



America's First Choice

CONTACT

Vol. 22, No. 05

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

May 2004



349th Memorial Affairs Squadron takes a leap for the Air Force Academy

(See story on Page 6)



We must all go “Back to Basics”

Welcome to the May UTA! People are our best resource, and each of you is the finest asset this unit, the Reserve, and the country could possibly have. The Reserve must stay vigilant in preserving our best resource, so how do we do that?

Safety first! The 4th Air Force commander, Maj. Gen. Robert E. Duignan, has initiated a new program, the “Back to Basics” Safety Campaign. We are headed into the “101 Critical Days of Summer” and I want you to pay special attention to safety awareness and risk management.

Unfortunately, based on a decade average, we’ve seen more than a 30 percent increase in both ground and flight mishap rates over the past two years. Even with all the safety programs, procedures and lectures, we haven’t made the Air Force safer. Instead, we’ve been moving in the wrong direction.

Defense Secretary Donald Rumsfeld and Air Force Chief of Staff General John Jumper have each challenged the Air Force to reduce its mishap rate by 50 percent over the next two years.

The “Back to Basics” campaign will change our philosophy and help us meet this challenge. Our AFRC mishap summary mirrors the Air Force with 91 percent of our fatalities occurring in off-duty mishaps.

During the summertime, mishaps seem to rise and the most noteworthy loss of life for Air Force members during this time involves private motor vehicles. It is the number one killer of our people. Alcohol, speed, and not wearing a seat belt were the leading contributors to our

losses. Personal safety is the responsibility of each individual. By each of us getting engaged and doing our jobs professionally, we can turn this around.

This is the month for new policies; we have had more policies come out in the past two months than in the past year.

I am sure you have all heard about the Air Force Portal by now, but if not, the Air Force Portal offers a single access point via a web browser to a wide variety of Air Force resources and allows members to tailor what they see based on their specific needs. I highly encourage you to go online, check it out and create an account.

The Department of Defense also began implementation of the Civilian Employment Information program last month. Reservists are now required to register information about their civilian employer and job skills and this information will be maintained in a common DOD-wide database to meet requirements defined by law.

The Common Access Card is now mandatory for all reservists. This went into effect April 1, so I encourage all of you to double-check your military ID and if you still possess the old ID, hightail it over to MPF Customer Service to obtain your new one.

The Readiness Management Periods were authorized a temporary increase from 24 to 30 RMPs allowed to be performed in FY 04. This is a temporary increase and will expire in September 2004.

The Air Force Assistance Fund campaign continues through May 7. This is an opportunity for Air Force people to help other Air Force people.



Pass and Review

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

This fund specifically lends a hand to other Air Force members, active duty and reserve. Contact Master Sgt. Pam Silas if you would like to contribute to this fund.

Our Travis Team partners recently had a change of command and Col. Lyn D. Sherlock is the new 60th Air Mobility Wing commander. I had the privilege of working with her at McChord AFB and know first hand that she is a top-notch individual who strives for excellence in all she does. I look forward to our working together here.

With the great weather before us remember to enjoy your time off with your families and think Safety First so you will all return to the 349th to complete the mission at hand.

I wish all of our military mother’s a “Happy Mother’s Day” and I ask each of you to take a moment out of your Memorial Day Weekend festivities to remember all those who came before us to preserve the freedom we know now and secure for others around the world.

God bless each and every one of you.



U.S. AIR FORCE

Words to inspire, guide us

by Col. Fouad Yacoub

349th Vice Wing Commander

On the parade grounds at West Point is a statue of General of the Armies (five star) Douglas MacArthur.

At the base of this statue is a caption from his speech to this consecrated place which states, “Your mission remains fixed, determined, inviolable.

It is to win our wars; all other public purposes will find others for their accomplishments. Yours is the profession of arms, the will to win, the sheer knowledge that in war there is no substitute for victory; that the very obsession of your public service must be Duty, Honor, Country.”

These words echo true today as they did back on May 12, 1962 when the general spoke them.

Lastly, I would like to leave you with the words of Admiral Isoroku Yamamoto after Japan’s attack on Pearl Harbor:

“I fear that all we have done is awakened a sleeping giant, and filled it with a desire for vengeance.”

Osama Bin Laden and his terror group have certainly done that - and they too, like Japan of old, will feel the giant’s heavy hand.



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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.

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Cover photos by Senior Master Sgt. Scott McMillan,
349th Civil Engineer Squadron

Air Force committed to developing future leaders

Leadership theories have been studied for centuries throughout all parts of the world because everyone wants to develop the best leaders.

The Air Force is very committed in developing future leaders through a variety of schools, courses and assignments.

But going to a school or taking a course doesn't necessarily mean you will be a good leader. I believe by learning from your experiences, understanding and evaluating your own leadership skills and sharing information with others will only enhance your leadership skills.

Here are some of the lessons I've learned in my more than thirty years of service.

