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# CONTACT

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Official Magazine of the 349th Air Mobility Wing

A young child with dark hair, wearing a white turtleneck, a dark vest, and light-colored pants, is sitting in the cockpit of an aircraft. The child is looking towards the camera with a slight smile. The cockpit interior is visible, including a white yoke, a red seat, and various instruments and controls. The child's hand is resting on a control panel.

**349th Wing celebrates families with 'Family Days'**

(See story and more photos on Pages 6 and 7)

# Recharge our bodies, minds, souls

by *Chaplain (Lt. Col.) Gregory Stinger*  
349th Air Mobility Wing

Welcome to the New Year of 2010! I am sure that you have been busy with activities among your family and friends as you celebrated the holidays and religious festivities during the month of December. We can all agree that no matter how blessed a time it was for us, it is time for a well deserved break in the pace of activities of our daily life. It is always good to slow down and “smell the roses” after a more frantic season filled with “hustling and bustling”. Unfortunately, just because we desire a slower pace in our daily activities, there is no guarantee that our life will slow down and give us a chance to “recharge” for the next “challenge” of the day or week. But that “recharging” is exactly what we need to stay healthy, while we meet the ever-flowing responsibilities placed upon us by our civilian jobs, the Air Force Reserve, our families and friends...to say nothing of the desires of our own hearts and those actions rooted deeply in our religious beliefs.



Sometimes, we forget to take the time to “recharge” or we put it off for a later time, thinking we will be just fine as we “charge off” to do more tasks or take on more responsibilities. This type of action only leads us to find ourselves feeling exhausted, impatient, and perhaps, even angry at the situation, seeing no room for improvement. As a point of illustration, remember that at the end of a period of use, your cell phone or MP3 player needs its batteries recharged or replenished with fresh batteries for it to continue to work without “crashing”. Likewise, all human beings need to take “time out” to “recharge”, so we can continue to function without “crashing” and fulfill the purposes and tasks that God, ourselves, and others have given us for that day.

Since this is part of the human condition, it is important to remind one another to take time out daily to “recharge” our bodies, minds, and souls for the tasks and responsibilities that we

all encounter. This is part of being a good Wingman and a faithful and caring team member. From a Chaplain’s point of view, it is a way we show God’s love to one another and care for the life that God gave us. Yes, I know that you “youngsters” are thinking, “I am indestructible and can handle it all”, but your older comrades, I mean “more experienced and seasoned” comrades, would remind you to learn to take care of yourself now and continue throughout your life. If you take time to “recharge” on a daily basis, your attitude and the well-being of your body, mind, and soul, will remain healthier and obtain greater resiliency to face the challenges of each day.

Here are some suggestions for you to think about and perhaps use to “recharge” on a daily basis:

If you are a person of faith, take some time with God by reading your sacred scriptures and take your requests to God in prayer; spend some time counting the blessings you have received; meditate on some of the promises of God and think on how these apply to your situation for that day; take time to worship with others who have your faith beliefs and receive and offer encouragement from one another.

Other ways to “recharge” might be:

Take a walk around the block or a hike in God’s creation; exercise to work out some stress of the day and to promote your physical health; read a good book that will help to uplift



your spirit and help you to grow as a person. Take time to enjoy your family, friends, and pets and play together—do something fun together—spend time looking at photos of family and vacations and think about the fun experiences with family and the places you toured while on those vacations. Spend time enjoying a hobby; listen to some uplifting music; take

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# Happy New Year - let's do what we do - we do a lot, we do it well

