

CONTACT



Operation Gratitude - still going strong after 11 years of fellowship



**Team Travis
349th Air Mobility Wing**

"In Omnia Paratus"



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Team Travis
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@us.af.mil

Commander
Col. John C. Flournoy, Jr.

349th Public Affairs:

Chief, Public Affairs
Lt. Col. Robert Couse-Baker

Deputy Chief, Public Affairs
Ellen Hatfield

Editor
Patti Schwab-Holloway

Public Affairs Staff
Capt. Robin Jackson
Capt. Philip Caldwell
Senior Master Sgt. Ellen Hatfield
Master Sgt. Robert Wade
Senior Airman Amelia Leonard

On the Front Cover: — A tradition begun 11 years ago by the 349th AMW Top Three and First Sergeants Council is still going strong. Operation Gratitude brings together Travis Airmen and veterans of the California Veterans Home, Yountville, for a champagne brunch, music, fun and fellowship. The Reserve wing collects donations and sponsors, purchases all food, champagne, decorations, and prizes for a raffle of gifts. The Saturday before Father's Day, they travel to Yountville, where they prepare the brunch, then serve it up with smiles and hugs. The Travis AFB Honor Guard presented the colors, the POW/MIA table and the flag-folding ceremony. It's our way of saying "thank you" to those who forged the path of service we continue to tread. (U.S. Air Force photos/Senior Master Sgt. Ellen L. Hatfield)

Contact magazine is the monthly, authorized publication for members of the U.S. military and their families. 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.

Keep your 'head in the game' by maintaining balance



by Lt. Col. Wayne M. Williams
349th Civil Engineer Squadron

Explosive Ordnance Disposal Technicians need a steady hand and a focused mind to succeed at their job; if they are distracted and have even a small lapse of attention the results can be disastrous, even deadly. It's no accident that their motto is "*Initial Success or Total Failure.*" Because of this, I keep a close watch on how my EOD team members are doing, both at work and at home. I need to be sure they are on their game: the lives of the Airmen, Soldiers, Sailors, and Marines that they support can be at stake.

What does that mean, 'on their game'? In this case, I'm talking about them being free of distractions, and having their personal lives and work lives *balanced*, so they are able to focus properly on their jobs. Maintaining that balance is a key for every Airman, and it's important that we all know how to recognize the signs, and how to act when we get out of balance.

This balance is different for everyone. Individually, we each need to know what our own balance 'feels like', and know how to tell when our lives get out of balance. There will be times when things happen in our personal lives that will impact our ability to perform at work, likewise there will be times when work gets too stressful, and has a negative impact on our personal lives. We need to be alert for this, and then do something about it once we realize it's a problem.

So what do you do when something like this happens? That depends upon what's causing the problem, but the most important thing is to let someone know. Sometimes the solution can be as easy as getting your boss to let you take a few days of leave. Other situations might require special help from resources such as the Airman and Family Readiness Center. The Air Force makes available a wide range of tools to help with all sorts of issues. Supervisors, first sergeants, and commanders know how to take advantage of them. Don't be shy about letting them know - they can help.

For Reservists such as myself there is an additional dynamic involved - the civilian employer. Maintaining a three-way balance between family, civilian job obligations, and reserve commitments can be very challenging. Reservists and their leaders need to pay close attention when conflicts arise. It's very hard for one of my engineers to stay focused on their reserve job, when they are worried about their civilian job, the one that pays the rent and feeds their family.

The Air Force wants balanced Airmen, with their head 'in the game' when the country calls us to duty. It's for this very reason that taking care of Airmen and their families is one of the Chief of Staff of the Air Force's top five priorities. It is imperative that we all work to maintain that balance, keep our leaders informed when things get out of balance, and that we take advantage of the many available tools when we need to make adjustments and get things back on track.

