

- Personnel print out showing aptitude scores and completion of NCO Academy.

- Report of Individual Fitness from the Air Force Fitness Management System available on the Air Force Portal.

- The most recent copy of Physical Profile, AF Form 422,

which may be obtained from medical record maintained in 349th Aeromedical Squadron, Bldg. 239, Bay E.

- Letter of recommendation signed by current unit commander and first sergeant addressing at a minimum; leadership and managerial skills, financial stability, competency, energy, motivation, effective communication in all forms, and ability to speak distinctly.

- Copy of last three EPR's of record from Military Personnel Flight customer service section.

- Full color copy of ribbon rack from vMPF.

6. Squadron commanders will notify Personnel Employment via email when a first sergeant vacancy is projected. At that time, Personnel Employment will announce the vacancy. Current first sergeants will have the first opportunity to apply directly to the squadron commander for consideration. If there is no selection from the current first sergeants, then the squadron commander will receive a listing of qualified personnel seeking this position. Upon making their selection, squadron commanders will initiate paperwork required for transfer, Air Force Form 2096 and AF Form 3920, Request for Retraining.

7. Squadron commanders may request a special board if a selection cannot be made from the current first sergeants of the listing provided by 349th MSS Personnel Employment.

For more information contact 349th MSS Personnel Employment and Relocations, at 707-424-1662.



"Being with my family, just spending time and enjoying their company."



Senior Airman Charles Yamada, 349th Communications Squadron, Network Information Technician.

## What's your favorite Fourth of July memory?

*Question asked and photos by Staff Sgt. Meredith Mingledorff, 349th Public Affairs*

"Sitting in the front yard with my family playing with sparklers."



Tech Sgt. Andrea Hayworth, 349th Communications Squadron, Computer Security Technician.

"At the local baseball game in Vacaville, maybe four years ago. I remember it vividly the fireworks went up right above our heads and it was beautiful!"



Staff Sgt. Leslie Portugal, 349th Communications Squadron, Knowledge Operations Specialist.

"Being in the Bay Area, somewhere like the Hayward Hills, I could see fireworks from four different cities. It was amazing."



Tech. Sgt. Voke Uwedojevwe, 349th Communications Squadron, Electronic Communication and Cryptographic Specialist.

# Chief of the Air Force Reserve, Commander, Air Force Reserve Command



Capt. Illuminado Lime, nurse, and Senior Airman Marissa George, medical technician, talk patient care for our wounded warriors with Lt. Gen. Charles Stenner during his June 13, visit to the 349th Air Mobility Wing. The Chief of the Air Force Reserve and Commander, Air Force Reserve Command, visited with the 349th Medical Squadron, where he was treated to a complete "MASH" type mock-up with a full staff of skilled medical professions practicing their life-saving techniques in preparation for their next deployment in support of operations in Iraq, Afghanistan and around the world.



Mr. Mike White, contractor with Lockheed Martin, discusses the Avionics Modernization Program and Re-engine Program upgrades to the C-5 Galaxy with Lt. Gen. Charles Stenner, chief of the Air Force Reserve and Commander, Air Force Reserve Command. The General visited the 349th Air Mobility Squadron on the progress of the first phase of the conversion of the C-5 Galaxy to the Super Galaxy. The Avionics Modernization Program phase, the aircraft receive a digital cockpit and avionics upgrade, featuring a digital engine control system and autopilot, a new communications system, enhanced navigation and safety equipment. Once completed, the new C-5 will be the Super Galaxy.



Surgeon, Col. (Dr.) Eric Ifune, pauses during a "delicate" operation to share a lighthearted moment with Lt. Gen. Charles Stenner, June 13. The Air Force Reserve Commander, visited with the 349th Medical Squadron, where the staff practice daily what they train to do – use their skills to save the lives of America's wounded warriors in the austerity of a forward operating location hospital, or provide medical care during humanitarian missions around the world. Gen. Stenner also visited with first and second term Airmen for a question and answer session at the Wing Enlisted Call.

