



America's First Choice

CONTACT

Vol. 21, No. 12

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

December 2003



Operation Teddy Bear takes off

(See Page 2 to see how you can help spread the 349th holiday cheer!)

Take time to appreciate family, friends and country

It's hard to believe that December is already here. Exercises, real world missions, Global War on Terrorism, final flights, and changes of command: we've crammed a lot of major events into a single year. And to top it all off, mobilized a third of our wing in support of the latest crisis in Iraq. Even for the 349th, it's been an incredibly busy and challenging year.

Now the holiday season is upon us and that always means activity of a different sort. In addition to our military duties, we now add family celebrations, travel, shopping, and trying to find time to fit all this activity into an already crowded schedule. Let's take a few moments to appreciate how lucky we are to live in the greatest country in the world; to have families and friends who love and appreciate us; to be a part of a group that is a force for good in an often harsh and uncaring world.

Sometimes it's just so hard to turn away from the headlines, and the reality of the mission we perform in defense of this country. Difficult, but not impossible. And this is truly the time of year to stop,

reflect and realize that around the world, so many others, no matter what their beliefs, are celebrating the season as a time of joy, hope, and perhaps, peace.

When I look around, I see so much more. I see the finest group of men and women in the Air Force Reserve. I see the camaraderie of 349th folks who are donating time and energy to make the



U.S. AIR FORCE

holiday season bright for local underprivileged children by giving them Christmas gifts and food for their tables. I see aircrews and logistics folks and support staffs toiling long hours into the night to ensure the missions get off on time in the wake of the latest contingency.



Pass and Review

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

I see medical personnel deploying and others working hard to ensure a fit force capable of accomplishing the mission.

It's time to remember all the good things we've done for each other: the relief supplies delivered, the humanitarian missions flown, the everyday sacrifices made for others in need. It's time to realize that the vast majority of us truly want peace in this world. Despite the tinsel and the frantic rush of shopping, the true meaning of Christmas has not changed. I hope we never lose sight of that fact.

This is an outstanding wing with tremendous spirit, dedication, and service. I commend each and everyone.

Cleo and I wish all of you and your families a safe and joyous holiday and may the peace of God become a reality in the New Year.

Operation Teddy Bear takes off

The holidays are finally here and what better way to enrich your holiday season than to give a few hours of your time to make some special children feel even more special.

Please volunteer to help the 349th Air Mobility Wing's Top Three distribute Teddy Bears, flags, gift bags and some good cheer to area school children. We welcome anyone who has



Courtesy photo

time to come out. Bring your spouse, children, family members, friends, other reservists, active duty or civilians to join us during

these joyous events.

We also need help in preparing gift bags for the children. If anyone is fluent in Spanish, Filipino, Mong, Chinese or any of the dialects spoken in Cambodia, Vietnam and Laos, your help is crucial and would definitely be an asset to the continued success of Operation Teddy Bear.

We have the following Operation Teddy Bear dates still open:

Dec. 12 - Crescent Elementary in Suisun, Dec 15 - Anna Kyle Elementary in Fairfield, Dec. 16 - Bransford Elementary School in Vacaville and Dec. 17 - Markham Elementary in Vacaville.

Please feel free to contact any of the representatives with questions or school names and locations.

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On the Cover



Courtesy photo

The holiday season is here:

Operation Teddy Bear provides children at local schools a chance at a more joyful holiday season with the assistance of "Old Saint Nick" and members of the 349th Air Mobility Wing. Some of these children will receive very little this holiday season, so program ensures children in kindergarten, preschool, and special education classes get a bag filled with coloring books, crayons, holiday cookies, fruit and a big cuddly "Teddy Bear," of course. (See bottom of Page 2 for events schedule and contacts)

The one constant in the military is change

The United States Air Force remains the premier air and space force in the world.

We have always been an institution that thrives on change. It almost seems the only thing constant is change.

I believe the greatest challenge to our enlisted personnel in the future will be to prepare themselves for greater responsibilities earlier in their careers.

I envision younger Noncommissioned Officers supervising more people and making tougher decisions affecting mission outcome.

Our people are performing duties in many different roles in our wing.

One of the most important roles is that of a leader. We need leaders in every section, every shop, every unit, every team, everywhere. We must attend to our leadership jobs to ensure we maintain and improve our readiness.

As the Command Chief, one of my most important responsibilities is communications. Through

communications, I raise issues, clarify policies, ensure recognition, explain missions, encourage professionalism, maintain fairness, ensure quality and give advice.



I must constantly work at being a better communicator to provide better information to our members.