Be kinder in life

*by Chief Master Sgt. Joseph Lambertus
70th Air Refueling Squadron*

I have been in the Air Force for more than 30 years and have seen my fair share of kind and not so kind people. I don't want to be negative, but in the last 15 years, I have noticed common courtesy and respect has become almost nonexistent amongst our military, retired military and civilian communities.

My wife was in the Commissary a few weeks ago and was unfortunate enough to be standing where another woman wanted to be. Instead of saying "pardon me," or "excuse me," the woman decided to run her shopping cart into my wife, and then had the nerve to say, "I need to be there." Wow! How do you respond to something like that? My wife was a little upset with the woman, but decided to take the high road and say she was sorry, she didn't realize she was in the way, and continued down the aisle like nothing happened.

Another incident I want to share happened a couple of months ago. A senior noncommissioned officer I have served with for more than 15 years, and his family, were on their way to a family reunion. On the way they were passed by a blue government van, driven by a young Airman, driving at least 80 miles an hour. They were passed by the Airman as many as three times due to the traffic flow on the interstate. The last time the young Airman passed the SNCO, he gave the him and his family what I grew up calling "the bird." Once again, Wow! What was the Airman thinking? I think I know what the Airman was thinking, "NOTHING."

The examples I provided are only a couple of the rude and disrespectful things I see almost every day while on duty, as well as off duty. What happened to the days when we, the military, were a family and treated each other as such? I tell myself maybe it's only here at Travis, or in California that things like this happen, but then I realize this kind of behavior happens everywhere, just watch the news. Kindness and consideration seem to be things of the past. Perhaps we should bring back teaching etiquette.

Summer and the heat that goes along with it have arrived. I know we are in the military and suppose to be an all weather force, capable of toughing things out. But kindness and courtesy should dictate that if you're driving to work, the commissary, base exchange, or any place else on the base, and you see someone that may be in need of a ride, stop and offer one. You never know it just might put a smile on a fellow Airman's face.

Northern California is a beautiful place to live and Travis Air Force Base is a great place to serve. If the Airmen and civilians here would just treat each other with a little more respect, and be a little kinder to each other, maybe it would slowly influence the surrounding areas to do the same. Remember: Please, thank you, or just a smile, go a long way to make someone's day better.



Honesty, integrity essential in healthy relationships

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

I recently took time to watch a few episodes of a British Television Series. The episodes I watched centered on the relationship between the Hero and the Heroine. Because each was an essential character, their relationship was at the very heart of the drama. The director played upon this by the common ploy of creating an atmosphere of unrealized passion between them. Each character had developed a deep love for the other, but neither of them expressed the feelings inside. The director enjoyed bringing them to the point of sharing but each time something would interfere and ultimately they were left moping about the missed opportunity. Watching these exchanges drove me crazy. I kept saying to my wife, why don't they just tell each other the truth about what they feel. For each of them it was fear that stopped them. Maybe it was the fear of rejection. Maybe it was the fear that there wouldn't be any rejection. The fear of commitment is very strong in some people. Ultimately, they both missed out on developing a good, beneficial relationship. Instead, pain, mistrust, frustration, misunderstanding and regret ruled the day.

Telling the truth is vital in any relationship. Equally important is creating the atmosphere where telling the truth is safe and welcome. To just come in and throw the truth out there can be hurtful and destructive. The Christian scriptures speak of "telling the

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New contingency aeromedical staging facility opens

by Linda Frost,
59th Medical Wing Public Affairs

Wilford Hall Medical Center continues its long tradition of healing as it takes on a new mission to provide a temporary staging facility here for ill or injured servicemembers returning from overseas.

In support of the war on terrorism, the 59th Contingency Aeromedical Staging Facility, or CASF opened June 13, to support the patients in the military air evacuation system.

A team of trained experts will provide medical care and keep patients comfortable for 12-72 hours while awaiting transportation to their final destination.

The 59th CASF is referred to as a contingency facility since it is not part of the 59th Medical Wing's permanent mission. It will remain as long as patient flow mandates the need.