I hope everyone had a happy holiday season with family and friends. It's hard to believe 2010 is already here. It seems like just yesterday we were worried about Y2K at the turn of the century, and here we are, 10 years later. The year 2009 was an extremely busy year for the 349th, and you all pulled it off without a hitch - with accolades! Just to highlight a few of the things we accomplished: the 349th AMW earned the 2009 Airlift/Tanker Association Outstanding AFRC Unit Award for exemplary service, the first wing to win the newly created Lt. Gen. James E. Sherrard, III, award; the 349 AMW was awarded the Air Force Outstanding Unit Award for the fourteenth time and the seventh year in a row; the 349th MPF was awarded the Gerrit D. Foster, Jr., award for Outstanding Military Personnel Flight in AFRC; the 349th Equal Opportunity Office was recognized by AFRC as the best Equal Opportunity large base program; the 349th AMW Chaplains office garnered the AFRC Command Chaplain Readiness Award; and the 349th Civil Engineering Squadron Explosive Ordnance Disposal Flight was named 4th Air Force EOD Flight of the Year

and was nominated for the AFRC award! Some of our folks also stood out such as Maj. Wendie L. Skala who was awarded the AFRC Outstanding Aeromedical Evacuation Crew Member of the Year Award. Two of our members were recognized by the California Air Force Associations annual competition – Field Grade Officer of the Year, Maj. Roger S. Law and Senior Non-Commissioned Officer of the Year, Senior Master Sgt. Darlene G. Chaboude. Master Sgt. Heather Bradley was awarded the 4th AF Equal Opportunity Specialist of the Year, and eight of our Combat Comm Squadron folks were 4th Air Force Annual C&I Award winners.

Also deserving mention was the hard work of the 349th in 2009 with three Operational Readiness Exercises; Air Force Week Sacramento; the Operational Readiness Inspection (at which you performed magnificently); a wing change of command; and a Logistics Compliance Assessment Program. All of this while you continue to move our everyday mission supporting the war-fighter with excellence and without hesitation! Although some of the accolades above were awarded in 2009



**By Col. Barrett Broussard  
349th Vice Commander**

for performance in 2008, it all reflects positively on the quality of people in the 349th AMW, and attests to your year round hard work which leads to outstanding performance! In my eyes, you are all award winners!

Although our 2010 schedule is not projected to be as busy as 2009, we have some exercises planned throughout the year, a staff assistance visit from 4th Air Force in the spring and we are currently in the middle of an Aerospace Expeditionary Force deployment. So as our operations tempo will remain steady - do as you always do – perform our mission safe and effectively. Our war-fighters in harm's way are depending on us. I wish you all a very Happy New Year and look forward to seeing you all at the next UTA.

## Take a genuine interest; obstacles become stair steps

**by Dr. (Col.) Robert Singler  
349th Medical Group**

We're surrounded by mentors, and most of us put real effort into being good Wingmen. When we're asked, "Are you mentoring your subordinates?" the answer is usually "Yes!"

Then why are we having difficulty retaining our younger Airmen? Why aren't all of our associates as pleased with their careers as we are? It's not as simple as the stress of repeated deployments, serving under a difficult supervisor or feeling trapped in a dead-end job. If a performance



feedback is a discussion of a report card based upon standards set by the Air Force, then mentoring should be a discussion based upon standards set by the member. Where would they like to be in five years?

Finding current information on career guidance and how to properly mentor is difficult. Most resources are six to 10 years old and haven't been updated. AFI 36-3401, Air Force Mentoring, dates from 2000. Still, there is another side to the issue. Career information that used to live at the Military Personnel Flight is now online and just a few clicks away. If you combine a genuine interest in your subordinate's career progression with a little hard data, obstacles that seem

insurmountable can become the stair steps in a rewarding career.

With that in mind, here are a few tips:

1) Time frame – Start early, right after a permanent change of station, because the typical time frame for big changes is typically around two years. This may seem a lifetime to an Airman Basic, but most of us soon find out how quickly time passes.

2) Get the data – Is your protégé a staff sergeant in a technical sergeant slot or has he/she already topped out? What does your subordinate know about the requirements for a Promotion Enhancement Program boost in rank? Are they thinking about the requirements for well-roundedness? When is an above-the-zone promotion board possible? Is your officer eligible? What can you do to demonstrate the critical importance of Professional

(See Interest on Page 10)

# Current Airmen, families reach out to ‘Give Thanks’ to Veterans who have served

by Staff Sgt. Meredith Mingledorff  
349th Public Affairs

Each of us serves for personal reasons. For some it is the love of country, for others it is security and benefit. For the men and women of the 349th Air Mobility Wing, who come together each holiday season for ‘Operation Give Thanks’ at Yountville Veterans Home in Northern California, they serve to ‘give back’ to the veterans that have led the way.

