

CONTACT



YELLOW RIBBON PROGRAM

YELLOW RIBBON PROGRAM

349th Air Mobility Wing, Yellow Ribbon 'Retreat' full of fun, fellowship

349th Air Mobility Wing

Psychological Health Advocacy Program

"In Omnia Paratus"

CHAPLAINS

349th Air Mobility Wing Office of Public Affairs

520 Waldron Street
Travis AFB, CA 94535-2171
Office Hours:
Monday - Friday and UTAs
7:30 a.m. - 4:30 p.m.
Phone: (707) 424-3936
FAX: (707) 424-1672
Email: 349amw.pa@travis.af.mil

Commander

Col. John C. Flournoy, Jr.

Chief, Public Affairs

Lt. Col. Robert Couse-Baker

Deputy Chief, Public Affairs

Ellen Hatfield

Editor

Patti Schwab-Holloway

Public Affairs Staff

Capt. Robin Jackson
Senior Master Sgt. Ellen Hatfield
Master Sgt. Robert Wade
Tech. Sgt. Meredith Mingledorff
Senior Airman Amelia Leonard

On the Cover:

The 349th Air Mobility Wing Yellow Ribbon event was held at a luxury resort in Reno, Nv., July 16-17. This event fulfilled it's promised of being a spectacular extravaganza - with fun activities for 'children of all ages.'

But this important event was also about getting to know your benefits and what resources are available to families, along with getting in some "down" time.

Call Master Sgt. Pam Silas, Yellow Ribbon Program Coordinator, at 707-424-1616 or toll free at 1-800-453-8011 for more information on upcoming events. (U.S. Air Force courtesy photos)

Contact magazine is the monthly, authorized publication for members of the U.S. military and their families. It is printed under contract with Far Western Graphics Inc., Sunnyvale California. The contents expressed herein are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Air Force. All photographs are U.S. Air Force photos unless otherwise indicated.

Education is crucial to professional warrior



*by Col. "Jay" Flournoy
349th Air Mobility Wing Commander*

Our chief of staff of the Air Force, General Norton A. Schwartz, has said "In our professional development, we must remain mindful of the lessons of the past, while we continue to prevail everywhere our enemies choose to engage," and that "Continued education is a crucial part of being a professional warrior reinforcing our core values of integrity, service and excellence." As dedicated professionals serving our Air Force in a civilian or military capacity, regardless of grade, rank, job title or job description, we have a responsibility to ensure that we strive to stay at the top of our game by taking advantage of the multiple avenues of continuing education that are available to us.

The success of our Air Force is directly tied to the high standards that our leaders have required of airmen that proudly join our team every day. In today's ever-changing and increasingly complex world, we all have an obligation to expand our minds to ensure that we stay one step ahead of those who are out to harm us. Whether through Professional Military Education offered through the Air University or through an accredited university, there are educational opportunities to fit your needs.

In 2008, members of the Armed Forces became eligible for what is perhaps the most generous educational assistance package ever offered to current and former military members. The Post-9/11 Veterans Educational Assistance Act of 2008 provides military members with tremendous opportunities to achieve higher learning. I hope that you'll take advantage of what our Congress is providing.

My challenge to you is to prepare yourselves and those under your leadership for the challenges that lie ahead through continuing education. We must continue to build a team of leaders by providing them every opportunity to be successful. Whether formally through academic institutions, or by taking the time to read the 2009 CSAF Reading List, your efforts to learn will better prepare you to lead from the tip of the spear. Your Air Force is counting on you!

Family Events - Save the Dates

**-- September 11-18:
Travis Week**

**-- September 18:
Air Force Ball**

**-- September 25:
Base Family Day**

-- September 25:

Wing Commanders Call

-- November 25:

Operation Give Thanks

Life is a gift, make yours count

by Chief Master Sgt. Albert Cifelli
79th Air Refueling Squadron

I'm a motorcycle rider, so this story is about safety. It's probably not what you might expect. September 27, 2001 was as typical a day as possible for me at Travis AFB, considering the reverberations of September 11 still echoing throughout our country. That changed at exactly 5 p.m. when the phone on my desk rang. I could tell it was my wife so I naturally figured I was going to be running some kind of errand on my way home. When I picked up the phone, the sobbing I heard on the other end of the line let me know something was horribly wrong. Finally, a friend of my sons took the phone from my wife and told me he was involved in a motorcycle accident and was being airlifted to University of California Davis trauma center in extremely critical condition.

