

CONTACT

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Travis Honorary Commanders sign up for 'boot camp'

(See Pages 6-7 for photos)

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On the Cover:

Recently Honorary

Commanders received lessons in

Air Force history, dress and

appearance, customs and

courtesies and physical fitness

from staff members at the Paul

Ramoned Airman Leadership

School during "boot camp" at

Travis AFB. The Honorary

Commanders program was

established to assist community

leaders to better relate to their

base leadership counterpart. U.S.

Air Force photo/Tech. Sgt.

Meredith Mingledorff

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Back to Basics – What's your excuse?

*by Chief Master Sgt. Bill Lane,
Air Force Reserve Western Recruiting Squadron*

Being about a year away from my retirement, I thought I'd seen everything. What I saw today reminded me that I can still be surprised – or appalled.

As I arrived to work this morning I saw two staff sergeants and two senior airmen standing outside on the sidewalk. As they stood there, a colonel walked by. All four failed to render him the proper salute.

When I asked them about it I was given an "Uh-oh" as an answer. I know their supervisor, a senior master sergeant, and I am waiting for a return phone call. I wonder: where is the break down? They know better, and their supervisor will be glad to tell them so, and counsel them on proper behavior while wearing the uniform.

There is no excuse that I can think of for forgetting the customs and courtesies taught us all when we passed through the hallowed halls of Air Force basic training. This also goes for the "duckers," the people who get back in their cars or run for the door when they hear the base PA system begin playing "Reveille," "Retreat" or "Taps."



My friend in public affairs told me she was filled with intense honor the day she, a first lieutenant, a captain, a major and a brigadier general were on

the Travis flight line, just entering the building, when "Retreat" began.

Although they were halfway through the door, they stepped back, and let it close. Unhesitatingly, in unison, they turned to face the flag, and stood proudly to render the proper honors to our flag.

No matter if you are active duty, Guard or Reserve, for every branch of service we all learned the basics. We need to remember them.

So when you see someone doing the *right* thing, thank them for their courtesy. Remember what you should do the next time you hear the music begin. Put on your "cover" when getting gas in uniform. Render a salute when warranted or when someone holds the door for you.

Doing the right thing isn't hard, it's knowing what the right thing is. It's called integrity.

Are you “Going Green” in your relationships?

by Chaplain (Lt. Col.) Gregory Stringer,
349th Air Mobility Wing

Recently, it seems the new buzz-word is “Go Green.” Whether you are listening to commercials or reading advertisements, we are quickly told if a company or product is “green.” “Going Green” is not a bad thing, since the goal is to take care of the world we live in and to care for our environment. As we leave the winter season and find ourselves in spring, we certainly want our homes, lawns, and flower gardens to “Go Green.” We strive to spruce them up and once again make everything full of life, beauty, and health. This is an important thing to do and it makes our hearts glad, especially once we are finished with all these tasks and step back to view our accomplishments.

My question to us is, “How are we doing with ‘Going Green’ in the ‘environment’ of our inner spirit and within the relationships we have with others around us?” If you are a religious person, how is your relationship with God or your higher power doing? Are these relationships “Green” or “Going Green”? If not, are we willing to “Go Green”? “Going Green” means treating ourselves and others in life affirming and caring ways. It means taking the time to treat both ourselves and others with respect, kindness, love and care. It means recognizing and treating ourselves and one another as “gifts from God” that are highly treasured by our Creator.

“Going Green” in our relationships means we will stop, resist, and avoid behavior that would treat other human beings in a rude, unkind, and demeaning way. This type of negative behavior only hurts, oppresses, destroys, and divides. Not a pretty picture.

Conversely, “Going Green” is life-affirming,

encouraging, a process that brings people together, and fills hearts with joy. This occurs since each person is treated as a precious and highly valued treasure. That sure is a warm, nurturing, and welcoming place to live.

Unfortunately, it is our common human experience that we fail and are imperfect people. Yes, we can complain and become part of the problem verses part of the solution. We can get busy in our tasks and forget to treat people with proper care. We can use words or actions, or allow others do so, that create an unhealthy and toxic environment for all of us, physically, mentally, emotionally, and spiritually. From time to time, we need to ask ourselves how we might stop our negative behavior and move in the direction of “Going Green” in our thoughts, words and actions. Sometimes, that takes some

“buddy care” and kindly intervention to see the necessary changes. No matter where you may go for the insight and the power to change, or to forgive yourself and others, to “Go Green” means you are willing to admit something is not helpful, may be hurtful. Stop doing it, replace the bad behavior with good and healthy behavior, and make amends with those you have hurt. The old way of thinking, speaking, and doing will need to be replaced with new life-affirming ways.

In life, we see that most things that are worth doing take effort. “Going Green” does take effort, but it is worth doing, since it affirms life and the value of each person. It refreshes relationships at home, at work, at worship, and at play. Make the decision to “Go Green” and watch how you and those around you will “blossom” and “soar to greater heights.”