The operation came together quickly after a tasking from the Air Mobility Command, Scott Air Force Base, Ill., to provide a central location within the United States with enhanced medical care and the ability to move patients safely and expeditiously to various locations stateside.

"Texas, being centrally located, along with state-of-the art medical facilities at Ft. Sam Houston, specialty care at Wilford Hall, and our proximity to the Kelly flight line, made locating the CASF here operationally sound," said Maj. Gen. Byron Hepburn, commander, 59th Medical Wing. "It is a collaborative effort with our Army colleagues at Ft. Sam Houston."

The 59th CASF is one of many strategically placed units across the United States. Other primary staging facilities are located at Andrews Air Force Base, Md.; Scott Air Force Base, Ill.; Travis Air Force Base, Calif.; and Hickham Air Force Base, Hawaii.

"We pray that this facility will be empty, but we anticipate a continued need for air evacuation patient support. I know we will provide great clinical and compassionate care to the patients that transit Military City USA," commented General Hepburn.

Military officials say they anticipate one flight per week direct from Ramstein, Germany to Kelly Air Field here, a short 10-minute drive from Wilford Hall. The number of patients will vary and range from Marines, Soldiers, Sailors and Airmen. The critically injured will be transported immediately from Kelly to Brooke Army Medical Center.

General Hepburn said "the ultimate goal is to get them to treatment facilities nearest their home, family or military installation."

Currently, the contingency aeromedical staging facility is staffed by Air Force Reservists deployed from 14 states for a six-month period. In the future, it is expected active duty members will be assigned.

"This is an awesome opportunity for the Air Force Reserve and active duty to make this one mission, one fight," said Col. Debora Esque, commander of the 59th CASF, deployed from the 349th Aeromedical Staging Squadron, where she is the commander.

The team consists of 43 medical personnel, including a doctor, physician's assistant, nurses, medical technicians and administrative staff. Two active duty Airmen from the 59th MDW serve as liaisons with the reservists and provide operational oversight.

"I want to especially thank the reservists, our Citizen Airmen, who have left their families and children to do our nation's work here in San Antonio. I know they will excel in their important mission in the months ahead," General Hepburn added.



Air Force senior leaders opened the 59th Contingency Aeromedical Staging Facility with a ribbon cutting ceremony June 13, 2011, at Wilford Hall Medical Center, Lackland Air Force Base, Texas. The CASF mission will provide medical care and a comfortable holding area for wounded warriors while awaiting transportation to their final destination. Cutting the ribbon are (center, left to right) Air Force Reservist Col. Debora Esque, 59th CASF commander, who is normally assigned as the commander for the 349th Aeromedical Staging Squadron; Maj. Gen. Byron Hepburn, 59th MDW commander; Maj. Charlotte Knight, 59th CASF flight commander; and Chief Master Sgt. Richard Robinson, 59th MDW command chief, as CASF staff members watch. (U.S. Air Force photo/Senior Airman Kevin Inuma)

New Dress, Personal Appearance of Air Force Personnel Instruction updated

The current revision of AFI 36-2903, Dress and Personal Appearance of Air Force Personnel, establishes policies governing dress and appearance of Air Force personnel, to include; roles and responsibilities, grooming and appearance standards, duty uniforms, badges and specialty insignia, and uniforms worn by Reserve, Air National Guard, retired and separated personnel, etc.