I honestly don't remember driving home. When I got out of my truck in the driveway, a Life Flight helicopter—I later found out it had my son on board—passed directly over me. My sense of terror as a father was almost to the point that I could not function. I managed to call the hospital but they couldn't give me any information other than that my son was there. Somehow my wife and I got in the truck and began that terrible 40 minute drive to

Sacramento. I spent the entire time trying not to think of him dying in that cold, clinical atmosphere without me by his side. How could I tell his mother that her child did not survive this accident?

Walking through the double doors into the trauma center, not knowing if my son was alive or dead, was the most terrifying moment of my life. My brain was screaming at me to run away, as far and as fast as I could, from the reality of what I thought they were going to tell me. When a lady inside introduced herself as the social worker that was going to help us get through this, what little control I had left evaporated.

It took four days for those completely dedicated professionals at University California Davis to stabilize our son to the point we knew he would live. We almost lost him on three different occasions. It took eight hours to repair the femur that was broken in two places and completely separated from the hip, and another eight hours for the plastic surgeons to repair his face that was badly damaged, even though he wore a full face helmet. Numerous contusions and abrasions had him covered head to toe in bandages. The loss of blood was so significant, due to the largest bone in the human body being broken, that even with all the platelets they were giving him, it wasn't enough. The attending physician had us all typed and ready for a direct transfusion when finally the tide turned in our favor.

Our son is now 27 years old. He still feels the effects of that day. His vision is not what it should be due to the damage to his eye. He lives in constant pain in his hip and leg due to the fractured femur, and the scars will be a constant reminder for the rest of his life. He did, however, survive that terrible accident and we did not lose our child.

So take a moment to think about everyone in your life that you love or care about. I wanted you to see through my eyes what your father, mother, sister, brother or anyone else

(See Life on Page 5)

349TH AMW Family Picnic is now the TEAM TRAVIS PICNIC

The 349th AMW Family Picnic set for Sept. 25 is now a Team Travis base picnic! The 60th AMW and 615th CRW are teaming with us for great food, fun music and more!

Who: You and your family

What: Bring blankets, lawn chairs, water pistols and your sense of humor!

Where: Six block radius around 349th AMW Headquarters building.

There will be bounce houses, pony rides, games, music from the Band of the Golden West, bowling at the Travis Bowl, swimming at the Travis Aquatic Center and more!

PLEASE SEE SQDN REPS FOR TICKETS
WE NEED A GOOD COUNT FOR FOOD PLANNING
PLEASE SIGN UP AT YOUR NEXT UTA!



Wing Enlisted Workshop, Developing Leadership



The ninth annual 349th Air Mobility Wing's Enlisted Workshop was held here at the Travis conference center July 29-30. The theme of this year's WEW, Developing Leadership, was attended by nearly 200 Air Force personnel from as far away as Washington, D.C.

The workshop was hosted by Col. Jay Flournoy, 349th Air Mobility Wing commander and supported by the Air Force Reserve Command. Keynote speaker for the workshop was Chief Master Sgt. Mark R. Luzader (Ret.) former Air Education and Training Command, Command Chief Master Sergeant and Chief Master Sgt. Patricia Thornton, 4th Air Force command chief, along with several other command chiefs from across the Air Force and Air Force Reserve, also attended

The workshop started off with a mixer, which provided attendees the opportunity to mingle with the numerous presenters and distinguished visitors. The opening ceremonies included a welcome from both Colonel Flournoy and Chief Master Sgt. Kathleen R. Buckner, 349th AMW Command Chief.

The workshop broke into four separate discussion groups led by senior enlisted mentors. The discussions groups were further



separated into four specific themes: Taking care of your military career, which included subjects such as promotions, retraining, career tracking and fitness.

The secondary theme, Taking care of your family, placed emphasis on Family Readiness, the Yellow Ribbon program, TriCare and Military One-Source.

The third block, taking care of your civilian job, focused on open lines of communication, understanding your rights under ESGR, recognition of employers and the employer appreciation flight program. Finally, the attending

(See WEW on next Page)



WEW...