Hundreds of volunteers from the Air Force Reserve and their families make the trip each Thanksgiving to prepare and serve a traditional Thanksgiving meal for their heroes. It’s a unique experience for those who attend and it’s not uncommon to see familiar faces each year, like Chief Master Sgt. Patricia Thornton, command chief, 4th Air Force, March Air Reserve Base, Calif., who still makes the visit.

“I think this is important,” said Chief Thornton. “These pioneers have led the way for our servicemen and women today. They broke down barriers and improved processes, created a separate Air Force and garnered support. They are heroes.

We owe them both our freedom and gratitude.”

Airmen and their families come away from the visit profoundly enlightened and delighted as told by their accounts as they leave. Crowds of uniformed members convene in the parking lot to share the stories of those they’ve just met.

“I met John and Betty,” shared Larry Wible, a retired Master Sgt. and current Air Force spouse. “John lives here at Yountville and Betty at a different home in Napa where he travels to visit her every day. They say when he can’t drive any longer he’ll take the bus to visit her. They are very much in love and are not going to let the geographic distance keep them apart.”

The love stories are plentiful and often a source of intrigue for the visiting troops, as are stories of service.

Paul McCann was a Navy pilot in the 1940s. Among the pictures of his large and handsome family was a picture of his F8F Bearcat, his favorite airplane.

“It was like a sports car,” said Paul. “This is what everyone wanted to fly.”

Paul said he thought the community service being provided by today’s Airmen was wonderful and remarked that he would

like to see Travis personnel more often.

Paul went on to share the many ideas he and his fellow veterans have to continue their own service, through programs such as a veterans back to school project, an idea to bring living history into local classrooms by having veterans visit and tell their stories.

“It gives me a sense of purpose, to continue to serve the community,” he said. “I have become keenly aware that I have fewer years in front of me than I do behind me and I want to be sure to give back in the time that I have left.”

Funny as it may seem, as the 349th AMW members gathered to leave so did some of the residents at the home.

“I’m going to the community center to serve meals,” said one veteran. “It makes me feel good to give back.”

The service attitude does not seem to end with retirement or not wearing the uniform. Service is a state of mind; a part of our military culture that binds us together. It is how we stand up to protect our nation’s freedom and stand up for those who cannot. For this, and many other reasons, we salute our veterans and their families, past, present and future. Thank you for your service.



Courtesy photo

Current resident of the Yountville Veterans Home in Northern California, Paul McCann, prior Navy pilot, 1940s.

# Winter safety tips on clearing snow, ice

Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips from the National Safety Council, the American Academy of Orthopaedic Surgeons, and other prevention organizations:



- Dress warmly, paying special attention to feet, hands, nose, and ears.
- Avoid shoveling snow if you have a history of heart trouble; do not shovel snow unless your doctor says it's okay.
- Do light warm-up exercises before shoveling and take frequent breaks.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.

## —If you use a snow blower follow these safety guidelines:

- Read the owner's manual before starting your snow blower. Make sure you understand all the recommended safety steps.
- Make sure all people and pets are out of the way before you begin.
- Do not put your hand in the snow blower to remove impacted snow or debris. Turn the machine off and wait a few seconds. Then use a stick or broom handle to remove the material.
- Do not leave the snow blower unattended when it is running.
- Fill up with fuel before you start, when the engine is cool.

# 45th Aerial Porters celebrate families

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

**I**n what has turned into an annual tradition, the 45th Aerial Port Squadron Airmen welcomed their family and friends to Travis Air Force Base for Family Appreciation Day Dec. 5. Appropriately, they started off their day with an open ranks inspection in blues at 7 a.m.

According to 2nd Lt. Billy Ancheta, transportation officer and one of the key planners, the unit began the events about two years ago to build a bridge of understanding between the reservist and the family in the context of the holiday festivities.

