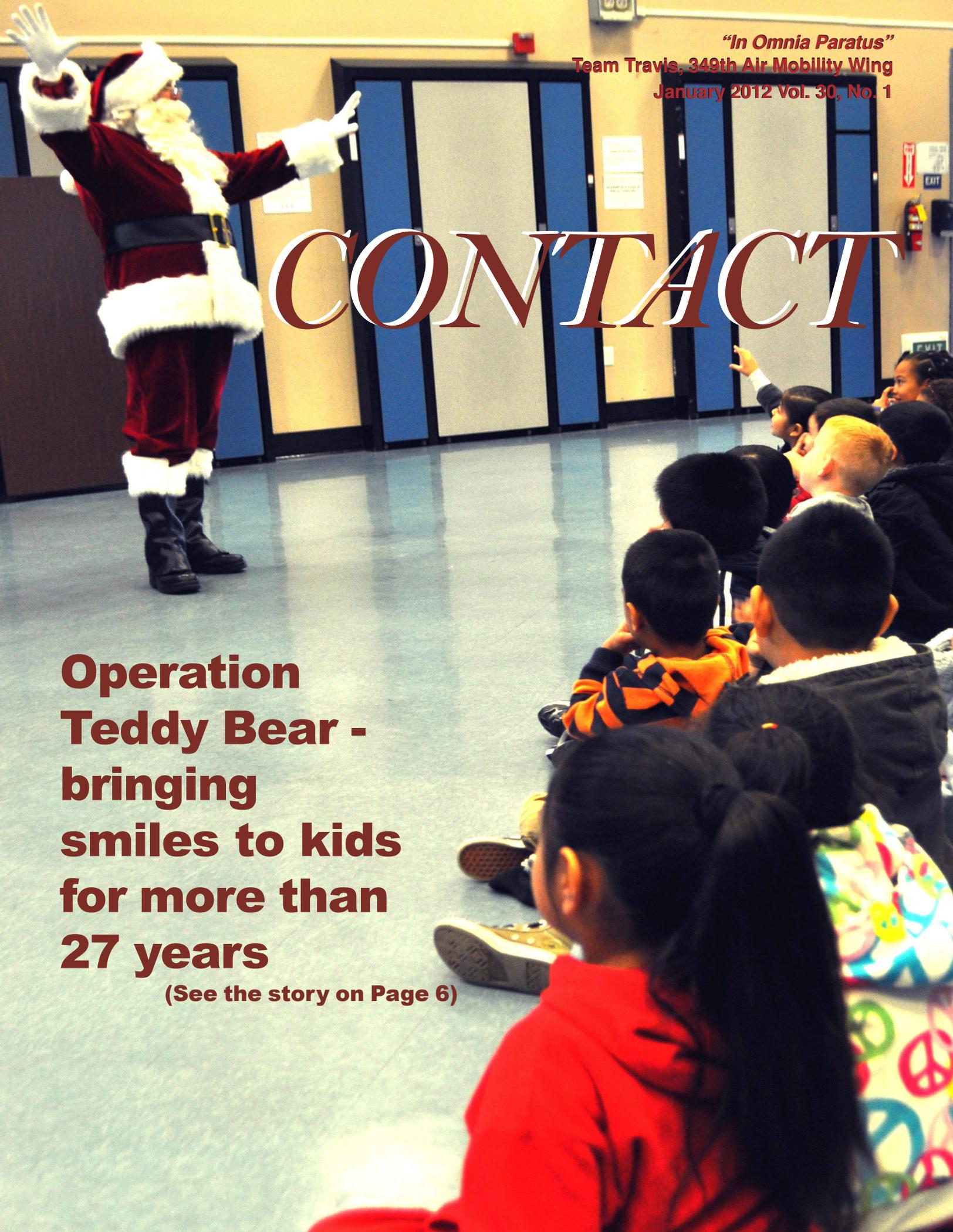


# CONTACT

**Operation  
Teddy Bear -  
bringing  
smiles to kids  
for more than  
27 years**

**(See the story on Page 6)**



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**On the Front Cover:** — For more than 27 years, Operation Teddy Bear has taken the holiday spirit of giving to underprivileged kindergartners in local schools. What would the holidays be without a visit from Santa Claus, a.k.a. Chief Master Sgt. Louis Kloeppe? Here, the children of Edwin Markham Elementary School, Vacaville, help Santa name all eight tiny reindeer, plus Rudolph, as he tells them tales of the North Pole. Each child received a Teddy bear and a bag of small gifts, and whispered their special wish in his ear before he left. See the full story on Page 6. (U.S. Air Force photo/Senior Master Sgt. Ellen 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.