We must all take every opportunity to improve ourselves. I give you this advice:

- Concentrate on the job at hand.
- Do it to the best of your ability.
- Get involved.
- Support Air Force activities. (You'll learn a lot and can have fun.)
- Participate in recognition programs.
- Take care of your people.

All of these things take commitment, integrity and honesty. If you have those qualities, your future in the Air Force is bright.

Be totally involved with the people, your unit and the Air Force, and the rank and jobs will come.

People serving in the Armed Forces are



Chief's Counsel

By Command Chief Master Sgt. Anthony L. Maddux

what keep us free and our Air Force the best in the world.

As you gather together with your family and friends to share this magical holiday season, it is my sincere wish that this will be a very special time for you and yours.

We must also remember all our people in the armed forces serving overseas, some in remote locations, but also the many who are at stateside bases away from their families.

With so many of our 349th members still activated, it will be a difficult time for many of our people and their families. I again want to express best wishes for a blessed holiday season and a most prosperous New Year.

I thank you for your dedicated efforts in the past for what I know will be our committed team efforts in the future.



U.S. Air Force photo by Staff Sgt. John Barton

Critical-care transport: Dr. (Col.) Robert C. Singler, 349th Medical Squadron (center) heads the critical-care transport team in the preparation of 9-year-old Saleh Kahlaf for an aeromedical evacuation flight from Iraq to the Children's Hospital and Research Center in Oakland, Calif., Nov. 8. During this 32-hour journey to the United States, the critical-care transport team accompanied Saleh and his father, Raheem Kahlaf. Saleh was critically injured by an Iraqi-made land mine near his school in Al Nasiriyah and had been cared for by the 332nd Expeditionary Medical Squadron airmen until his flight. (AFPN)

349th Chief is awarded Bronze Star

by Patricia Schwab-Holloway
349th Public Affairs

Chief Master Sgt. Sue L. White, 749th Aircraft Maintenance Squadron, received the Bronze



Photo by Kristina Cilia, Base Multimedia Service Center

A job well done: Brig. Gen. Thomas M. Gisler, Jr., commander of the 349th Air Mobility Wing, presents the Bronze Star medal to Chief Master Sgt. Sue L. White, 749th Aircraft Maintenance Squadron, Oct. 26 at the Wing Commander's Call.

Star medal Oct. 26 in the base theater for her service in Southwest Asia.

The Bronze Star Medal is awarded to any person who, while serving in any capacity in or with the military of the United States has distinguished himself or herself by heroic or meritorious achievement or service, while engaged in military operations involving conflict with an opposing foreign force; or while serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.

White was recognized for

her work as the Maintenance Superintendent for the 380th Expeditionary Aircraft Maintenance Squadron. She was responsible for the leadership of more than 500 maintenance personnel from five different bases bringing together a cohesive team sharing their experience and expertise to expedite repairs and operate in a high paced combat environment.

According to the citation accompanying her award, White was the driving force behind generating efforts of more than 2,000 refueling and 350 sorties, totaling more than 15,000 flying hours in support of Operation Enduring Freedom, Operation Southern Watch and Operation Iraqi Freedom.



New fitness standards - same for reserve

by 2nd Lt. Lance Patterson
Air Force Reserve Command Public Affairs

Starting Jan. 1, reservists will have to quicken their pace and flex their muscles when the Air Force begins its new physical fitness standards.

“Our intention as reservists is to have the same fitness requirements as the rest of the Air Force,” said Maj. Rebecca Reynolds of the command surgeon’s aerospace medicine division at Headquarters Air Force Reserve Command. “Once our supplement to the Air Force instruction is complete, it is likely these will be the same as our active-duty counterparts.”

The new physical fitness test will consist of four components – push-ups, crunches, an abdominal circumference measurement and a 1.5-mile timed run. People who are not medically able to run will use the current system – a timed 3-mile walk for reservists and the cycle ergometry test for active duty – to fulfill

the run component.

Component scores, which vary according to age and gender, will be added to obtain an overall fitness score. The score will determine if a person falls into the excellent, good, marginal or poor fitness category.

Fitness categories will determine how often a person must retest. For example, a composite score of 90 will put a person in the excellent category. A composite score of 75 to 89.9 will place a person in the good fit category. However, if a person has a composite score of 70 to 74.9 then that person would be considered to be marginally fit, thus requiring a retest at six-month intervals. A person who scores less than 70 will enter the poorly fit category, which requires a retest every three months. People rated marginal or poor will receive educational material to improve their scores.

“The focus of the new fitness program is not the assessment. The program is

about integrating fitness into our culture and our members adopting fitness as a way of life,” said Maj. Lisa Schmidt, chief of health promotion operations for the Air Force surgeon general.

