



*America's First Choice*

# CONTACT

Vol. 22, No. 03

Magazine for and about Air Force Reserve members assigned  
to the 349th Air Mobility Wing Travis Air Force Base, California

March 2004

## 349th Maintenance Group conducts Fuel Cell rescue training

(See story on Page 6)



# Wing shows UCI team what we are made of

By now everyone has probably heard how the Unit Compliance Inspection went, but just in case anyone hasn't heard let me be the one to tell.

It went just as I knew it would. Great! I have seen the members of this dedicated wing in action, and I knew the members would continue on with this dedication and see the wing sail through the inspection.

It is this dedication combined with the above and beyond attitude that continues to carry this wing forward in all that it undertakes; be it an inspection or supporting the efforts of a war. The wing was prepared for the inspection and it showed.

The members make the wing, and this wing is great!

An example of how the members go above and beyond can be seen in Chief Master Sgt. Gary Runow. Chief Runow was put in charge of the 749th Aircraft Generation Squadron's dependent family care program. This is an area that historically for many squadrons has proven to be difficult to grasp and get our hands around. Rising to the task, Chief

Runow, not only was able to get his hands around the squadron's program, he gave the program a big hug!

Wanting to ensure all the t's were crossed and the i's dotted, the Chief personally drove to Chico to get one last signature on a dependent family care form so that his section would complete the



program requirements. This is above and beyond - this exemplifies the members of this wing.

I would like to say thanks to all the wing members, you are the ones who did all the work and who deserve the credit.

Being prepared is what allowed us to pass the UCI, and that is the same attitude each member needs to have to pass the new physical fitness test.



## Pass and Review

By Brig. Gen. Thomas M. Gisler, Jr.

This testing takes effect April 1 for the Air Force Reserve Command. Being prepared is the only way to pass this test. The three areas, muscle and aerobic fitness combined with body composition all will determine our physical fitness.

To be physically fit it is recommended that members have an exercise program they do three times a week. If you are not currently exercising on a regular basis you need to start. Take it slow and work up to three times a week. Walk before you jog and jog before you run. Now is the time to prepare to be ready for the physical fitness test and for the rest of your life.

On a final note, I would like to remind everyone that I will be having a commanders call in March, on Sunday of each UTA, at 10 a.m. in the base theater.

Let's continue to perfect our processes. I am very proud to say, "Thanks for a job well done!"

# Words to inspire, guide us

by Col. Fouad Yacoub  
349th Vice Wing Commander

The image of reservists as the back-up to the active force has been forever changed as evidenced by the words from our own Secretary of the Air Force James G. Roche and the Air Force Chief of Staff General John P. Jumper.

Secretary Roche said, "From the first Gulf War to the Global War on Terror, we've demonstrated this over and over. Our air reserve component accounts for more than 65 percent of our tactical airlift, 35 percent of our strategic airlift capability, 60 percent of our air

refueling, and possesses over a third of our strike fighters. The air reserve component also makes significant contributions to our rescue and support missions, and has an increasing presence in space, intelligence and information operations.

"From where I sit and view the playing field, the air reserve component is on the first string, and for decades to come will remain critical to achieving the full potential of American air and space power. There is no doubt that our Air Force would be infinitely less capable if we were to qualitatively reduce what you bring to the fight...a future total force initiative is under development in Nevada,

which will comprise all three Air Force components — active duty, Air Force Reserve and Air National Guard."

General Jumper said, "The buzzword for this decade is integration." He also talked about the Air Force in general by saying, "Saddam Hussein buried his airplanes in the sand rather than face your Air Force. That's respect, and you continue to earn it every day.

Secretary Roche and I are proud of you, and are honored to serve with you. We will continue to remain closely engaged...while sustaining the standards of excellence and morale that are emblematic of the world's greatest Air Force."



349th Air Mobility Wing  
Office of Public Affairs  
520 Waldron Street  
Travis AFB, CA 94535-2100  
Office Hours:  
Monday - Friday and UTAs  
7:30 a.m. - 4:30 p.m.  
Phone: (707) 424-3936  
FAX: (707) 424-1672

**Commander**

Brig. Gen. Thomas M. Gisler, Jr.

**Chief, Public Affairs**

2nd Lt. Robin Jackson

**Deputy Chief of Public Affairs**

Ronald Lake

**Public Affairs Assistant**

Patti Schwab-Holloway

**Editor**

Patti Schwab-Holloway

**Public Affairs Officer**

Capt. Dawn Young

**Public Affairs Staff**

Senior Master Sgt. Marvin Meek  
Technical Sgt. Jacqueline Murray

**CONTACT** magazine is the monthly, authorized publication of the Air Force Reserve's 349th Air Mobility Wing, Travis Air Force Base, California. It is printed under a contract with Folger Graphics, Hayward, California. The contents expressed herein are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. All photographs are U.S. Air Force photographs unless otherwise indicated. Missing your **CONTACT** magazine? The magazine is mailed each month to the address on file with Personnel Systems. If you aren't receiving your magazine, check with your orderly room or administration section to ensure your address is correct.

