



CONTACT

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349th member nominated for Governor’s medal

by Senior Master Sgt. Ellen L. Hatfield
349th Air Mobility Wing

Master Sgt. Terry Soule has a penchant for being in the wrong place, at the right time. At least four times, he’s been at the scene of a bad car accident. This last time, his actions may have earned him the California Governor’s Medal of Valor.

A crew chief on the KC-10, assigned to the 749th Aircraft Maintenance Squadron, Sergeant Soule had just returned from a flying mission to Guam. April 16, 2009, was his first day back at his civilian job as the Section Manager in the Management Support Section, at the Sacramento headquarters for the California Department of Motor Vehicles.

“Ironically, normally I would have been at work,” said the Sergeant, “but I was going in late because I was just returning from military duty.”

A resident of the small town of Pollock Pines, situated on the edge of the Eldorado National Forest, he was headed down Sly Park Road — a somewhat remote and winding mountain road — and came upon the scene of the accident. People were already out of their homes, but no one seemed to know what to do.

It looked really bad, a head-on collision between two pick-up trucks, later estimated to be going at a combined speed of 100 m.p.h.. He could hear a woman screaming; one truck was on its side and the other with the front completely smashed in.

With the calmness that seems to be his hallmark, he quickly ran to the first truck. The driver was trapped underneath the dash and the steering column, but he answered questions lucidly, so Sergeant Soule reassured him that help was on the way, and ran to the other truck, that was filled on its side.

He saw what seemed to be massive amounts of blood, and

peering through the window, saw an older lady on her back. He could see one leg was snapped off at the knee, and her other leg was badly fractured. Her symptoms indicated she was going into shock as well.

He got a hammer from a bystander, and attempted to release the woman enough to administer first aid. Calling for a towel, he made a tourniquet with that and a rope inside the truck, tying it off with a wooden handled ice scraper. During this whole time, Sergeant Soule kept talking to the woman, reassuring her, and hoping she did not go deeper in shock, or lose consciousness.

At that point, a nurse showed up and began assisting the other trapped driver, and within five minutes, the fire department arrived.

“It seemed like an eternity, but was actually about 15 or 20 minutes,” said the sergeant. “It took that much time, driving fast, for the fire department to get to the scene; it’s such a remote area.”

It took more than 30 minutes using the “Jaws of Life” to release both drivers, and get them on the way to the nearest hospital.

“You just don’t think, you act,” said Sergeant Soule. “I was focused on getting to that lady. I don’t know how, but I tend to stay mindful of the circumstances, and I’m always checking for danger from fire or an explosion from the gas tank.”

He had time to think about it all later, and realize how bad the accident was. The man in the first truck had a punctured lung, torn aorta and compound fractures of both legs.

He heard it third hand from others that the hospital was able to save the woman’s leg as a result of his quick actions, and that he kept her from bleeding to death.

Since he was only a couple of miles from home, and was pretty shaken up himself, Sergeant Soule called his office, told them what had happened, and took the rest of the day off. But his boss took his story to the Deputy Director for the Chief of Staff, and they sent it all the way to Governor Schwarzenegger.

This master of disaster has been there to help in four major accidents to date. Three of those occurred when he was still in high school, so his destiny was already laid out. Only in one of those was anyone killed outright.

“I have basic life saving skills that have served me well, but nothing special beyond that,” said Sergeant Soule. “I am always calm and collected, and just react in the right way.”

His family – wife, Dana, daughters Erica, 23, and Savannah, 14, and son Christopher, 22 — is proud of their level-headed patriarch. And his son is following in Dad’s footsteps, at least in one area. Senior Amn. Christopher Soule is a jet engine mechanic for the 945th Aircraft Maintenance Squadron.

If chosen, Sergeant Soule will be presented the Governor’s Medal of Valor in December, during the annual tree lighting ceremony in Sacramento.



Courtesy photo

Never underestimate the power of just being there

by Chaplain (Lt. Col.) Le Bane Hall
349th Air Mobility Wing

I saw a movie recently that everyone told me was fantastic. After watching the movie, I decided never to listen to those people again. It was awful!!! I have been over excited about movies before (Star Wars Phantom Menace for example), but this was just a terrible movie. Those individuals had said that it was very funny. Either I have no sense of humor or they are completely out of their minds.

On the other hand, I found a movie that had gone straight to DVD that I thought was pretty good. I suggested it to others and everyone that has seen it has returned to agree with my assessment. Good acting, nice action and unexpected plot twists.