Shaped like an apple? - It may break your heart

*Submitted by Lt. Col. Lynn M. Marshall,
349th Mission Support Squadron*

Why is my abdominal circumference so important? The abdominal circumference is the number of inches around your middle as calculated by a tape measure placed just above the top of the iliac crest. It is not your pants size.

The target measurement, no matter what your height, is 40 inches or less for men and 35 inches or less for women. An abdominal circumference measurement above these numbers increases your risk for developing heart disease, stroke, diabetes and some cancers.

Medical experts have known for years that when talking about heart disease risk, having a pear-shaped body actually is healthier than having an “apple-shaped” body. Research continues to confirm that fat accumulated in the abdomen (stomach area) can be more dangerous to one’s health than fat found on other parts of the body.

Why is this? Because belly fat functions differently than fat found on a person’s thighs, buttocks and upper arms.

Abdominal fat, known as visceral fat, lies deep within the abdominal cavity between the organs. The abdominal fat cells are active in producing hormones and chemicals that cause inflammation; this inflammation has indications for numerous diseases.

Because this fat lies deep it can affect nearby organs, such as the liver. Increased fat in the liver is linked with insulin resistance.

Insulin resistance means that your body muscles and liver cells don’t respond well to normal levels of insulin, the hormone found in the pancreas that carries glucose into the body’s cells. Glucose levels in the blood then rise, which increases the risk for developing diabetes.

Belly fat also releases fatty acids that can cause an increase in fats in our blood, raising overall cholesterol, LDL (“bad” cholesterol) and triglycerides. These fats increase the likelihood of heart disease.

What can we do to control weight accumulating around our middle? Effective weight loss is a combination of good nutrition — lots of fresh fruits, vegetables, whole grains, lean proteins — watching portion sizes and of course, moving our bodies more.

Some folks think that if they want to lose weight in the belly they need to do more sit-ups. Although exercises that strengthen your abdominal core area are very important for torso strength and stability, these exercises will not get rid of visceral fat.

The only way to lose inches is through cardiovascular exercise such as walking, running, swimming or cycling. Many health care professionals recommend maintaining exercise at moderate intensity for 30 or more minutes at least four or five days a week.

The bottom line is that losing a little around the middle could gain you a lot.

Operation Gratitude

*Submitted by Senior Master Donald Davis,
349th Operations Group*

On Saturday June 19th beginning at 10 a.m. the veterans residing at the Yountville Veterans Home will be honored and thanked for their service and sacrifices they made while serving in our Nation's military.

This is the tenth annual event called Operation Gratitude. This special event will consist of serving a champagne brunch, entertaining the veterans and visiting with them.

Last year's event was very successful. Two hundred veterans were honored. One hundred volunteers took time out of their schedules to make this day very special for the Yountville veterans. Last year's donations totaled approximately \$5,000 and

helped to ensure a successful event honoring these veterans .

The wing is still looking for volunteers to assist with set up, cooking, escorting, serving, clean up, and making new friends. Volunteers are asked to arrive at the Veteran's Home at 7:30 a.m. on the day of the event in uniform of the day (ABUs, blues, or flight suits.)

For those who are interested in volunteering, the POCs for Operation Gratitude are Senior Master Sgt. James Standley, 707- 424-1438 or via email at james.standley@travis.af.mil or myself, Senior Master Sgt. Don Davis, (707) 424-8405 or via e-mail at donald.davis@travis.af.mil. Please call or

email if you have any questions. For those who are not able to attend and would like to make a contribution, please contact Senior Master Sgt. James Standley.

Participation in Operation Gratitude is open to everyone, both military and civilian, who would like to spend a morning serving our veterans. Bring along your family, especially your kids. Children are always a highlight at the event.

The Yountville Veteran's Home is thirteen miles north of Napa off CA-29.

We are planning on making Operation Gratitude '10 the best one yet - Hope to see you there!



U.S. Air Force courtesy photo

Command Chief Master Sgt. Kathleen Buckner, 349th Air Mobility Wing, visits with veterans during Operation Gratitude June 20, 2009. A large group of reservists from the wing went to the California Veterans Home, Yountville, to serve brunch to the veterans as a way of saying "Thank you for your service to America."