# CONTACT

Vol. 22, No. 03

March 2004

## Inside this issue

### 4 Capitalize from the Reserve's large, diverse force

Opportunities in the Air Force are endless, if you learn to capitalize on them.

### 5 Wing passes UCI, highlights superior performers

The UCI team examined processes, talked with wing members and spent many countless hours delving into programs - overall the wing does well.

### 6 Fuels - the life blood of the Air Force

The 349th Component Maintenance Squadron Fuel Systems Simulated Emergency Response Plan Exercise prepares Travis Team for a worst-case scenario.

### 7 MEO provides steps to resolve conflict

Sometimes the very nature of our diversity can be the basis for conflict. The Military Equal Opportunity office has process to help you to resolve these issues.

### 8 Employer Appreciation Day

Give your boss a chance to see the Air Force Reserve in action. Employer Appreciation Days include a briefing, an aircraft display and a workplace tour; all designed to give your boss a greater understanding of the Reserve mission.

### 9 Abdominal Circumference: Friend or Foe?

Understanding the new fitness program is about maintaining your health.

### 10 New law protects servicemembers

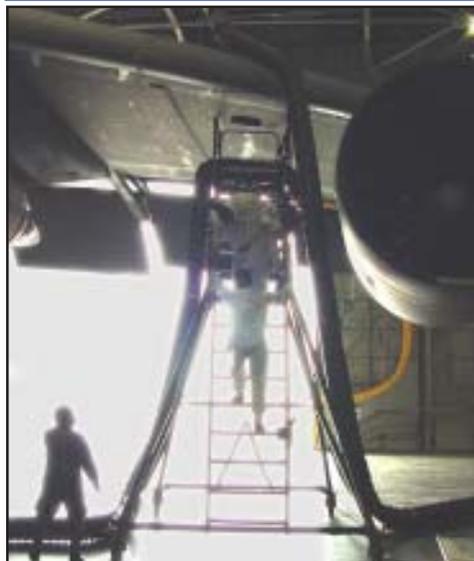
A new law replacing the Soldiers' and Sailors' Civil Relief Act provides servicemembers greater protections to handle personal financial and legal obligations.

### 11 Woman's History - a tribute to Mothers who serve

Military women are committed to peace, freedom, family and themselves.

### 12 349th Chaplain's office provides spiritual services

## On the Cover



**Easy does it:** In this 349th Component Maintenance Squadron fuel cell emergency extraction exercise, Master Sgt. Robert N. Heard becomes aware that there is a problem with Senior Airman Richard E. Brazil, Jr. Sergeant Heard, assisted by Staff Sgt. Paolo C. Baligaya, brings the unconscious airman out of his work area and starts rescue procedures until the Travis Fire Department arrives to take over the efforts.

Cover photo by Senior Master Sgt. Marvin Meek, 349th Public Affairs

# Capitalize from our large, diverse force

**D**o you ever feel lost, like you just don't know which direction to go? Should you stay in or get out? Do you definitely want to make rank, to do your very best? But, for some reason, you just can't find the time to "fill the squares."

Well, these are just some of the questions we all have to wrestle with, at one time or another, in our lives. But you should never, and I mean never, no matter what, burn your bridges.

Simply put, stay in and continue serving our Air Force, it will be well worth your efforts. You need to understand that your opportunities in the Air Force are endless. You have to learn to capitalize on them.

I believe the 349th Air Mobility Wing is a great place to serve for a variety of reasons. Besides being large, diverse and full of talented people, we are one of the few wings to have an enlisted forum for each group of enlisted grades.

Chief Master Sgt. Al Laigo, president of the Chiefs' Group, and our members annually sponsor the Travis Chief's Induction ceremony and last year hosted an additional Honorary Chief Master Sergeant event.

Our First Sergeants' Group and Top 3

Council sponsor several events each year including Operation Teddy Bear for our local schools, Operation Gratitude at the California Veteran's home in Yountville, our annual Honor Guard Day, and our Wing Enlisted Workshop.

Senior Master Sgt. Tim Fuller, president of the Top 3, Master Sgt. Dennis Madsen, president of the First Sergeants' Group, and their members have learned the benefits of belonging to a group of similar minded people.

One way for our junior enlisted to understand and learn more about leadership and the challenges of higher rank is to be a member of the 349th Rising Six Council.

This group of dedicated future leaders is already developing, planning and conducting events which will impact not only our wing, but our local community.

