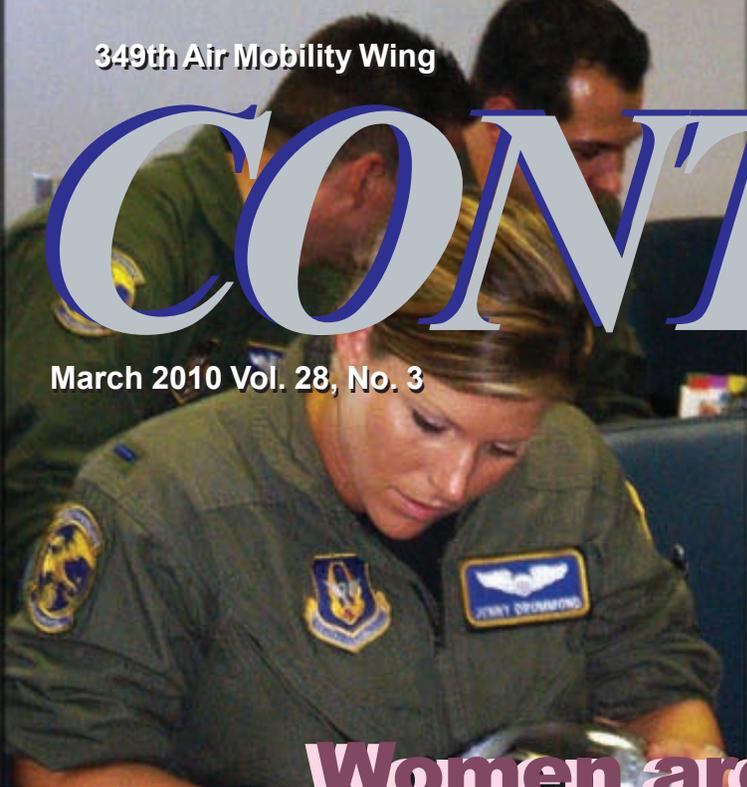


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Women around the Wing



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On the Cover:

March is Women's History Month. According to the Library of Congress, the limited but important roles women played in Korea and

Vietnam paved the path to more expanded — and in some cases more dangerous — specialties in the ones we are fighting now.

There is a saying, "Women who behave rarely go down in history."

The women of the 349th Air Mobility Wing are making a difference with their service and commitment to excellence, forging a new path and going down in history.

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Resiliency can make life more joyful

by **Chief Master Sgt. Mark Kloeppe**
349th Medical Group

Resiliency is term that is becoming a more common theme in the news and in our Air Force. With the operations tempo not slowing down, and the demands on our Airmen and their families, we're expected to be able to "bounce back."

According to the American Psychological Association, resilience is "the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress."

As an American Airman, warrior, sword, shield, sentry and avenger, we *will* face all those things, and yes, lots of stress. So our emotions — those of Airmen and their families — must be managed so as not to distract from the task at hand. It's a delicate balancing act to manage so many aspects of our lives.

It is each person's individual responsibility to learn, understand and apply the skills necessary to become resilient. It is also our responsibility to teach others these skills.

There are a number of things that can promote resilience, including the following:

- Healthy stress management
- Coping skills
- Good problem-solving skills
- Staying connected with family and friends
- Talking about your situation with loved ones

- Spirituality
- Seeing yourself as a survivor and not a victim
- Helping others
- Finding the positive meaning in any situation
- Having social support available and be willing to seek it out when in need

·Knowing you can manage your feelings and emotions

The terms I have listed are umbrella terms and each can be an article of its own. As you read them again ask yourself "Do I know what (fill in the blank with the term) looks like?" and if the answer is no then you need to take it upon yourself to do some research, to grow and actually learn those skills.

What's the payoff? A stronger, better you! Be a positive person (don't be an "Eeyore.") Get exercise. Get a good night's sleep when you can. Do not resort to drugs or alcohol to deal with stress. Find what works in each category for you, one size does not fit all! Watch someone you look up to that 'has it all together' and emulate them, find out what works for them. Be upbeat with all of your deployment preparedness tasks because being ready reduces stress.