“Our commander, Maj. Cary Simpson, came up with the idea, and the planning committee includes our senior staff and the first sergeant,” said the Lieutenant. “This year, the timing is perfect, since it coincides with the Air Force initiative recognizing the Year of the Air Force Family.”

The first big event of the day was a unique retirement ceremony, with six unit Airmen retired in a single ceremony, celebrating their collective more than 150

years of military service to this country. Honored were Master Sgts. Corazon Riate, Susan Boren, Bill Hobbs, John Magno and Alejandro Zamudio, and Senior Amn. Roy Baldwin.

For some family and friends, it was their first chance to witness a formal ceremony. Included were medals presentations, certificates of retirement and salutations from the Commander-in-Chief. Shadow boxes created for each retiree chronicled their careers with challenge coins and a flag flown over the U.S. Capitol.

“We’re losing a lot of experience and talent with these retirements,” said Maj. Simpson. “What we have gained from them is invaluable and will be missed.”

Following the retirement, family had the opportunity to browse informational displays by the wing chaplains office; Military One Source; University of California 4-H Youth Development Program, Blue Star Moms and the 45th APS Family Readiness Group, which works to strengthen relationships between Airmen and their families with

volunteer work, and also provide support for mobilizations and deployments.

Outside the squadron, there was the opportunity to get inside a base fire truck, courtesy of the 60th Civil Engineer Squadron; to check out a Humvee and weapons with the 349th Security Forces Squadron (hummer rides included), and to visit a C-17 static display on the flight line.

As the sun was setting on another Air Force Reserve day, the 45th APS convened to the Travis Conference Center for the merriment of their holiday party.

“The squadron worked tirelessly on the recent Operational Readiness Inspection, and many of our reservists are deploying over the next month,” said Lt. Ancheta. “We plan this day around our holiday party to boost the morale of our Airmen and their loved ones, and to celebrate all their hard work.”

The Lieutenant said the 45th APS plans another family appreciation day in Spring or early Summer to welcome home those deploying for this aerospace expeditionary force rotation.



What's a party without hot dogs? Master Sgt. Dottie Deerwester, 45th Aerial Port Squadron first sergeant, serves one hot from the grill during the unit's Family Appreciation Day Dec. 5. The day's activities began with a retirement ceremony for six reservists, followed by static displays, informational booths, activities for the children, and culminated with the unit's holiday party.



It's heavier than it looks! A family member of a 45th Aerial Port Squadron Airman takes a close look at the various weapons used by 349th Security Forces Squadron warriors. The day's activities began with a retirement ceremony for six reservists, followed by static displays, informational booths, activities for the children, and culminated with the unit's holiday party.

# Aerial Port Squadrons go for 'win-win' in joint operations

Submitted by LCDR Christopher Riodan  
NCHB 3 Air Cargo Company, U.S. Navy

Recently, the 45th Aerial Port Squadron and Naval Cargo Handling Battalion Three Air Cargo Company have begun a benchmark program to integrate training operations during drill weekends.

This relationship has already paid dividends and resulted in a “win-win” situation for both the Air Force and the Navy. Learning to work beside one another to accomplish our mission-critical cargo handling function is essential to achieving the goals of today’s joint military environment.

This past summer, NCHB 3 Air Cargo Company participated in a joint military exercise at Naval Air Station Norfolk, Va., that effectively displayed the capability of reserve aerial port units to man, operate, and manage fixed aerial port operations. Other units participating in this exercise included the 118th Logistics Readiness Squadron, Nashville, Tenn.; 30th Aerial Port Squadron, Niagara Falls, N.Y.; 71st APS, Langley AFB, Va.; 88th APS, McGuire AFB, N.J.; 193rd LRS, Willow Grove Air Reserve Station, Penn.; and the 919th APS, Eglin AFB, Fla.

In addition, NCHB 3 Air Cargo Company deployed during Operation Desert Storm to the Bahrain air terminal, and more recently, during Operation Iraqi Freedom to both Al Asad and Al Taqqaddm Air Bases, working side by side with the Air Force. All told, for a majority of the past decade, Air Cargo Company has proudly supported the 60th Aerial Port Squadron as part of our drill weekends.