Officials said they are in the final stages of writing the instruction that will govern the fitness program. The instruction, which is scheduled to be published in January, will address unit physical training, testing procedures and programs to facilitate improvement.

Rationale behind the change comes from Air Force Chief of Staff Gen. John P. Jumper in a Sight Picture released in July. “It’s time to change the amount of energy we devote to our fitness programs due to inconsistencies with the growing demands of our warrior culture,” Jumper said.

For more information about the new fitness program standards, visit the charts online at www.af.mil/news/USAF_Fitness_Charts.pdf. (AFRC News Service)

349th supports Sally Ride science fair

Story and photos by Maj. Craig Meyer
312th Airlift Squadron

Two members from the 349th Air Mobility Wing participated in the Sally Ride science fair at



Above and Beyond: Maj. Linda Meyer, 349th AMW Safety office (left) and Maj. Debra Muhl, 349th Aeromedical Evacuation Squadron (far right), teamed up with Trish Beckman (center), from Women Military Aviators.

Stanford University.

The Sally Ride science fair is a festival for middle school girls from Northern California and aims to nurture their interests in science, math and technology.

This year's festival featured a street fair with exhibits, food, music and discovery workshops, led by women professionals.

Dr. Sally Ride, the first American woman in space delivered the keynote speech.

Maj. Linda Meyer, 349th AMW safety office and Maj. Debra Muhl, 349th Aeromedical Evacuation Squadron, teamed up with Trish Beckman, from Women Military Aviators, to present the Wild Blue Yonder workshop on Aviation.

This three-member team was able to share their experiences in aviation, answer questions and let the girls know what opportunities are out there for them

Science fairs, like this one, are put on across the nation. The event is organized by Imaginary Lines Inc., a company founded by astronaut Sally Ride. The



Reach for the stars: Dr. Sally Ride, the first American woman in space, delivers the keynote speech during the Stanford science fair.

company is dedicated to supporting girls in elementary and middle school who are (or might become) interested in science, math and engineering and provides programs to empower, engage and encourage their interests.



Photo by Mr. Ron Lake, 349th Public Affairs

349th Wing Canned Food Drive

The Wing Chaplains' annual Holiday Canned Food Drive has started and will continue through C Flight, December 21, 2003. All donated canned and nonperishable food will be given to the Solano County Food Bank.

The Solano Food Bank distributes 1.6 million pounds of food each year, and serves nearly 30,000 people each month. Last year, the Food Bank distributed 160,000 pounds of food during the holidays alone.

We ask that each squadron designate a point of contact and let Chaplain Tom Dawson know via email who it will be.

Please bring any donations to a designated squadron area for pickup or to the Chaplains' Office in Bldg. 237, Bay F, on A Flight, December 6-7 or C Flight, December 20-21. If you are unable to deliver your donations, please contact the chaplain's office at (707) 424-0308 to make arrangement for pick up.

The Wing donated more than 1,400 pounds of food last year. Let's top that total this year. Together, we can make a difference!

2003 Secretary of Defense Employer Support Freedom Award

ESGR announces award winners

The National Committee for Employer Support of the Guard and Reserve, and agency of the Department of Defense, is proud to announce the 2003 Secretary of Defense Employer Support Freedom Award Recipients:

- **Pacific Gas & Electric Corporation** – San Francisco, California
- **Miller Brewing Company** – Milwaukee, Wisconsin
- **Tyson Foods** – Springdale, Arkansas
- **Central Atlantic Toyota Distribution Center** – Glen Burnie, Maryland
- **DH Griffin Wrecking Company** – Greensboro, North Carolina

The Secretary of Defense Employer Support Freedom Award was instituted in 1996 to recognize the significant contributions and sacrifices made by America's employers of National Guardsmen and Reservists.

The award is the most prestigious in a series of ESGR awards for employers, which includes the My Boss is a Patriot Award, the ESGR State Chair Award, the Pro Patria Award, and the ESGR Homefront Award.

The 2003 recipients were recognized during a luncheon ceremony in November at the U.S. Chamber of Commerce in Washington, DC. (ESGR News Release)

My Boss is a Patriot

Saying 'thanks' to your employer

The National Committee of Employer Support of the Guard and Reserve sponsors an awards program designed to recognize employers that are supportive of their employees' participation in the National Guard and Reserve. All employer recognition and awards originate from you, the military member. Depending on the degree of support, the level of recognition rises to the "Employer Support Freedom Award," given by the Secretary of Defense. Employer awards include:

"My Boss is a Patriot" (MBIAP) Certificate of Appreciation. ESGR awards this certificate and a Patriot lapel pin on behalf of the Department of Defense. A certificate will be given to all employers that are nominated.