**Photos  
Senior Master Sergeant  
Ellen Hatfield  
349th Public Affairs**

# Reserve Command, visits with 349th members who took time to share latest innovations



Mr. Mark Hamilton, aircraft manager for Lockheed Martin, explains changes to the cockpit of the C-5 Galaxy to Lt. Gen. Charles Stenner, chief of the Air Force Reserve and commander, Air Force Reserve Command. The General visited the 349th Air Mobility Wing June 13 to check on the progress of the first phase of the conversion. In the Aircraft Modernization Program phase, the aircraft receives a modernized glass cockpit and avionics upgrade, featuring a digital all-weather flight control system and autopilot, a new communications suite, flat panel displays, and enhanced navigation and safety equipment. Once the second phase is completed, the new C-5 will be the Super Galaxy.

...n at Travis Air Force Base,  
...n and Reliability Enhancement  
...Galaxy, with Lt. Gen. Charles  
...n commander, Air Force Reserve  
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Lt. Gen. Charles Stenner, chief of the Air Force Reserve congratulates Mr. Mark Hamilton, aircraft manager for Lockheed Martin, on the progress of the first phase of the C-5 Galaxy conversion to the Super Galaxy. "I've never seen a C-5 look like this," said the General, after seeing miles of wiring exposed for the avionics upgrade, and the cockpit torn down to be modernized with glass, a digital all-weather flight control system and autopilot, a new communications suite, flat panel displays, and enhanced navigation and safety equipment. The second phase of the conversion will be completed at Dobbins Air Reserve Base in Marietta, Ga.

...s by  
...ter Sgt.  
...tfield,  
...c Affairs

# Hello 349th Spouses!

Child Care on UTA Weekends! Travis Air Force Base now has fully licensed Family Child Care on weekends. Please call the FCC Staff for information and the list of providers at 424-4585.



More Picnics!! Let me be the first to invite you to your squadron's Family Day Picnic. Good food, good people, good times. Please come!

349th Operations Group: 349th Operations Support Flight, Sept. 27, 11:30 a.m.; 79th Air Refueling Squadron July 25, 11:30 a.m.; 349th AMOF July UTA  
 349th Medical Group: 349th Medical Squadron, Sept. 26, noon-4 p.m.; 349 Aeromedical Staging Squadron Oct. 17, 12:30-4 p.m.  
 349th Maintenance Group: 349th AMXS 26 Sept. 1200, 749 AMXS Sept. UTA

Deployed Spouse Dinner! If your military member has done or will do any type of deployment in 2009, PLEASE COME to our first annual Deployed Spouse Dinner on Sept. 26th. We want to feed you and the family and communicate about your experiences. This is a Federal Yellow Ribbon Program so you will be reimbursed for your travel expenses. Bring the kids, it will be fun! Email [catherine.monteon@travis.af.mil](mailto:catherine.monteon@travis.af.mil) for details.



Marriage Seminar: Making Marriage Work After a Deployment on Tuesday July 7 sponsored by A&FRC. Call 424-2486

The Post 9/11 GI Bill (Chapter 33) boasts the most comprehensive education benefits package since the original GI Bill was signed into law in 1944. Here is a series of town-hall meetings on these new education benefits.

BI-MONTHLY TOWN-HALL MEETINGS:

May 1st - August 1st

LOCATION:

DeVry University, Elk Grove, CA 95758 For additional information contact: KEITH HARVEL: [kharvel@devry.edu](mailto:kharvel@devry.edu) (916) 478-3819

Military Spouse Jewelry!! Check out [AttaGirlgifts.com](http://AttaGirlgifts.com) for beautiful military spouse and military family ribbon awards, Atta Girls honor our home front heroes for their military life achievements. You earned it. The world should know it. I love it!! Check it out!!

\*\*If you have any comments or know of information for this Spouses' Corner column, please email me at [mmanholt@yahoo.com](mailto:mmanholt@yahoo.com). I would love to hear from all 349th spouses!

