

Team Travis
349th Air Mobility Wing

CONTACT

"In Omnia Paratus"

October 2011 Vol. 29, No. 10



Wing honors your boss with
349th Employer Appreciation Day



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
Capt. Torri White
Senior Master Sgt. Ellen Hatfield
Master Sgt. Robert Wade
Senior Airman Amelia Leonard

On the Front Cover: — Sixty-eight Northern California employers of 349th Air Mobility Wing Airmen were treated to a day honoring them, here, Aug. 20. This Employer Appreciation Day gave reservists an opportunity to share with their employers the rare experience of flying in a military aircraft with a flight aboard a C-17 Globemaster and a KC-10 Extender, where employers enjoyed the view down the coast from Mendocino to Monterey, the Sierras, Mammoth Lakes, Yosemite and Lake Tahoe, and a refueling mission. Reservists and representatives from the California Employer Support of the Guard and Reserve turned out in force to show their appreciation of these employers whose support has a profound impact on the 349th AMW's ability to meet recruiting and retention goals.

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.

Most
rewarding
time in my
career



*by Col. Albert V. Lupenski,
349th Operations Group*

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

--John Quincy Adams

As I prepare to depart the 349th Air Mobility Wing to take command of the 932d Airlift Wing, I reflect on the success of this Wing over the past three years. The accomplishments are a direct reflection of the dedication and patriotism of each and every member of the 349th AMW. As the largest associate wing in the Air Force Reserve Command, we have proven over and over, that we can meet any challenge and perform with incredible success.

The key to all this success is the relationships we have formed within our wing. In the three plus years that I have been in command, I have watched as our groups have worked together to solve problems and move our wing forward. While there was not always agreement, we managed to compromise for the good of the team.

Another key to our success has been the enduring relationship we have maintained with our partners in the 60 AMW and the 615th Contingency Response Wing. Never do you hear us referred to as tenants. We are true partners, and this partnership is by far the benchmark for all others to emulate.

During my remarks at my assumption of command in 2008, I drew a comparison between our wing and a football team. I compared the Operations Group to the offense, the Maintenance Group to the defense, the Mission Support Group to special teams, and the Medical Group to the medical staff. I talked about how just having a good offense was not enough to make a championship team. It takes the whole team to win it all. We truly have a championship team in the 349th AMW.

This has been the most rewarding three years of my Air Force career. It has truly been an honor to serve with each and every one of you.

Leading our Airmen, answering for our actions

by **Chief Master Sgt. Buford D. Hadley II**
55th Aerial Port Squadron



“*Well done is better than well said*” – a quote from one of America’s founding fathers, Benjamin Franklin. What does that equate to in the high ops tempo environment of today’s Airmen? Are we really prepared as a smaller Air Force to carry the fight to the enemy? More important, are we willing to engage each other, regardless of how trivial we may think an issue is? We may be prepared for the fight and engage on the “big picture” issues, but we must remember that we are also responsible for leading our Airmen and answering for our actions. Our people are the backbone of any and all operations. They are the vital elements to our teams’ composition.

The following statements are fictitious to include the names and ranks: “Yes, Sergeant Grumpy, I processed my travel voucher from my TDY”; “No, Captain Happy, my medical exam is scheduled for tomorrow; “Airman All-in, I followed up on your PCS orders and you should receive them this week.” These are actual conversations that occur on a regular basis, across the Air Force, as we prepare ourselves and our families for pending relocations, deployments, exercises and daily missions.

As Airmen, supervisors and leaders, we have all experienced the frustration of learning that the facts were not as they were stated to us. In other words, we were given “lip service” to satisfy our questions. We were told what the other person thought we wanted to hear.

Referencing the statements above, was the travel voucher processed in its entirety? Was the medical appointment really the next day or was the appointment recorded as a “no-show”? Did the supervisor follow-up on the PCS orders? One of our many obligations is to ensure we are taking care of each other, and meeting our requirements for continued military service. This is not a new revelation that came to the author in a dream, but comes instead from the invaluable lessons experienced while serving in the best military in the world, bar none.

So now the moment of truth has arrived. When you leave your shop, office or place of employment at the end of the day, are you satisfied with a job well done? I encourage all of us to assess ourselves from time to time in this regard so that complacency does not set in. *Integrity-Honesty-Excellence in all we do.*

Foundations keep life focused, peaceful, joyful,

by **Chaplain (Capt.) Andrew Edwards, 349th Air Mobility Wing**

This article will reach you after the tenth anniversary of 9/11. It is a day that greatly changed many people’s lives, including my own.