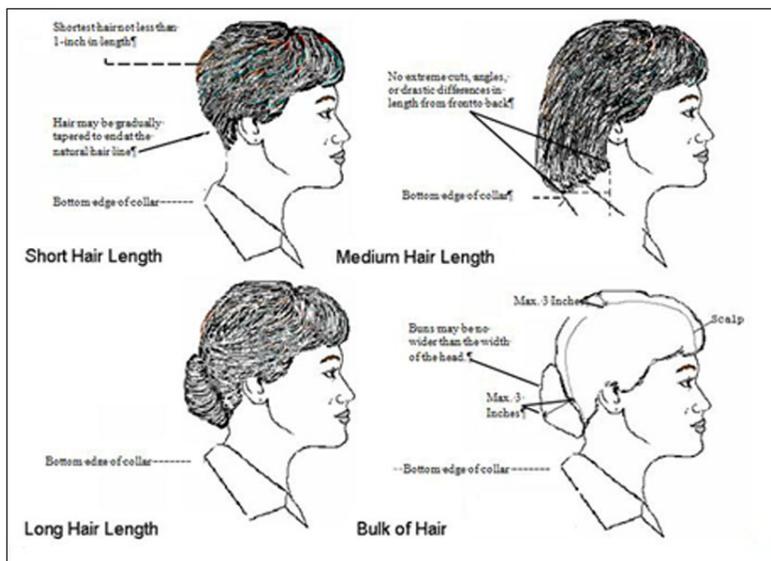
Information contained in this latest uniform wear policy changes and updates are resulting from fielding the Airman Battle Uniform, new Physical Training Uniform guidance, and the 98th Virtual Uniform board. Clarity and more specific guidance was added in an effort to eliminate “county options” that resulted from the ambiguity of the past AFI. New information in the instruction include:

-Tables are now integrated into text and each uniform has it's own section in the AFI

-Photos of uniform combinations, drawings depicting hair standards, measurement tools for Airmen and Commanders to determine if tattoos meet standards



U.S. Air Force courtesy photo



U.S. Air Force courtesy graphic

-Eliminated Friday morale t-shirts for flight suit wearers

-Excludes the Command Insignia from the count of maximum badges authorized

-Integrated public display of affection (PDA) language

-Added “dental ornamentation” as a prohibited item

-Added authorization for cosmetic tattoos for medical reasons for both men and women and for women if not resulting from a medical condition (i.e. eyebrows, eye liner; aligns AF w/sister services)

-Revision includes and encompasses all areas

All personnel are encouraged to review the new version of the publication and become familiar with current AF dress and personal appearance policies and guidelines

For questions, please contact the AFPC Special Programs Branch, AFPC/DPSIM, DSN 665-2591, afpcdpffpcprgbox@us.af.mil.

Honesty... (Continued from Page 3)

truth in love.” Telling the truth in a safe environment of understanding and care that has been carefully developed and nurtured is part of the greater biblical teaching. Regardless of your own personal faith, the benefits of such an environment, whether at home or work, with spouse, children or co-workers, contributes to ones sense of value and confidence. This is why integrity is considered the foundation of our core values. Honesty is essential in all healthy relationships from marriage, to family, to work or to friendships. Honesty builds trust and trust builds confidence. Confidence pushes out fear which builds self-worth.

The concept is relatively easy to understand. The difficulty is to find a way to internalize it in the individual, then in the partnerships and finally into relational systems. If by some miracle the reality of truth made it into systems such as the family system or even the AF system, what a difference there would be. The first step in infusing this into a system is to gather the participants together and talk about it, emphasizing the benefits as well as the downfalls. It takes courage to be truthful. Wimps won't make it. But maybe, if we work at it, we can begin to create the atmosphere of caring that is needed to allow truth to prosper. If we start with simple openness in small things it can grow into something grand. Maybe the Hero and the Heroine can get their act together, but then again that would remove suspense and it wouldn't be drama any more. Here's to having a lifetime of peace-filled relationships.

Travis Team giving back - Operation Gratitude



6 AUGUST 2011

Join Air Force, same fight - Unrivaled wingman

Wing celebrates 11 years with veterans

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

Author Mark Twain said “Grief can take care of itself; but to get the full value of joy, you must have somebody to divide it with.” This year marked the 11th year a group of Team Travis Airmen divided their joy with some deserving California veterans.