Listen. It is truly amazing how much can be solved if I just listen to people. This means I should truly listen and understand another's point of view. I may not be able to fix the problem, but at least I can try to understand the problem and issues. It also means if I fix a problem, it is the one that was addressed.

Recognize. There are plenty of ways to recognize people for outstanding performance. I've found one of my biggest challenges is recognizing all the

accomplishments.

There are so many people doing such a great job that I have a hard time keeping up. I have found that recognition can be as simple as a verbal "Thank you" or a written note. What is important in recognition is to do it, and do it often and consistently.

Provide. There is a whole host of things a leader should provide, foremost of which is vision. People need to have direction. No one wants to be involved in a wasted effort; it is frustrating and demotivating.

Once they know which direction to head, they need to know they have my support to get there and backing them when they need it. They also need to know that I will help them overcome obstacles to obtain the things they need.

Example. Last, but certainly not least, they expect me to set the example.



Chief's Counsel

By Command Chief Master Sgt.
Anthony L. Maddux

The "do as I say and not as I do" philosophy just doesn't work. A leader that does this has no credibility.

And finally, don't let the lack of formal authority or position keep you from practicing and applying your knowledge. We all know airmen who are better leaders than their supervisors. Be willing to honestly assess your abilities and seek to learn. Don't wait until you're assigned to be a leader.

Start now. In the end, if I am to be considered successful during my tenure as your Command Chief Master Sergeant, it won't be because I was smart, or even lucky. It will be because the people in this wing know and believe that I care about them and I did my best to take care of them and helped to make them shine.

If you take care of your people, they will take care of the rest.

And that's the name of the game in our business – total mission accomplishment!

Asian Pacific American Heritage Month Events

May 1 - Vacaville Cultural Diversity Fair, Vacaville Cultural Center

May 4 - APAH Kick-Off Luncheon, Delta Breeze Club, 11 a.m.-1:30 p.m.

May 11 - Storytime and Lumpia Cooking for Kids, Base Library

May 13 - Film Festival, Base Theater

May 15 - APAH Basketball Tournament, Base Gym, all day

May 16 - APAH Basketball Tournament, Base Gym, all day

May 18 - Hula Dance, Child Development Center, 3:30 p.m.

May 19 - Bake Sale, DGMC and the Asian Pacific Food Festival, Sierra Inn dining facility, 9 a.m.

May 20 - Film Festival, Base Theater, 6 p.m.

May 22 - APAH Volleyball Tournament, Base Gym, 9:30 a.m.

May 28 - APAH Dinner Banquet Delta Breeze Club, 6-10 p.m.



60th AMW changes command

by Capt. Michele Tasista
60th Public Affairs

Col. Lyn D. Sherlock accepted command from Brig. Gen. Brad Baker in a change of command ceremony April 8th on the Travis flightline.

Lt. Gen. William Welser III, 18th Air Force commander, presided over the event, which included the formation of the 60th Air Mobility Wing and pass and review.

General Welser said, "This is a day about warriors... what we're doing in our world today is not easy."

He noted the outstanding warfighting contributions of Col. Lyn Sherlock and Brig. Gen. Brad Baker, in addition to Brig. Gen. Rick Perraut, 15th Expeditionary Mobility Task Force commander, and thanked them for their leadership of air mobility teams at home and abroad.

He also thanked the attending community representatives. "Travis is all about community support—thanks to all our local representatives for being here today. It's important to show our men and women this support."

General Baker put the command at ease and thanked the wing for their outstanding efforts. "Everyone of you plays an important role on the Travis Team... I'm reluctant to say goodbye to the finest organization anyone can have the opportunity to command."

General Welser then presented General

Baker with the Legion of Merit, second Oak Leaf Cluster, and performed the change of command.

"This is a unique ceremony," said General Welser. "There's a flag representing this wing going from one commander to me, to the hands of another."

Colonel Sherlock welcomed the distinguished guests and commended the Travis Team. "You have accomplished incredible milestones," she said "Your attention to detail shows in this ceremony and I'm proud of all of you."

As the commander of the 60th Air Mobility Wing, Colonel Sherlock is responsible for the installation, in addition to the combined efforts of all operations and support activities associated with the worldwide air mobility mission. More than 14,900 people comprise the Travis Team of military members and civilian employees.

"The excellence in this wing runs deep... all the way down to the youngest Airman," said Col. Sherlock.

The Travis formation marched in pass



photo by Master Sgt. Tom Mullican, 60th Public Affairs

Change of command: Col. Lyn D. Sherlock accepts command of the 60th Air Mobility Wing from Lt. Gen. William Welser, III, 18th Air Force commander.

and review with the United States Air Force Band of the Golden West leading the way. Brig. Gen. Baker had the honors of reviewing the parade, then departed with his spouse Paula. He has been selected to become the vice commander 5th Air Force, Yokota AB, Japan, a responsibility which includes oversight of several Air Force bases and missions in Japan.