NCHB 3 Air Cargo Company can perform expeditionary (Limited) Air Cargo Terminal Operations providing managerial and cargo handling personnel to operate an expeditionary air

cargo terminal. Air Cargo personnel are capable of handling all classes of cargo, including munitions and hazardous materials, from civilian and military controlled aircraft and operating an expeditionary (limited) air cargo terminal. Capabilities include performing the functions for documenting, control and handling of aircraft loading/discharging, cargo transport to/from a transit terminal near the airhead, and operation of the transit terminal for TCN identified cargo and containers.

The Company is part of Naval Cargo Handling Battalion Three (NCHB 3) headquartered in Alameda, Calif., and is a Navy Reserve commissioned unit tasked with loading and unloading all classes of cargo, except bulk petroleum. NCHB 3 is an Advanced Base Functional Component unit of the Navy Expeditionary Logistic Support Group, capable of worldwide deployment in its entirety or in specialized detachments.

Navy Cargo Handling Battalions provide personnel and basic support equipment for establishing technical and supervisory cargo handling capability in support of worldwide Navy and Marine Corps operations—primarily United States Marine Corps operations on board Maritime Prepositioned Ships.

When provided appropriate equipment components, NCHBs can give Amphibious Assault Readiness Group ships and other types of ships cargo handling support, limited ocean terminal support and limited air cargo terminal support.

As multi-mission capable “Combat Stevedores,” these Battalions can be airlifted on a single C-141 anywhere in the world to offload MPS, Fast Sealift Ship, Containerized or Break Bulk Cargo Ships.

These units are expeditionary and self-sustaining. When augmented with appropriate equipment, these units can perform limited ocean and air terminal operations.

## NCHB 3 Air Cargo Company



U.S. Air Force photo/Senior Master Sgt. Ellen L. Hatfield

**“Candy Bomber” lands at Travis:** With a snip of the ceremonial scissors, the Berlin Airlift exhibit opens here, Dec. 10. Doing the honors are, from the left, Mr. Heinz-Gerd Reese, director, Berlin Airlift Gratitude Foundation, Col. James Vechery, 60th Air Mobility Wing commander, Col. (Ret.) Gail Halvorsen, the original “Candy Bomber,” and Dr. Bernd Von Meunchow-Pohl, director, German Information Center USA. After traveling to 29 U.S. cities, the exhibit will be housed permanently at the museum on Travis Air Force Base. Visit the 349th web page at [www.349amw.afrc.af.mil](http://www.349amw.afrc.af.mil) for the full article.

# USAFServices.com launches new Air Force Web site

by Master Sgt. Stan Parker

Secretary of the Air Force Public Affairs

Air Force officials have launched a new Web site to meet social and informational needs of Airmen, civilians, retirees and their families: [www.usafservices.com](http://www.usafservices.com).

Registered users will find the site allows real-time socializing according to Mrs. Eliza Nesmith, Airmen and family services chief.

“The new Web site is going to be very exciting and useful for Airmen and their families,” said Ms. Nesmith. “We have about 2,200 users who are using the site right now, from an initial 600.”

Airmen will see advantages of the new site, particularly the new social networking feature, Ms. Nesmith said. The feature called “My Journal”, under the “Share” tab functions similar to Facebook allows registered users to invite friends, join groups, and post photos or videos. Like commercial sites, users can restrict access allowing only those known to them to view their information and post messages.

Another feature enables users to join or create forums ranging in topics from deployed spouse support to families with special needs.

Active duty, retirees, Reservists, Guardsmen, Department of Defense employees and others who are enrolled in the Defense Enrollment Eligibility Reporting System may register as users on the site.

Users will notice that the Web site does not require the use of a common access card, but under optimized security measures, users can create a unique account user name and a 15 character password. Despite increased security measures, the site will be accessible from government and personal computers, Mrs. Nesmith added.

Air Force officials weighed the decision to discontinue GI Mail. Over the past few years, officials have noticed the feature was an important tool for families to stay in touch, while others used it for their official mail or even to pay bills.