Here at the 349th Air Mobility Wing, Operation Gratitude has become our traditional way of saying “thank you” to the veterans at the California Veterans Home, Yountville, for their service to our country.

June 18, more than 50 volunteers arrived early in the morning to set up, cook, and serve a champagne brunch inside the hospital auditorium. This venue gives wheelchair bound veterans the opportunity to enjoy the food, fellowship and festivities.

The Airmen, with support from local sponsors and donations, purchase all the food as well as items for a raffle of gifts. Entertainment was provided by a local comedian and once again, the Whiskey, Tango, Foxtrot Trio, talented musicians from our local high schools. As always, the Travis Honor Guard posted the colors and presented the POW/MIA table and tribute.

The veterans enjoyed pancakes, scrambled eggs and ham, fresh fruit, pastries, and of course, champagne and mimosas. All was served up by smiling Airmen and volunteers, who stopped often to assist with pouring and slicing, dispense hugs and kisses, and share a few minutes of conversation and camaraderie.

The smiles and sparkling warmth in aged eyes was the ultimate reward for the volunteers. Often seen was a frail hand stroking the sleeve of a uniform, as stories were shared, and younger heads bent close to hear soft words from the lips of those who paved the way for the ones still in uniform.

“All that we enjoy today – better pay, benefits, training, and our continuous freedom – we have because of these veterans who served before us. It’s always an honor to be a part of this,” summed up Operation Gratitude founder, Retired Senior Master Sgt. Caryl Anne Hathaway. She came up with the idea to reach out the veterans when she was assigned to the 312th Airlift Squadron.

To help make her vision come true, she worked with Retired Col. Dick Hum, who lived at the home. Col. Hum, who was a trustee of the American Veterans, Department of California, passed away May 22, and was noticeably absent at this year’s event. Well-known and loved by many family, friends, and Airmen of the wing, a special tribute was made to his memory, including special gifts presented to his wife, Jane, by the committee and special friend, Mr. Stanley Davis.

Celebrating his last Operation Gratitude with us was 60th AMW Commander, James Vechery, and his family. He is departing Travis for Scott Air Force Base, Ill., where he assumes his post as executive officer to Gen. Raymond Johns, Commander of Air Mobility Command. The colonel never stopped smiling all morning as he helped with serving, and chatted with many of the veterans.

It was George Washington who said, “The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation.” For Travis Airmen, saying “thank you” to our veterans has set the standard for tomorrow’s warriors to remember yesterday’s heroes.



Team Travis supports Sonoma Fourth of July parade



Stepping off to lead the Sonoma, Calif., Fourth of July parade was the Travis Air Force Base Honor Guard. Airmen from the 60th and 349th Air Mobility Wings and the 615th Contingency Response Wing, were out in the Solano County communities and Sonoma to help our local community partners celebrate the 235th birthday of America in over-the-top fashion.

Photos by Senior Master Sgt. Ellen L. Hatfield



Included in the festivities for the Sonoma Parade was a C-17 flyover flown by a Reserve crew from the 301st Airlift Wing. The flight path took them right down the tree-lined main street toward the historic town plaza, as they gracefully banked away and over City Hall for another pass.

349th AMW Wing Commander, Col. Jay Flournoy, visits with Robert Arnold, grandson of Gen. Henry H. "Hap" Arnold, during the annual Sonoma Fourth of July parade and celebration. Robert Arnold is the President and owner of Chandelle Winery, a family owned winery founded in 1986.

Two 349th squadrons welcome new commanders



79th Air Refueling Squadron gets new commander: With the traditional passing of the squadron flag, Lt. Col. Eric Jenkins became the new commander of the 79th Air Refueling Squadron June 26, 2011.

Colonel Jenkins assumed command of this Air Force Reserve unit at Travis when he accepted the flag from 349th Air Mobility Wing Operations Group Commander, Col. Al Lupenski.