Fortunately, regardless of the difficult times that occurred during and after this terrible act of terrorism, my foundation for life was still steadfast and strong. It is important to have a foundation that keeps life focused, peaceful, and joyful, regardless of how life hits.

Perhaps you can remember where you were when you heard about the first airplane hitting the World Trade Center north tower, and where you were when the south tower was hit. I was working in the law enforcement field, as an investigative analyst with the Postal Inspection Service, working narcotics and child exploitation cases. I was profiling some labels that could lead me to help apprehend a suspect in a narcotics case, when my work partner told me about the first aircraft hit. I figured it was no different than the tragic time a World War II bomber hit the Empire State building several decades ago. But then, the second

aircraft hit, then a third at the Pentagon, and finally the fourth aircraft crashed in Pennsylvania.

I was also working in a local church as a youth minister. Both jobs were greatly impacted by that September morning. Having been in the military years prior, and understanding the nature of this attack, I knew we would be going to war. Many men and women would be involved with military combat and would need to be ministered to spiritually. After all, war and killing always has an effect on the spirit and the mind.

Knowing this, I joined the Air Force as a chaplain candidate and started school for chaplaincy. I became a Reserve chaplain at Travis Air Force Base, and now conduct worship services at the Marine Corps Recruit Depot in San Diego. (NOTE: one of the young Marines married my daughter!)

My job at the Postal Inspection Service also changed. Instead of working in my normal field, I began working anthrax cases,

(See STEADFAST on Page 5)

Team Travis Remembers 9/11

by Capt. Torri White,
349th Public Affairs

A formal tribute ceremony took place for the heroes and victims of 9/11 on Sunday, Sept. 11, in front of the 60th Air Mobility Wing Headquarters building.

Around the flag pole, Airmen from the 15th Expeditionary Mobility Task Force, 60th Air Mobility Wing, 615th Contingency Response Wing and the 349th Air Mobility Wing were joined by civic leaders, council members, veterans, civilians and Team Travis community partners to pay special honor to the flag and to the fallen heroes of 9/11.

Retired Senior Master Sgt. Carl Gibbins acted as the master of ceremonies and led the crowd through an honorable ceremony. The guest speaker, Col. John C. Flournoy, Jr., 349th Air Mobility Wing Commander, shared his perspective on the events of 9/11 with the audience, and a Team Travis troop formation in service dress blues.

Colonel Flournoy, who was in the basement of the Pentagon when Flight 77 struck, shared his memories of that day, and asked the audience if they, too, remembered where they were.

"Like millions around the world, I am sure you can remember where you were", said Flournoy, "Like you, that memory is etched in my mind."

"Are you sharing your story with your children and your neighbors? Do they understand why we are willing to make the ultimate sacrifice to protect our country?" Flournoy asked the crowd of more than 400 hundred patriots.

"I ask that you never forget," Flournoy concluded as he stepped back from the podium.

After receiving a small token of appreciation for speaking, he once again stepped back to the microphone. "Never forget...never— forget," he said once more, emphasizing the importance of remembering that day, before returning to his seat.

Colonel Robin Schultze, 60th Medical Operations Squadron, will never forget where she was that day. She thought it was important to attend the Tribute ceremony to honor all the people that lost their lives.

Ten years ago, she was assigned to the White House Medical Unit as a flight nurse aboard Air Force One, performing her routine pre-flight duties.

"I was one of two flight nurses with the President in Sarasota, Fla.," Schultze recalls. "I was on Air Force One when we received the news."

Schultze says they repeatedly went over contingency plans and trained for the worst. She said on that day, the right contingency plan kicked in to action; the president boarded the aircraft, and they were airborne.

At the ceremony, a moment of silence was taken to honor the almost 3,000 people who lost their lives ten years ago on 9/11, and to pay respect to the thousands that lost their lives thereafter in support of the war in Iraq and Afghanistan.

The 9/11 tribute was centered around the base's daily



Col. John C. Flournoy, Jr., speaks to a crowd of more than 400 Travis Air Force Base family, friends and retirees, at the 10th anniversary 9/11 Retreat and Remembrance ceremony Sunday. That fateful day in 2001, he was a young major on duty at the Pentagon, who heard, and felt, the concussion when American Airlines Flight 77 crashed into the building, killing all 59 on board, and 125 on duty at the Pentagon. "I urge you, as painful as it may be, to do whatever is necessary to ensure that you and your loved ones never forget that September day," he said. (U.S. Air Force photo/Senior Master Sgt. Ellen L. Hatfield)

retreat ceremony. Retreat, which comes from the French word "Retraite," refers to an evening ceremony. The bugle call sounded at retreat was first used in the French Army and dates back to the Crusades. Retreat was originally sounded at sunset to notify sentries to start challenging until sunrise, and to tell the rank and file to go to their quarters.