'Boot Camp' – the boot
the civic leaders as a way
their military c

Honorary commanders re
Force history, dress, app
and courtesies, April 10,
Commanders Boot Camp
at he Paul P. Ramoneda
School



Honorary Comm



U.S. Air Force photos/Tech. Sgt. Meredith Mingledorff

camp idea came from
to better understand
counterparts.

received lessons in Air
clearance and customs
during the Honorary
from staff members
a Airman Leadership
col.



ander Boot Camp



349th Wing Full-Time Vacancies

UNIT	GS/SERIES	TITLE	TYPE
349th AMW/CC	GS-0301-12	Executive Officer	ART
349th AMW/FM	GS-0545-05	Military Pay Technician	Civilian
349th AMDS	GS-0303-07	Medical Administrative Asst	ART
349th MSS	GS-0201-09	Human Resources Specialist	ART
349th MSS	GS-0343-09	Management Analyst	ART
349th MXG	WG-2610-12	Electronic Integrated Sys Inspector	ART
349th AMXG	WG-2610-12	Electronic Integrated Sys Mechanic	ART
349th MXS	WG-2892-10	Aircraft Electrician	ART
945th MXS	WG-2892-10	Aircraft Electrician	ART
349th MXS	WG-3806-10	Sheet Metal Mechanic	ART
349th MXS	WG-5378-10	Powered Support Sys Mechanic	ART
749th AMXS	WG-8268-10	Aircraft Pneudraulic Sys Mech	ART
749th AMXS	WG-8602-10	Aircraft Engine Mechanic	ART
945th AMXS	WG-8602-10	Aircraft Engine Mechanic	ART
749th AMXS	WS-8801-08	Aircraft Overhaul Supervisor	ART
945th AMXS	WS-8801-08	Aircraft Overhaul Supervisor	ART
945th AMXS	WG-8801-09	Aircraft Overhaul Supervisor	ART
349th AMXS	WG-8852-10	Aircraft Mechanic	ART
349th MXS	WG-8852-10	Aircraft Mechanic	ART
749th MXS	WG-8852-10	Aircraft Mechanic	ART
79th ARS	GS-0301-07	Operations Technician	ART
312th ARS	GS-0301-07	Operations Technician	ART
70th ARS	GS-2181-14	Supervisory Flight Instructor	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
2G071	Logistics Plans	MSgt	48R3	Flight Surgeon	Officer
2T271	Air Transportation	TSgt/MSgt	4A091	Health Services Mgmt	SMSgt
3E252	Electrical Power Production	SSgt	4N051	Aerospace Medical Services	SSgt/TSgt
3E451	Utilities Systems	TSgt	4N071	Aerospace Medical Services	MSgt
3E473	Environmental 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
3E591	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>.

WEW develops future leaders

by Master Sgt. Melodie Pracale Tellechea
349th Aeromedical Staging Squadron

*“If your actions inspire others to dream more,
learn more, do more and become more,
you are a leader.”*

--John Quincy Adams

With the theme of “Developing Leadership: Believe and You Can Be It!”, the 349th Air Mobility Wing Enlisted Workshop takes place July 29-30, 2010, in the Travis Conference Center.

This year’s WEW is an excellent opportunity designed to help you evaluate your career and give you the knowledge to achieve your goals. Networking with your peers in this forum is a great means to map your road toward finding your purpose and accomplishing your dreams.

The Workshop will include sessions that help reservists balance the proverbial “three-legged stool” — taking care of family, taking care of your civilian job, and taking care of your military career. Other sessions will cover our enlisted heritage,

ethics and core values. The focus of the Workshop is to guide our enlisted Airmen to the organizations and information in your area that are the best resources to help manage the demands of everyday life and those of the Air Force Reserve.

WEW planning meetings are on both the A and B flight unit training assemblies, Saturdays at 1 p.m. in the Mission Support Squadron conference room, Bldg. 228, Room 220.

Confirm the date on your calendars, coordinate your participation status and attend this dynamic event. See you all there!

Make sure you take our survey so that we know how many people plan to attend. It can be found on the 349th Wing SharePoint.

How to make a great wing better

submitted by the 349th Equal Opportunity staff

Unit Climate Assessments are conducted throughout the year in accordance with our Air Force policies. Have you ever asked yourself, “Why is it so important to complete this UCA every two years?” Many wonder if the survey is truly anonymous and feel that responses may be “tracked back” therefore choose not to respond honestly or complete the survey at all. Lastly, during a busy UTA, how does one find time to thoughtfully voice their opinion?

The staff of the Equal Opportunity program, along with your commander, needs your help as we continue to strive for excellence here at the 349th Air Mobility Wing. The UCA provides you an opportunity to express your thoughts, opinions, and feelings regarding your organization by voicing your thoughts on issues such as morale, communications between unit members and their supervisors; attitudes and perceptions of assigned personnel of different ranks, races, ethnic backgrounds, and genders; and overall organizational health. Without your honest feedback, your leadership will not have the tools they need to address human relations and diversity management issues. Your feedback is critical in supporting ongoing excellence as well as identifying areas that may need improvement.

For questions regarding the UCA program and how it can benefit you and your organization, please email our office at: 349AMW.MEO@travis.af.mil. You may also call our office during the UTA weekend at 707-424-1693.