Photos by Master Sgt. Robert Wade

82nd Aerial Port Squadron welcomes newest commander:

Maj. Mark G. Fratrack assumed command of the 82nd Aerial Port Squadron at Travis when he accepted the flag from 349th Air Mobility Wing Mission Support Group Commander, Col. Nancy Brooks, at a change of command ceremony held here during June's B flight.

Major Fratrack returns to the 82nd after two prior 82nd assignments in varying roles.



349th's Wingmen going 'above and beyond'

Maintenance chief awarded Bronze Star



Chief Master Sgt. Terry Kirkbride, 349th Maintenance Squadron, was presented a Bronze Star medal June 25, 2011. Col. Jay Flournoy, 349th Air Mobility Wing commander, pictured on the left, cited some of the Chief's actions that earned him the medal, while serving "outside the wire" in Southwest Asia. The Chief said, "I'm 51 years old, and always done maintenance, so this took me way outside what I've known. It was scary sometimes, but so worth every second." (U.S. Air Force photo/Master Sgt. Robert Wade)

ENLISTED PROMOTIONS

TECHNICAL SERGEANT



OLEARY, KEVIN S., 349th SFS
ROTTWEILER, HEATHER L., 45th APS
THOMAS, NICHOLAS P., 349th CES
WALMSLEY, GREGG A., 349th AMOS
YOKLEY, CORRY J., 349th ASTS

STAFF SERGEANT



APAZA, ALEJANDRA, 349th LRS
HOANG, DAVID, 349th MDS
RAYMOND, CHRISTOPHER, 301st AS
SANTOS, ATHENE J., 349th ASTS

Effective July 2011 or earlier.

349th Wing Traditional Reserve Vacancies

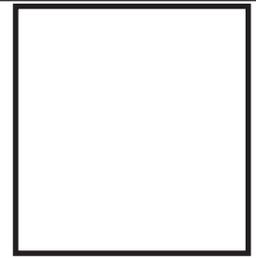
AFSC	AFSC Title	Rank	AFSC	AFSC Title	Rank
11G3	Generalist Pilot	Officer	3E971	Readiness	TSgt
11M3K	Mobility Pilot, General	Officer	3M071	Services	MSgt
11M2A	Mobility Pilot, General	Officer	3S271	Education & Training	SSgt/TSgt/MSgt
11M3S	Mobility Pilot	Officer	43H3	Public Health	Officer
11M3Y	Mobility Pilot	Officer	43P3	Pharmacist	Officer
12M3	Mobility Navigator	Officer	44F3	Family Physician	Officer
14N3	Intelligence Officer	Officer	44M3H	Internist	Officer
1A151	Flight Engineer	SSgt/TSgt	44Y3	Critical Care Medicine	Officer
1A291	Aircraft Loadmaster	TSgt/MSgt/SMS	45S3A	Surgeon	Officer
1C371	Command Post	TSgt	45S3B	Surgeon	Officer
1N071	Operations Intell	TSgt	46F3	Flight Nurse	Officer
21A3	Aircraft Maint	Officer	46M3	Nurse Anesthetist	Officer
2A571	Aerospace Maint	TSgt/MSgt	46N3	Clinical Nurse	Officer
2T251	Air Transportation	SSgt/TSgt	46N3E	Clinical Critical Nurse	Officer
2T271	Air Transportation	MSgt/SMSgt	46N3H	Clinical Nurse	Officer
2T351	Special Purpose Vehicle	SSgt	46S3	Operating Room Nurse	Officer
32E3H	Civil Engineer	Officer	48A3	Aerospace Medicine	Officer
3E252	Electrical Power Prod	SSgt	4A091	Health Services Mgnt	SMSgt
3E251	Pavement & Const	SSgt	4N051	Aerospace Medical Svs	SSgt/TSgt/MSgt
3E451	Utilities Systems	SSgt	4N071C	Aerospace Med, IDMT	TSgt/MSgt
3E473	Enviro Controls	SSgt	4N091	Aerospace Medical Svs	SMSgt
3E651	Operations Management	SSgt	8F000	First Sergeant	MSgt/SMSgt
3D073	Cyber Security	TSgt	5J051	Paralegal Assistant	SSgt
3E851	Explosive Ordance Disp	SSgt	52R3	Chaplain	Officer