Local ESGR Committee Chair's Award. This award is given in limited numbers and presented annually by each ESGR Committee. It is designed to recognize those employers who have gone above and beyond.

PRO PATRIA Award. It is presented to those employers who demonstrate exceptional support for our national defense by adopting personnel policies that make it easier for employees to participate. Each committee may give only one PRO PATRIA annually.

Employer Support Freedom Awards. These awards, ESGR's most prestigious, are presented annually to an employer by the Secretary of Defense. It recognizes unique support to National Guard and Reserve employees. The nation's most supportive employers receive the awards at a ceremony held annually in November.

The easiest way to nominate your employer is to use the "My Boss is A Patriot Award Form" form on this Web site at www.esgr.com. By pressing the "submit" option at the bottom, your nomination arrives at National ESGR Headquarters within moments. If you wish, you can print a copy of the nomination for your record.

Copies of the nomination form can also be obtained from your local ESGR Committee or the National ESGR Headquarters or use the toll-free number, (800) 336-4590.

Look for applications in the publications you receive from military professional associations. The military associations are fully aware of the vital importance of employer and community support for the National Guard and Reserve.

However you make your nomination, remember that it makes your employer eligible for the higher level awards. A little extra effort to provide details will help us to recognize and properly award the most outstanding employers.

What should you do if your employer's certificate hasn't arrive? Occasionally, a nomination gets "lost" in the process. If your employer's certificate hasn't arrive 45 days after submission, please contact the Odyssey Imaging Group at 770-754-9900. Ask for the ESGR Awards Staff and they will be happy to check on the status of the award for you. (ESGR)



Photo by Mr. Ron Lake, 349th Public Affairs

Thanks for the support: Mr. Wes Jacobs, former 349th Employer Support of the Guard and Reserve Representative (right) receives the DoD 7 Seals award from Donald Tennenbaum (left), Bay Area Chair for Northern California ESGR, as Brig. Gen. Thomas M. Gisler, Jr. (center) shows the wing's appreciation.

Measurement reflects whole health

by Staff Sgt. C. Todd Lopez
Air Force Print News

The waist-measurement portion of the Air Force's new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations.

"The waist measurement is used to determine visceral or intra-abdominal fat," said Maj. Lisa Schmidt. Air Force officials chose this measurement because there is ample evidence that links an increase in visceral fat with an increase in risk for disease.

"When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing," Schmidt said. "With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer."

Agencies like the American Medical Association and the National Institute of Health have produced such studies, Schmidt said.

Individuals can perform the measurement on themselves by using a tape measure, she said. The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor. The measurement is taken the same way for



both males and females.

Air Force officials use two tables for measuring waists, one for males and one for females, Schmidt said. There are no variations in regards to height or age.

"The risk for disease is independent of your height," Schmidt said. "Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for disease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements."

Additionally, unlike other body parts, the size of the waist does not grow proportionally with height, Schmidt said.

"As you get taller, it isn't as if you grow out as well," Schmidt said. "It is not proportional growth. The area you are measuring does not include any bone."

While there is no variance allowed for height when it comes to waist measurements, it is important to consider the fitness evaluation as a whole in regards to the total-fitness score, Schmidt said.

"When you look at the fitness score, it is a composite score," Schmidt said. "If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and more pushups to get the same composite score as the 50-year-old."

For airmen who have measured their waists and determined they are not within an acceptable range, there is hope, she said. Visceral fat is generally the first to go when people begin an exercise program. While it may take several months of running, crunches and weight lifting to knock an inch or two off the waist circumference, that effort pays off in more than just the one or two points gained on the waist-measurement portion of the evaluation, Schmidt said.

"A lot of airmen will look at the chart and say it is difficult to lose an inch in abdominal circumference, and that they only get a point for it," Schmidt said. "But if you are engaged in some kind of program to lose that inch and to gain that point, some aerobic and fitness program, then in the process of gaining that extra point for waist measure you will improve your performance on the running and strength portions. They are all interrelated. This is about total health."

Airmen who look at the chart for the first time become fixated on the top numbers for their age group — those numbers needed to score a perfect 100 on the evaluation, Schmidt said. She said airmen should concentrate instead on getting a "good" or "excellent" fitness score.

The expectation is not for most airmen to achieve a perfect score. The expectation is for everyone to participate in a regular fitness program, which will result in improvements in overall fitness, she said.



Courtesy photo

Holiday greetings from Lt. Gen. James E. Sherrard III

As we celebrate this holiday season and the start of 2004, we give special thanks and recognition to the men and women of Air Force Reserve Command.