# New Year - don't take our purpose for granted



*by Maj. Michael Sovitsky*  
*349th Aircraft Maintenance Squadron*

**W**e've just ushered in the New Year of 2012. The warm and joyful holiday memories linger, of time spent with family and friends, eating great foods, sharing gifts, just being together. It's a great time to give thanks and enjoy the freedom we experience as Americans. It is also the perfect time to thank other members of the Armed Forces, past and present, for the freedoms they have provided for us. On occasion, we sometimes lose focus on the reasons we chose to serve. We may have come to take our purpose for granted, as Airmen of Travis Air Force Base. Just recently, I had the opportunity to meet an American who represents the highest levels of service to our country, and epitomizes why we should never take for granted our service, and why we should all give thanks for the freedoms we enjoy each day.

I was walking through McCarran International Airport in Las Vegas and couldn't help but notice an elderly gentlemen headed towards the gate with his wife, to wait for his flight. He was dressed in business casual, and as he passed me, I couldn't help but notice the Medal of Honor around his neck. Naturally, I approached him and introduced myself. I told him I was currently serving in the Air Force Reserve, and wanted to shake his hand. Since he was with his wife on his way home, I kept the conversation short. I thanked him for his extraordinary service and sacrifice and let him know I was honored to meet him. As I sat awaiting my flight, I "googled" where he had earned his Medal of Honor. I was in awe. During Vietnam, this great American single-handedly held off waves of enemy troops, while protecting the escape of his fellow soldiers. He was subsequently captured and served two years as a prisoner of war. Talk about service and sacrifice!

This by-chance conversation made me realize how privileged I am to be serving and commanding beside so many great Airmen. Whether active duty, guard or a traditional reservist, we make sacrifices. It is important to remember why we serve. We defend our country, help those in need, and protect freedom for our nation and others. These responsibilities are great and our sacrifices substantial. They should never be taken for granted. My conversation with the Medal of Honor recipient reinvigorated me. In this new year, I encourage all who serve to pause and reflect on why you joined the military. Think about your fellow Soldiers, Sailors, Airmen, Marines and Coast Guardsmen, past and present, and the sacrifices they made. Give thanks to your families for their sacrifices during your service to the country. Remember, to serve is both an honor and a privilege; it should never be taken for granted.

I wish you the best for 2012, and thank *you* for your service!

# I never saw that coming...

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

There I was playing defense. The opposing player was driving to the basket. I adjusted and stepped into the lane. He stopped short and went up for the shot. I jumped to try to deflect the shot. The next second I am lying on the floor looking to see who kicked me so hard in the back of the leg. There is no one there. I start to get up and I can't (Please no 'he's fallen and can't get up' jokes). It was then I realized what happened. I had snapped my Achilles tendon.

The 'hang your head and shake it' part of the story is that it was only three days before my scheduled rotator home from this 'undisclosed location in Southwest Asia.' I had already completed my out processing checklist, had several of my bags packed, trained my replacement and was going to relax and do some of the things I hadn't taken time to do during the previous three months. I went to the theater to see what was playing and saw that the next decent movie would be several hours away. Since I had time to kill before the movie, I decided to go to the gym to see what was going on. As soon as I walked in I was invited to play basketball because they were one player short for a full court game.