They hosted the highly successful Combat Dining-Out, the first "combat" event attended by our family members.

In addition, they hosted Operation Give Thanks, a Thanksgiving Day celebration at the California Veteran's Home in Yountville.

They also will be hosting our next Wing Enlisted Workshop. These are all highly



## Chief's Counsel

By Command Chief Master Sgt.  
Anthony L. Maddux

visible and important events.

Members of the Rising Six council will learn far more about the challenges of leadership in this capacity than in their own Air Force Speciality Code.

They will learn the value of a positive attitude, how to deal with problems, communications and many other skills. Yes, members of the Rising Six Council will learn and put to use a variety of new skills, but most importantly, they will demonstrate to their supervisors their willingness to accept responsibility and take initiative. The lessons learned will help their careers and others and make our wing a better place to serve.

Both the Top 3 and Rising Six councils are meeting at the Delta Breeze Club each UTA on Saturday at 5 p.m.

Remember, all you have to do is get involved and try your best. You owe it to yourself!

## Operation Teddy Bear 2004

The 349th Air Mobility Wing just recently completed Operation Teddy Bear 2003 and it is now time to start planning for Operation Teddy Bear 2004.

Planning meetings are held on Sundays of each UTA at 1 p.m. at the wing conference room.

Come out and take the opportunity to meet with this year's new coordinators: Senior Master Sgt. Janice Lambard, 349th Airlift Control Flight, Senior Master Sgt. Alice Munoz, 301st Airlift Squadron, and Master

Sgt. Michael Lattanzi, 349th Aircraft Maintenance Squadron.

These new Operation Teddy Bear coordinators are full of energy, ideas and enthusiasm to continue this highly successful program -- but they can't do it without help from you, the hard working men and women of Team Travis.

Please contact the Operation Teddy Bear point of contact, Tech. Sgt. Kari Sumner at (707) 424-2937 to volunteer or for additional information.

# Wing passes inspection, team highlights 19 superior performers

by Capt Dawn Young  
349th Public Affairs

The Unit Compliance Inspection team arrived Feb. 17 and departed Feb. 22 only after telling the wing it had passed the inspection.

The 39--member team spent the four days observing how the 349th Air Mobility Wing operates day in and day out. They examined processes, talked with wing members and spent many countless hours delving into programs.

"The wing represented itself well," said Brig. Gen. Thomas M. Gisler, Jr., 349th Air Mobility Wing commander. "I'm proud of the work each member put forth. The passing of this inspection could not have happened without the hard work from all the wing members."

The team, from Warner-Robbins Air Force Base, Ga., determined that there were 14 findings and 19 noted observations. A noted observation usually can be fixed rather quickly, and findings usually require the revamping of a program.

"The assessment of the 349th went exceptionally well," said Col. Robert E. Bailey, Headquarters Air Reserve Command Inspector General.

"This is the largest associate wing in the Air Force Reserve Command and there were only 14 finding," he added. "Think about the hundreds of things that are perfect."

"We have room for improvement in a few areas, the inspectors validated the hard work we do day-in and day-out. I see this as an opportunity for us only to get better," added General Gisler.

Although the team did note a few areas

where the wing needs to improve they also noted several areas and people who shined throughout the inspection.

Four areas within the 349th AMW received the level of commendable from the team. These areas are:

-- 349th Aircraft Maintenance Squadron "Fit Fighting Machine" Program

-- 349th Air Mobility Wing Unit Deployment Manager Training Guide

-- 349th Air Mobility Wing Mobilization Information Database

-- 349th Air Mobility Wing Mishap Reporting Program

According to Col. Bailey, the record of the wing is a success story across the board, from the squadron to the command level. "Take time to recognize those people that are responsible and focus on the good," he said.

The inspection team pointed out 19 349th members who were to be noted as superior performers:

-- Maj. Bentley Miller, 312th Airlift Squadron

-- Capt. Terry Cotter, 349th Air Mobility Wing

-- 1st. Lt. Catherine Bonilla, 349th Air Mobility Wing

-- Chief Master Sgt. Randall Wilson, 45th Aerial Port Squadron

-- Senior Master Sgt. Leslie Smith, 749th Aircraft Maintenance Squadron

-- Senior Master Sgt. Martin Walker, 349th Memorial Affairs Squadron

-- Master Sgt. David Castillo, 349th Communication Squadron

-- Master Sgt. Edward Chappell, 349th Equipment Maintenance Squadron

-- Master Sgt. Raul Garcia, 749th Aircraft Maintenance Squadron

-- Master Sgt. Jennifer LePore, 301st

Airlift Squadron

-- Master Sgt. Manuel Santos, 349th Communications Squadron

-- Master Sgt. Tony Vinson, AFRC Recruiting Squadron

-- Tech. Sgt. Fernando Garcia, 349th Medical Squadron

-- Tech. Sgt. Rebecca Henrichsen, 349th Communications Squadron

-- Tech. Sgt. Travis Roupp, 349th Communications Squadron

-- Tech. Sgt. Melissa Zrnchik, 349th Communications Squadron

-- Staff Sgt. Catherine Monteon, 349th Maintenance Operations Flight

-- Staff Sgt. Jeffery Stetson, 349th Communications Squadron

-- Mr. Harvey Davis, 349th Mission Support Squadron

Five teams were also noted as superior. The teams are:

