349th Air Mobility Wing
"In Omnia Paratus"

CONTACT

March 2011 Vol. 29, No. 03

AIR FORCE RESERVE

WINGMAN PROJECT

Ask Have the courage to ask directly: "Are you thinking of killing yourself?"

Care Intervene. Stay calm. Control the situation. Actively listen. Remove any means for self-injury.

Escort Get the person to a primary care provider, chaplain or other healthcare professional. Call the National Suicide Prevention Lifeline or 911.

National Suicide Prevention Lifeline
800.273.8255 Option 1

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On the Cover: March marks the 349th's Wingman Project. Wing leadership wants to take some time out to reach out and let our Airman know - we are a community, we care for each other and you not alone. (Front and back cover illustrations from AFRC.WingmanToolkit.org)

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Wingman - one who truly communicates, influences

by Col. Nancy J. Brooks
349th Mission Support Group Commander

"Every man is a hero and an oracle to somebody, and to that person, whatever he says has an enhanced value."
- Ralph Waldo Emerson

At its lowest level, leadership is based on position only. To go higher you must develop a good relationship with others. You must learn to lead by influence and not control. When you influence, that's when others give you permission to lead.

For most people, they will look for your leadership in their lives if they perceive you to be trustworthy and have admirable qualities. And as they get to know you better, the more plausible credibility you have, the more leadership they will grant you. Thus, we become leaders by serving with integrity. We set the example by being there for them, and then they will follow when they truly know that you "have their back."

Also, when we encourage people and *truly* communicate, we mean *really* listen rather than waiting to say what *we* want to say. That's when others feel good about themselves and build their confidence in themselves along with you. As they go through their journey of realization and bring you with them, they have given you their trust and therefore and invitation of influence. This leads to mentoring. You as their trustee can help them develop personally and professionally, all by just the simple act of actively listening, engaging what they have ascertained on their own, and sharing your experiences with them. Allowing others these avenues will truly make a difference in their lives. And they in turn will influence the lives of others, by passing along your wisdom, as well as the wisdom derived from their experience.

The Airman who encourages his coworker to learn and do a great job sets the foundation of a career. The NCO who empowers her Airmen, allowing them authority and responsibility, will grow leaders. And the Senior NCOs who show grace allow true communication. This is influence – giving to those who in turn can continue to give. Influence is a continuous evolving process.

If you want to have influence you must have integrity. Thus, as a core value we have *Integrity First*. All this is the makings of a good Wingman!

Being a good Wingman means being able to adapt, help others adapt

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

What do you do between winter and spring? It is that time between winter's cold dark mornings, when clouds, rain, frost and all things winter begin to transform into shreds of sunshine. Shoots are peeking up, hunting for that spot of warmth that will signal it is time to expend the energy to push out a blossom.

For many of us, that is the way we feel as well. Those who find that the weather and darkness of winter bring clouds, not in the sky but in our emotions, often find themselves rejoicing on that first morning they see the sun rise before going to work. Having spent over 10 years living in the Pacific Northwest and having endured winters that hid the sun for up to four months, I know how good it feels to see the sun peek out through the clouds. We are blessed here in this beautiful area with plenty of sunshine, but we do have to endure the time of clouds and rain in order to enjoy the green hills and budding trees and flowers springtime offers.

Having lived in Arizona for several years, and now more than five years in the Napa Valley, I am spoiled. The feelings I had after four months of no sun now start impacting me after two weeks of clouds. After a week, I am asking, when will the sun come out again?

It is amazing how we adapt to the world around us. We get used to the way things "should" be, then things change and it takes us time to re-adjust. Then we get used to this new reality only to find that it was temporary and it has changed again. I wonder how long it would take for me to adapt to the weather along the coast in Washington State again. Did you know there is a rainforest there that gets over 100 inches of rain annually? And yes, people actually live in that area and love it. Could I adapt to that?

I suppose I could if I chose to. I would definitely need to invest in a sun lamp. I could complain, dwell on how nice the weather is in Napa and wish I were back here. I could just accept it, jump in and buy good raingear and waterproof boots and enjoy beach combing, beautiful waterfalls, fishing, whale watching and the other things you do in cool, rainy climates.

Whatever we are doing - whether on a deployment, being left behind while a spouse deploys, living on less because of employment issues, adding another family member, whatever - we can adapt. Be a good Wingman, do not let the clouds in your life get you down. Keep an eye out on those around you to help them keep a positive attitude. Adapt and find the best in each circumstance you encounter. For us to adapt to change means we may need to change. Change often requires assistance. Do not hesitate to reach out to a friend, to family, a chaplain, or a faith leader to help support and give advice in times of adjustment. Anyone can be a Wingman - it is your choice.