That is how it went. I did enjoy two games and was in the middle of the third game when the accident happened. That was when I had to make the phone call. "Honey, you'll

never guess what happened. I was playing basketball and ... well I tore my Achilles." The response was rather normal, "You've got to be kidding." In that moment, everything changed. The realization that my expectations, the expectations of my wife and kids, my church, the Air Force – all the expectations built on my return home on that Saturday were shattered. But I had to worry about the more immediate needs. How would I make it through the airports with all my luggage? How would I even be able to fly in the cramped quarters around half the globe? The answer was Medical Evacuation. The experience I had over the next ten days coming home was rather enlightening to say the least. Three days and nights in a transitional medical staging area in Afghanistan is not on any vacation highlight, especially if you are semi-non ambulatory (only able to move on crutches and only for short distances and only for a short time). I was unable to change clothes or bathe. I was barely able to use the toilet. When a flight out was available it was, of course, at 0300 with a half-hour notification. Once on the plane I was absolutely humbled. Across the C-17 center aisle were three beds. The first had a patient that seemed fairly together but seemed to be suffering from internal injuries. The second one had his face and arm pretty torn up. The third was missing several limbs and was on life support. All

my discomfort and complaints dissolved into a sea of compassion. Lying on my litter for the hours that it took to get to Germany, watching these and the many other patients I was travelling with, allowed plenty of time to consider the price of war, or better, the value we place on protecting our national interests and the welfare of others.

After we arrived in Germany and after being checked into the hospital, I met my roommate. He had been shot in the arm and was about to have his first of at least four surgeries to repair it. I was there when the news came to him that the nerves and muscles should have a full recovery. They would have to remove some of the bone and would have to graft in a section and a skin graft would also be needed to cover the wound. He took it all in stride. After all, he was a medic and had seen injuries



Medical Evacuation Flight from Bagram to Landstuhl (U.S. Air Force courtesy photo)

(See ACHILLES on Page 9)

# New Year fitness plan - cardio or weights? Which comes first?

by **Bill Goins**  
**8th Medical Operations Squadron**

One of the most frequently asked questions I get as a fitness professional is, "If I am going to do my cardio and strength training on the same day, which comes first?"

Experts are definitely split on this issue. The majority of fitness experts will advise you to do the cardio after the weight training, because if you do cardio first, it uses up much of the energy source for your anaerobic work (strength training) and fatigues the muscles before their most strenuous activity. This same view holds that strength training first will deplete the muscles' stored carbohydrates (glycogen or sugar), and therefore, will enhance fat burning during the cardio workout due to the lack of available sugar for fuel.

However, there is no credible, concrete research that proves this, and what it should really come down to are your fitness goals.

For instance, if your primary goal is to increase your aerobic endurance or lose body fat, then you should perform cardio first. If your primary goal is to increase muscular strength, then do strength training first. To get the most out of your workout, perform the exercise that is most important to your goals first, when you are not fatigued.

If your fitness goals include overall improvements, finish your workout with the type of exercise you enjoy most.

I see a lot of people who have set a goal of losing fat around their belly and they spend an hour on the bench press or doing tons of curls. Why? Because they are good at those and they see the results. The problem is that when they are done with those, they are too fatigued or don't have time to have a quality cardio workout.

The same applies to the folks I talk to who want to firm up their arms, but don't like to lift weights because they don't want to "get big".



349th Air Mobility Wing staff members take a spin class at the base gym during a recent UTA. (U.S. Air Force photo/Master Sgt. Robert Wade)

Lifting weights does not automatically equal "big," and you won't firm those muscles on the treadmill. Spend 10 minutes at the beginning of your workout working on your legs, chest, back, shoulders and arms and then go for your stair stepping marathon. You will be shocked at how much more toned you become.

The bottom line is this, it is better for you to have consistency in your exercise, than to worry about the two extra calories you might burn from doing weights or cardio first. Analyze your goals and plan your workouts to reach those goals. Before you know it, your belly will begin flattening out without sacrificing any of your chest or bicep size. Additionally, your triceps will have incredible shape and you will still be able to take the stairs to the top of Mt. Everest.

For more information on the Air Force Fitness Program please visit: [www.afpc.af.mil/affitnessprogram](http://www.afpc.af.mil/affitnessprogram).