(Continued from previous Page)

Story and photos by Master Sgt. Robert Wade
349th Air Mobility Wing

command chiefs instructed the attendees on enlisted heritage, ethics and core values. After that the ninth annual WEW,

organized by the 349th AMW chiefs group, wrapped-up with a Q & A session from the enlisted members.

Life...

(Continued from Page 3)

dear to you would go through if you have an accident on your bike. I want you to take a moment every time you ride to remember the responsibility you have to them. Whether you lose your life or not, the pain and anguish they will suffer is very real. In the second quarter of fiscal year 2010, the Air Force lost seven airmen to motorcycle accidents. That is tragic enough. The tragedy suffered by those seven families is infinitely more profound.

I don't want you to stop riding motorcycles. What I've written here is not even really about motorcycle safety. It's about the fact that we, as riders, have responsibilities to the people we love. We owe it to them to accept that responsibility. There are some things out there that we cannot control, careless drivers making left turns in front of us, or debris on the road.. All I'm asking you to do is try to control the things you can. I am a lifelong rider, and even though my son was in a terrible accident riding a motorcycle, he and I both understand that it was not the fault of the machine. A motorcycle can and will hurt or kill you if it is not given the proper respect.



Courtesy photo

I firmly believe that we are all entitled to foolish behavior from time to time. I think that's part of what makes life worth living. I do not believe that foolish behavior on a motorcycle is ever appropriate. All three of my sons plus my wife and I still ride. We understand there are risks involved. We do the very best we can to mitigate those risks and continue to engage in this terrific activity that brings us so much enjoyment.

So the next time you're on base and you see the old Chief on the pearl white Harley, give me a wave. We belong to a great fraternity. I'm looking forward to riding with you.

Folks, events around the Wing, Travis



Chief Master Sergeant Robert N. Ivey, the 55th Aerial Port Squadron medical group manager, has his chief stripes "pinned on" by his daughters Abigail (right) and Melanie during his ceremony here. Looking on are Chief Master Sgt. Ivey's wife, Sarah and daughter, Bethany.

Col. William B. Anholt, the 446th maintenance group commander, presents the Certificate of Retirement to Lt. Col. Alan C. Plyler, the 349th maintenance operations flight commander here during his retirement ceremony. Lt. Col. Plyler came to the 349th Air Mobility Wing in 1990 and served in numerous positions prior to assuming command of the 349th MOF. Lt. Col Plyler's career included a number of deployments in support of many operations throughout the world.

Chief Master Sergeant Robert N. Ivey, the 55th Aerial Port Squadron senior air reserve technician, has his chief stripes "pinned on" by his daughters Abigail (right) and Melanie during his ceremony here. Looking on are Chief Master Sgt. Ivey's wife, Sarah and daughter, Bethany.





Master Sgt. Louis M. Kloeppel, the 349th Air Mobility Wing's senior enlisted member, administers the chief of the month award to Chief Master Sergeant Robert Ivey, 349th Aerial Port Squadron senior enlisted member here. Chief Master Sgt. Ivey, a member of the Air Force Reserve, was promoted to the highest enlisted rank in 2010.



Greg Burdick, one of the Bird/Wildlife Avoidance Strike Hazard team managers here, socializes Amigo, a French Brittany, and Ruby, an eight week old Falcon. Both Amigo and Ruby are members of the local B.A.S.H. team.



Photos by Master Sgt. Robert Wade
349th Air Mobility Wing

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	Budget Technician	CIV
349th AMDS	GS-0303-07	Medical Administrative Asst	ART
82nd APS	GS-1702-09	Training Technician	ART
349th MSS	GS-0343-09	Management Analyst	ART
349th MSS	GS-0301-11	Supervisory Human Resources Spec	ART
349th MXS	WG-8852-10	Aircraft Mechanic	ART
349th AMXS	WG-8602-10	Aircraft Engine Mechanic	ART
349th AMXS	WS-8801-09	Aircraft Overhaul Supervisor	ART
349th AMXS	WG-8852-10	Aircraft Mechanic	ART
349th MXS	WG-2610-12	Electronic Integrated Sys Mech	ART
749th AMXS	GS-0303-05	Adm Support Assistant	ART
749th AMXS	WS-8801-13	Aircraft Overhaul Supervisor	ART
70th ARS	GS-0318-05	Secretary (Office Automation)	CIV
70th ARS	GS-2181-12/13	Pilot	ART
349th AES	GS-0301-12	Medical Administrative Officer	ART
79th ARS	WG-2610-12	Flight Instructor	ART
349th OSF	GS-303-07	Wing Operations Center Controller	ART