As a chaplain, I often make suggestions to people who are hurting or in trouble with their marriages crumbling, relatives dying or deceased, economic woes and possibly health concerns. All of these are real world, extremely intense and are rarely a laughing matter. Movies are entertainment, but the real world can be

difficult. Ideas, suggestions, referrals made to others can affect their lives and their families on a short term and/or a long term basis. I have no misgivings that what I say is all anyone will need to make their lives easy-breezy. Like many counselors, I wonder if saying nothing at all would be the best thing!

I admit that I have said the wrong thing way too often and that chaplains are not perfect. Those mistakes can affect the person for a long time. However, being afraid to say something in an emotional situation and therefore saying nothing is easy, but so often the worst response possible. Do not stay silent when words can encourage, excite, enlighten and

educate. However, NEVER underestimate the power of just being there!!!

I wish I had not seen that movie. Two hours of my life gone forever, ugh what a waste! Sometimes I wish I had never said certain words. Yet, speaking about things that make a difference is almost always beneficial. I do not regret trying! I

deeply regret failure to act just because of the fear of saying something wrong.

Maybe all of this reflects my view of God. Engaged, caring, loving, and involved instead of aloof, distant, inattentive, and silent. However, silence may be used as an opportunity to teach or to draw me closer or to get my attention or to prevent an erroneous decision.

I just wish I had listened a bit better before seeing that movie!



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*Editor's note: Correction to October article, page 6. Tech. Sgt. Mike Spannaus is a member of the 349th Air Mobility Operations Flight and only attached to the 312th Airlift Squadron for flying currency.

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Missing your **CONTACT** magazine?

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.

It's not 'farewell' as much as 'see you down the road'

When we start something we never know where it will lead us or when it will end. When it does end, we look back and remember the good, the bad, and all the laughs along the way. As I go I want to leave my word of THANKS.

Thank you for sharing your passion for your jobs, your love of your families, your desire to be better and your commitment to help defend this nation. I have tried to learn from each of you along the way. And I am a much better person for having spent the last 22 months with all of you.

You have taught me the true strength in being selfless and the real power in teamwork. You have shown

me the endless motivation to accomplish the mission and the unyielding commitment to our fellow Airmen. You have taken care of friends, family and strangers with the intense desire to make their situation better.

We have been through inspection after inspection and with every step you have given your ALL. You have had to navigate a very busy schedule, balancing your personal and professional lives along with the commitments of the 349th.

I could not be more proud to have been your commander and served alongside each and every one of you. We have shared a lot and I will cherish it all. The memories will begin



By Brig. Gen. Maryanne Miller
349th AMW Commander

to fade but the friendships will endure time.

If you are in D.C. please come by the Pentagon for a cup of coffee...my treat!

Take care of yourself and your family. See you around campus
Very respectfully,
Brig. Gen. Maryanne Miller

Going

*Only humans believe
there is a word for goodbye
we have one in every language
one of the first words we learn
it is made out of greeting
but they are going away
the raised hand waving
the face the person the place
the animal the day
leaving the word behind
and what it was meant to say*

--by W.S. Merwin

Travis Reservist trains coalition officers in Toronto

Submitted by Lt. Col. John B. Williams
79th Air Refueling Squadron

A course designed to give military officers and other national security leaders an opportunity to hone their leadership skills is being offered by the Canadian Forces College in Toronto, Ontario.

This 10-month course is called The Joint Command and Staff Program, and the current class session began Sept. 9. The course aims to prepare officers in the coalition forces, grades 0-4 through 0-5, for tactical-level command or operational-level staff appointments by providing experiences in joint, interagency and multinational operation-level planning across the full spectrum of conflict. The program invites reserve and active duty allied officers from around the globe to attend this intensive graduate level professional military education course.

“We start out each year with about 150 coalition students,” said Lt. Col. Michael Vinson, 79th Air Refueling Squadron, Travis Air Force Base. “By the last term we’re down to around 110. The course is very demanding and it’s often difficult to balance the work-load with a full-time civilian job, a military job and a family. Anyone who has ever pursued a graduate degree, part-time, understands how tough that can be.”

Lt. Col. Vinson, who is a 2007 graduate of this course, is also a member of the Canadian Forces College Directing Staff and a syndicate instructor.

The JCSP curriculum, which includes a combination of both distance-learning and in-residence requirements, places a joint emphasis on: command, leadership and ethics; communications skills; joint operations; component capabilities; along with National Security Studies.

“My role is a combination of mentor, facilitator, subject matter expert, instructor, negotiator and advocate for the officers assigned to my syndicate,” Colonel Vinson “Everyone meets in person at the first residential term on campus in Toronto in September. Relationships further develop throughout the year in the distance-learning phase through seminar work and mutual support. By July, they are well acquainted and ready for the demands and teamwork required for success in the two-week intensive residential term back in

Toronto.”