—Marcy Anholt,  
 349th Maintenance Group, Spouse

*(Information about commercially offered services does not constitute endorsement by the Air Force or the Department of Defense.)*



Photo by Master Sgt. Robert Wade, 349th Public Affairs

**Wing commander passes tradition to children of Airmen:** 349th Air Mobility Wing commander, Brig. Gen. Maryanne Miller, stopped by the 349th Aeromedical Staging Squadron picnic June 13, 2009, to visit with Airmen and their families. She had a special treat for children there: challenge coins made especially for the kids. "Make sure you ask Mom and Dad what the coin means and that tradition," she said.

# Lt. Gen. Stenner visits for firsthand look at C-5 conversion

**Story and photo by  
Senior Master Sgt. Ellen L. Hatfield  
349th Public Affairs**

Lt. Gen. Charles Stenner, chief of the Air Force Reserve, paid a brief visit to the 349th Air Mobility Wing June 13 using the opportunity to get a close look at one of only two locations for C-5 Galaxy fleet modifications in the Air Force Reserve.

Along with other aircraft in the U.S. Air Force inventory, the C-5 fleet is aging. It has been the backbone of America's strategic airlift since the 1960s. Yet, testing shows that the C-5 fleet has 80 percent of its structural service life remaining, so retiring the fleet is not an option. It was Lockheed Martin who proposed updating the aircraft to keep them flying and in the fight.

With phase one, the Avionics Modernization Program, all C-5 aircraft in the Reserve are receiving an updated glass cockpit and avionics upgrade at Dover Air Force Base, Del., or here, at Travis AFB, Calif. With phase two, the aircraft undergo the Reliability Enhancement and Re-engineering Program, replacing the old engines with a quieter, more powerful turbo fan engine.

Upon completion of both upgrades each of 50 aircraft will be re-designated a C-5M Super Galaxy.

Chief Master Sgt. Kirk Stout, 349th Maintenance Group and the assistant project officer for the AMP, said that Lockheed Martin is contracted to complete

the actual modifications, with the active duty assisting as needed. The Lockheed Martin contract field team has 41 people assigned, with production rate currently 120 calendar days and 10,300 man hours per aircraft.

According to Chief Stout, the goal is to modernize the entire fleet of 111 C-5s, with 53 aircraft modified to date at Dover and Travis, which includes 51 C-5B and two C-5C models, with two C-5B models left to complete currently in modification here.

"After the modification is complete, all functional flight checks are conducted by our Reserve pilots and flight engineers," said the chief. "This modification brings the cockpit up to the look of a commercial airplane, which makes it easier for our pilots, as many fly for civilian airlines."

Touring the aircraft to view the progress, General Stenner said, smiling "I've never seen a C-5 look quite like this." Exposed were what turned out to be 19 miles of wiring and bundles of wires going in several directions. Replacing that wiring will be 13 miles of new wiring.

The Chief said that this is the largest field team modernization project that Travis AFB has done, with 23 C-5s



Mr. Mark Hamilton, aircraft manager for Lockheed Martin, gives a close up look of the C-5 cockpit modernization to Lt. Gen. Charles Stenner and Maj. Gen. Hanferd "Rusty" Moen. Gen. Stenner, AFRC commander, visited the 349th Maintenance and Operations Groups to check on the progress of the first phase of the C-5 Galaxy conversion to the Super Galaxy. Gen. Moen, AFRC director of operations, was visiting the wing to be the presiding officer for the June 14 promotion ceremony of Brig. Gen. Maryanne Miller, 349th AMW commander.

modified here with the last two aircraft nearing completion. The remaining fleet of the Reserve and Guard Bureau will extend to 2014.

For operators and maintenance alike, Chief Stout said the end result will make all the work worthwhile. "We'll see a 13.5 percent increase in the C-5 mission capable rate," he said.

*(Editor's note: Information for this article was taken from an article by Capt. Marnee Losurdo, 512th Public Affairs at Dover AFB, Del.)*

## Goals...

(Continued from Page 3)

be consistent in my recognition and discipline – both are equally important! I want you to look forward to your UTAs as much as I do.