On Sunday, retreat was played to pay respect to the flag, which was flown by Americans all over the world after 9/11, in a show of patriotism and solidarity. Retreat sounded, the American flag waved forcefully in the wind at half-staff, and the audience stood to pay their respects.

Major Pamela Townsend-Atkins, 60th Medical Support Squadron, her husband, mother, and 8-year-old son Christopher stood in support.

(See REMEMBERS on Page 11)

Lieutenant shines during pilot training

A lieutenant assigned to the 79th Air Refueling Squadron is sporting gold bars and silver wings these days.

Second Lt. Douglas Smith graduated Aug. 19 from Specialized Undergraduate Pilot Training Class 11-13, at Laughlin Air Force Base, Texas. Graduating at the top of his class, he was awarded the Air Education and Training Command, Commander's Trophy Distinguished Graduate Military and Academic Training award, for his professionalism, officership, leadership, airmanship, situational awareness and flying skills.

Observing his triumph were not only family but friends from the 79th ARS. Also attending the graduation was Lt. Gen. Stephen P. Mueller, vice commander, U.S. Air Forces in Europe, from Ramstein Air Base, Germany.

Although all our Air Force training can be challenging, pilot training is especially intense. For Lt. Smith, he began with a six-week pre-flight phase of academics and physiological training. The second phase, his primary training in flight, is in a single-engine, turboprop T-6A Texan II.

He learned aircraft flight characteristics, emergency procedures, takeoff and landing procedures, aerobatics and formation flying. He practiced night, instrument and cross country navigation flying.

The lieutenant's primary training was 23 weeks and included more than 300 hours of ground, simulator, and flight training.

The third phase, the airlift/tanker track, had him flying the T-1A Jayhawk, which is the military version of the Beechcraft 400,



Second Lt. Douglas Smith graduated Aug. 19 from Specialized Undergraduate Pilot Training Class 11-13, at Laughlin Air Force Base, Texas.

business jet. Instruction in this centered on crew coordination and management, instrument training, cross-country flying, and simulated refueling/airdrop missions. This training took 26 weeks, including more than 330 hours of ground, simulator and flight, once again.

Those of us who fly as passengers can appreciate taking more than a year of your life to learn something that well, graduating at the top of your class. We salute Lt. Smith, and can't wait to fly with him!

STEADFAST... (Continued from Page 3)

helping the F.B.I. and Secret Service agents work major cases as part of the growing concern for domestic terrorism.

In other words, the foundations of my life were greatly affected. I cried with the rest of the nation that day, as so many lost their lives. I watched people volunteer for clean up and relief at Ground Zero. I also watched with all of you as our President took our nation to war, and like many of you, I have served in that war, in Afghanistan. I have sought to love people, help them strengthen their existing foundations, and build new ones for their lives.

How's your spiritual foundation doing? Is your foundation steadfast, immovable, and strong? Are you taking care of yourself spiritually? Do you do those things that keep you steady, even in the midst of an unstable world which seems to be reeling in many directions, economically and politically? Do you have peace and joy in the midst of tremendous upheaval? You must build and maintain a firm foundation!

Did you know the following facts about the World Trade Center foundation: 16 square acres of dirt were removed, 70 feet deep, to build the foundation for the WTC. It cost \$91 million to build (the foundation); the dirt removed made what is

now known as Battery Park City. Even after the collapse of the WTC, the foundation was damaged, but still intact. The initial engineers and builders knew the importance of a strong foundation; after all, it had to support two 110-story structures.

I ask again: How's your foundation for living doing? On what was it built? For me, it is built on the Bible, reading through it every year, spending approximately an hour a day in prayer. It was built on loving people, even those who are hard to like, spending every day trying to make a difference for one person at a time. My foundation is built with spiritual mortar and rebar. It keeps my life healthy and strong, regardless of the difficult winds of change in life, health, economics, politics, and more.

I keep my physical foundation strong with 45 minutes of exercise, 5 days a week. I spend copious amounts of time with my beautiful wife and family, and make sure to eat a healthy diet.

All this helps me maintain a strong foundation, regardless of what happens in life. Although the new towers are going up at the WTC, those original foundations are still there. You can build and rebuild upon a strong foundation.

If you need some help building or shoring up your foundation, please come visit the chaplains. We are here to help you!