-- 349th Theater Deployable Communications - Integrated Communications Access Package Team

-- 349th Operations Group Stan/Eval Team

-- 349th Wing Plans Team

-- 349th Component Maintenance Squadron Propulsion Safety Team

-- 349th AMW Military Equal Opportunity Team

While the inspection team was out and about conducting their inspections they also observed the wing members for courtesy, dress and appearance. The inspectors noted three outstanding wing members. The wing members are:

-- Master Sgt. Algene Osby, 301st Airlift Squadron

-- Staff Sgt. Ganell Lewis, 349th Memorial Affairs Squadron

-- Staff Sgt. Liwliwa Talingdan, 301st Airlift Squadron.

## 349th Maintenance Group Annual Award Winners for 2003

Senior Noncommissioned Officer of the Year - Master Sgt. James L. Singer

Noncommissioned Officer of the Year - Tech. Sgt. Shawn Smith

Airman of the Year - Senior Airman Antonia Holloway

# Fuels - the life blood of the Air Force

by Tech. Sgt. Jacqueline Murray  
349th Public Affairs

The 349th Component Maintenance Squadron Fuel Systems Simulated Emergency Response Plan Exercise was conducted in January at Hangar 808.

"Fuel is important to our mission," said Senior Master Sgt. Adelmiro E. Acosta, Reserve Fuel Cell Supervisor.

"It is toxic, dangerous, and the life blood of our mission to make it (aircraft) safe to carry and use fuel," he added.

The scenario, began at the auxiliary tank of the C-5 aircraft.

The emergency extraction exercise is part of their annual training and an Occupational Safety and Health Administration requirement, according to Sergeant Acosta.

"Everyone who works in the fuel cell must be respirator certified, trained in CPR and emergency extraction," said Master Sgt. Rebecca M. Kaseman, hydraulic shop.

The seriousness of this event was evident by the cautions given to the observers in the briefing prior to going



photo by Senior Master Sgt. Marvin Meek, 349th Public Affairs

**Now listen here:** Senior Master Sgt. Adelmiro E. Acosta, Reserve Fuel Cell Supervisor, explains the importance of the scenario that began at the auxiliary tank of the C-5 aircraft. This emergency extraction exercise is part of the 349th Component Maintenance Squadron's annual training and an Occupational Safety and Health Administration requirement.



photo by Senior Master Sgt. Marvin Meek, 349th Public Affairs

**Safety first, last and always:** The Travis Fire Department was out in force to support the 349th Component Maintenance Squadron Fuel Systems Simulated Emergency Response Plan Exercise conducted in January at Hangar 808. The emergency extraction exercise is part of an annual training requirement.

into the hangar.

"Turn off any cell phones, put away any jewelry, metal objects or anything that can spark," said Sergeant Kaseman. She also added that everyone should make sure there was no foreign objects lying about or that anyone had any metal on the backs of their shoes.

"Under normal circumstances nothing goes into the fuel cell," Sergeant Kaseman said.

The exercise started with Senior Airman Richard E. Brazil, Jr., as the entrant, or worker. Airman Brazil was passed out for unknown reasons while working on an auxiliary tank access door inside the left wing dry area of the C-5 aircraft.

Master Sgt. Robert N. Heard is the attendant trained and stationed at the fuel tank entrance. Once he is aware that there is a problem with Airman Brazil, Sergeant Heard goes up and brings the unconscious airman out of his work area. He is assisted by the runner, Staff Sgt. Paolo C. Baligaya.

Sergeant Baligaya is trained in confined space hazards and is familiar

with the rescue plan. He is also qualified on the use of the shop equipment.

Sergeant Heard carried the unconscious Airman Brazil over his shoulder and walked slowly down the stand. He then placed him on the floor of the hangar, and rescue efforts were started and continued until the emergency personnel arrived.

Emergency personnel were led to Airman Brazil by Sergeant Baligaya.

When members of the fire department arrived, they took over the rescue and carried Airman Brazil by stretcher to an awaiting ambulance.

Master Sgt. Robin L. Raine, 349th CMS fuel systems assistant supervisor, also participated in the emergency response exercise as the dispatcher.