I will share a story with you that many have told me to keep quiet; but, I think it is important to share. I was involuntarily separated from active duty in January 1997. No it was not for disciplinary reasons; I was separated for High Year Tenure. I failed to make Staff Sergeant by the ten-year mark. I failed because I did not apply myself. I failed because I had a bad attitude. As I started my reserve career at Grissom, I still had a very bad attitude. A captain pulled me by the back of the collar one day and took the time to help me see the error of my ways. He told me that he believed in me, he cared enough to mentor me and start me off on a career I never felt was

possible. It has been a long hard road, but one I would not change for the world.

I want to be that person for any Airman struggling to find their way. We are here because we want to serve; some of us just need a little nudge to get us moving in the right direction – we need someone to believe in us. So, you will feel me giving you a little nudge every now and then, but it is because I believe in you; and, we are in this together! I ask for you to believe in the mission and in your senior leaders, but most importantly I need you to believe in you – I do!

I am excited about the opportunities to take the 349th to the next level. You are amazing men and woman and the possibilities are endless! I brought my A- game and I know you did to!

READY? - GAME ON!



**UNIT VACANCIES**

AFSC	AFSC Title	Grade	#	AFSC	AFSC Title	Rank	#
11G3	General Pilot	Officer	1	3E791	Fire Protection	SMS/CMsGt	1/1
11M3K	Mobility Pilot, General	Officer	3	3E800	Explosive Ord Disposal	SMSgt	1
11M3Y	Mobility Pilot, General	Officer	1	3E800	Explosive Ord Disposal	CMsGt	1
11M3S	Mobility Navigator	Officer	2	3E591	Engineering	SMSgt	1
11M3Y	Mobility Navigator	Officer	1	3H071	Historian	TSgt	1
14N3	Intelligence Officer	Officer	5	3S271	Education & Training	SSgt	4
1A051	In-Flight Refueling	SSgt/TSgt	1/1	41A3	Health Services Administration	Officer	5
1A151	Flight Engineer	SSgt	2	42B3	Physical Therapist	Officer	1
1A171	Flight Engineer	TSgt	2	43P3	Pharmacist	Officer	1
1A251	Aircraft Loadmaster	SSgt/TSgt	3/1	44M3	Internist	Officer	1
1A291	Aircraft Loadmaster	MSgt/SMSgt	1/1	44M3H	Internist	Officer	1
1C351	Command Post	SSgt/TSgt	2/1	44R3B	Diagnostic Radiologist	Officer	1
1N051	Operations Intelligence	SSgt/TSgt	2/2	44Y3	Critical Care Medicine	Officer	2
1N091	Operations Intelligence	SMSgt	1	45A3	Anesthesiologist	Officer	2
21A3	Aircraft Maintenance	Officer	2	45B3	Orthopedic Surgeon	Officer	1
21R3	Logistics Readiness	Officer	3	45S3A	Surgeon	Officer	1
2A571	Aerospace Maintenance	SSgt/TSgt	4/1	45S3B	Surgeon	Officer	1
2A652	Aerospace Ground Equip	SSgt/TSgt	1/1	46F3	Flight Nurse	Officer	2
2A652	Aerospace Ground Equip	MSgt	1	46M3	Nurse Anesthetist	Officer	2
2A675	Aircft Hydraulic System	SSgt/TSgt	2/1	46N3	Clinical Nurse	Officer	3
2E151	Sat Wideband & Telm Systems	TSgt	2	46N3E	Clinical Critical Nurse	Officer	5
2E153	Ground Radio Communications	SSgt/TSgt	2/1	46N3H	Clinical Nurse	Officer	1
2E173	Ground Radio Communications	MSgt	2	46S3	Operating Room Nurse	Officer	1
2E653	Voice Network System	SSgt	2	48A3	Aerospace Medicine	Officer	1
2G071	Logistics Plans	MSgt	1	48R3	Flight Surgeon	Officer	3
2T251	Air Transportation	SrA	1	4A091	Health Services Mgnt	SMSgt	2
2T271	Air Transportation	MSgt	4	4N051	Aerospace Medical Services	SSgt/TSgt	3/1
2T051	Com Computer Systems Ops	SSgt	1	4N071	Aerospace Medical Services	MSgt	1
3C251	Com Computer Systems	SSgt	3	4N071C	Aerospace Medical Svc, IDMT	TSgt/MSgt	1/1
3E291	Pavement/Construction Equip	MSgt/SMSgt	1/1	4N091	Aerospace Medical Services	SMSgt	1
3E451	Utilities Systems	SSgt/TSgt	1/1	5J051	Paralegal	SSgt	3
3E473	Environmental Controls	TSgt/MSgt	1/1	5R051	Chaplain Assistant	SSgt	1