'Dream Deployment' - Travis Major

Maj. Alan Tornay returned from a six month deployment to tell his colleagues that he had the “dream deployment.” The fact that he earned the trust and friendship of his Afghan counterparts as well as a Bronze Star Medal speaks to his accomplishments while there.

A Reservist with the 82nd Aerial Port Squadron, and in civilian life the logistics manager of the 60th Logistics Readiness Squadron, Tornay had the rare opportunity to work with a joint task force, combining forces from all branches of the U.S. military, other NATO forces and the Afghan National Army.

Soon after arrival, he had the opportunity to travel and visit forward operating locations around Afghanistan. He was eventually forward deployed to the Special Operations Advisory Group at a camp that was inside a much larger Afghan base.

The camp housed about 250 people, which included only a few dozen U.S. military personnel. Everyone in camp had multiple roles. Tornay’s primary role was as the Director of Logistics (J4) for the camp. In addition to ensuring the camp and its occupants had the resources they needed he also served as the mentor to the Afghan National Army Special Operations Command logistics officer (G4). Tornay was the

also the support center director with oversight of supply, food, engineering, ammunition, communications and personnel. He finished out his tour as the executive officer.

Almost every day of his deployment was spent with the G4 from Afghan National Army Special Operations Corps, Lt. Col. “Qudos,” (first name used in this story, for security reasons) assisting him to plan for the logistical needs of the special operations forces throughout the country.

“I’d meet with Colonel Qudos, initially helping him and his staff with short-term planning,” said the major. “What do we need here and now, how do we survive the day, or the week.”

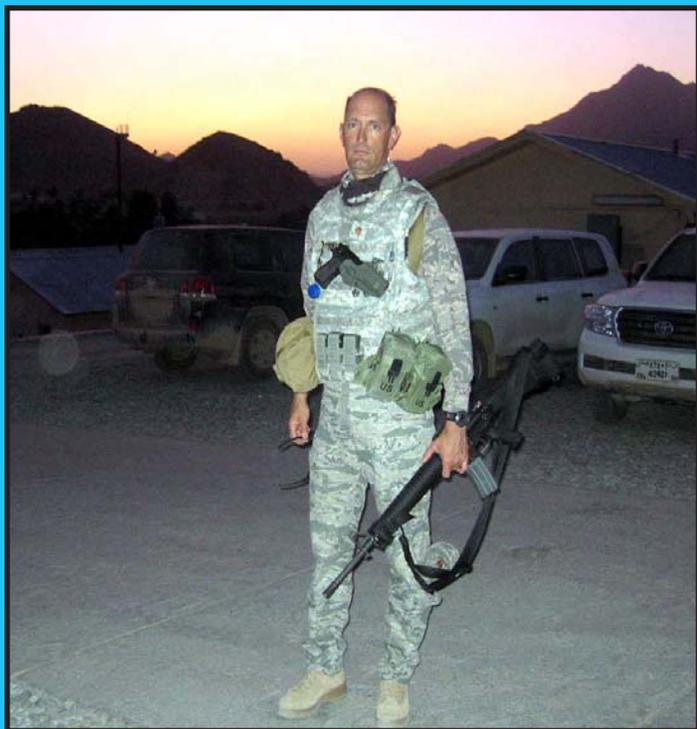
The Major worked side-by-side with the Afghans, to give them mentoring and training, while simultaneously providing Lt. Col. Qudos and his staff with the skills needed to provide for their own logistics needs. By the time Tornay left, the ANASOC was examining mid- and long-term goals. Lt. Col. Qudos was better able to see the way ahead and start planning for their future, working to ensure the proper equipment, resources, and materiel were put in the right place at the right time, to support the war fighters within special operations.

“As coalition forces return home from Afghanistan, the Afghan Commandos and Special Forces will be relied upon to fight the Taliban, Al-Qaeda, and other enemies head-to-head,” said Tornay. “These Special Operations soldiers are the elite fighting force in Afghanistan. They are sought after to take the fight to the enemy, and to protect the people so that NATO troops can come home sooner rather than later.”

Because of the inherent danger in their operations and location, Tornay trained alongside the U.S. special operations forces. They called this “general military training,” but there was nothing general about it, in a



Afghani women and children line up for supplies at a clinic on the base where Maj. Alan Tornay was deployed. The major’s wife, Robyn, and other staff members gathered up 400 pounds of supplies, including clothing, food, and animals to send to these families who had never known luxuries in Afghanistan.



(Courtesy photo)

Maj. Alan Tornay geared up for safety and security during his recent deployment to Afghanistan.

or makes the most of his six months

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



(Courtesy photo)

supplies and toys
Tornay was de-
her college class
toys and stuffed
never see such

location where
danger was closer
than ever.