University expands no-cost degrees

Military members with an undergraduate degree are now able to take advantage of Grantham's Scholarship Program for Master's Degree programs.

Grantham's scholarship allows service members to earn a free college degree in both undergraduate and graduate studies.

The new on-line graduate program include three Master of Science degree programs in: Information Management Technology; Information Management and Project Management; and Information Technology.

Grantham University, which has been serving the Department of Defense for

more than 40 years, has developed new degree programs to prepare students for seven of 10 of the fastest growing occupations projected through 2010.

All programs at Grantham University are fully accredited by the Accrediting Commission of the Distance Education and Training Council, which additionally is recognized by the Council for Higher Education Accreditation.

The flexibility of Grantham's degree programs gives adult students the opportunity to earn a college degree on-line, conveniently from anywhere in the world, while balancing the demands of work and family life. In addition to the

MS and MBA graduate programs, Grantham offers Associate and Bachelor's degree programs in Business Administration, Computer Science, Computer Engineering Technology, Software Engineering Technology, Electronics Engineering Technology, Information Systems, and Engineering Management.

Prospective students may find additional information about Grantham's MS program by visiting <http://www/grantham.edu/tm> or by contacting the Grantham Admissions department at 800-955-2527, option 2.

(Grantham University Press Release)

MAS takes a leap for the Academy

by Capt. Dawn Young
349th Public Affairs

When is a temporary duty assignment, not JUST a TDY?

When you get an extra bonus of parachuting with the Air Force Academy jump team and great hands-on training.

This happened for several Airmen assigned to the 349th Memorial Affairs Squadron in March.

What initially was a TDY to the desert to feed the jump team, quickly turned into a more complex and exciting trip.

“First, we asked for volunteers within the squadron to see who had availability and wanted to go,” said Senior Master Sgt. Scott McMillan, team chief for the trip.

“There weren’t a lot of people beating down the door to sign up for this TDY,”



photo by Senior Master Sgt. Scott McMillan, 349th MAS

Look out below: Staff Sgt. Ganell Lewis enjoys the offer to tandem jump with the Air Force Academy parachute team.

he said. “People were volunteering for the upcoming Hawaii trip, though,” he added.

But, when it all came to an end, the squadron had their seven Airmen for the trip.

The team departed for Arizona. First on the agenda was to locate the facility and see what the team was going to be cooking with. The team was to generate three meals a day for roughly 40 hungry people.

Forty, which eventually turned into 120 people. The cooking appliances turned out to be nothing. The cooking area of the kitchen was gutted.

“The training area is in Gila Bend, which is about one and one-half hours south of Luke Air Force Base,” said Sgt. McMillan.

“The kitchen had no means for cooking food--no stove or oven, nothing. There was refrigeration and garden hoses to bring in water for cleaning up,” he said

After the shock of seeing what they didn’t have, the team set off to find a solution.

“We borrowed barbecue grills and two propane burners from the reserve unit at Luke. Then we were able to locate pots and pans from the active duty side of the base,” said Sergeant McMillan.

With the basic equipment now in place, a menu was quickly drawn up. This was not your ordinary dining hall selection.

The dinner meals consisted of grilled chicken, prime rib, Indian taco, and chicken enchiladas.

From there a list of grocery items were developed and a plan on how to get the food out to the location.

The first few days, before food delivery was established, the team had to drive to the commissary to shop.

“Typically, when we go TDY we are told what to cook, where to cook it and everything is supplied. So this was great training for the entire team,” explained the team chief.

The team had three days to pull everything together before serving their



photo by Senior Master Sgt. Scott McMillan, 349th MAS

Order up: The 349th Memorial Affairs Squadron team resorted to barbecue grills to cook each night’s meal.

first meal.

The comments from the cadets included, “I’ve been training here for four years and this is the best food ever served.” Another cadet commented with, “Can you guys come back next year for the entire three weeks?”

As for the added bonus of the parachute jumps, “Well, they asked if we were interested,” said Master Sgt. McMillan. “Five of the team members took advantage of the tandem jumps.”

“It was an incredible feeling,” said Technical Sgt. Jacqueline Aquino. “A chance of a life time. Everyone should jump once in there life. It was great!”

Through it all the team worked hard, garnered some great hands-on training, received the thrill of a lifetime and had fun.

“Next year I don’t think the Hawaii trip will have as many volunteers signed up for it,” said the team chief. “I see more people willing to go to the desert!”



photo by Senior Master Sgt. Scott McMillan, 349th MAS

A’Okay: Technical Sgt. Jacqueline Aquino after her successful tandem jump with the Air Force Academy jump team.

Civil Engineers know how to work it

by Patti Schwab-Holloway
349th Public Affairs

Developing good relationships is one of the things people do everyday in order to enhance their lives. This also works well with military relationships.