For more information about these vacancies, go to <https://www.afpc.randolph.af.mil/afpcsecure/MainMenu.asp>.

**PROMOTIONS**



**JOHN E. VERGARA, 349TH CES**



**JAMES M. NIMMO, 349TH AMXS**



**VENANCIO P. CAMINO, 349TH CS  
MIRIAM M. SOSA, 349TH MSS**



**KATHLEEN M. FOWLER, 349TH AMDS  
ROSEJANE E. BORJA, 349TH ASTS  
LYDIA FLORES, 349TH MDS  
MELIZA M. PUZONFROST,  
349TH MDS  
STEVEN R. SHEPARD, 349TH CES**

**NEVERLEY R. SHOEMAKE, 349TH CES  
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ROBERT S. BOWER, 349TH CS  
KRYSTAL L. HASSON, 349TH SFS  
JOE LOUIS FLORES, JR., 55TH APS  
AARON I. MC CLAIN, 82ND APS  
KRISTEN L. LEWIS, 312TH AS  
MONIQUE R. HIPPI, 349TH OSF**



**ALEXANDER A. LUANGRATH, 349TH CS  
JUSTIN D. MICHAEL, 349TH CS  
RAYMOND MARK LABES, JR.,  
349TH MSS  
KIMBERLY C. AVALOS, 312TH AS**

(Promotions effective June 1, 2009)

\*Exceptional Performer Program

# AF revises fitness program

by **Tech. Sgt. Amaani Lyle**  
Secretary of the Air Force Public Affairs

The need for a “clear, understandable and simpler” fitness program will mean significant changes to the Air Force’s current fitness program, said the service’s top officer during a senior leadership conference at Wright-Patterson Air Force Base, Ohio.

Air Force Chief of Staff Gen. Norton Schwartz met with the service’s other four stars at CORONA TOP where one of the key agenda items was Air Force fitness. His intent was to fine tune fitness testing, promote a year-round fitness culture and send a clear message that health and fitness are critical to mission readiness.

“Fitness is a vital component of Air Force culture,” General Schwartz said. “These challenging times underscore the importance of properly caring for our most valuable resource: our Airmen.”

The Air Force’s top enlisted leader agreed that good fitness is a fundamental requirement for Air Force warriors.

“Maintaining the proper fitness levels is really about maintaining combat capability,” said Chief Master Sergeant of the Air Force Rodney J. McKinley.

While commanders have responsibility of their unit fitness programs, each Airman is responsible for meeting and maintaining fitness standards 365 days a year, said Lt. Gen. Richard Y. Newton III, the Air Force deputy chief of staff for manpower and personnel.

“With these program revisions and enhancements, we encourage a culture of fitness, empowering all Airmen to take responsibility for being physically mission ready,” General Newton said.

General Newton added that the new Air Force instruction, projected for publication this month, will better emphasize the service’s fitness expectations of its Airmen. Who will conduct the testing, when and how Airmen will test are among the most significant revisions to the fitness program, which takes effect January 2010.

Perhaps the most significant difference in fitness testing will be its frequency, Air Force officials said. Full-time active-duty Airmen will now test twice each year, and most reservists will continue to test once per year.

To maximize testing objectivity, the AFI designates trained civilian proctors to conduct fitness tests administered at new centralized locations called fitness assessment cells.