The major said they trained on the firing range and conducted buddy drills, involving techniques like tandem shoot-on-contact, shoot and move drills, and transition drills, requiring a transition from one weapons system to another. "Whether on base or in convoys, which was fairly often, this training kept everyone in the camp in concert with what they needed to do to stay safe and secure in their area," he

said.

They also drilled on radio operations and how to maneuver in heavily armored vehicles. All the combat skills training stood him in good stead. "We had a vehicle break down on a convoy," said Tornay. "That was one of the most intense situations of my tour, because of the number of people in the convoy, and the fact that about half were unarmed, like interpreters and contractors."

The unique training, the chance to work alongside his brother and sister services, mentoring the Afghan special operations forces, helping a country rebuild itself after the ravages of more than two decades of war -- these were the rewards for Tornay, and reasons he called it the "dream deployment" with the "dream team."

Not the least of his rewards was being able to help some local Afghan women and children who regularly visited a nearby clinic set up for them.

Not only did some of the noncommissioned officers in his camp get supplies for the clinic, but when the major told his wife, Robyn, about the clinic, she sprang into action. An



(Courtesy photo)

Maj. Alan Tornay is locked and loaded, ready to take off to an undisclosed location during his recent deployment. The major was deployed for six months to a forward operating location, embedded with a joint task force that included all branches of the U.S. military, NATO forces, and the Afghan National Army.

administrator at Woodland Community College, Woodland, Calif., she worked with her college's sociology club and shipped 400 pounds of supplies and toys to the clinic. "They appreciated all of the items provided and seeing the children with a new stuffed animal or school supplies made for better days," he said.

Working with the Afghans on a daily basis, knowing what he was doing every day was affecting their decisions, their future and their ability to succeed, leaves the major with peace of mind that his mission was accomplished. The friendships he forged continue on. "I still get emails from there, including my interpreter," he said. "I know they want to continue the dialogue with us."

Tornay feels the Afghans are hopeful for their future. "They are appreciative of everything we are doing for them," he said.

Reserve Health Readiness Program

by Col. Karl B. Ross,
349th Aerospace Medicine Squadron

The Reserve Health Readiness Program, in partnership with the Armed Forces Reserve Components, continues to increase the medical and dental readiness of Service members, by providing no cost services to Air Force Reserve members.

RHRP provides medical and dental readiness services that include Periodic Health Assessments, dental examinations and x-rays, limited dental treatment, immunizations, vision services, audio services, laboratory services, physical examinations, Post-Deployment Health Reassessments (PDHRAs), occupational health services, vaccine storage and distribution, at no cost to our members.

To provide this wide range of medical, dental and behavioral health services, RHRP uses a nationwide network of over 36,000 private providers of various disciplines from the Logistics Health, Inc., contract network. They are trained on the Service Component-specific requirements for all the Service members. RHRP services are provided through models including: in-clinic using the offices of the civilian provider network; and where providers perform group services at unit locations.

After medical and dental readiness service needs are identified and service requests are ordered and approved, the appointment or group event is coordinated and managed from beginning to end by the Service point of contact and Logistics Health. For individual appointments, RHRP, in conjunction with the Service member:

- Assigns a licensed provider and schedules an appointment;
- Ships kits to the Service member with the needed information and materials;
- Re-confirms the appointment with the Service member;
- Receives the documentation from the provider;
- Determines if the Service member has any deployment limiting conditions and recommends further treatment or evaluation;
- Updates the pertinent Service Component medical and dental readiness database.

For more information about the RHRP, please go to:
www.fhpr.osd.mil/ForceReadiness/rhrp.

For more information contact phone number: 1-800-666-2833 Ext. 3555.

AFRC Yellow Ribbon Event

The Air Force Reserve Command Yellow Ribbon invites you to a Western Regional Yellow Ribbon Event to be held in Las Vegas, Nevada on October 21-23, 2011. It will be a casual event in an elegant and relaxing venue with fun-filled activities for the whole family.

This event will include activities, referral information, education, resource booths and interactive breakout sessions that span the concerns and issues faced by PRE and POST Deployers and their loved ones. Planned activities may include benefits information, marriage enrichment, living as a single and educational and fun youth activities. Free, professional childcare will be provided during the event.