This year’s graduating class included navy, marine, army and air force officers from Australia, Denmark, Germany, France, Netherlands, New Zealand, United Kingdom and the United States.

“While the academics and operational-level playing exercises are world class, the true value of the course is what these allied officers learn from each other,” said Colonel Vinson. “The success or failure in current and future conflicts hinges on international alliances. Graduates of JCSP develop the relationship skills that are absolutely critical for success in coalition environments,” said Colonel Vinson.

For more information regarding this program visit the Canadian Forces College website, <http://www.cfc.forces.gc.ca/226-eng.html>.



Class pictured top to bottom, left to right: LCdr Deborah Girard (Canadian), Lt. Col. Varick Ready (U.S. Marine Corp.), LCol Joe Lewis (Canadian), LCdr Sheyla Dessuall (Canadian), Cdr Barbara Carter (Canadian), LCol Louise Bisson (Canadian) Bottom Row - Lt. Col. Don Gardener (U.S. Army), LCol John Holley (New Zealand), Lt. Col. Doug Erlandson (Canadian), Lt. Col. Roger Vandomme (France), Cdr Margaret Therrian (Canadian), Lt. Col. Michael Vinson (U.S. Air Force)

Courtesy photo

What If You Get Sick?

TYPICAL SYMPTOMS of seasonal and H1N1 flu:

- **Fever of 100.5 F or greater,**
- **Cough, sore throat, body aches, chills, etc.**

HOME: **Until without a fever for 24 hours**

SEEK MEDICAL CARE: **If your condition worsens**
(difficulty breathing, dehydration, unresponsiveness, etc.)

ANTIVIRAL MEDICATIONS

- **Recommended for high risk groups**
- **Within 48 hours of symptom onset.**

HIGH RISK GROUPS:

- **Those hospitalized or seriously ill**
- **Those with chronic medical conditions**
- **Pregnant women**
- **Children less than 5 years old**
- **Close contacts (family members for example) of these groups may also require treatment**



For more information, visit the Centers for Disease Control and Prevention Web site: www.cdc.gov/h1n1flu/#stayhealthy

Basic turkey cooking safety tips:

Variables that may affect the roasting time of a whole turkey:

- A partially frozen turkey requires longer cooking
- A stuffed turkey takes longer to cook
- The oven may heat food unevenly
- Temperature of the oven may be inaccurate
- Dark roasting pans cook faster than shiny metals
- The depth and size of the pan
- Use of a foil for the entire time can slow cooking
- Use of the roasting pan's lid speeds cooking
- An oven cooking bag can accelerate cooking time
- The position of the oven rack
- Turkey or its pan may be too large for the oven

BASIC ROASTING INSTRUCTIONS:

1. Set the oven temperature no lower than 325 °F. .
2. Be sure the turkey is completely thawed.
3. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2 1/2 inches deep.
4. For optimum safety, cook stuffing in a casserole.
5. For safety and doneness, the internal temperature should be checked with a food thermometer. The temperature of the turkey and the center of the stuffing must reach a safe minimum internal temperature of 165 °F. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast.
6. Let the bird stand 20 minutes before removing stuffing and carving.



For other cooking tips visit: www.fsis.usda.gov/Fact_Sheets/Turkey_Alt_Routes/index.asp.

349th flight engineer instructor gets published

by Senior Master Sgt. Ellen L. Hatfield
349th Public Affairs

A KC-10 flight engineer instructor for the 70th Air Refueling Squadron has published his first novel, and is already working on a sequel.

Master Sgt. Sean M. Connors, just retired from the Air Force Reserve with 25 years of service, Aug. 22, 2009, and is ready to continue with the writing career he often pursued on a laptop from the back of a refueler.

He was born nearby, in Redwood City, but moved to Australia, his mother's native land, when he was four years old. The family returned to the U.S. three years later, and his parents took up cattle ranching in Washington State. "I learned 'God Save the Queen' before I learned the National Anthem," he said, smiling.

He was always interested in writing from a young age, but his restless spirit and longing to shake the dust of a small town off his heels took him into the Air Force at age 17. He was assigned to Royal Air Force Woodbridge as a crew chief for A-10s in 1984. He spent five years in aircraft maintenance working on A-10s and briefly on C-5s, before cross-training to flight engineer, with a move in 1988 to Travis AFB. In his 15 years on active duty and 10 years in the Reserve, he amassed 6,000 flying on C-141s, C-130s and KC-10s.

Although he has a bachelor of science degree in Aeronautics, he always wanted to write a book. In his civilian career as a communications product manager for Chevron, he manages retail sites across North America, and gets to keep up his writing skills in that capacity.