Reservists, their families and their employers have given much to their country since 9/11 and much may be required in the future. Therefore, it is with deep pride that I salute each of you and yours for a job well done. All of you have shouldered a tremendous responsibility in fighting the global war on terrorism.

Your dedication to duty has helped make the world a safer place. It is a privilege to serve with you.

Marsha and I wish each of you – wherever you might be in the world – the very best this holiday season has to offer. May you and your family find peace, joy and happiness as you continue to safeguard our great nation. God bless you, and God bless America. (AFRC News Service)

Thrift Savings Plan open season ends Dec. 31

Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the “open season” which ends on Dec. 31.

This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons, said Janet Thomas of AFPC’s civilian benefits and entitlements service team.

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

Some specifics include:

- Military members, as of Dec. 1, may contribute up to nine percent as long as the annual total doesn’t exceed \$12,000 for 2003. Airmen also have the ability to invest all or part of their bonuses or special pay.

- Those serving in tax-free combat zones are allowed up to \$40,000 total.

- Military members can enroll through the Defense Finance and Accounting Service web site at <http://www.dfas.mil/emss/>. They may also enroll at local military personnel flights, finance

offices and family support centers.

- Contribution allocations can be made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP web site at <http://www.tsp.gov/>.

- Specific TSP information is available for Air Force military personnel at http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm.

Civilian contribution limits depend on which retirement systems they belong:

- Federal Employees’ Retirement System employees may contribute up to 14 percent of basic pay each pay period.

- Employees covered by the Civil Service Retirement System may contribute up to nine percent of their basic pay, but do not receive any matching contributions or automatic one percent.

- The percentage FERS and CSRS employees may contribute will increase by one point each year through 2004, when they will be restricted only by the Internal Revenue Code’s annual limit, \$12,000 in 2003 and \$13,000 in 2004.

- Specific information is available for civilian employees from the Thrift Savings web site at <http://www.tsp.gov/> or the BEST homepage at <http://www.afpc.randolph.af.mil/dpc/BEST/menu.htm>.

- All Air Force civilian employees will make their TSP contribution elections or changes through the BEST automated phone system at (800) 997-2378, or commercial 527-2378 in San Antonio or the Employee Benefits Information System web application at www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. Hearing impaired employees may contact BEST by calling TDD (800) 382-0893 or commercial 565-2276. Counselors are available weekdays, 7 a.m. - 6 p.m. Central Time.

More information about the Thrift Savings Plan can be found in the booklet “Summary of the Thrift Savings Plan” on the TSP home page under civilian or uniformed services TSP Forms and Publications. (AFPC)

New name tag mandatory

Officials announced in a recent message that the metallic name tag will be mandatory on the service dress uniform and pullover sweaters Jan. 1.

The items will be issued to enlisted airmen by their organizations and officers must purchase their name tags. (AFRC)

Scholarships available

The application period for the children of active-duty, retired, Guard and Reserve members to apply for \$1,500 academic scholarships ends Feb 18, 2004.

Funding comes from manufacturers and suppliers whose products are sold at military commissaries, said Kay Kennedy, chief of corporate communications for the agency. The Fisher House Foundation is also underwriting the program’s administrative costs.

More information about the program and application procedures may be found at www.militaryscholar.org. (AFPN)

349th Aerospace Medicine Squadron will be closed

The 349th Aerospace Medicine Squadron will be closed every Tuesday and Thursday from 3 - 4:30 p.m., in order to accomplish military training requirements. If there are any questions please call (707) 424-3814.

Changes to make civilian career jobs easier to fill

Internal and external job seekers will find some differences when applying for an Air Force non-bargaining career program positions.

“These changes reflect our effort to improve service, timeliness and quality of candidates referred for [job] vacancies,” said Isabel Herrera, personnel management specialist with the Career Program Office, Air Force Personnel Center, Randolph Air Force Base, Texas.

Changes announced include:

- For at least the next year, there are no more six-month or one-year penalties for employees who decline consideration or turn down a position after being selected. Effective immediately, existing penalties are waived. The no-penalty policy will be reevaluated in a year.

- All qualified external candidates for a position can now be referred to the hiring authority.

- Position announcement periods can now be shortened to seven days. Previously there was a 14-day announcement minimum.

- Positions can now be announced any day of the week, not just Fridays.

Additional career program information can be found at www.afpc.randolph.af.mil/cp/contact.htm. (AFPC)

MBA program open to all military

Grantham University announced today that it will begin offering a Master of Business Association program and MBA with specialties in Project Management (PM) and Information Management (IM). The MBA and its specialties were especially designed to fit Grantham's mix of civilian and military students.

The Grantham MBA program covers all the elements of a typical MBA program, but the PM and IM specialties are focused on military and civilian—specific topics.