A key example of relationships that work well is with the Travis Team Civil Engineering community, who in 2003 decided to make a commitment to integrate new Geospatial Information Systems and Global Positioning Systems technologies into base-level day-to-day operations as well as deployable equipment kits.

GIS, in layman's terms, is a relatively new electronic mapping technology that can be used to produce accurate, updateable, and shareable digital maps.

Anyone who has used their computers to find directions on the Internet has used a form of GIS. GPS technology is used to collect valuable data and information needed to keep the maps in a GIS current and accurate.

This new way of doing business

“I am proud of this outstanding group of Engineer Assistants. They have worked hard to excel in training and exposing the team to GIS and GPS - stepping up to ensure that when the call comes to deploy they will be trained and ready”

Lt. Col. Stephen Gignilliant,
Commander, 349th Civil Engineer Squadron



photo by Christina Cilia, Base Multimedia Services Center

Teamwork: Staff Sgt. Jeff Edra, 60th Civil Engineer Squadron, Staff Sgt. Jana Lobermier, 60th Communications Squadron, and Senior Airman Bloom Beloved, 349th Civil Engineer Squadron, jointly use GPS equipment to collect data on base utility and communications systems.

included a significant investment by the Air Force – nearly \$100,000 worth of new equipment was purchased and provided for almost every deployable CE team in the service.

Several Air Force Reserve Command CE units were identified to receive both GIS and GPS equipment, and 349th CES was one of those selected.

Soon after being identified to receive the new equipment, it became apparent that there would be a problem getting up to speed. GIS and GPS technologies have been integrated into day-to-day use by active-duty units as part of the new GeoBase programs, and the 60th Air Mobility Wing engineering assistants already had the opportunity to develop skills with the new technology every day in support of the base's maintenance mission. However, the 349th CES Engineer Assistants (EAs) had not gotten that same opportunity.

In order to ensure the 349th CES EAs knew how to use these new technologies in a deployed situation, they turned to their active-duty counterparts with the 60th CES.

In January 2004 the 349th EA team spent a week of their annual tour working

with the 60th CES EA team using the new GPS equipment to collect field data on Travis. The team gathered information that will be used in updating the installation GIS system, participated in training classes, and received some valuable hands-on experience with the new equipment. In the process they collected actual field data, and post-processed the data so that it was in a usable format. They all received some excellent exposure to the GeoBase and the GIS technologies that will be invaluable for geospatial information management in a deployment environment.

“I am proud of this outstanding group of Engineer Assistants,” said Lt. Col. Stephen Gignilliant, commander of the 349th CES. “They have worked hard to excel in training and exposing the team to the GIS and GPS - stepping up to ensure that when the call comes to deploy they will be trained and ready.”

Travis personnel may take the opportunity to see the ultimate result of these efforts by visiting the Travis Air Force Base GeoBase web portal on the Intranet at <http://w3.travis.af.mil/60ces/cec/geobase/geobase.htm>.

Official urges balanced treatment for reserve component members

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

With Reserve and National Guard forces now critical elements in the war on terrorism, the Defense Department's senior reserve affairs adviser told a Senate subcommittee March 31 that the country must do more to care for them and their families.

Thomas F. Hall, assistant secretary of defense for reserve affairs, addressed separate sessions of the Senate personnel subcommittee and the House total force subcommittee. He provided the reserve affairs fiscal 2005 posture statement and detailed the department's budget request.

"While we ask our people to do more, we must never lose sight of the need to balance their commitment to country with their commitment to family and to their civilian employer," Mr. Hall said. "That is why rebalancing of the force is so critical, the continuum of service is so crucial, and relieving the stress on the force is absolutely essential."

He said that although "morale is high" among reservists and guardsmen, increased mobilizations, longer deployments and the war on terrorism are affecting the force.

Reserve components perform 46

percent of military operations, ranging from homeland defense and the global war on terrorism to peacekeeping, humanitarian relief, small-scale contingencies and major crises, he said. And the balance of capabilities in the active and Reserve components is "not the best for the future."

Mr. Hall said that for DoD to assure its allies, dissuade military competition, deter threats against U.S. interests and decisively defeat adversaries, it must maintain integrated capabilities of the "total force."

"Only a well-balanced, seamlessly integrated military force is capable of dominating opponents across the full range of military operations," he said.

Mr. Hall said from Sept. 11, 2001 to Dec. 2003, 319,193 reserve members were mobilized for duty in the war on terrorism. He said that as of Dec. 31, 181,459 were on active duty.

Four lengths for reserve components have increased for every operation since operations Desert Shield and Desert Storm in the early 1990s, when tour lengths averaged 156 days, Mr. Hall said. For operations in Bosnia, Kosovo and Southwest Asia, that average was about 200 days, and current contingency operations have averaged about 320 days.

However, Mr. Hall said DoD officials

are monitoring high-demand reserve components closely and identifying actions to reduce that demand.