According to Master Sgt. Gabriel G. Hernandez, the CMS fuel shop supervisor, this exercise had to be coordinated with the fire, medical, bioenvironmental and ground safety departments. The exercise is done to prepare the technicians and all involved for any event that may require someone to be rescued.

# 349th Military Equal Opportunity assists with problem resolution

The Military Equal Opportunity office exists to address all matters pertaining to Equal Opportunity and Treatment.

The staff of the MEO office is available to assist all military members stationed at Travis.

California is one of the most demographically diverse states in America. The men, women and children who live and work here are a part of that diversity.

Generally speaking, most people in this area enjoy working and playing together. However, there are times when the very nature of our diversity can be the basis for conflict. It is inevitable in any culturally diverse society.

The EOT Complaint Process is a means for the Reserve military member to formally or informally resolve complaints of unlawful discrimination and sexual harassment. Unlawful discrimination is unfair treatment based on race, color, gender, religion, and national origin.

Every effort should be made to resolve discrimination issues at the lowest possible level within the chain of command.

The following are steps to take to

resolve complaints informally:

- Discuss the issue with the offender with a clear message that the unwelcome behavior should stop. If this does not resolve the problem, document and;

- Go to your supervisor or chain of command to seek resolution of the problem; if this does not resolve the problem, document and;

- Consider use of mediation to mutually resolve disputes. Contact the MEO office or unit commander for assistance.

- All informal complaints should be filed within two Unit Training Assemblies of the incident or when the complainant became aware of it.

If an individual can not or is unable to informally resolve the problem, they may file a formal complaint within two UTA's from the date of the incident or when they became aware of it; or within two UTA's after the informal resolution has ended.

Formal Resolution Steps:

- Complete and sign an AF 1587, specifying the alleged discrimination.

- A complaint clarification is conducted by the MEO, where evidence is reviewed, witnesses interviewed, and documents researched.

- The commander is briefed on the results of the Complaint Clarification and

if discrimination is found, the unit commander takes necessary disciplinary or corrective measures as appropriate.

- Either the alleged offender or the complainant may request an appeal of the complaint clarification with the installation commander through the MEO office.

- If either the alleged offender or the complainant is not satisfied with the findings of their appeal, they may appeal to the next higher level of command.

- The Secretary of the Air Force is the final review and appeal level for findings of formal complaints of unlawful discrimination and sexual harassment.

It is my firm belief that most issues can be resolved at the lowest level possible. If each of us takes the responsibility of addressing issues as soon as they arise, conflicts can be resolved before they escalate into major problems. If we allow conflicts to go unaddressed, our mission of keeping America safe can be affected either directly or indirectly. We can never allow this to happen.

Members of the 349th may contact the 349th MEO office at (707) 424-1693 for additional information or to discuss any EOT issues.

## Contact Center provides 'reach back' capability

Deployed personnel specialists now have around-the-clock assistance in performing personnel actions for deployed airmen that previously may have taken days to complete.

The Air Force Contact Center will now provide one-stop customer support for deployed operations, according to Lt. Col. Jacqueline Harry, chief of the Air Force Personnel Center's Customer Support Branch.

"We're committed to supporting the war fighter by providing them with top-notch customer service at anytime, wherever they may be in the world," said Colonel Harry, "It just makes better sense with ops tempo, time zone differences and varied schedules."

While the Contact Center cannot yet

fully replace a person's servicing military personnel flight, it can accomplish much of the work currently done at home station including coordination with owning commanders and updates to the military personnel data system.

Historically, deployed commanders were required to reach back to their home station commanders, Military Personnel Flights and commander support staffs to complete personnel services for troops assigned to them, even though the airmen came from multiple locations.

According to Colonel Harry, this new partnership will essentially "cut" the middle man out of the process and, in many cases, speed up services for deployed airmen while eliminating unnecessary paperwork.

Some specific ways the Contact Center

will assist Personnel Support for Contingency Operation, or PERSCO, teams are:

- Update enlisted assignment preferences.
- Update life insurance forms.
- Updating personal info (e.g. e-mail, address, phone number, etc.)
- Correcting officer/enlisted duty history.
- Updating MilPDS on evaluation and decoration errors.

The Air Force Contact Center offers one-stop shopping service for personnel information or responds to specific inquiries across the entire spectrum of personnel programs all day, everyday by calling toll free (800) 616-3775 or online at: <http://www.afpc.randolph.af.mil> (AFPC)

# Employer Appreciation Day application

EMPLOYER: Mr. Ms. Mrs. Dr. Other:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Employer's Title: \_\_\_\_\_

Company Name: \_\_\_\_\_

Employer's Home Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Employer's Social Security Number: \_\_\_\_\_

Person to be Notified in Emergency: \_\_\_\_\_

Employer's Emergency Phone: ( ) \_\_\_\_\_  
(Area Code and Number)

## Sponsoring Reservist Information

Reservist Rank: \_\_\_\_\_ Unit Assigned: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Job Title: \_\_\_\_\_ Phone: Duty \_\_\_\_\_

Home ( ) \_\_\_\_\_ Work ( ) \_\_\_\_\_

Reservist Social Security Number: \_\_\_\_\_

**Note:** An orientation flight is offered to employers pending approval by higher headquarters and is subject to cancellation. Space is limited; one employer per reservist. Reserve members may accompany their employer if space is available.