As the change of habits or mind takes hold, you may be able to just look up, close your eyes and let the fresh, cool rain splash against your face and remember. It is hard to do that in the desert.

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Some of 349th's best Wingmen are women

March celebrates Women's History Month and we asked some of the Wing military women: "What woman has inspired you?"

"Chaplain (Col.) Scherri Wheeler inspired me. She was the senior chaplain while I was deployed in Balad. She was right there to help anyone who needed it. She was energetic, determined, and a go-getter. She helped with some really big issues and took everything by the horns. She was determined to do whatever it took to be successful." – Master Sgt. Rita Houchin, 349th Air Mobility Wing

"Colonel Brooks has inspired me because she is a good supervisor. She really takes care of you and is a great protector of her people." –Master Sgt. Susana Cuenca, 349th Mission Support Group

"A close friend of my family has inspired me based on the things she has done and accomplished in her life." – Senior Airman Monique Macdonnell, 349th Force Support Squadron

Question and photos by Senior Airman Amelia Leonard, 349th Public Affairs

"Mother Theresa has inspired me because of all that she has done for others. She was an amazing woman." – Tech. Sgt. Theresa Grieff, 349th Force Support Squadron

"My mom is my inspiration. She sacrificed a lot of her time raising her children, putting aside what she wanted to accomplish in life. She showed us unconditional love and gave us everything we needed even though she was a single mother in the 1960's. She never ceases to amaze me. She's magnificent." –Master Sgt. Gaylen Clemons, 349th Air Mobility Wing

"My former co-worker and friend Laurel Foute inspired me. She was a Christian Evangelist who was a mentor to me and helped me take my life into a positive direction. She started me in my spiritual journey which brought me to where I am today." – Senior Airman Jenna Gabriel, 349th Air Mobility Wing

MENTALLY FIT:
Psychological Health A

We are living in stressful times, in an imperfect world. From time to time, we all need some psychological help. The Air Force Reserve Command Psychological Health Advocacy Program is here to help reservists and their families. They have a message for you: *You are not alone, we are your connection to care.*

One of three PHAP offices is located at Travis Air Force Base. It serves not only the 349th Air Mobility Wing but all the Reserve in the entire West Region, including Pacific Air Forces. The office is staffed by Maj. Owenia Boykins, case facilitator; Tech. Sgt. Ruben Davis, outreach specialist, and Tech. Sgt. Jonathan Casero, administrative specialist.

According to Sergeant Davis, PHAP provides case management for Reserve members and their families. The program serves as a referral source to help Airmen with their psychological health needs, and follows up to insure those services are quality.

"As command consultants, we are the liaison between unit leadership and AFRC," he said. "We can provide guidance for their wing Airmen needing care. We also provide direct referrals to mental health resources, military and community. No issue is too small or too big for us to refer."

Within the military, there is still a stigma on seeking help for mental health. The PHAP is seeking to dispel that, said Sergeant Davis. Airmen often think we're highly trained, we're expected to be stronger, perform better. As reservists, we're supposed to balance the proverbial "three-legged stool," of family, civilian employer, and reserve duty.

But we're all different. Our resiliency and ability to cope with deployment or everyday stress is different. In most cases, contacting the PHAP won't affect an Airman's career, as medical records and notes are not kept.

Issues such as stress, anxiety, marital or sleep problems, and more are dealt with confidentially. Most diagnosed conditions, such as post traumatic stress disorder and major depression, when treated, have no negative career impact. "In fact, by being responsible, self-referring, and taking care of your problems, you become a better Airman," said Sergeant Davis.

The PHAP staff attend all Yellow Ribbon Reintegration Program events. They present their program and provide onsite support to Airmen and their families, with resources and referrals within their local regions. Sergeant Davis said like other programs, PHAP can provide support before, during, and after the deployment. Their staff is available 24 hours a day, seven days a week, and their services are free.

"If someone in your family needs help, and you (Reservist) are deployed, call us!" he said. To contact the Travis PHAP, call DSN 837-2704, 707-424-2704, or via cell, 707-631-8261.

The locations of the other PHAP offices are: for the South Region, Dobbins Air Reserve Base, Ga., and for the North Region, Wright-Patterson AFB, Ohio.