Increasing international-military participation in Iraq, developing Iraqi capacity to conduct police and security tasks, and increasing actionable intelligence to disrupt threats to stability in Iraq are among the steps being taken, he said.

Other options call for rebalancing the active- and reserve-force mix and capabilities, and identifying 100,000 positions for possible restructuring over the next several years, Mr. Hall said. Pentagon officials hope to convert more than 300,000 military positions into civilian slots, he said.

The assistant secretary also spoke on the need for better compensation for reservists and guardsmen and their families. Taking care of guardsmen and reservists and their families continues to be a top priority for the department, Mr. Hall said. The department is constantly examining its policies and programs to ensure that reservists do not feel "disenfranchised," he said.



We are one Air Force - we are Airmen

by Gen. John P. Jumper
Air Force chief of staff

I am an Airman. Note that's with a capital "A." It's just one letter at the beginning of the word, but it signifies a great deal.

The reason it is capitalized is simple: Airmen in the United States Air Force are the heart and soul of our unique fighting force, and should be identified by a proper noun.

As young children, when we began to read, we learned a capital letter at the front of a word signified something special or important — like our own name, our hometown, and our

country. And this was reinforced through our education and professional life.

When we see a capital letter, our minds automatically emphasize that word, and we bestow an increased importance on that person, place, or thing. It is time to formally add our profession to that list of important and special nouns.

You may have seen or heard something about my guidance to capitalize the word "Airman." It is appropriate to do so, in recognition of our rich history, and to emphasize our unparalleled role in the defense of America.

Our Air Force is the finest air and space force in the world because of the generations of professional Airmen that have devoted their lives to dominating the

skies. Capitalizing the word "Airman" recognizes their historic achievements and signifies our unique contributions to fighting and winning America's wars. It shows we've earned the respect a proper name imparts.

For 38 years of my life, I've been proud to wear the uniform of the United States Air Force. And, whether you've worn it as long as I have or just recently joined our team, I know we all feel the same sense of pride.

Regardless of the uniform we wear, the specialty we hold, the badge over our pocket, and whether we are active duty, guard, reserve, or civilian, first and foremost, we are Airmen.

We are one Air Force - we are Airmen.



Back to Basics for 101 Critical Days

by Maj. Bill Wickersham
349th Wing Safety Office

As a pilot, I've flown into Iraq a few times, and each time, I'm excited and cautious.

Excited, because I'm answering my calling in life and leading the world's finest Airman to complete a challenging mission.

Cautious, because I know I'm leading these dedicated citizen-Airman into a time and place of higher risk, with a known enemy waiting for our crew. As big as the threats we face fighting the Global War on Terror are, this is not the greatest risk these warriors will meet in the next few months.

Did you know June, July, and August are the first, second, and third most fatal months of the year?

Historically, we suffer more fatalities in the Air Force between Memorial Day and Labor Day than during any other time, which is why it's called the "101 Critical Days of Summer."

In fact, last year almost half of all fatal mishaps occurred during these



days, nearly double the normal rate.

You have to wonder why? Is it higher opstempos and recent combat operations fighting the Global War on Terror?

In a word, no. Although the higher accident rates may be related to folks working harder and playing harder, the direct causes are not very exciting.

As Airman, you (or your family) are most likely to die from a preventable cause, off duty, traveling in your vehicle.

With the longer days of summer, and the kids out of school, it's a great time to hit the road and see what can be seen. Unfortunately as the miles traveled rise, so does the death toll. Sadly, last year was one of our very worst on record.

Our Numbered Air Force Commander, General Duignan, highlights the threat and solution in his recent "Back to Basics" campaign "...by the following statistics: 91 percent of our fatalities occurred in off-duty mishaps. Off-duty Personal Motor Vehicle accidents remain the number one killer of our people.

Alcohol, speed, and not wearing a seat belt were the leading contributors to our losses"

I wish there was

something more exciting to tell you about surviving the 101 Critical Days of Summer, but there isn't.

We face old enemies, motor vehicle accidents and complacency.



Brig. Gen. Gisler and I urge you to always buckle up yourself and all passengers, travel at a reasonable speed, and to never drive impaired.

As we approach summer, I again find myself excited and cautious. Long days and sunny weather are a perfect setting for my favorite activities of running, biking, golf, and motorcycling. But just like our crews flying into Southwest Asia every day, our family and friends are entering a time of increased risk against a known enemy. Just like those crews, let's use every tool available, stick to the basics, and arrive alive to enjoy all that summer has to offer.

Safety officials offer the following factors to consider when planning summer travel:

- ♦Wear seatbelts.
- ♦Remain alert while at the wheel and plan rest breaks at frequent intervals.
- ♦Don't speed – it is better to arrive late than not arrive at all.
- ♦Don't drink alcohol and drive.
- ♦Anticipate, be ready to react.