## Employer Appreciation Days

Mission Support Group -- June 5  
POC: Tech. Sgt. Robert (Neil) Ivey,  
(707) 424-3737

Medical Group -- June 26  
POC: Master Sgt. Kalan Winston,  
(707) 424-5220

Operations Group -- August 21  
POC: Lt. Col. Lonnie Williams,  
(707) 424-1641

### Privacy Act Statement:

**Authority:** 10 U.S.C. 8013

**Principal Use:** Use of individual's SSAN is required for military flights; home address/phone is required to contact, coordinate, and/or provide participation details for Wing Employer Appreciation Day events.

**Routine Use:** Log and track employers and their participation.

**Disclosure:** Voluntary, however, without SSANs, individuals cannot be on a manifest for flights; home address/phone is required to contact employers regarding their Wing Employer Appreciation Day participation.

# Abdominal Circumference: Friend or Foe?

by Col. Laura Torres-Reyes  
380th Expeditionary Medical Group

Are you frustrated with the abdominal circumference score for the new fitness standard?

Have you pounded out hundreds of crunches, pumped oodles of push-ups, only to find your abdominal girth doesn't get you past a composite score of 80?

I must admit that at first I was perplexed and amazed that the numbers and scores didn't change based on height or age. How could that be?

The key to understanding why abdominal circumference takes a huge chunk of your fitness score is in understanding that our new fitness program is about maintaining the health of your whole body.

What really matters now to the Air

Force is that you are maintaining a state of health that decreases your risk of preventable diseases.

Research has shown conclusively that abdominal size reflects this concept of whole health.

Besides the obvious risk factor of smoking tobacco, your amount of abdominal fat is a good predictor of your risk for heart disease, diabetes, stroke and some types of cancer.

Isn't that amazing? You don't need a palm reader or crystal ball. By just taking a simple tape measurement, you can get a pretty good idea of your chances for enjoying a long, healthy life. Of course, the hard part is deciding what to do if your abs just aren't measuring up.

Take heart! You don't have to look for a liposuction specialist or invest in expensive gadgets advertised on TV to make an improvement. The only proven

way to decrease abdominal circumference is to decrease body fat.

The fact is we all have those enviable six-packs of muscle hidden under our abdominal fat. As you lose the fat, the muscle definition becomes clear. If you increase your aerobic capacity and strengthen your shoulders and core muscle groups, your total body fat will decrease and your abdomen will firm up.

It is really a pretty good package deal; as you improve your scores for the 1.5 mile run, push-ups, and sit-ups, you should see your abdominal girth decrease.

Of course, you will also have to burn more calories than you eat, actually exercise aerobically by maintaining your training heart rate between 60 and 75 percent, and build more muscle to boost your metabolism. Okay, so I never said it would be easy, but don't you feel better just knowing it makes sense?

## New moisture-resistant grease for C-5

by Timothy R. Anderl  
Air Force Research Laboratory

Low-cost, multipurpose grease developed by Air Force Research Laboratory technicians has received a positive evaluation from Air Force maintainers.

The evaluation follows nearly 1,529 airframe hours, which adds up to roughly 11 months of operation, on the C-5 Galaxy aircraft.

Equipment specialists from Dover Air Force Base, Del., who evaluated the grease's performance during a rigorous inspection of the aircraft in December, have recommended the Air Force convert to the new moisture-resistant and high-load carrying grease pending review and approval by the C-5 system program office at Wright-Patterson AFB, Ohio.

In September 2002, two C-5 landing gears were greased with the new multipurpose grease, MIL-PRF-32014, and two landing gears, which were packed with the current grease, were identified as control gears. To date, the new grease has acquired 1,529.6 airframe hours, 351 total landings, 299 full-stop landings and 360 gear cycles.

The directorate first began working

with grease companies to develop the multipurpose grease in the late 1980s, said Lois Gschwender, an engineer from the nonstructural materials branch in AFRL's materials and manufacturing directorate.

The goal was to find a commercial source of grease to replace the mineral oil-sodium-soap-thickened product used in cruise missile engines. The mineral oil product reacted negatively to air moisture and was bleeding out of bearings while in storage.