"In 2000, I started writing a book, but I didn't like it, so I never finished it," said Sean. "Helping my son with a history project on the atomic bomb testing of the 1950s was my inspiration."

He was going to try his hand at non-fiction, and write about the atomic bomb testing in the Marshall Islands. Realizing the research alone could bog him down, he decided on a novel, and devised his plot of an FBI agent investigating two murders near an atomic waste storage facility, instead, referencing historical facts as he wrote.

Working around family and work time, he wrote most evenings from 9 p.m. to midnight. He wrote the prologue and epilogue first. "I knew how the book was going to end already," he said smiling. "I tried writing the chapters in order, but that was hard to do, and I got stuck joining the beginning and the end together."

So he started getting up from 4 to 6 a.m. to work on the flow, and all of a sudden, the story began coming to him fast. Thus, he took his laptop on temporary duty assignments, and sometimes wrote from the back of an Air Force plane, when not performing flight engineer duties in the cockpit.

Self-published and self-edited, Sean said he'd never do it that way again. "It saved me several thousand dollars, but you start editing for grammar, and end up stopping and editing for content," he said. Then, after the book was published, he found mistakes, and found himself thinking, "How could I have missed that?"

Available from Amazon, *The Snows of Rongelap* has sold about 50 copies so far. A reviewer from his local newspaper in Washington compared his style to that of Tom Clancy or James Patterson.

Not to be discouraged by the slow sales, Sean is planning his next novel already. "I didn't plan on a series or a sequel, but it's turning out that way," he said. He based his characters on real people, wanting people to relate to them, so Jack Fitzgerald (his hero) is here to stay,



Courtesy photo

Master Sgt. Sean M. Connors, just retired from the Air Force Reserve with 25 years of service, Aug. 22, 2009, and is ready to continue with the writing career he often pursued on a laptop from the back of a refueler.

for now.

A number of people think his book would make a good movie, including his brother Ian, a well-known documentary film maker. Ian wants to work with him to write a screenplay based on *The Snows of Rongelap*. (Rongelap is an island-atoll that is a municipality of the Marshall Islands, and is in close proximity to the atomic bomb testing of 1954.)

Sean sees someone like actor Christian Bale playing the main character of Jack Fitzgerald. "He's not a super-hero, just a guy caught up in something overwhelming who's never been caught up in anything of this scale before," he said.

His advice for aspiring novelists is to persevere. "It took me two years to write the book," he said. "It's easy to lose your focus, you have to think about it every day. It takes up a big part of your life."

349th AMOF recognized for hurricane support

by Lt. Col. Michael A. Thomas
349th Air Mobility Operations Flight

On Sept. 26, fourteen personnel from the 349th Air Mobility Operations Flight were recognized and received Air Force Achievement Medals for their outstanding achievement in support of Hurricane Gustav and Hurricane Ike.

The 349th AMOF provided support during Hurricanes Fay, Gustav, Hanna and Ike. Despite the long hours, under less than perfect conditions, members from the AMOF enabled air mobility customer requirements to be consistently exceeded.

The mission of the AMOF is to provide vital expertise and manpower in support of Global Reach and Power. As part of the Air and Space Operations Center, the Air Mobility Division mission provides highly

skilled and quickly deployable specialists who are able to lead, plan, and carry-out rapidly evolving air mobility operations throughout the world.

In August of 2008, nearly 50 percent of the 349th AMOF deployed with less than 24 hours notice to Tyndall Air Force Base, Florida to support Northern Command's 1st Air Force. Tasked to become the first Air Force Northern Command Regional Air Mobility Coordination Center, 349th AMOF Airmen provided the majority of the personnel that made up the team, ensuring around-the-clock Department of Defense air mobility options for Texas, Florida, Louisiana, and the Federal Emergency Management Agency. The Federal Aviation Administration apportioned control of disaster area civilian airfield arrival and departure "slot" times to the AFNORTH RAMCC team for

the first time in our nation's history. The outstanding results included the much heralded "Gen-Pop" air evacuations where 8,303 New Orleans, La, residents and 723 patients were relocated away from the destructive path of Hurricane Gustav via 109 military airlift flights. One week later, the RAMCC again spearheaded the coordination effort with multiple active duty, National Guard, and Reserve, flying 267 sorties, and transporting 1,010 passengers, 803 short tons of crucial cargo and 403 patients away from the tremendous Texas Gulf Coast devastation caused by Hurricane Ike. These general population and aeromedical evacuation operations demanded quick action and thorough planning in an environment characterized by constantly changing requirements caused by rapidly deteriorating weather conditions.



photo by Senior Master Sgt. Rebecca Fletcher, 349th Air Mobility Operations Flight