Variety is spice of a healthy life

by 1st Lt. Mellisa Garza
60th Medical Group

Good nutrition, along with regular physical activity, is important for life long health. To eat smart entails eating a variety of foods from the five major food groups daily and not falling for the myths touted by fad diets. Low carbohydrate diets are the latest "new" and "revolutionary" fad diets that have simply made an encore appearance from the past.

These diets rely on a false claim that consuming or eliminating a whole category of food can cause weight loss or gain. But no food can. Such diets, despite their popularity, have shown little credible scientific evidence of their success or safety. In fact, recent data suggests that weight loss from high protein, low carbohydrate diets is mainly

due to the reduction of calorie intake, not the elimination of carbohydrates.

Additionally, these diets tend to be low in calcium and fiber, as well as many important nutrients and vitamins. Some of these fad diets advise taking vitamin-mineral supplements to replace those lost nutrients. However, supplements are meant to do just that – supplement – and should not be used as a replacement for nutrient-rich foods.

These diets also advocate taking advantage of ketosis to accelerate weight loss. Ketosis is an abnormal body process that occurs during starvation due to lack of carbohydrates. Ketosis can cause fatigue, constipation, nausea, and vomiting. Potential long-term side effects of ketosis include heart disease, bone loss, and kidney disease.

Eating smart is the recommended way to promote weight loss, support weight

maintenance, and prevent chronic disease by choosing a diet high in complex carbohydrates, fruits, vegetables, and low-fat dairy products.

To learn more about eating healthy, about eating smart, contact the Health and Wellness Center at (707) 424-4292, or visit the eat right web site at www.eatright.org.



Operation Gratitude to honor veterans

by Senior Master Sgt. Kim Shelby
349th Mission Support Squadron

Mark your calendars! The third-annual pancake breakfast sponsored by the 349th Air Mobility Wing Top 3 Council will be at the California Veteran's Home, Yountville, June 19.

This is our annual tradition to say "Thanks" and honor the veterans living at Yountville. Many of these veterans have seen action in World War II, Korea, and Vietnam. Some participated in all three, sacrificing personal dreams to preserve the very freedoms we all enjoy today.

There will be many ways you can participate in this exciting event set in the

beautiful hills along Highway 29, nine miles north of Napa.

Last year, the greatest moment for me was looking upon the row of veterans being escorted to the picnic area, led by Senior Master Sgt. Sherry Jensen.

This year we are holding Operation Gratitude indoors at the Recreation Hall, which is located in the veteran's hospital.

Set up begins at 8 a.m. in Recreation Hall and we need as many volunteers as possible to help set up tables, chairs, food stations and decorations. Additionally, we will need folks to help escort some of the veterans to Recreation Hall.

The 349th AMW Top 3 breakfast will be served at 10 a.m., so all of you longing to whip up your famous pancakes will

have a perfect opportunity.

We will also be serving ham, fruit, pastries, coffee and most importantly, a large amount of gratitude!

The food service coordinator for this event is Senior Master Sgt. Scott McMillan, who can be reached at (707) 424-5870.

The California Veteran's Home is easy to find. From Travis, go west on Highway 12, then north on Highway 29. Take the Yountville exit; turn left and go up the hill. The hospital is left of the front gate.

Don't miss this exciting event, contact me at (408) 392-8535 or by cell phone at (408) 835-3498. You may also contact Senior Master Sgt. Caryl Ann Hathaway at (707) 424-5469.

News Briefs

Top 3 golf tournament

The Wing's Top 3 Council is hosting a golf tournament to help raise funds for Operation Teddy Bear, May 18.

The tournament, at Cypress Lakes, has a shotgun start at noon and is a 4-man scramble best ball.

Prizes will be awarded for longest drive, closest to the hole, lowest team score and there will be a putting contest.

Proceeds benefit Operation Teddy Bear which brings Christmas cheer to underprivileged children in the local area.

The cost to participate:

-- E1 - E4: \$31.00

-- E5 and above, DoD civilian: \$38.00

-- Guests: \$47.00

The deadline for entry is May 10.

Interested people may call Master Sgt. Leslie Yu at (707) 424-0774 or e-mail him at Leslie.Yu@travis.af.mil.

AF Portal is a 'must have'

The days of remembering numerous user IDs and passwords for basic on-line personnel services are coming to an end thanks to the Air Force Portal.

"The portal is a powerful tool," said Col. Gregory Touhill, director of personnel data systems at the Air Force Personnel Center here. "We took the personnel applications our military and civilian employees use most often and made them accessible via the portal."

By logging on to the AF Portal, users will have "reduced sign-on" access to 14 of the most used personnel Web services,

like the virtual military personnel flight and civilian employment pages that enhance mission capability for today's warfighter, said the colonel. The Air Force Portal is located at www.my.af.mil.

The Air Force chief of staff has said he wants all Airmen to establish a portal account which only a few minutes.

Once logged into the portal, people can access the military and civilian self-service personnel features at the "Careers" tab.