"The new global economy means new ways of doing business," says Dr. Gary Sutter, Grantham's Academic Dean. Dr. Sutter said the University has designed its MBA to meet the needs of the ever-changing e-business and traditional business climates; an increased need for expeditionary education for military students and busy corporate workers. We expect this "expeditionary method of course delivery to meet the needs of the "military service members and other executives on the move," he said.

Students enrolling into the MBA program will use Grantham's methods of Advanced Distributed Learning (ADL)

which incorporates online or e-learning and distance education. These methods are ideal for busy professionals who frequently travel or have other employment or family considerations. Military service members who are deployed or who may work shifts that prohibit them from attending traditional classes will also benefit from ADL.

This program is designed to be "fast-tracked" as the MBA and its specialties require 36 credit hours of course work partitioned in to only three semesters. Up to nine credit hours may be transferred or earned through professional credits. Professional experience credits may be earned from successful completion of the Grantham Challenge Tests.

Sutter said the MBA with a concentration in Project Management covers all the knowledge areas in the Project Management Institute's Guide to Project Management Body of Knowledge. Learners who successfully complete this MBA-PM degree will enhance their chances towards Project Management Professional Certification.

The MBA-IM program equips military service members, business professionals,

and entrepreneurs with an understanding of essential principles and technical topics, such as emerging technologies and information systems strategic planning.

Prospective students may find more information about Grantham's MBA programs by visiting <http://www.grantham.edu/mba.htm> or by contacting the Grantham Admissions department at 800-955-2527, option #2.

Established in 1951, Grantham University has earned the distinction of being one of the oldest fully accredited colleges offering distance education in the United States.

The flexibility of Grantham's degree programs gives working students the opportunity to earn a college degree from the convenience of home while balancing the demands of work and family life. In addition to the MBA program, the school offers Associate and Bachelor's degrees in Business Administration, Computer Science, Computer Engineering Technology, Software Engineering Technology, Electronics Engineering Technology, Information Systems, and Engineering Management. (Grantham University Press Release)

Fly sorties in the morning, study economics online at night

Staff Sgt. Raymar Bowen, 60th Communication Squadron is earning a bachelor's degree in business administration and so may you! That's right, because this educational program works for Air Force Reserves members exactly the same as active duty.

Bowen attends Grantham University, more than 2,000 miles away in Slidell Louisiana. His commute consists of turning on his computer - he downloads coursework and study materials from Grantham and talks to advisors via email.

Bowen is one of the nearly fifty Travis personnel currently studying at Grantham. He works at his own pace and is able to fit his studies around military duties. Grantham is a fully-accredited university that the U.S. Congress and Department of Defense recently recognized as a "high value, low cost education alternative for nontraditional students."

A huge number of its students come from all branches of the Armed Forces and they take classes wherever they are

stationed throughout the United States and in Iraq, Afghanistan, Korea and other countries.

Distance learning is exploding and can mean taking courses in real time through audio or video feeds, but schools that offer such courses are more likely to use the Internet, the study found. The distance learning model naturally offers better value to military personnel who are deployed, who move frequently, or whose duty schedules make it difficult to attend traditional evening classes and are unable to obtain an education through traditional channels.

Bowen's education is funded through a military scholarship available to all service men and women, and his classes are offered at no cost to him. The Military scholarship covers all books, software and tuition not covered by the Department of Defense after Tuition Assistance (TA) or Defense Activity for Non-Traditional Education Support (DANTES) is applied. Grantham

University is offering an unlimited number of scholarships to all of the nation's soldiers, sailors, airmen and members of the other uniformed services.

These scholarships are available to reserves members and to active duty military personnel. Grantham has additional scholarships programs for veterans and military families.

After Sgt. Bowen earns his undergraduate degree in business administration from Grantham, he'll be one step closer to "Lieutenant Bowen."

"Grantham is especially proud to be able to announce the scholarship now, at a time when our uniformed men and women are putting their lives on the line to protect the rest of us," said Thomas Macon, spokesperson for Grantham University.

For more information on Grantham University and military scholarships, please visit www.grantham.edu or contact admissions@grantham.edu. (Grantham University Press Release)

'Perfect' C-5 leaves Travis

by Staff Sgt. Megan Bouthot
60th AMW Public Affairs
and 349th Public Affairs staff

The mission of every C-5 crew chief on Travis is to ensure each plane is mission capable. Ready to fly.

With an older aircraft like the C-5 Galaxy, this can be a daunting task, to say the least. The aircraft are about 35 years old.

Aircraft almost always take off with minor discrepancies that could include parts missing insulation or minor imperfections. While these aircraft are still fully mission capable, they are not perfect.