## FITNESS ASSESSMENT

The Air Force uses an overall composite fitness score and minimum scores per component based on aerobic fitness, body composition and muscular fitness components to determine an overall fitness. The assessment components are comprised of:

- Body composition evaluated by abdominal circumference measurements

- Aerobic component evaluated by 1.5-mile timed run

- Muscular fitness component evaluated by the number of push-ups and sit-ups completed within one minute

Members not medically cleared to complete the 1.5-mile run will be assessed through an alternative aerobic test consisting of a 1.0-mile walk as determined by the exercise physiologist/fitness program manager unless otherwise exempted.

All components of the fitness assessment must be completed within a three-hour window on the same day.

The body composition assessment, to include height, weight and abdominal circumference measurements, is performed by fitness assessment cell staff and must be the first component assessed. The abdominal circumference is used to obtain the body composition component score instead of the Body Mass Index, or BMI. Height and weight are not factored into the composite score.

The muscular fitness components, including push-ups and sit-ups, may be accomplished before or after the 1.5-mile run. The 1-mile walk has to be accomplished after the abdominal circumference measurement but before the muscular fitness components. There is a minimum three-minute rest period between components.

Fitness assessments will be completed by fitness assessment cell staff. Where no fitness assessment cell exists, assessments will be conducted by a certified unit fitness program manager or physical training leader.

## SCORING

Members will receive age and gender-specific composite scores based on the following maximum component scores: 60 points for aerobic, 20 points for body composition, 10 points for push-ups and 10 points for sit-ups.

Those with duty limiting conditions prohibiting them from performing one or more components of the fitness assessment will have a composite score calculated on the assessed components. Members must achieve a minimum of 75 adjusted points, based on points available, and meet minimum component standards.

## FITNESS CATEGORIES

Airmen who fitness test will receive a score in one of three categories:

- Excellent:** Composite score equal to or greater than 90 with all minimum components met.
- Satisfactory:** Composite score of 75 - 89.99 with all minimum components met.
- Unsatisfactory:** Composite score less than 75 and/or one or more minimum components not met.

# Yellow Ribbon Event hosted at Santa Fe

The first Yellow Ribbon Event of the new year is to be hosted at Santa Fe, N.M., Jan. 27-29.

The Yellow Ribbon Program was initiated by the Secretary of Defense and mandated by Congress in 2008 to provide information, services, referral and proactive outreach programs to Reservists and Guardsmen and their dependents through all phases of deployment cycles. The program's goals are to prepare service members and their families for mobilization, sustain families during mobilization, and reintegrate service members with their families and communities upon return from deployment.

Airmen who have deployed for 90 days or more—or are projected to deploy—are eligible to attend Yellow Ribbon events. They are put on orders and are compensated for food and travel expenses for themselves and their families. Free child care is also provided, and attendees sometimes

have chances to win free prizes. At no expense to the service member. Registration for this event will end on Jan. 13.

YRP offers a variety of interactive sessions for single and married Airmen, helping them learn about and discuss finances, communication, relationships, veterans' benefits and more. Participants are able to attend three sessions of their choice plus a mandatory deployment-oriented session.

To learn more about this event or to register, please contact Master Sgt. Andrew Piehl, 424-3517 or for more information on the Yellow Ribbon Program and how to become involved, visit [www.yellowribbon.mil](http://www.yellowribbon.mil).



## Snow, chains driving safety tips

Before you head up to the snow in the Sierra Nevada Mountains, here are some tips to assist you with your adventure:

- Check your vehicle out by ensuring your brakes, windshield wipers, defroster, heater, exhaust system are fully operational
- Ensure you have food, water, clothes, blankets, flashlight, small shovel, candles with you in your vehicle
- Ensure your vehicle is full of fuel in the event you get stuck
- You may want to place

in your trunk some other items as well. A small burlap bag of sand can be used for traction, as can the burlap bag. An ice scraper or brush is useful for sweeping off snow or scraping the windshield.