Because no appropriate greases were commercially available, and only a small volume of grease was needed for the missiles, researchers and contractors designed a unique lubricating grease which was ultimately assigned the MIL-PRF-32014 military specification. The rigorous performance requirements in the specification require the grease composition to include anti-oxidant, anti-wear and anti-rust ingredients.

Following validation testing by several military agencies and by Williams Engine Company, the grease was adopted for the cruise missile with great success, said Ms. Gschwender. When the original supply of grease was used up, still no commercial supply was available because



Courtesy photo

the need for cruise missile grease was very small. AMOCO, the civilian company under contract, again custom-made and delivered the second batch of the lubricant to the Air Force in 1994.

David Marosok, a lead C-5 landing gear engineer at Ogden Air Logistics Center, Utah, approached AFRL to solve a dilemma caused by using a very expensive grease (\$5,000 per gallon) that had been recommended by a contractor to solve corrosion and rust problems. This grease had in fact aggravated the problems.

It was then determined that a MIL-PRF-32014-qualified grease could offer improvements in the landing gear.

While AMOCO was unavailable to manufacture the grease, Nye Lubricants, a small business that specializes in specialty lubes, commercialized a qualifying grease called Rheolube 374A.

# New law protects servicemembers

by Army Sgt. 1st Class  
Doug Sample  
American Forces Press

A new law replacing the Soldiers' and Sailors' Civil Relief Act of 1940 provides servicemembers greater protections to handle personal financial and legal obligations, officials said. President Bush signed the Service Members' Civil Relief Act into law Dec. 19.

"The focus of the (new act) is the same as under the SSCRA: To provide protections to servicemembers who have difficulty meeting their personal financial and legal obligations because of their military service," said Lt. Col. Patrick Lindemann, deputy director for legal policy in the office of the undersecretary of defense for personnel and readiness.

This is significant, because it clarifies and updates SSCRA provisions and adds some protections.

"Servicemembers on long-term deployments, or called to active duty, should not have to worry about their families in their absence being evicted from their quarters without sufficient legal protections, or that they are paying on a leased car or apartment that they

can't use, or about civil legal proceedings they can't attend because of their deployment," he said.

"These are some of the situations the SCRA covers so that servicemembers are able to devote their energies to the military mission and the defense needs of the nation, and not on civil matters waiting for them at home," he said.

An automatic 90-day stay of civil proceedings upon application by the servicemember is what Colonel Lindemann called "a significant change" in the new act. This applies to all judicial and administrative hearings. Previously, stays were discretionary with the courts.

The new relief act also makes it clear the 6-percent limitation on interest rates for pre-service debts requires a reduction in monthly payments, and any interest in excess of 6 percent is forgiven, not deferred, Colonel Lindemann said.

The SCRA also expanded the protection against eviction. Under the SSCRA, servicemembers and their family who entered into a lease for \$1,200 or less could not be evicted without a court order. This amount is increased to \$2,400 and added an annual inflation adjustment. For 2004, the maximum will be \$2,465, significantly increasing the number of

servicemembers entitled to this protection, Colonel Lindemann said.

The new relief act also gives the servicemember who has received permanent change-of-station orders or who is being deployed for 90 days or more the right to terminate a housing lease with 30 days' written notice.

Before, servicemembers could be required to pay for housing they were unable to occupy.

One of the more significant new provisions is an added protection for motor-vehicle leases. Any active-duty servicemember who has received PCS orders outside the continental United States, or who is being deployed for 180 days or more, may terminate a motor-vehicle lease. The law prohibits early termination charges.

"Now, servicemembers won't have to pay monthly lease payments for a car they can't use," Colonel Lindemann said.

"Servicemembers may not always realize all the protections they have under the law," Colonel Lindemann said. "If servicemembers have questions about the SCRA or the protections that they may be entitled to, they should contact their unit judge advocate or installation legal assistance officer for further assistance."

## Nominations open for employer support award

by Donna Miles  
American Forces Press Service

The Defense Department began accepting nominations Feb. 1 for the 2004 Secretary of Defense Employer Support Freedom Award, which recognizes significant contributions and sacrifices made by employers of National Guard and Reserve members.

For the first time since the awards program was established in 1966, nominations may be submitted by anyone who has knowledge of a company or organization deserving of the award.

Previously, only guardsmen and reservists could submit nominations. In addition, Defense officials expect to

increase the number of awards presented — previously five — to as many as 15.

The awards program is particularly important now, because so many of America's employers are affected by the war on terror, said Bob Hollingsworth,

Army Reserve; 2,000 in the Naval Reserve; 19,757 in the Air National Guard and Air Force Reserve; 6,764 in the Marine Corps Reserve; and 1,057 in the Coast Guard Reserve.

"An essential link has been formed, as many of America's employers have become inextricably linked to the nation's defense by sharing their most precious asset, their employees," Mr. Hollingsworth said.