Taking care of yourself is part of being a good Wingman. Remember "With great power comes great responsibility." --Spiderman.

What to do with what we have

by Chaplain (Maj.) Ken Rowley
349th Air Mobility Wing

Spring is in the air, I can feel it. Will the adage, 'in like a lion, out like a lamb' or vice versa hold true this year? We could get stuck in wondering or make the most out of what we have.

Where I live, March is the time for planning and planting the garden. It's the time to till the soil and add mulch, which means a decision must be made. How big a garden do I want, and what amount of each item I plant? Last year there were too many green beans. I couldn't eat a quarter of what I got. Of course, some were given away to other people but I still had way too many! I need to plant about half as much.

There weren't enough strawberries (there never are), so I want to expand that part of the garden. I want more corn planted in three separate plantings, not just two, so that it will ripen at different times, and I'll have fresh corn-on-the-cob longer.

I love having a garden and have joy when it produces just what I plan, but some years things just don't work out that way. Like last year's beans. I didn't figure they would produce anywhere close to the bounty I got. Was it just a good year for beans? I need to adjust and plan differently.

In many ways life is like a garden. Some people don't make any plans and take it as it comes. They scatter some seeds here and there and see what comes up. Others organize and prepare, laying it all out, watching carefully as it sprouts, ready to pounce on the first weed or infestation.

We are all unique and our approach to life is

“Whether there are two people or 2,000, understanding and esteem are needed to achieve the best possible results on whatever the team is trying to accomplish.”

different. Some like to manage every moment and try to eliminate surprises. They like to know exactly how things will work out ahead of time. Others are the 'go-with-the-flow' type people who revel in surprises along the way. They accept the good and the bad equally and are rarely disappointed because of few expectations. Most of us are somewhere in the middle, we like a certain measure of organization, but also like the freedom that comes with the "let's see what happens" approach.

What happens when you cross a person who likes everything under control and someone who says "let's see what happens?" Often times you get a marriage, but sometimes it is just an organization such as a church, a synagogue, a mosque, a business, a civic group, even a military branch such as the Air Force. Since everyone is unique, the way we approach life or a garden means there will be two or more opinions on the right way to move forward, unless you are alone, and you can still change your mind!

Appreciating how others work and plan and respecting their approach are key to teamwork. Whether there are two people or 2,000, understanding and esteem are needed to achieve the best possible results on whatever the team is trying to accomplish. Take time to look honestly at yourself and those you are teamed with, noting the differences and similarities, acknowledging that your way isn't the only way (maybe the best way but...). The greatest success isn't measured by what you accomplish but by what the team accomplishes.

As we make plans in each work places, let's all try to remember that understanding and respect, along with a little kindness and encouragement, can result in a great harvest of success for our team. Let's make this a great year.



“Writing Women Back into History”

by Tech. Sgt. Kenneth Macasaer
349th Equal Opportunity

March is Women's History Month. This year's theme is “Writing Women Back into History.” Women have made significant contributions in aviation, medicine and other nontraditional career fields.

According to the Air Force Personnel Center Air Force Demographic web site, women make up 19.4 percent of our service today; their involvement has made a major impact in the success of our military missions. According to Steven Myers, New York Times, 2009, “Women have changed the way the United States military goes to war. They have reshaped life on bases across Iraq and Afghanistan. They have cultivated a new generation of women with a warrior's ethos — and combat experience — that for millennia was almost exclusively the preserve of men.”

Overall, it's important that we recognize and understand the contributions of all women throughout the world to include women serving in our Armed Forces.

Reflect on the contributions of women in *your* work and social environments. Today, women deserve the acknowledgement for what they've given and created for our society. They are taking charge of their careers, including occupations in the armed forces traditionally dominated by their male

counterparts, and, generally speaking, simply by being focused on continually making a difference. Eleanor Roosevelt once said “When you cease to make a contribution, you begin to die.” With that said, as military members we should understand the importance of accepting and helping one another achieve goals and follow our dreams.