One C-5 aircraft beat the odds and was perfect. During the month of September tail number 68000213 took off with absolutely no discrepancies, a launch known as a Black Letter Initial.

This event is very rare. The last Black Letter Initial aircraft to take off at Travis was in 1992, so this has been 11 years in the making. In addition, this C-5 is the oldest aircraft on Travis, and one of only two C-models left in the Air Force inventory.

Tech. Sgt. Steven Low, 349th Aircraft Maintenance Squadron, the primary crew chief assigned to aircraft number 68000213, was appointed to this aircraft nearly one year ago and has been working



Photo by 2nd Lt. Ty Tripple, 60th Aircraft Maintenance Squadron

In a days work: The C-5's primary maintainers are, left to right, Tech. Sgt. Steven Low, 349th Aircraft Maintenance Squadron, Airman 1st Class Kevin Warren, 60th Aircraft Maintenance Squadron and Staff Sgt. Ray Lumaye, 349th AMXS.

diligently along side a team of dedicated crew chiefs, to make this almost impossible feat a reality.

The C-5 Galaxy C-model is the oldest of the C-5s, and is used primarily for NASA missions, according to Brian Joseph, the flight superintendent for the gold flight aircraft maintenance unit. The only two C-model C-5s in the Air Force inventory are at Travis.

The mission assigned to aircraft tail number 68000213 in September was a Space Container Module mission, and it involved the transport of satellites, rocket boosters and other outsized loads in support of NASA missions. Although aircraft number 68000213 stepped in to take the mission, that is not the way it was originally scheduled.

The original mission called for aircraft number 68000213 to be only the back up aircraft. The original launch time was 5:45 a.m. When the primary aircraft ran into a few maintenance problems and the decision was made at 6 a.m. to swap aircraft and have aircraft number 68000213 make the mission.

As soon as the decision was made to take the back up aircraft maintenance personnel had to scramble and the aircraft had to be prepped for flight. This prepping included refuel, kneel and configure the aircraft to remove the ballast pallet.

After all the prepping was done and a few minor write-ups were found and fixed the accomplishment happened. The aircraft had no discrepancies.

In addition to being used for special missions, aircraft number 68000213 is the reigning Air Rodeo 2000 champion for C-5 maintenance.

"People are really leaning forward in maintenance and it shows," said Col. Thomas A. Linster, 349th Maintenance Group commander. "Each and every one of you have the right to be very proud of your accomplishment. I consider it a privilege to serve with you in this great wing."

The credit for this almost impossible feat goes to the following people:
349th Aircraft Maintenance Squadron
Tech. Sgt. Steven Low
Staff Sgt. Ray Lumaye
60th Aircraft Maintenance Squadron:
Airman 1st Class Casey Medders

Meet the Crew Chief

Tech. Sgt. Steven Low, the primary crew chief assigned to C-5 tail number 68000213, has been working on making that aircraft perfect for nearly one year. Low is an Air Reserve Technician assigned to the 349th Aircraft Maintenance Squadron, however for the past year Low has been activated and has been assigned to the 60th AMXS. Low has more than 11 years of experience on C-5s.

The accomplishment of having a C-5 leave the ground with a Black Letter Initial, or 'perfect,' is a daunting feat, and Low was an integral part of that.

As the primary crew chief assigned to the aircraft, he personally followed up on all repairs and went above and beyond the call of duty to ensure all went right with the aircraft.



Photo by 2nd Lt. Ty Tripple, 60th Aircraft Maintenance Squadron

Airman 1st Class Ryan Offenbacher,
Airman 1st Class Kevin Warren
Airman 1st Class Peter Lavoie
Airman 1st Class David Lutes
Airman 1st Class, William Wonner
Airman Adrian Jackson
Mr. Michael White

Also a special thanks goes to the crew, members who flew aircraft number 68000213 for this monumental flight:

Capt. Theodore Sweeney, 21st AS
1st Lt. John Grady, 21st AS
Senior Master Sgt. Frank Murphy,
22nd AS
Master Sgt. Roy Dietz, 21st AS
Master Sgt. Robert Gabriel, 21st AS
Tech. Sgt. David Pruett, 21st AS
Tech. Sgt. Ramiro Guzman, 60th OG
Tech. Sgt. Gerald Gantt, 60th OG
Staff Sgt. Scott Shier, 60th OG

"This is quite an accomplishment. The Travis Team is filled with people who care about what they are doing and want to make a difference in today's objective and you proved that on this remarkable occasion," said Brig. Gen. Thomas M. Gisler, Jr., 349th Air Mobility Wing commander. "This is a very significant event. Congratulations to all involved!"