“We are very sensitive to drawing down that capability ... but the social networking and contact with family during a deployment is going to be an easy and important part of usafservices.com,” Ms. Nesmith said, noting a messaging feature, forums and a real-time.

While there is no capability or contact list link between Air Force Crossroads/GI Mail and the new [usafservices.com](http://usafservices.com) Web site, users can click on the Webmaster link to solicit help.

“Once Airmen and their families get accustomed to using the Web site, they will find

that it is a very user friendly site that will give them much more flexibility than they have had on similar Web sites,” Ms. Nesmith said.

“During this Year of the Air Force Family, we really want to take a look at policies and procedures, and see what we can do better. This is one of them.”

Senior leaders have designated July 2009 through July 2010 as the Year of the Air Force Family, maintaining their commitment and attention to Airmen and their families as a top priority. Airmen and Family Support is one of the four pillars on which the Year of the Air Force Family is built, including Health and Wellness, Education, Development and Employment and Airman and Family Housing.



## Roger that: what the Air Force life means to me

by Maj. Belinda Petersen

Air Force Service Agency Public Affairs

When Chief Master Sgt. Malcolm McVicar answered the question, “What does the Air Force life mean to me,” on [www.MyAirForceLife.com](http://www.MyAirForceLife.com), he answered, “The Air Force family is the family that grows each day as you meet new Airmen. Like a traditional family, they are always there when you need them the most.”

In celebration of the Year of the Air Force Family, Air Force Services Agency officials created this site to help Airmen stay connected, informed and engaged in the many programs offered by Force Support Squadrons.

This interactive Web site also offers a number of opportunities to participate, including “Roger That,” where Airmen, families, and friends can provide an inspirational quote and share their thoughts about what Air Force life means to them.

In Chief McVicar’s case, the lines between Air Force family and biological family cross, starting with his father who was a Chief Master Sgt. and served more than 28 years in the Air Force. Out of respect for his father, he also joined the Air Force in 1982. He told his wife they would take a pay cut and she wasn’t happy about it at the time.

However, three years later, they decided that the Air Force life was for them and he reenlisted. Now, more than 27 years later, Chief McVicar still takes pride in putting on the uniform and the camaraderie that comes with being a part of a big family.

Today, Chief McVicar is the Commandant of the Paul W. Airey Noncommissioned Officer Academy at Tyndall Air Force Base.

To view Chief McVicar’s full article and hundreds more of “Roger That” inspirational quotes and to submit your own quotes, go to <http://www.MyAirForceLife.com>. Visit the site to find out more about future competitions including short story, video, original song, and photo contest.

## PROMOTIONS



### MASTER SERGEANT

AMIGLEO, EMMANUEL, 349th AMDS  
 CHRISTOPHER, JENNIFER, 349th ASTS  
 CUENCA, SUSANA, 349th MSG  
 GLANCE, JERRY, 349th CES  
 KRAUS, BRANDON, 23 CBCS  
 MARTIN, JEFFREY, 23 CBCS  
 SCOTT, BENJAMIN, 45th APS  
 TAM, DANNY, 349th MSG  
 TIAFFAY, PATRICK, 312th AS  
 WOOD, ROSS, 55th APS



### TECHNICAL SERGEANT

BUSTILLOS, MIKE, 349th AMXS  
 CARABALLO, JONATHAN, 945th AMXS  
 CHRISTENSEN, ROBERT, 749th AMXS  
 CONVERSE, LEANNE, 349th CES  
 GODOY, ANDRES, 82nd APS  
 LAYNE, CHRISTOPHER, 349th MXS  
 MANSAPIT, RICHARD, 749 AMXS  
 MCALISTER, JARON, 312th AS  
 PELLEGRINI, FRANK, 312th AS  
 WIRKKALA, RANDALL, 349th AMXS