The dedication and involvement of women is very apparent in our own reserve unit. Senior Master Sgt. Darlene Chaboude, formerly a first sergeant in the 349th Maintenance Group, has volunteered tirelessly for most of our community outreach programs, including the California Veterans Home, Yountville, ‘book move’ which helped the veterans

establish a library of their own. I happened to volunteer in this event because of the inspired leadership she provided. Her guidance, energy and spirit created a significant impact in our military and local communities. Women innovators like Sergeant Chaboude deserve our respect and admiration.

Another woman of significant influence in our unit was Mrs. Marcie Anholt, wife of Col. William Anholt (former 349th Maintenance Group commander, 2009). Mrs. Anholt volunteered a huge portion of her time spearheading the spouse's deployment informational briefings during 349th MXG Employer Appreciation Day 2009. She also developed other programs to generate revenue for deployed troops. It takes a dedicated, caring and special kind of person to administer these programs for our military families. These contributions exemplify community service and excellence, building a strong military foundation.

In honor of all women's contributions throughout the world, we appreciate your efforts and thank you for making a difference in our local communities and establishing a special place in America's history for the pace-setting women of today's Armed Forces.



How is your job important to the success of the Team Travis mission?



"We're flying aeromedes. We transport patients from base to base, to hospitals that can better care for them, or one closer to their home. When we fly to a deployed location, it's to pick up patients that have been stabilized and are ready to fly. We bring them from downrange to a hospital, and then home, within 72 hours. That speed has increased their survivability."

-- Senior Amn. Krista Alldritt,
349th Aeromedical Evacuation Squadron



"We keep people healthy. I'm in the deployment section of the medical squadron, so my job is to keep the Airmen up-to-date on their requirements so they are ready to deploy. In the case of a disaster, I'm a first responder too."

-- Senior Amn. Monica Gonzalez,
349th Medical Squadron



"We take care of the people in the wing by making sure they are getting their physicals, and they are fit to fight. We are also first responders, which saves lives. I also got to work at David Grant Medical Center for a year, back-filling for the active duty, so we provide manpower for them as needed. I've been able to give Airmen pointers on how to stay healthy and feel their best."

-- Senior Amn. Nicholas Ng,
349th Aerospace Medicine Squadron

**Photos and
question by Senior
Master Sgt.
Ellen Hatfield,
349th Public
Affairs**

And the winner is - 349th

It was the occasion of the year for the members of the 349th Air Mobility Wing; the night where the wing members are recognized for their accomplishments and contributions to the wing mission. It was the Annual Awards Banquet.

More than 200 community leaders, wing members, their families and friends came together to celebrate the daily endeavors of wing members that were there to be honored. The honorees began their evening in a reception with wing leadership, their family members and Major General (Sel.) Eric Crabtree, 4th Air Force commander, who was the guest speaker for the evening's events.

The evening began with a social hour for the guests to take a moment and enjoy the time to converse, followed by the arrival of the official party through the stunning archway of saber swords. The room was filled with fun and intrigue as the winning names were ushered into the ballroom in locked cases to the theme of *Mission Impossible*. The guests enjoy the fun-filled evening full of suspense and steeped in military tradition.

The award recipients were anxious and the audience too wanted to hear the winners declared. They announced the newest category first.

This is the first year in the history of the wing annual awards that we were privileged to acknowledge our 349th civilian employees. The first winner of this award went to a mainstay in our wing; a person that is always helpful and holds the Air Force core values close to her heart as she keeps the wing staff headed in the right direction. The Civilian of the Year was awarded to Mrs. Jill Johnson, 349th Air Mobility Wing.

"It is truly an honor to be named the 349th Air Mobility Wing 'Civilian of the Year for 2009.' When I look around our wing and see so many deserving and skilled civilians who work so hard to insure our Reserve mission is completed in an outstanding manner, I am really humbled. This award would not be possible without the daily support I receive from so many of you," Mrs. Johnson said. "I am very happy that our civilians are being recognized for their contributions to our mission and I feel very privileged to have been the first civilian recipient."

"It's a privilege to recognize this group of distinguished civilian and military members who have contributed beyond measure to receive recognition from our wing, the Numbered Air Force, the Air Force Reserve Command and the Air Force," said Col. Jay Flournoy, 349th Air Mobility Wing commander.