For more information about the portal or any of the on-line applications, call the Air Force Contact Center at (800) 616-3775. (AFPC News Service)

Savings program assists deployed troops

Deployed reservists serving in a combat zone or in direct support of a combat zone have a chance to earn 10-percent interest on their savings.

People can participate if they have served at least 30 consecutive days, or at least one day for each of three consecutive months, in an area that has been designated as a combat zone or in direct support of a combat zone.

To make a deposit into the fund, members should contact their finance office. Reservists will make deposits by cash, check or money order. Withdrawing the money before leaving the combat zone is not authorized, unless there is an emergency. The last day to make a

deposit into the fund is the date of departure from the assignment; however, interest will accrue up to 90 days after their return from deployment.

Interest is computed at the rate of 10 percent per annum and compounded quarterly. (AFRC)

DoD has buyout authority

The Department of Defense now has permanent authority to offer civilian employees voluntary early retirements and buyouts without having to get approval each year.

The voluntary early retirement and voluntary separation incentive programs are similar to other programs the Air Force has used since 1993. They allow the Air Force to offer employees up to \$25,000 to leave the Air Force, and/or take a voluntary early retirement.

By exercising these authorities, the Air Force will be able to make reductions in their civilian workforce while minimizing reductions in force. There are no limits for using voluntary early retirements.

Employees who accept buyouts may not take another position with the federal government, directly or via contract, for at least five years or they will be required to repay the buyout.

Additionally, employees may not return to work for the DoD for at least one year unless they receive a waiver from the secretary of defense. The cost of the buyout is funded by the organization offering it. (AFPN)

Logistics Plans Civilian of the Year

by **Patti Schwab-Holloway**
349th Public Affairs

Mr. Paul M. Post of the 349th Plans Office has been named the Air Force Reserve Command Logistics Plans Civilian Employee of the Year for 2003.

Mr. Post has a long history of excellence throughout the command but recently had been lauded by 4th Air Force and AFRC Financial Management for submission of the best chemical warfare and mobility equipment budget that resulted in fall-out money directly improving the wing's combat support programs.

He has spent his entire career, military and civilian, dedicated to the Air Force and has proven that by selflessly serving in excess of more than 280 overtime work hours since the Sept. 11th tragedies.

"Mr. Post is an absolutely outstanding member of the Travis Team," said Maj. Wil Link, Chief of Operations Plans.

"There is no doubt that his contributions factor into the success of the entire wing!"



photo by Ron Lake, 349th Public Affairs

Top notch: Mr. Paul Post, 349th Wing Plans is named as the AFRC Civilian Logistics Planner of the Year for 2003

Do not fall away from your faith in God or in your Air Force commitment

by **Chaplain (Maj.) Lebane Hall**
349th Air Mobility Wing

Did you see the movie, "Finding Nemo?" It is a great kid's movie that many adults also thoroughly enjoyed. Did you watch it all the way through the credits?

I went to the movie with some co-workers and they wanted to leave as soon as the "movie" was over, but I insisted that they watch the credits. I knew that there was a cute moment at the end of the credits. When the surprise occurred, one of my co-workers screamed pretty loudly. She thought it was cute, but did not expect what happened. I have a feeling that some of you will have to watch it again, including the credits to know what I am talking about.

Often times in Scripture, a person, king or prophet's name is mentioned for the first time with words like: "and he did right in the eyes of the lord." What a great statement for someone to hear!

However, after many years, the words at the end of their life are filled with

grief, pain, anguish and disobedience.

They did not completely stay focused on or enthused about God or being obedient. They often turned to other things or people for their hope or help.

It is also true that many people join the military with overflowing enthusiasm and gusto. They are going to serve their country and do their part to protect from those who would take away freedom, peace and happiness. Yet, somehow during their years of service, the passion has become resentment, complaining, selfishness or disillusionment. They often turn away from their service and leave or finish their "20 years" just for the sake of the retirement.

I encourage you, NOT to fall away in your faith in God or in your commitment to the Air Force. Our bodies may tire as we grow older, but our joy can be more complete and our knowledge and wisdom more applicable through our experiences.

Who knows what can be accomplished or what hidden gems may exist when we faithfully complete our mission.

God Bless You!

PEP promotions

to Senior Master Sgt.:

-- Edward A. Mull, 70th ARS

to Master Sgt.:

-- Kem A. Musgrove, 349th CS
-- Williams E. Copeland, 312th AS
-- Jeffrey E. Quinn, 349th EMS

to Technical Sgt.:

-- Nicholas E. Bugni, 349th EMS
-- James E. Nelson II, 349th EMS
-- Patrick J. Tiaffay, 312th AS
-- Ranja L. Shaffer, 349th EMS

Intel positions to be filled

The 349 Intelligence office has intel officer (14N1) and enlisted (1N0x1) positions open for interested, qualified individuals.

The primary responsibilities are to provide indications, warnings and assessments of enemy courses of action and force protection intelligence.