Eligible AFRC (ART, TR, IMA and AGR) deployers are encouraged to bring their family members. Spouses, children, parents or siblings may be eligible for invitational travel authorizations (ITA) which provide reimbursement for actual travel and dining expenses. Service members may be eligible to bring up to two "Designated Individuals" at government expense, that do not fall within the parameters of a family member. These requests will be reviewed on a case-by-case basis by your Yellow Ribbon Representative and prior-approval must be attained to receive reimbursement on eligible travel and dining expenses. Please speak to your YR Representative for more information.

Please register now by visiting: <https://einventions.afit.edu/OCT2011Attendees/anim.cfm>. The event REGISTRAR will provide further instructions upon approval of your registration. Make sure you register ALL your guests. Final cutoff date for registration is Oct 7.

The AFRC Coordinator for this event is Master Sgt. Jackie Zawada (jackie.zawada@us.af.mil) phone: 478-327-0219 or you may contact the 349th Yellow Ribbon Program Coordinator, Master Sgt. Pamela Silas at 707-424-1616.



Brown bagging doesn't mean not 'bringing it' - 'Go green' with healthy lunches

by Lisa Webster,
60th Aerospace Medicine Squadron

With the new school year underway, many parents begin their planning process for that infamous new school year resolution: "I want to send my child to school with a healthy packed lunch."

It is important to remember what children eat at a young age has a massive impact on their eating habits for life.

"It is essential that we work together to get the younger generation into the habit of choosing and enjoying healthy nutritious food," said Tatiana Dykes, 60th Diagnostics and Therapeutics Squadron registered dietitian.

"When packing a lunch for your child, it is sometimes tempting to take the easy way out by packing a lunch stocked with potato chips, cookies and the same old boring sandwich day after day," Dykes said. "We, as adults, wouldn't accept eating the same things day in and day out, so why should children?"

According to Dykes, brown bag lunches can be exciting and chock full of a variety of healthy options. These lunches need to provide children with the energy and sustenance they need to grow and develop. The lunches also should help them concentrate in class.

The Travis Health and Wellness Center suggests that you give the following quick and handy tips a try to create healthy and flavorful brown bag lunches.

Let's get back to basics – complex carbohydrates for energy:

- Try to keep a selection of breads in the freezer for to make sandwiches more interesting. Try multigrain and seeded rolls, whole grain bagels, whole wheat baguettes, whole grain pita breads and wrap – the variety is endless. (Children have reported they like their sandwich fixings separate from the bread so it doesn't get soggy.)

- Use leftovers from dinner the night before – just cook extra pasta, couscous or rice so you will have leftovers because these foods taste just as good when they are cold. Mix them with roasted or grilled vegetables, a few nuts or flaked tuna for a great cold salad alternative. Try the mixture wrapped in a romaine lettuce leaf – it's great for a cool lunch on a hot day.

Filling the void – protein rich foods: Try to include lean meat, chicken, fish, eggs, nuts or beans in your brown bag lunch:

- Tuna with cucumber, green pepper, or tomato;
- Low fat hummus and cucumber, carrot and jicama sticks;
- Cottage cheese and dried apricots;
- Cooked chicken or turkey, tomatoes and spinach leaves;
- Peanut butter and banana – Elvis' favorite;
- Mini-burritos made with rice and black beans or refried beans in a tortilla with tomato salsa;
- Grilled chicken or pork loin from last night's barbecue with a homemade honey mustard dip.



Remember, if using a spread, choose one with reduced fat.

More complex carbohydrate options: It's important to eat five or more servings of fruit and vegetables everyday. You won't be stuck for choice when it comes to lunchtime if you remember to stock up on your next shopping trip:

- Fresh fruit such as apples, grapes, banana and kiwi fruit. Take your child with you to the grocery store to pick out different fruits and vegetables to try at lunch time.

- Dried fruits, such as raisins, apricots, cranberries, pineapple, mango and papaya.

- Chopped raw vegetables, such as carrot sticks, cherry tomatoes or a mixed salad.

Dairy delights: Important for calcium and vitamin D. Try to include some dairy products in your lunch box. They are important to keep teeth healthy and bones strong.

- Low fat or plain yogurt, moderate in sugars – no more than about 30 grams of sugars in a six-ounce cup, and high in calcium, at least 25 percent of daily value for calcium in a six-ounce cup. Add some nuts, seeds or dried fruit for an alternative.

- Milk – You should serve fat-free versions of chocolate, strawberry or other flavored milks. Some single-serve containers of chocolate, other flavored whole or two percent milk drinks can be too high in calories, 400 to 550 calories, and saturated fat - one-third of a day's worth. You might be better off making your own fruit-based smoothies to send along in a thermos.