The Company Grade Officer of the year was given to Capt. Susan Labrecque, 349th Air Mobility Wing; the First Sergeant of the Year went to Master Sgt. William Clark, 349th Security Forces Squadron; the Senior Noncommissioned Officer of the Year went to Senior Master Sgt. Steven West, 349th Security Forces Squadron; the Noncommissioned Officer of the Year went to Staff Sgt. Eric Nehls, 349th Operations Group; and last but not least, the Airman of the Year went to Senior Airman Keola Baclayon, 749th Aircraft Maintenance Squadron. *(Editor's note: Senior Amn. Baclayon and Staff Sgt. Nehls have both been promoted since their original nominations)*

Company Grade Officer of the Year
Capt. Susan Labrecque,
349th Air Mobility Wing



Senior Noncommissioned Officer of the Year
Senior Master Sgt. Steven West,
349th Security Forces Squadron



It's was the occasion of the year for the members of the 349th Air M... their accomplishments and contributions to the wing mission. It's was... leaders, wing members, their families and friends came together to c... honored. Mrs. Jill M. Johnson, 349th Air Mobility Wing headquarters a... Saturday at the Delta Breeze Club here. Presenting the award (left to... commander, Col. John C. Flournoy, 349th AMW commander, and Chief... U.S. Air Force photo/Master Sgt. Robert Wade

Annual Awards Winners announced

by *Capt. Robin M. Jackson*
349th Public Affairs



First Sergeant of the Year
Master Sgt. William Clark,
349th Security Forces Squadron



Noncommissioned Officer of the Year
Tech. Sgt. Eric Nehls,
349th Operations Group



Airman of the Year
Staff Sgt. Keola Baclayon,
749th Aircraft Maintenance Squadron



...obility Wing; this night where the wing members are recognized for
the 349th Annual Awards Banquet, Jan 23. More than 200 community
celebrate the daily endeavors of wing members that were there to be
administrative assistant, won the 349th AMW Civilian of the Year award
(right) are Dr. Jowell C. Laguerre, the 349th AMW honorary
of Master Sgt. Kathleen R. Buckner, 349th AMW command chief.

349th Wing Full-Time Vacancies

UNIT	GS/SERIES	TITLE	TYPE
349th AMW/SE	GS-0018-09/11	Safety Occupational Health Spec	ART
349th AMW/FM	GS-0545-05	Military Pay Technician	Civilian
349th AMDS	GS-0303-07	Medical Administrative Asst	ART
349th CES	GS-0344-07	Management Assistant	ART
349th LRF	GS-0346-09	Logistics Mgmt Specialist	ART
349th LRF	WG-6910-07	Materials Expediter	ART
82nd APS	GS-1702-07	Training Technician	ART
45th APS	GS-1702-07	Training Technician	ART
349th MSS	GS-0343-09	Management Analyst	ART
749th AMXS	GS-0303-05	Admin Support Assistant	ART
349th MOF	GS-1152-09	Production Controller (Aircraft)	ART
349th MOF	GS-1702-07	Training Technician	ART
749th AMXS	WG-2610-12	Electronic Integrated Sys Mech	ART
349th MXS	WG-5378-10	Powered Support Sys Mechanic	ART
749th AMXS	WG-8268-10	Aircraft Pseudraulic Sys Mech	ART
945th AMXS	WG-8602-10	Aircraft Engine Mechanic	ART
349th AMXS	WS-8801-08	Aircraft Overhaul Supervisor	ART
945th AMXS	WG-8852-10	Aircraft Mechanic	ART
79th ARS	YA-0301-02	Supv Aviation Resources Mgmt	ART
349th AES	GS-0301-09	Aeromedical Admin Specialist	ART
349th MXS	WG-3806-10	Sheet Metal Mechanic	ART
301st AS	GS-2185-10	Aircraft Loadmaster Instructor	ART