Pictured from left to right: Capt. Marc Launey, Tech. Sgt. Alex Calderon, Master Sgt. Marshall Wallace, Lt. Col. Michael Thomas (Commander), Lt. Col. Bill Barbour, Tech. Sgt. Lenora Gallegos, Senior Master Sgt. Jan Lambard, Tech. Sgt. Mike Spannaus, Tech. Sgt. Chris Van Slyke. Not Pictured: Maj. Jeff Franklin, Master Sgt. Luis Caragan, Master Sgt. Dennis Kort, Tech. Sgt. Ron Brokenbrough, Staff Sgt. Stephani Block

349th 'superstar' earns kudos, wings

Submitted by Lt. Col. Kevin S. Lane
79th Air Refueling Squadron

On Sept. 4, 2nd Lt. Nicholas E. Silva, 79th Air Refueling Squadron, earned his pilot wings in a ceremony at Columbus Air Force Base, Miss., graduating with several awards including the Order of Daedalians AETC Commander's Trophy, which is presented to the graduate who achieved the highest overall rating in all facets of training. Lieutenant Silva was also recognized as a Distinguished Graduate, graduating in the top 10 percent of his class.

Lieutenant Silva is a former KC-10 Boom Operator from the 79th ARS who was selected by the 349th wing commander to become an officer and attend Specialized Undergraduate Pilot Training.

Lieutenant Silva's journey to become an Air Force pilot began as a simple childhood dream in his hometown of Redding, Calif.. Nick enlisted in the Air Force Reserve on March 1, 2005 and became a KC-10 Inflight Refueling Journeyman (aka, Boom Operator) on Sept. 1, 2005. Although the Lieutenant excelled as a KC-10 boom operator, he never stopped pursuing his dream of becoming a pilot.

Lieutenant Silva earned his B.A. degree from California State University, Sacramento, on May 25, 2007, thus completing the final requirement to apply for officer training and a pilot slot.

The 79th ARS recognized Lieutenant Silva's talent and potential and sponsored him as a pilot candidate. The 349th AMW SUPT Board interviewed him on June 20, 2007 and



U.S. Air Force courtesy photo

Pictured left to right: 2nd Lt. Jensen Brandt, 79th Air Refueling Squadron Student Pilot, Master Sgt. Timothy Stepp, 79th ARS Chief of Training, 2nd Lt. Nicholas E. Silva, 79th ARS, Master Sgt. Frank Carlos, 79th ARS A Flight Chief, Lt. Col. Kevin Lane, 79th ARS Chief Pilot, Lt. Col. Eric Clifton, 79th ARS Instructor Pilot and Maj. Samuel Dickson, 349th Security Forces Squadron Commander

unanimously recommended that he be selected to attend OTS and UPT. Lieutenant Silva reached another milestone when he was sworn in as an officer on April 30, 2008.

Executive order bans texting while driving

by Samantha L. Quigley
American Forces Press Service

In an executive order issued Oct. 1, President Barack Obama banned federal employees from text messaging while behind the wheel on government business.

"With nearly 3 million civilian employees, the federal government can and should demonstrate leadership in reducing the dangers of text messaging while driving," President Obama said in the order. "A federal government-wide prohibition on the use of text messaging while driving on official business or while using government-supplied equipment will help save lives, reduce injuries, and set an example for state and local governments, private employers, and individual drivers."

Text messaging, or "texting," encompasses more than simply sending a text message via a handheld communication device. It also includes reading from any handheld or other electronic device, including for the

purpose of SMS texting, e-mailing, instant messaging, obtaining navigational information, or "engaging in any other form of electronic data retrieval or electronic data communication," the order said.

The order defines driving as "operating a motor vehicle on an active roadway with the motor running." This includes the time the vehicle is temporarily stationary because of traffic, a traffic light or stop sign or other cause.

"It does not include operating a motor vehicle with or without the motor running when one has pulled over to the side of, or off, an active roadway and has halted in a location where one can safely remain stationary," President Obama said in the order.

While the order applies specifically to federal employees, it also asks contractors to follow suit, and encourages civilians to adopt the same measures while operating their own vehicles.

Agencies are being directed to implement this order through the

consideration of new rules and programs and re-evaluation of existing programs. Agency heads are urged to conduct education, awareness and other outreach for federal employees about the safety risks associated with texting while driving.

"These initiatives should encourage compliance with the agency's text messaging policy while off duty," President Obama said.

Agencies have 90 days to take appropriate measures to implement this

order, adopt measures to ensure compliance with the ban on text messaging — including disciplinary action for violations — and notify the transportation secretary of the measures undertaken.

Agency heads may exempt certain employees, devices or vehicles that are engaged in or used for protective, law enforcement or national security responsibilities or on the basis of other emergency conditions, the order says.