349th Wing Full-Time Vacancies

UNIT	GS/SERIES	TITLE	VAC
349 AMW	GS-0501-09	Financial Management Specialist	ART
349 AMW	GS-0561-05	Budget Technician (Office Automation)	CIV
349 AMDS	GS-0303-07	Medical Administrative Assistant	ART
349 CES	GS-0344-07	Management Assistant	ART
349 CES	GS-0303-07	Readiness Program Assistant	ART
349 CES	GS-0301-09	Readiness/Emergency Management	ART
349 LRS	GS-0346-09	Logistics Management Specialist	ART
349 MXG	GS-0335-09	Computer Assistant	ART
349 MXS	WS-8801-13	Aircraft Overhaul Supervisor	ART
749 AMXS	WS-8801-08	Aircraft Overhaul Supervisor	ART
349 OSF	GS-0303-07	Wing Operations Center Controller	ART
349 OSF	GS-2181-13	Airplane Flight Instructor	ART
70 ARS	GS-0303-07	Operations Technician	ART
79 ARS	GS-2181-13	Airplane Flight Instructor	ART

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



News & Notes

Want to become a Key Spouse? The 349th Air Mobility Wing needs you!

Key Spouses are assigned to each unit to act as a liaison between you and your unit's leadership to make sure your family's needs are being met during periods of separation.

Key Spouses help you thrive and survive during deployments by keeping you updated on unit and base events, communicating any problems you may have to the appropriate leadership, and connecting you with any services or resources you may need. They want to be there for you whenever you need them!

To find out who your spouses' unit Key Spouse is, or to find out how to become a Key Spouse, just call the A&FRC at 707-424-2486, or contact the units First Sergeant.



Continue your CONTACT magazine via email, 349th Wing news on the web

Starting next month, the *CONTACT* will no longer be mailed to your home, reducing our carbon footprint and saving the taxpayer more than \$5,000 per month.

Despite a loyal print readership, budget realities and the evolution of online media make this the right time for a change.

We had more than 60,000 unique visitors to <http://www.349amw.afrc.af.mil/> last year and the number continues to climb. The site often receives more than 25,000 page views each month.

If you have a civilian email address on file in the military personnel system, we will automatically send you a link each month to the digital version of the *CONTACT* on the

website.

Although our focus is shifting to online media, the magazine will continue to be available in a print version for the at least next few months.

You should be able to find a copy most unit orderly rooms, the lobby of the 349th Headquarters building and wing mail room lobby. We'll assess customer demand and adjust the print run accordingly.

If you would like to have the *CONTACT* link emailed to you at a different address than the one you have in the personnel system, simply send an email to 349amw.pa@us.af.mil with "Subscribe" in the subject line.

Yellow Ribbon Program - save the dates

The Air Force Reserve Command established the Yellow Ribbon Program to sponsor events that help Airmen and their families transition from the pre-deployment phase through post-deployment phases of an Air Force mission.

These events are a great way for service members and their families to receive the tools necessary for successful deployments and to get with other military families to share their experiences.

Yellow Ribbon events take place over weekends in family-friendly settings. During the event itself, childcare is provided free of charge by an AFRC approved childcare provider serving children ages infant to 17 and the costs of travel, hotel and meals are reimbursed through the travel voucher process.

The 349th Wing is participating in the upcoming Yellow Ribbon events in **San Diego, August 26-28.**

For more information on these events or on the Yellow Ribbon program here at Travis, contact Master Sergeant Silas at 707-424-3936 or via email at: pamela.silas@us.af.mil.