Promotions

CHIEF MASTER SERGEANT

EDWARDS, DEBRAL 45THAPS

SENIOR MASTER SERGEANT

DELANEY, GEOFFERY K 349THCES

MASTER SERGEANT

ALDRIDGE, FRANKLINA 55THAPS
 BRADLEY, DAVIDL 349THCMS
 CARRAHER, MICHAEL J 55THAPS
 HAMANN, CHAD A 349THCS
 MARTIN, JOHN 749THAMXS
 MILLER, JAMES W 349THMSS
 ODOM, DALE 349THMXG
 POLK, LAURENCE J 349THCMS
 QUINTANA, STEPHEN J 749THAMXS
 RACHAL, JEFFERY A 45THAPS
 RUIZ, MATHEW A 82NDAPS

TECHNICAL SERGEANT

ALVARADO, ANTHONY R 749THAMXS
 BAUTISTA, ALEX P 749THAMXS
 BREED, TANYAR 349AMDS
 CARLOS, FRANK J 79THARS
 DAVISON, MICHELLE L 79THARS
 ENRIQUEZ, HECTOR M 349THCES
 GILBERT, CHRISTOPHER E 301STAS
 GRIEFF, ERIC J 301STAS
 HEFLEY, NICKOLAS M 749THAMXS
 HINDE, AMY K 82NDAPS
 KNODE, VANCEA 349THAMXS

MELTON, MICHAEL C 349THCES
 MORRIS, CHARLES H 349THLRS
 NIX, CARMELITA LA 349THAMW
 PATTERSON, PHILIP G 82NDAPS
 PICOU, WILLIAM J 349THCMS
 REID, CHARLES N 45THAPS
 STONE, JON C 349THLRS
 WELLS, BRYCE W 349THLRS

STAFF SERGEANT

BRADLEY, MICHAEL J JR 82NDAPS
 BRADLEY, PATRICK K 301STAS
 GRETH, RAYMOND G 349THASTS
 GUERRERO, DANIEL C II 349THASTS
 HAYS, KRISTOFFER L 349THCMS
 JORDAN, GENESIS AM 349THASTS
 KENNEY, JODIM 82NDAPS
 MARSH, SCOTT O 349THCMS
 SMITH, TISHESHA L 349THMSS
 RESETZ, KAMILLE J 349THASTS
 SOSSEI, KRISTY L 349THASTS
 WHITNEY, ASAMI Y 349THMDS

SENIOR AIRMAN

AUBERTIN, ANDREW P 55THAPS
 BIAGTAN, ALEXANDER N 349THOSF
 BONNIN, STEPHANIE 349THCES
 BROOKS, DIONE R 349THCMS
 DIKIO, JASON R 349THMDS
 ENRIQUEZ, GREGORIO T IV 45THAPS
 LARIOS, DANILO D JR 82NDAPS
 LOOS, JUSTIN C 55THAPS

LUNA JR, SALVADOR 349THCMS
 MALDONADO-
 CERVANTES, EMILIO 55THAPS
 MCCOY, JAMES P 301STAS
 MCCOY, SCOTTA 301STAS
 METCALFE, TISHIRAA 349THMAS
 OUYANG, PAI MING 349THMSS
 PADGITT, BRAD L 349THSFS
 POWELL, ROY J 79THARS
 ROCKWELL, CAMEOM 349THMDS
 SCHULTZ, RONNIE D 312NDAS
 SILVA, MATTHEW M 349THSFS
 TANG, RUTH 349THASTS
 VANMEERTEN, LISAM 349THASTS
 VOGUS, LAURENA 749THAMXS

AIRMAN FIRST CLASS

BATES, CARLOS B 45THAPS
 HILL, TIMOTHY S 349THCES
 HUFFMAN, KRISTOFER B 349THAES
 PENA, ERIC J 349THSFS
 PRILL, SAMANTHA M 349THMDS

AIRMAN

ALEXANDER, MARCUS C 349THCES
 KEO, LOT 82NDAPS
 RAAGAS, RICHELLE M 349THCS

THE ABOVE LISTED INDIVIDUALS, ARE PROMOTED AS RESERVIST OF THE AIR FORCE TO THE GRADE INDICATED EFFECTIVE NOV. 1, 2003 UNLESS OTHERWISE INDICATED.

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Base Safety Tip

Military members should wear reflective gear during hours of darkness when dressed in BDUs and are walking or riding a bicycle along major streets.



Of particular concern are people in and around the dorm and lodging areas, walking along Burgan and Travis Blvd, and people walking to from work areas.



People should also wear reflective gear when accomplishing physical training along roadways and streets.