AF officials launch updated Key Spouse program

by Tech. Sgt. Amaani Lyle

Secretary of the Air Force Public Affairs

As part of the July 2009-July 2010 Year of the Air Force Family initiative, the service's senior leaders have announced the launch of a revised and standardized Key Spouse program.

Paula Roy, wife of Chief Master Sgt. of the Air Force James A. Roy, is the senior spouse champion for the program and her video endorsement will open each Key Spouse training session.

Key Spouse is an official communication network designed to enhance readiness and establish a sense of community among unit leaders, Airmen and their families, said Gretchen Shannon, the Airman and Family Readiness chief.

"The Key Spouse program is an excellent way to bridge communication gaps and maintain contact with families to inform, support or refer them as needed," Ms. Shannon said.

A Key Spouse volunteer may be the

spouse of an officer, an enlisted Airman, a Department of Defense civilian or other qualified person connected to the unit. Unit leaders formally select and appoint each Key Spouse. Senior officer or enlisted spouses are encouraged to serve as mentors or advisers. Staff members from the installation Airmen and Family Readiness Center provide initial and update training and serve as a referral resource for Key Spouses.

The program's structure is designed so the unit commander, Key Spouse, first sergeant, and Key Spouse mentor work as a team to ensure 100 percent follow-up with separated families.

In addition to ongoing contact with separated families, Key Spouse activities may include publishing monthly newsletters for waiting family members, involvement in official and unofficial meetings or squadron events and distribution of deployment "survival"

information, said Lorraine Neuser, the Airman and Family Readiness policy deputy chief.

"Whether addressing issues at the lowest possible level or simply being an ear for questions or concerns an Airman's family may have, the Key Spouse program is a great force multiplier," Ms. Neuser said. "This valuable tool supports families during separations and other emergency situations, while enhancing communication between leadership, spouses and other family members."



Desk and resource guides have been developed for all Key Spouse team members. For more information about the Key Spouse program, contact the staff at the 349th Airman and Family Readiness Center at 707-424-1616 or to reserve a seat for the next Key Spouse familiarity training contact the Team Travis Airman and Family Readiness Center at 707-424-2486.

Web site offers help for military families in transition

by Fred W. Baker III

American Forces Press Service

Sixteen-year-old Robyn Lutzkanin loves the military. As a military child, she said she has moved often and enjoys seeing new places and meeting new people.

"It really opens your eyes up to the world," Robyn added.

But she admitted to dreading the transition of moving to that new place and having to make new friends.

"Moving is a really big stress, especially on teenagers. Because when you move to a new school, it's like all of these kids, (and you) don't know them," Robyn said.

Three national associations joined forces Sept. 30 to publish a Web site that offers help to military families going through those transitions.

The site, <http://www.TimeToTalk.org/military> is a joint effort by the National Military Family Association, the Partnership for a Drug Free America, and the National Association of School Nurses. Among other tools, the site offers a guide for military parents on how to talk to their children during transitions such as a move or a deployment of a parent.

Talking during that time is critical, Robyn said, addressing a crowd gathered at the U.S. Capitol Sept. 30 to announce the site's launch.

"The only way to solve a problem is to talk about it. If you let it sit there in the back of your mind, it's going to start festering in your brain and

be like all on you," she said. "You've just got to let it out."

Parents are ideal for the children to talk to, she said, because they are sharing the transition.

"(Parents are) there with you all the time. They can talk to you about anything. You can trust them. Kids at school don't understand you. Your teachers sometimes don't understand you," Robyn said.

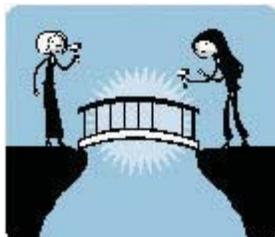
Joyce Wessel Raezer, the executive director of the National Military Family Association, said she hears from families that they need resources to help them deal with the issues surrounding moves and deployments.

"Our military life is full of transitions. That's one of those trigger points where military families are looking for resources when they are preparing to move," she said. "Even the brightest and the best ... walk into that new school, walk into that new town, and think, 'Am I going to fit in? How am I going to find friends?'"

The site also contains information for parents on talking about substance abuse with the children. And it has information on how to educate members of the civilian sector, such as teachers, who are not used to dealing with problems unique to military families.

But mostly, the site simply helps to initiate conversations that can help parents address difficult topics during difficult times.

"The premise is, 'Let's start that conversation between parent and child, and here are ways to help that parent start that conversation,'" she said.



For information about 349th AMW vacancies, go to <https://www.afpc.randolph.af.mil/afpcsecure/MainMenu.asp>.