Advocates – You are not alone

Story and photos by Senior Master Sgt. Ellen Hatfield, 349th Public Affairs

Meet the staff:

Case Facilitator, Maj. Owenia Boykins, brings a wealth of experience and a love of her work to the PHAP program. The native of South Bend, Ind., has been a psychiatric nurse for 20 years, at Napa State Hospital. Now working in the training department, she calls it the "hub" of the hospital.

"I get to touch everyone because I make sure hospital staff get all their training requirements before going on a unit," she said. "I like working with people, and this job allows me to be myself."

Major Boykins' curiosity and a desire to travel originally led her to join the Reserve as a medical technician. After receiving her Nursing license, she worked at Queen of the Valley Hospital. She was recruited to work for Napa State Hospital, and has been there ever since.

"With psychiatric care, you can sit down, talk to and teach your patients, and it's more personable, as you see them on a long-term basis," the Major said. She brings her love of nursing and teaching to the Reserve's PHAP.

Providing administrative support to the office, Tech. Sgt. Jonathan Casero also has a background in not only mental health, but nursing as a medical technician.

"I applied for the program because I felt I had something to offer them," he said. "Having been deployed, I know the challenges related to deployments."

A self-proclaimed "military brat," Sergeant Casero was born in the Philippines into a family with a long military history. He spent eight years in the U.S. Army on active duty in their nursing program, then crossed into the Air Force Reserve. A trained medical technician, he has completed numerous deployments.

He works for the California Department of Corrections/ Department of Mental Health, as a Licensed Vocational Nurse.. "I am seeing more veterans in the system, so I see there is a need for psychological services" the sergeant said.

Outreach Specialist, Tech. Sgt. Ruben Davis, rounds out the team, and the amazing breadth of corporate knowledge in this office. A native of Los Angeles, he joined the Reserve with a degree in Sociology from the University of California, Los Angeles.

He has eight years as a mental health technician, and previously was a mental health technician at juvenile hall. He has completed a masters degree from the University of Phoenix, and, he's working on his doctorate, in medical psychology.

Since he was friends with one of the original case facilitators, Maj. Jennifer Burke, Sergeant Davis was asked for, by name, to join the program. He jumped at the chance to join at the near inception of the program, to help stand it up.

"Although March Air Reserve Base, Calif., is home base for me, I'll be here as long as the program is here," said the sergeant.

There is one position vacancy in the office that the PHAP team hopes to fill soon, as they are a small team, with big responsibilities: keeping reserve Airmen mentally fit.

349th Wing Traditional Reserve Vacancies

AFSC	AFSC Title	Rank
11G3	Generalist Pilot	Officer
11M3K	Mobility Pilot, General	Officer
14N3	Intelligence Officer	Officer
1A071	In-Flight Refueling	TSgt
1A151	Flight Engineer	SSgt/TSgt
1A291	Aircraft Loadmaster	MSgt
1N051	Operations Intell	TSgt
1N091	Operations Intell	SMSgt
2A571	Aerospace Maint	TSgt/MSgt
2A656	Aircraft Elec & Env Sys	SSgt
2A654	Aircraft Fuel System	SSgt
2A675	Aircraft Hydraulic Sys	TSgt
2E173	Ground Radio Comm	TSgt/MSgt
2F051	Fuels	SSgt
2G071	Logistics Plans	MSgt
2T271	Air Transportation	TSgt/MSgt
3E252	Electrical Power Prod	SSgt
3E291	Pavement & Const	MSgt/SMSgt
3E451	Utilities Systems	TSgt
3E473	Enviro Controls	MSgt
3E791	Fire Protection	SMS/CMSgt
3E800	Explosive Ord Disp	SMS/CMSgt
3E591	Engineering	MSgt
3D052	Cyber Sys Opers	SSgt
3D152	Cyber Trans Sys	SSgt
3S271	Education & Training	SSgt/TSgt/MSgt
41A3	Health Services Admin	Officer
42B3	Physical Therapist	Officer
43P3	Pharmacist	Officer
44M3H	Internist	Officer
44R3B	Diagnostic Radiologist	Officer
45A3	Anesthesiologist	Officer
45B3	Orthopedic Surgeon	Officer
45S3A	Surgeon	Officer
45S3B	Surgeon	Officer
46F3	Flight Nurse	Officer
46M3	Nurse Anesthetist	Officer
46N3	Clinical Nurse	Officer
46N3E	Clinical Critical Nurse	Officer
46N3H	Clinical Nurse	Officer
46S3	Operating Room Nurse	Officer
48A3	Aerospace Medicine	Officer
4A091	Health Services Mgnt	SMSgt
4N051	Aerospace Medical Svs	SSgt
4N071	Aerospace Medical Svs	TSgt/MSgt
4N071C	Aerospace Med, IDMT	TSgt/MSgt
4N091	Aerospace Medical Svs	SMSgt
8F000	First Sergeant	MSgt
5J051	Paralegal Assistant	SSgt
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 Wing Full-Time Vacancies