Those interested should be comfortable speaking in front of large groups, and should be interested in world affairs and current events.

The job requires mobility status. Deployments are readily available and have been fast-paced and interesting. Formal training at Goodfellow AFB in San Angelo, Texas lasts approximately 30 weeks.

Contact 1st Lt. Loren Hanks at (707) 424-5040 for more information.

Historian Position Open

Members looking for a high profile position that will place them at the forefront of what's going on in the wing should apply for the enlisted opening in the wing's History Office.

This unique career field requires a motivated self-starter, one person shop, who works directly for the wing commander.

The requirements are: 5-level; eligibility for a top secret security clearance; a score of 70 or better in the general category; type 20 words per minute; and have three years retainability upon completion of the technical school (three-week course located at Maxwell AFB, Ala.)

Interested members should contact Capt. Terry Cotter (707) 424-3922.

349th AMW members earn Community College of the Air Force degrees

Sixty-one members of the 349th Air Mobility Wing will receive their associate degrees May 6 at the Base Theater from the Community College of the Air Force. For Airmen interested in working on their advanced degrees, stop by the Education and Training Office of the Military Personnel Flight. The office is located on the second floor of Bldg. 239, Bay F. If you work with any of the following Airmen, offer them your congratulations for earning their degree:

SMSgt. Veronica Cador, 82nd APS
 SMSgt. Steven Hampton, 79th ARS
 MSgt. George A. Adams, 349th MXG
 MSgt. Franklin A. Aldridge, 55th APS
 MSgt. Steven Axie, 349th CES
 MSgt. Lori L. Bero, 79th ARS
 MSgt. Hector Campos, 301st AS
 MSgt. Darlene G. Chaboude,
 349th MOF
 MSgt. Linda L. Corpus, 312th AS
 MSgt. Michael E. Frazer, 79th ARS
 MSgt. James A. Henley, 349th MDS
 MSgt. Gwen Hunter-Williams,
 349th AMDS
 MSgt. Todd J. Ibbotson, 349th CS
 MSgt. Donald F. Mascardo, 349th CES
 MSgt. John L. Moore, Jr., 79th ARS
 MSgt. Barbara B. Morse, 349th AMW
 MSgt. Wendi J. Tyler-Zimmerman,
 45th APS
 TSgt. Anthony R. Alvarado, 749th AMXS
 TSgt. Donald S. Butler, 70th ARS

TSgt. Leon Clayton, 749th AMXS
 TSgt. Thomas L. Dewitt, 349th AES
 TSgt. Christine M. Duro, 349th ASTS
 TSgt. Tamora R. Edwards, 704th MDS
 TSgt. Purificacion Garcia, 604th MDS
 TSgt. Kevin P. Glovins, 70th ARS
 TSgt. Nicole L. Gonsalves-Frantzreb,
 349th AMXS
 TSgt. Anthony Hall III, 349th AES
 TSgt. Gregory J. Harding, 749th AMXS
 TSgt. David V. Head, 349th MXG
 TSgt. Robert N. Ivey, 349th MXG
 TSgt. Richard W. Keats, 349th EMS
 TSgt. Don W. King, Jr., 349th OSF
 TSgt. Harold A. Konie, 349th CES
 TSgt. Lydia T. Nunez, 55th APS
 TSgt. Mark J. Shoemaker, 349th ALCF
 TSgt. Cloria E. Smith, 349th ASTS
 TSgt. Jaime C. Spencer, 349th ALCF
 TSgt. Patrick J. Stevens, 349th CES
 TSgt. Miguel Valdivia, 312th AS
 TSgt. Mark L. Wittkopp, 349th ASTS

TSgt. Brian C. Breech, 349th CES
 SSgt. Aldwin J. Donald, 349th AES
 SSgt. Russell P. Downie, 79th ARS
 SSgt. Mark A. Eger, 55th APS
 SSgt. John J. Imhoff, 349th AMW
 SSgt. Andrew M. Jones, 349th CES
 SSgt. Denise C. Laycock, 349th ASTS
 SSgt. Emonie Lewis, 349th MOF
 SSgt. Jason C. Marez, 349th CES
 SSgt. Kimberly O. Orill, 349th AMDS
 SSgt. David J. D. Ozoa, 349th CES
 SSgt. Sylvia C. Rosales, 349th MAS
 SSgt. Raymond J. S. Rullan,
 349th CMS
 SSgt. Jasmine M. Siu-Cain, 349th CS
 SSgt. Danny H. Tam, 349th MSS
 SSgt. Clarissa P. Tarnate, 349th MSS
 SrA Bloom Beloved, 349th CES
 SrA Nathan D. Ellis, 749 AMXS
 SrA Frank W. Lindeman, 704th MDS
 SrA Bryan Singer, 349th CS
 SrA Nathan A. Suard, 349th MDS

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Memorial Day May 31

In remembrance of those who
 went before...



courtesy photo