Weather conditions in the Sierra Nevada Mountains change at a moment's notice. A good habit to be in is always

carry your tire chains with you when going up to the mountains. Why you may ask? When you leave home the weather may be cloudy or sunny, but it may be snowing at the higher elevations. One way to assist you in planning for your trip is pre-plan. You can do this by visiting the CalTrans website to get the most current road conditions in the mountains. Go to [www.dot.ca.gov](http://www.dot.ca.gov) and type in the highway number you will be traveling. Another avenue is program their 800 number into your cellular phone. Their number is 1-800-427-7623 and speak the highway number for the current road conditions.

Allow yourself enough time. Slow down as you may be cited from a state trooper for driving too fast for conditions. Pre-planning and practicing "Operation Risk Management" can assist you in enjoying your trip to the snow.



When you see the chain controls on the side of the roadway:

- You must stop and put on chains when highway signs indicate chains are required. You will have about one mile of "chains required" signs prior to the checkpoint to install your chains.
- The speed limit when driving with chains is 25-30 miles per hour.
- Do not stop in a traffic lane to put chains on your vehicle. Wait until you are completely off the roadway and in the checkpoint or installation area before putting them on.
- If you use the services of a chain installer, always get a receipt and badge number of these individuals. These installers are not CalTrans employees. Having their badge number can assist you with any misunderstandings later. These individuals cannot sell or rent chains.
- After you pass the "End Chain Control" signs, it is time to remove your chains. Pull as far off the road once you pass these signs and remove your chains.

These are just a few safety tips to make your travels easier.

# Operation Teddy Bear - Counting the mi

In spite of the chilly morning Dec. 14 at Vacaville's Edwin Markham Elementary School, Mr. Bob was on unofficial duty as greeter. With coffee mug in hand and Santa hat perched jauntily on his head, he called out "Good morning, happy holidays," to teachers, parents and children, as they hurried on their way to class.

Mr. Bob remembers 25 years ago, when his son, a five-year-old kindergartner, was on the receiving end of Operation Teddy Bear, sponsored by the 349th Air Mobility Wing at Travis Air Force Base, now in its 27th year. "I remember him getting his bag with a Teddy Bear, coloring book and some goodies, it was special," he said.

This year, the wing volunteers visited kindergarten classes in four elementary schools, Anna Kyle and Fairview in Fairfield, Anderson in Dixon and Markham. Santa, a.k.a. Chief Master Sgt. Louis Kloeppe, and his elves, in ABUs and red and green jingle hats, tried to sneak around and surprise wide-eyed, excited children, who inevitably caught glimpses of them.

A grassroots effort begun 27 years ago by civilian employees Cipriano Villanueva and William Ronders, has grown from one school and a small celebration, to four schools, and hundreds of bags filled with small treats, school items, coloring books, and of course, soft, cuddly Teddy Bears. The 349th Medical Group has been organizing the event for a number of years, with the help of community donations, fund raisers and volunteers from within the wing, and often retirees and family members.

This year's event was at times, poignant and heartwarming, as the little ones lined up to sit on Santa's lap and whisper in his ear, their secret wish for Christmas. Santa was especially moved when one little boy whispered, all he wanted for Christmas was a job. Many of these children, who feel the daily effects of hard economic times, asked for nothing more than a coloring book, and a Teddy Bear. "This is your lucky day!" Santa told them, with a hug and a twinkling smile.



# Smiles of smiles for more than 27 years



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

# Warrior of the month

Warrior of the month: **Monica Wilson**

Squadron: **349th Aerospace Staging Squadron**

Job Title: **Aerospace Medical Technician**

Hometown: **Milpitas, Calif.**

Years in Service: **She joined May 2009**

Family: **Her mom, step father, sister, niece and nephew all live here in California.**

Goals: **Senior Airman Wilson is currently going to school for her Bachelor of Sciences degree in Fire and Emergency Management to hopefully become a fire investigator with the Sacramento Fire Department. As a reservist, she hopes to transition to the Critical Care Air Transport Team.**

Greatest achievements: **“Becoming a paramedic, earning Air Force honor graduate, and achieving a 4.0 in school are my greatest achievements,” she said. “Those are the things I hold to be most proud,” she said.**

Hobbies: **“I love to snowboard,” she said. “I also like to barbecue and do anything that involves the water.”**



## Be part of something bigger

Warrior of the month, Senior Airman Monica Wilson, 349th Aeromedical Staging Squadron, “shadowed” Chief Kathleen Buckner, 349th Air Mobility Wing Command Chief Master Sergeant, during the A Flight duty weekend at Travis Air Force Base, Calif., Dec. 3.