349th Wing Traditional Reserve Vacancies

AFSC	AFSC Title	Rank	AFSC	AFSC Title	Rank
11G3	Generalist Pilot	Officer	3E591	Engineering	MSgt
11M3K	Mobility Pilot, General	Officer	3S271	Education & Training	SSgt/TSgt/MSgt
11M3Y	Mobility Pilot, General	Officer	41A3	Health Services Admin	Officer
14N3	Intelligence Officer	Officer	42B3	Physical Therapist	Officer
1A071	In-Flight Refueling	TSgt	43P3	Pharmacist	Officer
1A151	Flight Engineer	SSgt/TSgt	44M3	Internist	Officer
1A251	Aircraft Loadmaster	SSgt/TSgt	44M3H	Internist	Officer
1A291	Aircraft Loadmaster	MSgt/SMSgt	44R3B	Diagnostic Radiologist	Officer
1C351	Command Post	SSgt	44Y3	Critical Care Medicine	Officer
1N051	Operations Intelligence	SSgt/TSgt	45A3	Anesthesiologist	Officer
1N091	Operations Intelligence	SMSgt	45B3	Orthopedic Surgeon	Officer
21R3	Logistics Readiness	Officer	45S3A	Surgeon	Officer
2A551	Aerospace Maintenance	SSgt/TSgt	45S3B	Surgeon	Officer
2A652	Aerosp Ground Equip	SSgt/TSgt	46F3	Flight Nurse	Officer
2A672	Aerosp Ground Equip	MSgt	46M3	Nurse Anesthetist	Officer
2A656	Aircraft Electrical and Env Sys	SSgt	46N3	Clinical Nurse	Officer
2A654	Aircraft Fuel System	SSgt	46N3E	Clinical Critical Nurse	Officer
2A675	Aircft Hydraulic System	SSgt/TSgt	46N3H	Clinical Nurse	Officer
2E151	Sat Widebd & Tel Systems	TSgt	46S3	Operating Room Nurse	Officer
2E173	Ground Radio Comm	SSgt/TSgt	48A3	Aerospace Medicine	Officer
2E193	Ground Radio Comm	MSgt	48R3	Flight Surgeon	Officer
2G071	Logistics Plans	MSgt	4A091	Health Services Mgmt	SMSgt
2T271	Air Transportation	TSgt/MSgt	4N051	Aerospace Medical Services	SSgt/TSgt
3E252	Electrical Power Production	SSgt	4N071	Aerospace Medical Services	MSgt
3E451	Utilities Systems	TSgt	4N071C	Aerospace Medical Svc, IDMT	TSgt/MSgt
3E473	Environmental Controls	MSgt	4N091	Aerospace Medical Services	SMSgt
3E791	Fire Protection	SMS/CMSgt	5J051	Paralegal	SSgt
3E800	Explosive Ord Disposal	SMS/CMSgt	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>.

349th Reserve member to receive Air Force Reserve Citizen of the Year award

by **Senior Airman Amelia Leonard**
349th Public Affairs

Senior Master Sgt. Darren A. Thews of the 945th Aircraft Maintenance Squadron here is scheduled to receive the Air Force Reserve Citizen of the Year award at the Air and Space Conference and Technology Exposition in National Harbor, Md. on September 13.

The award recognizes enlisted members who deployed in support of current operations during 2009 and their employers who illustrated strong support for the activation and deployment.

In order to have been considered for the award, the recipient must have submitted a nomination package which included a brief biography listing their accomplishments and contributions to the Air Expeditionary Forces or contingency. The nomination package must have also included a one-page description illustrating how the nominees' civilian employer strongly supported the activation or deployment.

Sergeant Thews was deployed to Kandahar, Afghanistan from January to May 2009 maintaining C-17 aircraft, and is now on year-long active duty orders here at Travis.

Sergeant Thews' supervisor, Chief Master Sgt. Gregory M. McGee, submitted the nomination package citing Thews' ability to seamlessly flow into the maintenance shop on a day to day basis.