Tasty treats: There's nothing wrong with something sweet in your lunch box. Just try and make healthier choices when you can by including:

- Plain popcorn;
- Granola snack bar – remember to look at sugar levels;
- Trail mix – easy to make and store. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds and dried fruits like raisins, apricots, apples, pineapple or cranberries.

Put in a drink to stay hydrated:

- Plain water, still or sparkling, or add a splash of cranberry, peach, grape or other fruit juice for a change of pace.

- Plain milk – skim/non-fat or one percent.

- Pure fruit juice in small cartons.

- Hot drinks in the winter such as soups.

Keep cool: Remember food safety.

- Use a cool bag and pop in an ice-pack or freeze a carton of juice and place in with food to keep cool.

- Keep in the fridge until morning if you make it the night before.

- Remind your child not to store their lunch in the sun.

For more information, contact DGMC's Nutrition Clinic at 707-423-7867 or the Travis HAWC at 707-424-HAWC (707-424-4292.)



Warrior of the month

Warrior of the month: Tech. Sergeant Ariana W. Dahl

Squadron: 349th Logistics

Readiness Squadron

Job title: Logistics Planner

Hometown: Oxford, North

Carolina

Years in service: 12½

years

Family: Brennan Dahl

(husband)

Goals: To complete my bachelors degree in 2012, earn rank, have two happy and healthy kids, and continue to score an "excellent" rating on my physical fitness test!

Greatest achievements:

Getting my Community

College of the Air Force

degree, being selected 4th Air

Force Logistics Plans Civilian of the Year for 2010, going on three

deployments; being happily married for 11 years, and that my family is

proud of me.

Hobbies: Exercising (swimming and other sports), and traveling

Supervisor's Master Sgt. Loren Nickell comments: "Thank you for choosing Sergeant Dahl for this well earned recognition. She is the consummate professional. Her dedication and drive toward supporting the 349th AMW mission is second to none. She takes her work very seriously, and she is extremely passionate about it, and the mission. Her attention to detail and willingness to take on all challenges are a shining example for all the wing Airmen to follow. She definitely plays a very important role in the 349th LRS. I envision a very bright future for the 349th LRS as long as Sergeant Dahl is a part of this squadron."



Photo by Senior Master Sgt. Ellen Hatfield

ENLISTED PROMOTIONS

MASTER SERGEANT

HANSEN, KENNETH E., 45th APS

JIMENEZ, FRANCISCO, 349th AMW

MCNALLY, JOANNE, 749th AMXS

SWANEY, DAVID C., 312th AS



TECHNICAL SERGEANT

AQUINO, ADAM B., 749th AMXS

ARONS, STEVEN E., 749th AMXS

BAIGAN, ANDREW L., 349th MDS

HERNANDEZ, SERGIO, 349th AMXS



STAFF SERGEANT

BIAS, STEVEN D., 82nd APS

FELIPE CUBACHA, NICOLE, 349th ASTS

HERRINGTON, BENJAMIN D., 349th AMW

SANCHEZ, ROBERT R., 349th LRS

SIBAL, MARVIC P., 945th AMXS

VARNES, KERRY D., 349th MXS



Effective September 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 Mgmt	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 Ordnance Disp	SSgt	52R3	Chaplain	Officer

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

Thunderous response from fans as Travis Team Airmen unfurled the colors at opening of 49ers game on 9/11

U.S. Air Force photo/ Col. John Lipinski, 15th Expeditionary Mobility Task Force



REMEMBERS... (Continued from Page 4)

"We don't want to forget what happened to our country," Atkins explained, "and I don't want my son to forget why I serve." As the tribute ceremony commenced, the Band of the Golden West played the National Anthem and the Honor Guard lowered the flag.

Retired Chief Master Sergeant Bob Thrower, who drove in from Reno, Nev., for the ceremony, watched from the bleachers, as the flag was lowered.

"I drove in today for this ceremony because I wanted to support the troops and remember all of the people that are no longer with us," Thrower said. "If we continue to remember our history, it brings us together and unites us all. It also reminds us to remain vigilant, so that history does not repeat itself."

The Honor Guard fired three volleys, TAPS was played, and the flag was retired. "Amazing Grace" was played on the bagpipes by the 571st Mobility Support Advisory Squadron's Master Sgt. Iain Morrison, until it was faintly heard in the distance.

Petty Officer 3rd Class Philip Laramie, assigned to Fleet Air Reconnaissance 3, stood out in the bleachers with his crisp, white Navy uniform, among a sea of blue Airmen. He thought it was important to attend the Team Travis ceremony on his way to work, to remember lives lost that day and pay his respects.