Wilson recently returned from a six month deployment to Ramstein Air Force Base, where she gained invaluable insight and skills into her career field.

“It was definitely an eye-opener,” she said. “I learned a lot for sure.”

Wilson, an Paramedic with the Sacramento Fire Department, joined the Air Force Reserve in May, 2009. She wanted to be a part of something bigger than herself and do her part, she said.

“If it wasn’t for the military before me, I wouldn’t be able to do my civilian job.”

While deployed, Wilson loaded and unloaded warriors from aircraft coming from the Area of Responsibility to the Contingency Aerospace Medical Staging Facility, she said. The CASF is an area, similar to an emergency room triage,

*Story and photo by Senior Airman Amelia Leonard, 349th Public Affairs*

where the technicians and doctors determine the severity of the injury and either treat the patients with minor injuries there, or transfer patients with more severe injuries to the hospital.

Wilson treated people from all branches of the service while at Ramstein, as well as civilians coming from the AOR, she said.

“It was so humbling,” she said. “Some of the guys were in there with half of their legs missing asking for us to release them so they could get back to work.”

It was in times like those that things were put back into perspective for her, she said. It was why she joined in the first place.

“It was like, wow! I’m really part of the mission here,” she said.

Upon her return from deployment, Wilson enrolled in an online college to work toward her Bachelor of Science degree in Fire and Emergency Management, she said. She hopes to use her skills gained from the deployment, along with those learned in her civilian job to transition into a role with the Critical Air Transport Team here at Travis, she said.

# 349th Wing Annual food drive wrap-up



U.S. Air Force photos by Master Sgt. Robert Wade

Chaplain staff of the 349th Air Mobility Wing rack and stack donated food items at the conclusion of the 9th annual wing food drive.

In spite of a difficult economy, members of the 349th Air Mobility Wing donated more than 5,180 pounds of food items for a local food bank, and for our own Airmen and their families in need — almost matching the wing's record from 2009 of 5,400 pounds.

The need for donations continues throughout the year. Individual groups or squadrons who want to organize a unit project should contact the Wing Chaplain's office at 707-424-0308, for more information about how to best help.

## ACHILLES ...

(Continued from Page 3)

worse than his before. He told me his story and I told him mine. I joked that I was the bravest because he was trying to stay out of the way of the shot that hit him but I intentionally stepped in front of the shot that got me. We both knew the truth.

By the time I arrived back at Travis, I was changed. I am very thankful that I had the opportunity to experience what I did. As a Christian Pastor and Chaplain, I believe God allows us to use the negative circumstances of life for good. In my theology I do not believe God desires bad things to happen to anyone. I do believe bad things happen to everyone. The question then comes down to the basic question — how will we handle the circumstances we find ourselves in. When life blindsides us, are we prepared to seek a perspective that may be very different from our initial response? Can we train ourselves to look for alternate chapters in our life stories so that it always has a good ending with a moral or a lesson that can benefit others? Many times in life we will be able to say, "I didn't see that coming." My hope for you is that when those times come you will use the experience for good. You can seek out help from friends, loved ones, counselors or even chaplains as you seek to use the bad situation to

accomplish a positive outcome. I hope to use my experience to help others. Blessings to each one of you this new year and may laughter push all your troubles aside.