"I nominated Sgt. Thews because he is a representative of about 1,000 reservists," said Chief McGee. "He finds a way to make the sacrifices to come out here and work for us. He flows into an active role where he's actually part of the leadership on the flight line."

He has been well trained and versed on the aircraft and runs the day to day operations on the flight line, said Chief McGee.

In the nomination package, Chief McGee also recognized Sgt. Thews' relationship with his employer, United Airlines.

"He has a relationship with his employer that promotes his military duty and allows him to come out and work," said Chief McGee.

Sgt. Thews has been nominated for awards in the past but has never won, and he was shocked when he found out, he said.

"I felt like I was walking on air," Sergeant Thews said.

He credits his success to the support of his family and fellow wingmen both on the ground in Iraq, but also at Travis.

“I could not have been successful without them.”



Senior Master Sgt. Thews, along with airmen from the 860th Aircraft Maintenance Squadron, 945th AMXS and 60th Logistics Readiness Squadron, pose in front of an Unmanned Aerospace Vehicle called the MQ-9 Reaper aircraft.

Left to right starting with the back row: Senior Airmen Benjamin Propst, 860 AMXS, Michael Wendlinger, 945 AMXS, Saverio DeMitre, 860 AMXS, Senior Master Sgt. Darren Thews, 945 AMXS, Tech. Sgt. Timothy Stotenburg, 945 AMXS, and Senior Airman Jazmin Gonzalez, 60 LRS. Front row left to right: Senior Airman Miles Stidham, 860 AMXS, Master Sgt. Kizer Davidson, 945 AMXS, Senior Airman Ryan Esparza, 860 AMXS, and Staff Sgt. Carlos Lewis, 60 LRS. (Air Force photo courtesy of Senior Master Sgt. Darren A. Thews)

Golf tournament raises awareness about steroids

Submitted by 349th Air Mobility Wing

When Frank (a former commander of the 349th Air Mobility Wing's 70th Air Refueling Squadron) and Brenda Marrero lost their 19-year-old son, Efrain, to suicide nearly five years ago, anabolic steroids was the cause. However, ignorance also played a role.

Like most parents, the Marreros are willing and able to do what it takes to keep their children happy and safe. But, when it came to steroids, what they *didn't* know - nor did friends, coaches, teachers and doctors - contributed to the death of their son.

Efrain was a standout offensive tackle on the Vacaville High football team, and he wanted to continue playing at the College of the Siskiyous. He was determined to move from the offensive line to linebacker, which would require more muscle and speed.

He got them. The Marreros noticed the physical change in Efrain, but assumed that it was due to the workout regimen to prepare for the football season. Once their son could no longer deal with the emotional changes, he disclosed to his mother that he was using steroids.

"We became aware of Efrain's steroid use three weeks before his death," says Frank. "He was having episodes of paranoia and deep depression. Something led him to the realization that he was in trouble, and because he trusted his parents, he came to us for help."

"We had missed every sign," adds Brenda. "In fact, we didn't even know what the signs were! His mood swings, his rages, his depression, his obsession with his appearance, his rapid fat loss and muscle gain - all fell below our radar because we were, regrettably, unaware."

The good thing, thought Frank and Brenda, is that they caught the problem in time and now could begin correcting it. Efrain handed over the steroids he still had and agreed to stop.

"We sought counseling and talked to our family doctor, who told us that quitting was the correct thing to do," says Frank. "He assured us that his symptoms were commonly associated with steroid use and Efrain would get through this phase. We

trusted his advice; after all, he's the doctor. We didn't know it at the time, but at that very instant the medical profession failed us."

Three weeks later, despite their doctor's positive prognosis, the Marreros returned home from the grocery store to find their oldest son dead in their bedroom from a self-inflicted gunshot wound. When they left a short time earlier, he seemed fine.

After Efrain's death, the Marreros became steroid experts. Then they took that expertise - borne out of interminable heartache - and started the Efrain Anthony Marrero Foundation. They wanted to honor their son's life by making sure that no other parent had to face the horror of losing a child to steroids - especially because of a lack of knowledge about the subject.

"We had to put our energy into something, because we honestly didn't feel as if we could go on," admits Brenda. "The pain, the loss and the guilt were so overwhelming. We had to channel our grief into something positive - educating other parents, their children, coaches, and even doctors about steroids, and telling our son's story."