Aerobic fitness is the best indicator of current and future health risk, followed by body composition, said Lt. Col. Scott Arcuri, the chief of promotions, evaluations, and fitness policy at the Air Staff. Because of this, the aerobic run will now account for 60 percent of the test (previously 50 percent), body composition will account for 20 percent (previously 30 percent), while sit-ups and push-ups remain at 10 percent each.

Senior leaders said in order to pass the test, Airmen will be required to have a composite score of 75 but also will need to meet minimum requirements for each component.

Air Force officials said age range requirements will be simplified to five categories: less than 30, 30-39, 40-49, 50-59 and 60-plus years of age. Additionally, because overall fitness is a readiness issue, fitness results will be categorized using operational readiness or unit compliance inspection-type ratings. Those scoring 90 and above will be “Excellent;” those scoring between 75 and 90 will be “Satisfactory;” and those scoring under 75 will be “Unsatisfactory.”

“The time has come for all Airmen to better integrate fitness into their daily lives,” said Chief Master Sgt. Mark Long, the Air Staff enlisted promotions, evaluations and physical fitness chief.



## Happy 4th of July

### Firework safety test:

1. What is the first thing to do before lighting a firework?
2. How do you know if you are buying quality legal fireworks?
3. Where should you light watch fireworks?
4. It’s always good to have \_\_\_\_\_ handy when having a fireworks display.
5. How many fireworks should you light at a time?

#### ANSWERS

1. Read the warning or caution label carefully and follow all directions.
2. Always buy from a reliable licensed seller.
3. Always light outdoors away from combustible material, buildings and plants.
4. Water.
5. Light only one firework at a time.

### 349th Air Mobility Wing Quarterly Award Winners 2nd Quarter

Company Grade Officer:  
Capt. Jeffrey Purificacion  
312th Airlift Squadron

Senior Noncommissioned Officer:  
Senior Master Sgt. Linda Gibbins  
70th Air Refueling Squadron

Noncommissioned Officer:  
Staff Sgt. Michael Pierce  
349th Air Mobility Wing

Airman:  
Senior Airman Morgan Clyde  
349th Security Forces Squadron

### 349th Maintenance Group Quarterly Award Winners 3rd Quarter

Senior Noncommissioned Officer:  
Senior Master Sgt.  
Scott Reichert  
945th Aerial Port Squadron

Noncommissioned Officer:  
Tech. Sgt. Bradley Menil  
349th Maintenance Squadron

Airman:  
Senior Airman Angelo Espritu  
349th Aircraft Maintenance Squadron

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**See Page 8  
for 'Spouses  
Corner'**



Photo by Maj. Robert Couse-Baker, 349th Public Affairs

**B**rig. Gen. Maryanne Miller (left), 349th Air Mobility Wing commander, hands the flag of the 349th Mission Support Group to Col. Nancy Brooks, signifying Colonel Brooks' assumption of command of the Group in a ceremony at Bldg. 31, June 6.

In her remarks, Colonel Brooks thanked her family for their patience and support, Col. Linda L. Harlan, outgoing 349th MSG commander, for her years of outstanding leadership of the Group, and General Miller, for the opportunity to serve as commander of the Group. With approximately 1,100 personnel, Mission Support Group is larger than some Air Force wings. Its functions include personnel administration, training, information management, lodging, food services, security forces, civil engineering, explosive ordnance disposal, disaster preparedness, airfield management, aircraft loading and passenger movement, logistics readiness and communications and computers. Colonel Brooks started her military career as an enlisted Army medical technician, with the 6253rd U.S. Army Hospital, Hamilton Field, Calif. Transferring to the Air Force Reserve in 1980, she served with the 349th in the Medical and Logistics Groups until 1995. Colonel Brooks went on to serve in a variety of Air Force Reserve units around the nation as a logistics operations officer, squadron commander and numbered Air Force staff officer. Prior to her return to Travis, Colonel Brooks was commander, 934th Mission Support Group, Minneapolis-St. Paul Air Reserve Station, Minn.