A healthy organizational climate is fundamental to “mission readiness” and our personnel are our *most* valuable resource. Your voice is important and with your help, we can make our great Wing even better!



courtesy photo

**ENLISTED
PROMOTIONS**

SENIOR MASTER SERGEANT

NOWAKOWSKI, GRZEGORZ, 349th CES
OSBY, ALGENE, 349th AMXS

MASTER SERGEANT

SLEDGE, ROBERT, 349th AMDS
CLARK, MICHAEL, 82nd APS
FISHER, MATTHEW, 70th ARS
ALEJANDRO, ISIDORE, 349th MXS

TECHNICAL SERGEANT

MINGLEDORFF, MEREDITH, 349th AMW
SANTOS JR, CONRADO, 55th APS
MADDEN, SCOTT, 945th AMXS
POTIER, TAMARA, 349th AMW
FLORES, RAMIL, 82nd APS
PRESCOTT, JAMES, 945th AMXS
LERMA, SWEDEN, 349th AMDS
MENDOZA, HERNANDEZ, 349th AMXS
GARROTTE, GERARD, 312th AS
CHILDS, KEITH, 55th APS
BROWN, WILLIAM, 945th AMXS

STAFF SERGEANT

BOSCHEE, DALANCE, 23rd CBCS
MCARDLE, STEVEN, 55th APS
TABISOLA, JENSEN, 82nd APS
RAMIREZ, JEFFREY, 349th LRS
WISE, JUSTIN, 55th APS
RABINE, JOHN, 349th MXS
DIAZRIOS, CARLOS, 55th APS
BASA, ARTHUR, 82nd APS
MIZER, JOSEPH, 349th AES
TAKEUCHI, DAVIN, 55th APS
CORBITT, NOLAN, 82nd APS
ROWELL, NICHOLAS, 349th AES
HANAMOTO, DANIEL, 55th APS
KELLY, LANCE, 82nd APS

SENIOR AIRMAN

EVANS, AARON, 55th APS

**Congratulations to these
outstanding performers**

Senior Master Sgt. Steven West,
349th Security
Forces Squadron,
wins Senior NCO
of the Year at Air
Force Reserve
Command



U. S. Air Force photo/Staff Sgt. Celena Wilson

Tech Sgt. Eric Nehls,
349th Operation Group, wins
NCO of the Year at 4th Air Force

**Wing Staff Agency Quarterly Award
Winners for the
1st Quarter (Jan-Mar) 2010**

**Company Grade Officer:
Capt. Sean Demeter**

**Senior Noncommissioned Officer:
Master Sgt. Grayland L. Hilt,
also named
SNCO of the Quarter for the
379th Air
Expeditionary Wing**

**Noncommissioned Officer:
Tech. Sgt. Maylene Little**

**Airman:
Senior Airman Monique Nelson**

Promotions effective April 1, 2010 or earlier.

349th Wing Employer Appreciation Day August 21

Employer Information

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

Last Name: _____ First Name: _____

Employer's Title: _____

Date of Birth: _____
MM/DD/YYYY (Needed for base entry identification)

Company Name: _____

Employer's Home Mailing Address: _____

Employer E-Mail: _____

Person to be Notified in Emergency and contact phone number: _____
(Name)

_____ (Area Code and Number)

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

Sponsoring Reservist Information

Reservist Rank: _____ Unit Assigned: _____

Last Name: _____ First Name: _____

Job Title: _____ Phone Duty: _____

Reservist's Home Mailing Address: _____

Reservist's Home Email: _____

Home () _____ Work () _____

Note: An orientation flight is offered to employers pending approval by higher headquarters and is subject to cancellation. Space is limited; one employer per reservist.

Privacy Act Statement:

Authority: 10 U.S.C. 8013

Principal Use: Use of individual's home address/phone is required to contact, coordinate, and/or provide participation details for Employer Appreciation Day events. Date of Birth and State License # are used to verify ID for entry to the base.

Routine Use: Log and track employers and their participation, verify ID at entry.

Disclosure: Voluntary - home address/phone/DOB are required to contact employers regarding their Employer Appreciation Day participation.

**349th AIR MOBILITY WING
520 WALDRON STREET
TRAVIS AFB CA 94535-2100**

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May is Asian-Pacific American Heritage Month – “Lighting the Past, Present and Future”

A sian-Pacific American Heritage Month is the celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian-Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

Like most commemorative months, Asian-Pacific Heritage Month originated in a congressional bill. In June 1977, Reps. Frank Horton of New York and Norman Y. Mineta of California introduced a House resolution that called upon the president to proclaim the first ten days of May as Asian-Pacific Heritage Week. The following month, senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate. Both were passed. On October 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration. Twelve years later, President George H.W. Bush signed an extension making the week-long celebration into a month-long celebration. In 1992, the official designation of May as Asian-Pacific American Heritage Month was signed into law.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