UNIT	GS/SERIES	TITLE	
349th AMW	GS-0545-07	Supervisory Military Pay Technician	CIV
45th APS	GS-1702-09	Training Technician	ART
45th APS	GS-2101-10	Transportation Specialist	ART
82nd APS	GS-1702-09	Training Technician	ART
82nd APS	GS-0303-07	Resource Management Assistant	ART
349th LRF	GS-2001-09	General Supply Specialist	ART
349th FSS	GS-1702-09	Training Technician	ART
349th FSS	GS-0203-05	Human Resource Assistant	CIV
349th CES	GS-0301-09	Readiness/Emergency Mgmt Spec	ART
349th MAS	GS-0303-07	Services Assistant	ART
349th AMDS	GS-0303-07	Medical Administrative Assistant	ART
349th MXS	WS-8801-13	Aircraft Overhaul Supervisor	ART
349th MXS	WG-8852-10	Aircraft Mechanic	ART
349th AMXS	WG-8602-10	Aircraft Engine Mechanic	ART
945th AMXS	WG-2892-10	Aircraft Electrician	ART
749th AMXS	WS-8801-09	Aircraft Overhaul Supervisor	ART
749th AMXS	WG-8852-10	Aircraft Mechanic	ART
349th OG	GS-0301-11	Executive Officer	ART
349th AES	GS-0301-09	Resource & Aviation Mgmt Spec	ART
349th AES	GS-0301-10	Aeromedical Evacuation Specialist	ART
349th AES	GS-0301-12	Medical Administrative Officer	ART
349th OSF	GS-0303-07	Wing Operations Center Controller	ART
349th OSF	GS-2181-13	Airplane Flight Instructor	ART
79th ARS	GS-2181-12/13	Airplane Flight Instructor	ART

349th MXS members involvement lauded - being a good Wingman means giving back

Story and photos by Patti Schwab-Holloway, 349th Public Affairs

Master Sgt. Howard Cox of the 349th Maintenance Squadron, did the wing proud by recently being recognized by the Fairfield Police Department as the Neighborhood Watch Block Captain of the Month.

Sergeant Cox efforts were noted to greatly improve the quality of life for those in his neighborhood, which is located by Hillview Park in Fairfield. His Neighborhood Watch group, started June 2008, now has 32 homes participating in the program.

Sergeant Cox said, to him, being a good Wingman means really being a part of your community. He has mentored young Airman on the importance of giving back.

"Working with my neighbors to ensure the safety of our families and friends isn't much different than working with the men and women of the 349th Air Mobility Wing," said Sergeant Cox. "It is all about taking pride in our surroundings, be it our neighborhood or our county."

In addition to the neighborhood watch, Sergeant Cox is currently awaiting a class date for a program called Volunteers in Police Service, or VIPS. It's a great program where anyone can attend training and support the Fairfield police department, performing traffic control, parking enforcement and other things, freeing officers up to perform more important duties.

He continues to work with his neighbors, the Police Department and its Crime Prevention Unit. Sergeant Cox believes the program will continue to grow as others hear of their success.

If you would like more information on these programs or other ideas on how to start giving back, email Sergeant Cox at howard.cox.1@us.af.mil.

Master Sgt. Howard Cox, 349th Maintenance Squadron, explains to Ms. Ellen Hatfield, 349th Public Affairs office, some of the ways his Neighborhood Watch Program helps, not just with issue of crime, but also how they work together to help with home maintenance and to improve the neighborhood overall.

349th MAS member going 'Above and Beyond' during deployment to Dover

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

The 349th Memorial Affairs Squadron team continues to shine while deployed.

Senior Airman Gregory S. Cody was selected as Airman of the Month for January, while assigned to the Air Force Mortuary Affairs Operations Center, Dover Air Force Base, Del.

Airman Cody is part of a team deployed there until April to support operations, including the dignified transfer of remains of our fallen warriors.

Col. Thomas Joyce, AFMAO commander, congratulated him during a informal presentation at the Center. (U.S. Air Force photo/Ms. Christin Michaud)

Senior Airman Gregory Cody,349th Memorial Affairs Squadron, meets Lt. Gen. Richard Y. Newton III, the Air Force assistant vice chief of staff, Feb. 2.