349th Wing Traditional Reserve Vacancies

AFSC	AFSC Title	Rank	AFSC	AFSC Title	Rank
11G3	Generalist Pilot	Officer	3H071	Historian	TSgt
11M3K	Mobility Pilot, General	Officer	3S271	Education & Training	SSgt/TSgt
11M3Y	Mobility Pilot, General	Officer	3S271	Education & Training	MSgt
14N3	Intelligence Officer	Officer	41A3	Health Services Administration	Officer
1A071	In-Flight Refueling	TSgt	42B3	Physical Therapist	Officer
1A151	Flight Engineer	SSgt/TSgt	43P3	Pharmacist	Officer
1A251	Aircraft Loadmaster	SSgt/TSgt	44M3	Internist	Officer
1A291	Aircraft Loadmaster	MSgt/SMSgt	44M3H	Internist	Officer
1C351	Command Post	SSgt	44R3B	Diagnostic Radiologist	Officer
1N051	Operations Intelligence	SSgt/TSgt	44Y3	Critical Care Medicine	Officer
1N091	Operations Intelligence	SMSgt	45A3	Anesthesiologist	Officer
21R3	Logistics Readiness	Officer	45B3	Orthopedic Surgeon	Officer
2A551	Aerospace Maintenance	SSgt/TSgt	45S3A	Surgeon	Officer
2A652	Aerosp Ground Equip	SSgt/TSgt	45S3B	Surgeon	Officer
2A672	Aerosp Ground Equip	MSgt	46F3	Flight Nurse	Officer
2A656	Aircraft Electrical and Env Sys	SSgt	46M3	Nurse Anesthetist	Officer
2A654	Aircraft Fuel System	SSgt	46N3	Clinical Nurse	Officer
2A675	Aircft Hydraulic System	SSgt/TSgt	46N3E	Clinical Critical Nurse	Officer
2E151	Sat Wideband & Telm Systems	TSgt	46N3H	Clinical Nurse	Officer
2E173	Ground Radio Communications	SSgt/TSgt	46S3	Operating Room Nurse	Officer
2E193	Ground Radio Communications	MSgt	48A3	Aerospace Medicine	Officer
2T271	Air Transportation	TSgt/MSgt	48R3	Flight Surgeon	Officer
3E051	Com Computer Systems Ops	SSgt	4A091	Health Services Mgmt	SMSgt
3E251	Com Computer Systems	SSgt	4N051	Aerospace Medical Services	SSgt/TSgt
3E451	Utilities Systems	TSgt	4N071	Aerospace Medical Services	MSgt
3E473	Enviromental Controls	MSgt	4N071C	Aerospace Medical Svc, IDMT	TSgt/MSgt
3E791	Fire Protection	SMS/CMSgt	4N091	Aerospace Medical Services	SMSgt
3E800	Explosive Ord Disposal	SMS/CMSgt	5J051	Paralegal	SSgt
3E571	Engineering	MSgt	5R051	Chaplain Assistant	SSgt

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

For more information about ART vacancies contact the ART Recruiter office at 530-634-5189 or go to <http://www.usajobs.gov/>

Take charge of your family's health with FitFamily

FitFamily empowers families to take charge of their life-styles and make healthier choices. The program offers innovative ideas, resources and activities for Air Force families to improve their family's health and fitness habits.

The site encourages parents and children together to take ownership of their health. While the emphasis of FitFamily is on family fun, resources on the site include information on good nutrition, healthy recipes, sports and fitness, games, educational projects and fitness tips.

The site also includes an interactive program for tracking a family's fitness progress. The My Goal Tracker tool allows the family to establish goals, share in activities and monitor their development.

My Goal Tracker introduces various activities, each assigned with a point value. As that activity is completed, the family records their points on the tracking form. There are five levels of point achievement, each with its own reward.

In addition to My Goal Tracker, participants can help other families by submitting healthy recipes, explaining how they've become a fit family through the Let's Chat feature, and submitting photos of their family getting fit.

The site is continuously updated with new information designed to help families build healthier habits together.

Eligible families of active duty, Reserve, Guard and DOD civilian members are encouraged to register online to participate and log points at <http://www.usafFitFamily.com>. (AFNS)



Airmen helping Airmen

Thanks to the persistence of the Asian Pacific Islander Association vice president, Tech. Sgt. Juan Salvador Rios of the 60th Aerospace Medicine Squadron, the APIA's goal of doing more public service came into fruition. The Airman's Attic is now able to be open on Saturdays and be of service to Team Travis because of the assistance of APIA.