### STAFF SERGEANT

COLLINS, MAURICE, 349th CES  
 CORONA, RICHARD, 349th MXS  
 DOSIER, ROKZANNE, 349th MDS  
 DUNBAR, JON DEPAUL, 349th ASTS  
 GEORGE, MARISSA, 349th ASTS  
 HART, DAVID, 349th MXS  
 HOSKOW, TIMOTHY, 312nd AS  
 JOHNSON, KENNETH, 82nd APS  
 LOUIE, JORDAN, 82nd APS  
 LANDRON, ANTHONY, 349th MXS  
 MCCARTY, DEVON, 45th APS  
 MOSELEY, ELIZABETH, 349th AMDS  
 PHAM, BICHLOAN, 82nd APS  
 THIES, DALLAS, 349th AMXS  
 ZITO, JOSHUA, 349th MXS



### SENIOR AIRMAN

THURN, JOSHUA, 349th MXS

(Promotions effective December 1, 2009 or earlier)

## Recharge...

(Continued from Page 2)

a class just for fun to learn something new. Write down your thoughts concerning the day in a journal and note the value each day has brought to you; and take time to write or telephone a good friend and share what is going on in your lives.



I hope you have a very blessed New Year and you select and use good ways to “recharge” on a daily basis. If you need any help in this, please contact the Chaplain’s Office and we will be glad to assist you.

## Interest...

(Continued from Page 3)

Military Education?

3) Use the Web – Start with the Portal: the “My EDP” link, AFPAM 36-2241 and most importantly, the Virtual MPF. Click on Self-Service Actions and navigate to Personal Data Record Review.

It’s not just about promotion! If you have a difficult subordinate, are you your Airman’s problem? What’s your style as a supervisor? Even if you’re evenhanded, have you been honest with an underperformer? Have you had the courage to tell them their expectations don’t match their performance or did you sweep their lack of success under the table with an average performance report that only pushes the problem down the road? If you’ve “told it like it is,” make sure you also created a path of action to help them succeed.

In my experience, the very best usually do just fine. But there are real stars out there that are either just too shy or inexperienced to ask the right questions. And there are seeming “bad boys” out there who may only need to get an honest second chance with good supervision to be saved.

Do the right thing as a supervisor. In addition to an arm around the shoulder and a willing ear, go to the trouble to find the data that will show an Airman where they stand on their career path.



# What professional private organizations are you a member of; why do you feel they are important?

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

"I am a member of the Top 3 and to me, our service in that organization is about helping our Airmen and providing mentoring," said Master Sgt. Mary Anne Fritz, 349th Maintenance Group, Career Advisor.



"I am a member of the Top 3 and I feel private military organizations provide an avenue for networking, mentoring, and esprit de corps amongst our peers, and coming together for community outreach, inside and out of the wing. Participating in the PMO and its various events gave me the opportunity to meet a great deal of wonderful people I may not have met otherwise," said Senior Master Sgt. Debbie Fowlston, aviation resource manager, 301st Airlift Squadron.



"I am a member of the Air Force Sergeant's Association, the Logistics Officers Association, and the Reserve Officers Association among others. I use these affiliations to network and get vital information I can use in both my military and civilian careers. There's a lot of information out there and you can learn a lot in groups like these," said Maj. Roger Law, commander, 749th Aircraft Maintenance Squadron.



I belong to many organizations to include the Air Force Association, Air Force Sgts. Association, Top 3 and Chiefs Group. To me they are a way to further our careers and ensure representation, which can improve benefits and provide mentoring," said Chief Master Sgt. Robert Bryant, 749th Aircraft Maintenance Squadron, Squadron Superintendent.



"I am a member of the First Sergeant's Council and the Top 3. I think these are great avenues for networking. We share ideas from many people from many different career fields and I support them by attending meetings, participating in activities," said Senior Master Sgt. Angela Cruz, first sergeant, 749th Aircraft Maintenance Squadron.

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*"And the award goes to..."*

# 349th AMW Annual Awards Banquet



January 23, 2010  
6:00 p.m.  
Guest Speaker: *TBD*

*Location: Delta Breeze Club, Travis Air Force Base*  
*Dress: Mess Dress or Semi Formal*  
*Cost: \$55 for E-6 – E-9 and Officers, \$29 for E-5 and below*  
*Dancing to follow ceremony*  
*Contact 1<sup>st</sup> Sgts for Reservations -Cash, Check, or Club Card only*