For information about ART vacancies contact MSgt Tony Salgado, ART Recruiter office 530-634-5189 or go to <http://www.usajobs.gov/>

PROMOTIONS



SENIOR MASTER SERGEANT
DAVIS, BRYAN T., 945th AMXS
HEDGER, VICKY L., 349th MXS



MASTER SERGEANT
GALE, SHANA E., 349th ASTS
UWEDJOJEVWE, VOKE U., 349th CS
MARTINEZ-TURNER, VALERIE, 82nd APS



TECHNICAL SERGEANT
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BOB, MICHAEL F., 70th ARS
CASTILLO, SCOTT F., 349th CS
FONTILLAS, DONNY G., 349th ASTS
HARRIS, JARED P., 749th AMXS
HERNANDEZ, DAVID P., 349th MAS
PADILLA, TIFFANY R., 349th CS
PIRES, SARAM., 349th ASTS
SCHNORBUS, KENNETH A., 349th CES
SIMMONS, CANDIE L., 349th MSS
WINBUSH, ANTHONY A., 349th AMW
SHOEMAKE, NEVERLY R., 349th CES
GORE, SHAWN H., 82nd APS



STAFF SERGEANT
ARONS, STEVEN E., 749th AMXS
BASSETT, GWEN C., 349th ASTS
BOYENS, APRIL D., 945th AMXS
CHILDS, DANIEL B., 55th APS
COFFMAN, KRISTIN W., 945th AMXS
DHALIWAL, ELIZABETH K., 312th AS
HERNANDEZ, ALEX M., 45th APS
JOTOJOT, YURIJEAN P., 349th MAS
LEE, SCOTT C., 349th MXS
MACHADO, SERINA M., 349th AMDS
MARTINEZ, JACOB R., 349th MXS
MOORHEAD, MEGAN D., 349th ASTS
SOLOMAKOS, AYRON P., 749th AMXS
YOKLEY, CORRY J., 349th ASTS



SENIOR AIRMAN
KESSEL, TRAVIS B., 55th APS
NGUYEN, TRACY T., 349th MAS
MORGAN, BENJAMIN F., 945th AMXS
ONEIL, FOREST K., 945th AMXS
SAMPAYAN, PETER J., 349th ASTS
VALENTINE, JOEL R., 349th AES



AIRMAN FIRST CLASS
FRAME, CASEY A., 349th CS

(Promotions effective October 1, 2009 or earlier)

349th Wing rallies together prior to ORI 'kick-off'



photo by Senior Master Sgt. Ellen Hatfield, 349th Public Affairs

349th Air Mobility Wing Airmen gathered for a Pep Rally prior to their departure for Location Bravo and the Team Travis Operational Readiness Inspection, Oct. 16. After morning training and last minute flu shots, wing Airmen met in the headquarters parking lot, a no-hat zone, for a picnic, some pep and fun. Wing Commander, Brig. Gen. Maryanne Miller, planned the rally, complete with a pig roast and all the trimmings, to show her appreciation for the long hours, hard work and preparation that went into getting ready for the wing for this inspection. Airmen of the 349th Air Mobility Wing here give a thumbs up for the barbecue picnic hosted by General Miller. Airmen of the 349th Wing here gave a big thumbs up for the barbecue picnic. Team Travis - approximately 1,000 Airmen from both the 349th and 60th AMWs flew away to Alpena, Mich., or the ORI Oct. 17-24, where they set up to carry out the mission in a austere, deployed location and demonstrate their ability to survive and operate.



photo by Senior Master Sgt. Ellen Hatfield, 349th Public Affairs

Brig. Gen. Maryanne Miller, 349th wing commander, 'coins' Tech. Sgt. Robert Allen, 349th Civil Engineer Squadron, at the wing Pep Rally Oct. 16. General Miller planned the rally to thank wing Airmen for all their hard work in preparation for the Team Travis Operational Readiness Inspection Oct. 17-24.



photo by Senior Master Sgt. Ellen Hatfield, 349th Public Affairs

Brig. Gen. Maryanne Miller, 349th wing commander, 'coins' Tech. Sgt. Stacey Jackson, chaplain's assistant, for her display of excellence in preparing for the wing's Operational Readiness Inspection. General Miller hosted a barbecue picnic for Airmen getting ready to fly away for the Operation Readiness Inspection Oct. 17-24.