Nominations will be accepted at the ESGR Web site through March 15. Recipients will be recognized during Sept. 21 ceremonies in Washington. Previous award recipients include Home Depot, Miller Brewing, American Airlines, American Express, Intel and UPS.



executive director of the National Committee for Employer Support of the Guard and Reserve.

As of Jan. 27, 193,804 guardsmen and reservists were serving on active duty: 164,416 in the Army National Guard and

## ***March is Woman's History Month***

# **A tribute to Mothers who serve**

by 1st Lt. Clarissa A. Tuttle

349th Military Equal Opportunity

As reported by *WorldNetDaily*, the images are harsh and unsettling: "Staff Sgt. Rikki Hurston nursing her baby while her 8-year-old daughter holds tightly to her mother's travel bag, fear, and incomprehension in her eyes; the women in Army camps in Kuwait who wear pictures of their babies pinned to their combat helmets; and prisoner-of-war Shoshana Johnson, mother of a 2-year-old, answering her Iraqi interrogators."

These are among the thousands of mothers who have made the painstaking decision to leave their children in fulfillment of their commitment to peace and freedom.

This is not to infer that fathers have not gone to war, held pictures of the beloved children close, or been prisoners of war uncertain of their return, and have also felt the pain of leaving loved ones behind.

But these images described certainly evoke mixed emotions. According to Article 25 of the Universal Declaration of Human Rights, "Motherhood and childhood are entitled to special care and protection."

So why does the U.S. send mothers of young children off to war? Many would argue that the front lines of war are no place for women, much less mothers.

Others argue that the American way is to allow its citizens, including women, the freedom to make their own decisions.

The common thread is that mothers in the military are under intense scrutiny to fulfill commitments they've made—to their children, to the military and to themselves.

Military mothers across America are taking on the challenge of serving their children and proving that they can serve their country at the same time. This is by

no means a simple task.

War, on many levels, is an inherently different experience for women. Women admit their gender sets them apart, and they struggle to adjust to a male world especially in combat situations.

In addition to this struggle, they lament missed birthdays, first steps and bedtime stories. In fact, long separations from children are a major reason why many military servicewomen decide to leave the military.

While many women couldn't bare the



thought of staying in the military and risk leaving their children, many choose to stay. These mothers are just as compelled to serve our country in times of war, as they are to raise their children.

Military branches such as the Air Force design family programs for parents, dual-military parents in particular, in order to address the needs of family left behind in the wake of wartime. Mothers must often entrust their beloved children to extended family and friends in the event of a deployment in efforts to keep their

commitment to the military.

For these women concerned, it is a matter of doing their job. Being away from one's children is difficult, but anyone who is trained for the military is going to feel deprived and even unfaithful if they aren't permitted to serve their country during war as well as peace. And that means being deployed.

Shoshana Johnson is a single mother. Should she have been kept from harm's way? An increasing number of American married couples are serving in the Gulf, their children left behind. Should they be treated differently from other personnel?

If World War II's Private Ryan had to be saved because his family had already sacrificed too many sons, should we have special procedures to protect service personnel whose deaths would create orphans?

Arguably, military mothers would likely be the first to object to such individual treatment. They are members of a volunteer defense force who have chosen a career that carries risks.

Today's active duty military force consists of approximately 200,000 women, or 15 percent of the population. They comprise an even higher share of the reserve force, many of whom have been called to active duty as well.

More than half of these women are mothers – many of them single mothers. A considerable number of them are now near the combat front

lines.

Commentators don't have to agree with the war to take the view that the women serving are entitled to equal opportunity when it comes to jobs. They are there - in a war zone, risking their lives, missing their kids, wanting to come home safely (and quickly).

We as a civilian and military force must offer them the support and dignity of equality of treatment while they do their harrowing jobs—that of servicewomen and mothers.



Courtesy photo

**Smile for the camera:** Chaplain (Maj.) Gregory Stringer recently baptized Mariah Clay, daughter of 349th Air Mobility Wing member, Tech. Sgt. Laura Clay. The Chaplain's office provides this and many other spiritual services to the members of the 349th community. For more information contact the 349th AMW Chaplain's office at (707) 424-0308 during any regular scheduled UTA.

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

FIRST-CLASS MAIL  
U.S. POSTAGE PAID  
Hayward, CA  
PERMIT NO. 3335

***“Never bypass an opportunity to keep you mouth shut.”***

**Maj. Gen. Paul Menoher, Jr.**

***Operations Security (OPSEC) --***

To deny adversaries information and friendly capabilities and intentions by identifying, controlling and protecting indicators associated with the planning and conducting of operations and other activities.

For OPSEC information contact Tech. Sgt. Don King at (707) 424-5678