Welcomed home by co-worker Chaplain (Capt.) Andrew Edwards and Col. Jay Flournoy, 349th Air Mobility Wing commander (U.S. Air Force photo/Master Sgt. Rita Houchin)

## *349th Wing Traditional Reserve Vacancies*

AFSC	AFSC Title	Rank	AFSC	AFSC Title	Rank
11G3	Generalist Pilot	Officer	3M071	Services	MSgt
11M3K	Mobility Pilot, General	Officer	3P051B	Combat Arms	SSgt
11M2A	Mobility Pilot, General	Officer	3S271	Education & Training	SSgt/TSgt/MSgt
11M3S	Mobility Pilot	Officer	41A3	Health Services Admin	Officer
11M3Y	Mobility Pilot	Officer	43H3	Public Health	Officer
12M3	Mobility Navigator	Officer	43P3	Pharmacist	Officer
1A151	Flight Engineer	SSgt/TSgt	44F3	Family Physician	Officer
1A251	Aircraft Loadmaster	TSgt/MSgt	44M3H	Internist	Officer
1A271	Aircraft Loadmaster	SMSgt	44Y3	Critical Care Medicine	Officer
1N071	Operations Intell	TSgt	45S3B	Surgeon	Officer
21A3	Aircraft Maint	Officer	46A3	Nurse Administrator	Officer
2A571	Aerospace Maint	TSgt/MSgt	46F3	Flight Nurse	Officer
2T251	Air Transportation	SSgt/TSgt	46N3	Clinical Nurse	Officer
2W071	Munitions Systems	TSgt	48A3	Aerospace Medicine Sp	Officer
3E252	Electrical Power Prod	SSgt	4N071	Aerospace Medical Svs	SSgt/TSgt/MSgt
3E251	Pavement & Const	SSgt	4N091	Aerospace Medical Svs	SMSgt
3E451	Utilities Systems	SSgt	8F000	First Sergeant	MSgt/SMSgt
3E651	Operations Management	SSgt	5J051	Paralegal Assistant	SSgt
3D073	Cyber Security	TSgt	52R3	Chaplain	Officer

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

### *ENLISTED PROMOTIONS*



CHIEF MASTER SERGEANT  
**DESMET, DANIEL E.,**  
45th APS



TECHNICAL SERGEANT  
**ALEXANDER, KYLE H.,**  
349th AMXS  
**DAVIS, JEFFREY B.,**  
349th MXS



SENIOR MASTER SERGEANT  
**BOBOC, ROBERT D.,**  
82nd APS  
**HILT, GRAYLAND L.,**  
349th AMW (PEP)

**HASLER, SHEILA M.,**  
349th MDS (PEP)  
**HENRY, GEOFFREY D.,**  
301st AS  
**MARTINEZ, RACHEL M.,**  
349th AMW



MASTER SERGEANT  
**DRUMMOND, STEPHEN A.,**  
349th AMXS  
**HATFIELD, STEVEN E.,**  
312th AS  
**NORTH, WILLIAM R.,**  
349th CES

**NGUYEN, DAVID V.,**  
82nd APS  
**PASCUA, KALE K.,**  
349th LRS



STAFF SERGEANT  
**MUNSON, JENNA B.,**  
349th AES  
**WOMACK, CHARLES,**  
349th MXS

Effective December 2011 or earlier.

## 349th Wing Full-Time Vacancies

UNIT	GS/SERIES	TITLE	
349 AMW	GS-0501-09	Financial Management Specialist	ART
349 FSS	GS-0203-07	Human Resources Assistant (Military)	ART
349 FSS	GS-0203-05	Human resources Assistant (Military/OA)	CIV
82 APS	GS-0303-07	Resource Management Assistant (Office Automation)	ART
349 MAS	GS-0303-07	Services Assistant	ART
55 APS	GS-1702-09	Training Technician	ART
349 MOF	GS-1702-07	Training Technician	ART
349 AMXS	WG-2610-12	Electronic Integrated Systems Mechanic	ART
349 MXS	WG-8255-10	Pneudraulic Systems Mechanic	ART
349 MXS	WS-8801-13	Aircraft Overhaul Supervisor	ART
349 AMXS	WS-8801-08	Aircraft Overhaul Supervisor	ART
945 AMXS	WG-8852-10	Aircraft Mechanic	ART
749 AMXS	WG-8852-10	Aircraft Mechanic	ART
349 OSF	GS-0301-09	Aviation Resources Management Specialist	ART
70 ARS	GS-0303-07	Operations Technician	ART
301 AS	GS-2181-13	Airplane Flight Instructor	ART
79 ARS	GS-2181-13	Airplane Flight Instructor	ART
79 ARS	GS-2181-14	Aircraft Operations Officer	ART
79 ARS	GS-2185-12	Supervisory Flight Engineer (Instructor)	ART