The General visited AFMAO, Dover AFB, with a civic leader group, where Airman Cody is deployed with a number of reservists from the Reserve wing at Travis. During the visit, civic leader Michael Bidwill, President of the Arizona Cardinals Football Club, presented AFMAO with Pat Tillman's football jersey and an autographed football.

A U.S. Army Ranger, Tillman was killed in Afghanistan in 2004. The AFMAO center handled the transfer of his remains to his family. In this photo, Airman Cody holds Tillman's number 40 jersey. (U.S. Air Force photo/Jason Minto)

Top 3, Rising Six meeting

The Top 3 and Rising Six will meet on the Saturday of each UTA at the Delta Breeze Club from 4:45 to 5:45 p.m.

For more information contact Master Sgt. Felipe Nuno, 707-424-1643.

Teen Leadership Summits

The AFR/ANG Teen Leadership Summits are open to 14-18 year old dependent teens of current Air Force Reserve military members. Applicants will be required to complete entire application to include essay questions.

Classic Teen Leadership Summit **- 19-24 June 2011 - Wahsega 4-H Center: Dahlonega, Georgia.** Nestled in a valley of the Chattahoochee National Forest, Wahsega 4-H Center plays host to the Classic Teen Leadership Summit. During this week long adventure, teens will participate in high ropes, zip line canopy tour, white-water rafting, hiking, fishing, archery, survival classes, and more! Leadership classes taught throughout the week include True Colors and the General Hugh H. Shelton Leadership Challenge. Attendees are introduced to Operation: Military Kids (OMK) and meet community partners who make-up OMK teams. Summit includes military traditions and community service projects. Priority to first time attendees.

Capitol Teen Leadership Summit **- 24-29 July 2011 - Washington, DC.** Teens will travel to Washington, DC for week long activities focusing on citizenship, character building, and high adventure. Teens will spend a few days exploring Washington, D.C. including monuments, memorials, and the Smithsonian museums and will also have the chance to meet with their Congressmen or a member of his/her staff. In addition, leadership classes will be focused around the General Hugh H. Shelton Leadership Challenge. Please note that Capitol Summit attendees will be responsible for some meals during the week. This summit is for **returning applicants only**.

Adventure Teen Leadership Summit - 9-14 August 2011 - Cheley Colorado Camps: Estes Park, Colorado. Bordering Rocky Mountain National Park, Cheley Colorado Camps will host the Adventure Teen Leadership Summit. During this Summit, teens will participate in daily adventure activities including hiking, mountain biking, horseback riding, horse colt training, arts & crafts, woodworking, technical climbing, and archery. Leadership classes taught throughout the week include True Colors and the 7 Habits of Highly Effective Teens. Each evening, teens will gather for programs including campfires and songs, musical performances, and environmental education classes. This Summit also includes military traditions and community service projects. Priority to first time attendees.

If you have any questions, please contact the following: Ms. Brandi Mullins, brandi.mullins.ctr@us.af.mil, 478-327-2090, DSN 497-2090; Ms. Kasey Bozeman, kasey.bozeman@us.af.mil, 478-327-2110, DSN 497-2110; Ms. Stacey Young, Stacey.young@us.af.mil, 478-327-0971, DSN 497-0971.

ENLISTED PROMOTIONS

SENIOR MASTER SERGEANT

DEERWESTER, DOROTHY	55th APS
SMESLER, DALE	349th MXS
EVANS, JOSEPH	312th AS
GRETLER, SHARON	349th OG

MASTER SERGEANT

KORSMO, AMBER	82 APS
ORDONIO, REBART	749th AMXS
CORBETT, GLENN	312th AS

TECHNICAL SERGEANT

DA CAMARA CANTO, ANTONIO	349th FSS
ALTMILLER, JAYSON	349th MXG
SHERMAN, SCOTT	749th AMXS
MITTLEIDER, JOHN	45th APS
THOMAS, JOSHUA	349th AMXS
LEWIS, KRISTEN	312th AS

STAFF SERGEANT

FRANZ, LISA MARIE	349th ASTS
LOBO, KERIN	312th AS
ISHII, THOMAS	312th AS

Effective February 2011 or earlier.

349th AIR MOBILITY WING
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NEVER LEAVE YOUR WINGMAN

ASK	Have the courage to ask directly: "Are you thinking of killing yourself?"
CARE	Intervene. Stay Calm. Control the situation. Actively listen. Remove any means for self-injury.
ESCORT	Get the person to a primary care provider, chaplain or other healthcare professional. Call the National Suicide Prevention Lifeline or 911.

National Suicide Prevention Lifeline
800.273.8255 Option 1

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