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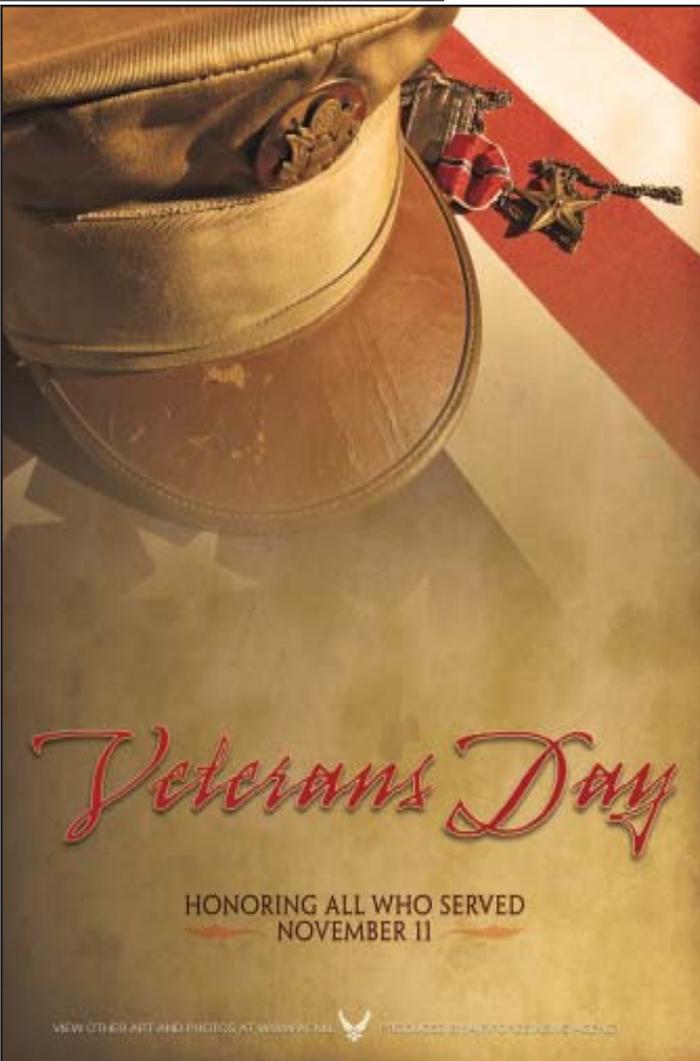
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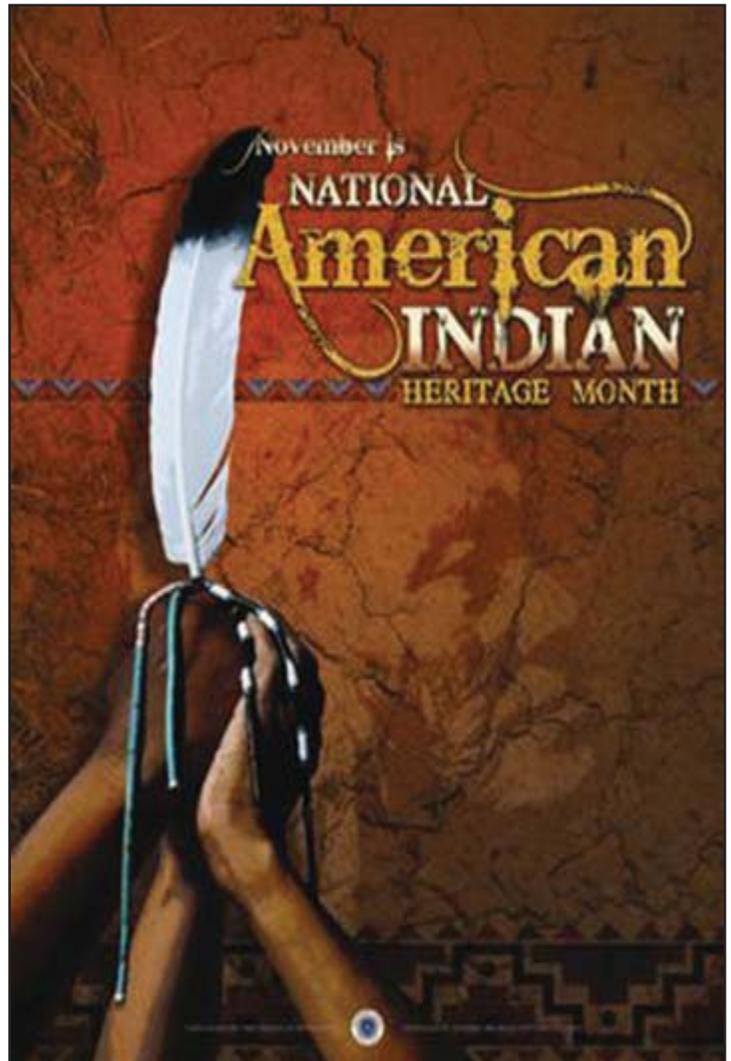
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