If you or a group is interested in volunteering an hour or two on Saturday, please contact Tech. Sgt. Rios at 707-423-3183 or e-mail at juansalvador.rios@travis.af.mil.

Air Force mourns loss of Tuskegee Airman



Lt. Col. Lee Archer, a World War II fighter pilot with the Tuskegee Airmen, died Jan. 27 at the age of 90. He died of coronary complications at New York Hospital in New York City. Colonel Archer was a member of the famed Tuskegee Airmen and the name sake for the Travis Air Force Base Tuskegee Airman Chapter. (U.S. Air Force photo/Staff Sgt. Christine Jones.)

Military members have options with tax preparation services

As the tax filing season is in full swing, there are many options open to service members and their families for assistance in tax preparation: online with the help of militaryonesource.com or www.irs.gov; in your duty station through your unit VITA representative; and at the Travis Tax Assistance Center by appointment.

For those members who desire to prepare their own taxes, members may use militaryonesource.com, which provides access to free tax preparation software for members of the military, or the IRS has a "Free File" program accessible through their website, www.irs.gov. Additionally, those who need to file a California tax return, may be able to e-file their return for free. Certain requirements must be met and may be found at www.ftb.ca.gov/online/calfile/qualifications.shtml.

This year's Volunteer Income Tax Assistance Program will provide service to members of Team Travis through squadron level representatives and on a limited basis through the Tax Assistance Center located in the base legal office, building 383, first floor.

The Tax Assistance Center opens for business as of February 1 and will run through April 14 from 8 a.m. to 4 p.m.

VITA preparers are not trained nor qualified to complete tax returns involving self employment, home businesses (with the exception of on-base daycare), rental properties, or capital gains. Our VITA representatives will not be able to complete

your tax returns if you do not have the required documents with you. Some of the most common documents that you should have on hand are:

- A copy of Social Security Card for taxpayer, spouse, and all dependents
- A voided check if you desire direct deposit of your return
- Form W-2 from each employer. Active duty members may obtain this form from www.maypay.dfas.mil
- Childcare/Daycare expense information. You will also need name, SSN, and address of the Childcare provider
- Form 1099-INT for interest received during the last tax year
- Form 1098-T, Tuition Statement
- 2008 Tax Return

Tax assistance is by appointment only. Appointments are available on a first come, first serve basis by e-mailing vita.taxcenter@travis.af.mil. Contact your First Sergeant for the name and phone number of your trained tax preparer. Retired military members also have the benefit of the VITA program, but will need to contact the Retiree Activities Office, 707-424-3904, to schedule a time to meet with one of their qualified VITA preparers.



***Congratulations go out to the following 349th folks
on their recent promotion:***



MASTER SERGEANT

ANDREWS, EDWARD

349th AMDS

AQUINO, XAVIER

945th AMXS

MINNIS, MARSHALL

945th AMXS

CANNON, MICHAEL

349th MXS

GOODEARLY, JOSEPH

945th AMXS

MILFORD, DONNA

301st AS

DEGOLIA, DENNIS

349th MXS

INGRAM, KEITH

945th AMXS



TECHNICAL SERGEANT

ONEIL, BRENDAN

349th CES

THORNLEY, SHANNON

349th MXS

UNTAL, ANTONIO

945th AMXS



STAFF SERGEANT

LAWRENCE, PAUL

23rd CBCS

MCGILVRAY, RYAN

82nd APS

MOORE, JAMES EARL

301st AS

SILVA, JORGE

23rd CBCS

KORN, BRIAN

349th MXS

PYLE, KEEGAN

312th AS

CHEN, SU QING

55th APS

STANLEY, CHRISTOPHER

349th MXS

DEE, GIAN PAOLO

349th AES



SENIOR AIRMAN

REYES, AARON

349th MXS

Promotions effective Feb. 1, 2010 or earlier.



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520 WALDRON STREET
TRAVIS AFB CA 94535-2100
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FIRST CLASS MAIL
U.S. POSTAGE
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SUNNYVALE, CA
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