They now know all too well that you can't abruptly quit steroids, that steroid users must be weaned from the drugs and monitored for the onset of depression during the process. They are convinced that the psychological effects of paranoia and devastating depression caused by using steroids and then quitting cold turkey led Efrain to end his life.

They also found out that it is alarmingly easy for anyone to get their hands on steroids.

"Steroids can be found in any locker room, any gym or health club, on the Internet, anywhere in America," says Frank. "They're sometimes passed out or sold by

coaches, trainers, fellow athletes, the muscle-bound guy in the weight room or any enterprising student looking to make a buck."

They also began to realize how little accountability there was regarding steroid use — from coaches and others that should be looking out for their young players to the major league organizations and unions that reward the behavior by their inaction.

It's been six years since the BALCO steroid scandal rocked Major League Baseball, but cheaters are still emerging. Last year, Los Angeles Dodgers superstar Manny Ramirez tested positive for performance-enhancing drugs and was suspended for 50 games. And it was released that Sammy Sosa tested positive for steroids in 2003.

Still, says Frank, the do-whatever-it-takes-to-get-ahead attitude had to be instilled years earlier. "Whether it's the

(See TEAM on next Page)

The Efrain Anthony Marrero Foundation
Fighting Against Steroids Together

5TH ANNUAL Benefit Golf Tournament

4 Person Scramble
Friday, October 8, 2010
12:30 p.m. Shotgun Start
Registration at 11:00 a.m.

To Register or Sponsor:
(707)447-1058 or
www.nosteroids.org

Rancho Solano Golf Course
Fairfield, CA 94533
www.fairfieldgolf.com
\$135 per Golfer
Dinner banquet immediately following

Your participation will help the Foundation fight steroid use among our children by allowing us to educate youth, parents, coaches, teachers and doctors.

TEAM...

(Continued from previous Page)

elite athletes in professional sports setting the example by using steroids, or dad pushing his young son to pick up the pace on his fastball without the proper guidance, it's all dangerous and irresponsible," he says.

They have done their part to raise awareness. Since 2005, Frank and Brenda have spoken to schools and youth groups from Hawaii to Maine. They attended and provided written testimony for the Congressional Hearing on Steroids in Major League Baseball and for the Mitchell Report in Washington, DC. They have aligned the foundation with Dr. Linn Goldberg's Atlas & Athena anti-steroid program. They've appeared in TV news stories and inspired scores of articles, including the front page of *The New York Times*.

"Our lesson for parents is to counsel your children on the deadly dangers of steroids so that they never use them," says Brenda. "And if by chance you have a child that is using steroids, you need to treat it as a 'life threatening' situation - because it is. If your doctor tells you otherwise, look for a new doctor and keep looking until you find one that treats the situation with the gravity it deserves."

Join the fight

Frank and Brenda are committed to expanding the foundation to reach even more people. However, like any other nonprofit, it takes contributions from companies and individuals to keep the organization solvent.

The Marrero Foundation relies on two golf tournament fundraisers for help: one was held at Reading Pa. in June, and the other will be held Friday, October 8, at Rancho Solano Golf Course in Fairfield.

Each year, it is a challenge to find sponsors.

"Obviously, we'd love to find a community-minded corporate partner who is passionate about the steroid issue and would be

"The pain, the loss and the guilt were so overwhelming. We had to channel our grief into something positive - educating other parents, their children, coaches, and even doctors about steroids, and telling our son's story."

-- Mrs. Brenda Marrero

willing to sponsor the annual tournament," says Frank. "But we realize that there are lots of worthwhile issues and great demand for corporate dollars out there — especially in our shaky economy. That's why we have sponsorship opportunities from \$35 to \$15,000, as well as requests for raffle and silent auction donations. We're grateful for any and all participation."

Of course, that includes golfers. The event is a four-person scramble format, and will feature a Hole-in-One Challenge, putting contest, longest drive and closest-to-the pin holes, and prizes for the top three scoring teams in the scramble.

Immediately following the tournament, participants will enjoy a salmon and tri-tip dinner, raffle and silent auction of sports memorabilia. The fee for the golf and dinner is \$135, and the deadline is September 24.