"That day touched so many people, and I wanted to remember all the sacrifices," Laramie said. "These ceremonies show we are all united and that we will always come back strong."

Although the troop formation was dismissed and the audience dispersed, the theme of the ceremony and the words of the guest speaker reverberated: "Team Travis will never forget."

Wing Commander's Call

Wing Commander's Calls will be conducted on the Sunday of both A and B Flights in October. 0800-0900, 16 and 23 Oct, Base Theater, UOD for all.

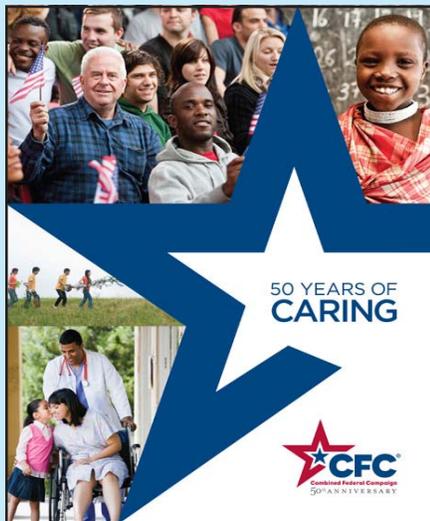
Combined Federal Campaign runs now until December 15th

The CFC today is known to be the most inclusive workplace giving campaign in the world with the number of participating charities estimated at over 20,000 nonprofit charitable organizations worldwide. The charities supported through the CFC range from nascent community groups to large, well-known charities.

Partnerships with nonprofit organizations are a core part of the CFC structure. In each of the 210 CFC areas throughout the country, local and national nonprofit organizations collaborate closely with committees of volunteer Federal employees to design marketing strategies for the campaign and to process the receipt and distribution of Federal employee contributions to the charities they choose.

CFC also directly involves participating nonprofit organization leaders in the design of new policies and programs that are shaping the future of the Combined Federal Campaign. These partnerships are promoting greater direct giving from Federal employees to local and national nonprofits.

Anyone interested in giving to the CFC, can visit www.cfctoday.org or if you have comments or questions, please contact CFC Operations at cfc@opm.gov.



October is Domestic Violence Awareness month. Visit www.nrcdv.org/dvam or Military OneSource to find out more about domestic violence or how to get help.

Reminder of uniform changes

Per AFI 36-2903, items that are phased out in the near future:

Oct. 1: 33S Legacy badges

Nov. 1: Battle Dress uniform (BDUs)

Desert camouflage uniform

Black tee shirt

November 2011:

Black combat boots (with utility uniforms & FDUs)

Tan boots (with ABU/outside Theater of Operations)

How to indicate a Line-of-duty

How to indicate a Line-of-duty:

1. Immediately seek care from a military medical treatment facility. If no MTF is available go to the nearest hospital emergency room for treatment.
2. With supervisor help, prepare mishap report for all injuries.
3. Report to 349th Aerospace Medicine Squadron with the following documents:

- Proof of status (UTA, AT, Man-Day, School Tour, etc.)
- Completed AF Form 141, Ground Mishap Worksheet
- Police reports for all motor vehicle accidents
- Medical documentation

4. The 349 AMDS will provide the Line-of-Duty briefing
5. LODs must be initiated within 72 hours of incident

Medical Profile Documentation Required:

- Medical diagnosis of injury or disease
- Duty restrictions and expected release date
- Recommended treatment plan
- Prognosis (expected outcome of injury or disease)

For more information or questions, contact your Unit Health Monitor.

11th Annual 349th AMW Wing Enlisted Workshop

Career Development/Progression
Guidance, Leadership, Mentoring

October 6-7, 2011

Bldg 921, Aerial Port Squadron
111 Ragsdale Road
Travis Air Force Base, Calif.

POC: Chief Master Sgt. Darlene Chaboude: 424-0122
Darlene.Chaboude@us.af.mil

349 AIR MOBILITY WING ANNUAL AWARDS BALL

Saturday, November 5, 2011

Social: Six o'clock / Dinner: Seven o'clock
(Dancing will begin after the Formal Program)

Delta Breeze Club
Travis Air Force Base, California

Military: Semi Formal / Mess Dress / Civilian: Formal
Cost: \$33 for Club Members / \$35 for Non-Club Members

R.S.V.P. by October 24, 2011

POC: Master Sgt. Delmora Holman-McClendon
707-424-1148
Alt POC: Senior Airman Tiffany Deng
707-424-3812

See E-Invitation to register and for menu selection:
<https://einvitations.afit.edu/AirmenoftheYear773/index.cfm>