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

### OFFICER PROMOTIONS

Nomintated to the rank of  
brigadier general



**JOHN C. FLOURNOY, JR., 349th AMW**

Nomintated to the rank of  
colonel

**RICHARD M. CASTO, 79th ARS**  
**CONSTANCE L. JENKINS, 349th MSG**  
**NANCY MIKULIN, 349th AES**  
**CARL L. REED, II, 349th AMW**  
**PATRICK T. WILLIAMS, 349th AMOS**

\*Note: Promotion dependent upon Senate confirmation

# AFRC announces new Command Chief - Chief Master Sgt. Kathleen R. Buckner

Lt. Gen. Charles E. Stenner Jr., chief of Air Force Reserve and AFRC commander, selected Chief Master Sgt. Kathleen R. Buckner for the command's top enlisted post in December.

"Chief Buckner has done all the right things to achieve this goal," said Col. Jay Flournoy, 349th Air Mobility Wing commander. "She is a strong voice for the entire enlisted force, and is not afraid to speak her mind in their best interests."

Chief Buckner has been the Command Chief for the 349th Air Mobility Wing since May 2009. She grew up in Gary, Indiana, and she enlisted in the Air Force in 1987. Her active duty background includes duty at various levels in the Operations Resource Management arena as well as an Airman Leadership School Instructor. Her assignments include bases in California, Utah, Spain and the Netherlands. After serving almost 10 years on active duty, Chief Buckner separated and started her Air Force Reserve career in January 1997 assigned to the 434th Operations Support Squadron at Grissom ARB, Ind. September 1997 she accepted a position as an Air Reserve Technician with the 452nd AMW, March ARB, Calif. She served as an ART in the 730th Airlift Squadron and 452nd Command Post until she left the ART program in June 2002 and accepted a federal civilian position with the Department of the Navy as a Special Security Officer.

Chief Buckner then became a traditional reservist and served as a First Sergeant with the 452nd Mission Support Squadron, Maintenance Operations Squadron and Maintenance Squadron. She was selected as AFRC First Sergeant of the Year in 2005. She deployed to Al Udeid Air Base, Qatar, from January-May 2007, where she was assigned as First Sergeant of the 379th Expeditionary Maintenance Squadron in support of Operation Iraqi Freedom. Prior to coming to the 349th she served as the Individual Mobilized Augmentee to the Air Force Reserve Command Chief, Chief Troy J. McIntosh.

"Although this will be a huge loss for the wing, it is a enormous gain for the command," Colonel Flournoy said. "She will be sorely missed, but we're excited for her future."



## Operation Readiness Exercise May 2012

**Less than 10 Unit Training Assembly days until kickoff**



# CBRN WARRIOR



**USAF**  
**TSgt First Last**

Write on Green Duct Tape  
**USAF**  
**Rank First & Last Name**

- Front/Back of Helmet
- Front/Back of Hood
- Over Right Breast

**For More Info Contact**  
**Emergency Management at 424-3518 or 4935**

Clean & Full Canteen with Water

**Arm Band w/ ID\***

**Large Pocket Inside Mask Carrier**

- MK1 Kit (Atropine, 2 Pam) or ATNAA (Sim)
- CANA (Sim)
- P-Tabs (Sim)
- Mask QNFT Certificate

**Reflective Belt**  
- Worn 24/7\*

**Right Leg Pocket:**

- Airman's Manual
- M-8 Paper (Sim)

**Left Leg Pocket:**

- M-291 Kit (Sim)
- M-295 Kit (Sim)

**M9 TAPE IS SIMULATED WITH 2 INCH MASKING TAPE**

**M-9 tape is Affixed to Six Locations**

Place tape on both upper arms, both wrists, and both ankles

**DO NOT WRITE "SIM M9" ON MASKING TAPE**

\* Color determined by unit assigned

V.1 OPR: 60 CES/CEX