If you are interested in playing in the tournament or sponsoring it at some level, brochures and entry forms can be found at Rancho Solano Golf Course, 3250 Rancho Solano Parkway in Fairfield, or through the Foundation web site at www.nosteroids.org. You may also contact Frank or Brenda Marrero directly at teamfast@um.att.com or 707-447-1058.

ENLISTED PROMOTIONS

CHIEF MASTER SERGEANT
NELSON, TIMOTHY 349th MXS
KRUM, KAVIN 945th AMXS

SENIOR MASTER SERGEANT
DIAZ, RICHARD 45th APS
DOHERTY, DOMINICK 312th AS
COMBS, KERRYANN 945th AMXS

MASTER SERGEANT
FERRER, MYLA 349th MAS
BRADFORD, AVA 55th APS
MARTIN, SERGIO 82nd APS
GONZALEZ, JACQUELINE 349th MSS
BASCO, EMMANUEL 82nd APS
GALLAGHER, JEFFREY 312th AS

TECHNICAL SERGEANT
GUVENC, MUBERRA 349th AMW
ABIERA, HUMBERTO 82nd APS
GUIJO, ADRIAN 749th AMXS
WALL, NANCY 55th APS
MARQUEZ, ANTHONY 349th MOF
HELLSTROM, IAN 749th AMXS

STAFF SERGEANT
ALTY, MILES 349th AMDS
MITCHELL, ANTOINETTE 349th MOF
CLAY, ISIAH 749th AMXS
MCCLENDON, ANDEW 82nd APS
BARNES, BRIAN 349th MXS
WORRALL, RACHELLE 749th AMXS
LUMAQUIN, JEFFERSON 349th MXS

Promotions effective August 1, 2010 or earlier.

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

PRESORT
FIRST CLASS MAIL
U.S. POSTAGE
PAID
SUNNYVALE, CA
PERMIT NO. 173



Submit your nomination for 349th Wing Military Spouse of the Year

The 349th Air Mobility Wing is accepting nominations for the 349th Military Spouse of the Year. The MSOY represents our military spouses who are the unsung heroes maintaining the home front and providing needed support. Honorees will be selected based on his/her inspirational representation of all military spouses. Nominees must be the spouse of a current member assigned to the 349th Wing.

Please submit your nomination, via email to norma.rodriquez@us.af.mil, with the spouses full name and a few paragraphs/not to exceed one page, on why you are submitting them for recognition.

The nomination period until **Sept. 8**. All submissions will be reviewed by judges hand-selected by Col. Jay Flournoy, 349th Wing Commander. The winner will be announced and honored at the 349th Wing Family Day, Sept. 25th in the first annual MSOY Awards Ceremony.

E-Cigarettes: dangers are very real

A recent memorandum from the Air Force Surgeon General, Lt. Gen. Charles Green, alerted all Airmen to safety concerns regarding a new type of tobacco product.

Electronic cigarettes, known as “e-cigs,” are battery operated devices that look like conventional cigarettes. The e-cig contains a cartridge filled with nicotine, which is delivered to the user as a vapor. Water vapor is emitted from the end of the device to mimic the appearance of smoke. Advertisements claim electronic cigarettes are a healthier way to smoke. A sample tested by the Food and Drug Administration (FDA) contained diethylene glycol—a toxic chemical used in antifreeze.

Other samples tested by the FDA contained cancer-causing agents yet there are no health warnings on these products similar to those seen on conventional cigarette packages. Manufacturers offer cartridges with decreasing levels of nicotine with the idea that they can be used to help someone quit smoking. No studies have been done to determine the safety or test effectiveness of these products as tobacco cessation aids. They are not approved by the FDA as a drug delivery device. Commanders need to know that the cartridges used in these devices are replaceable, and could be used to discreetly deliver substances other than nicotine.

Due to the nature, appearance, and safety concerns of electronic cigarettes, they are considered to be in the same category of tobacco products whose use is governed by Air Force Instruction 40-102, *Tobacco Use in the Air Force*. This new product will be included in the upcoming revision of this AFI, due out this fall. Should you have any questions regarding the use of electronic cigarettes, please contact Lt. Col. Dan Kulund, 703-588-7267, or DSN 425-7267, or via email: dan.kulund@pentagon.af.mil.