



129th Rescue Wing's April Rescue e-Gram

909 Lives Saved

These Things We Do...That Others May Live

Moffett-based unit performs dramatic rescue in Pacific Ocean



Pararescuemen from the 129th Rescue Wing California Air National Guard prepare to jump from the rear door of a Coast Guard C-130 Hercules airplane approximately 1,400 miles southwest of San Diego April 1, 2010. (U.S. Coast Guard photo by Petty Officer 3rd Class Henry G. Dunphy)



Pararescuemen from the 129th Rescue Wing transfer a patient from a sailboat to a small raft in preparation for transfer to a container vessel April 2, 2010. The Eleventh Coast Guard District Rescue Coordination Center used their Automated Mutual Assistance Vessel Rescue system to divert a Liberian registered merchant vessel to rendezvous with the sailing vessel and pick-up the PJs and their patient (Photo courtesy of the CAP PALMERSTON crew)

Air National Guardsmen from the 129th Rescue Wing here completed a four-day rescue mission last night for an injured sailor approximately 650 miles off the coast of Baja, Calif.

The 129th sent two HH-60G Pave Hawk rescue helicopters and one MC-130P Combat Shadow aircraft, accompanied by one Marine Corps KC-130J Super Hercules tanker from Marine Corps Air Station Miramar, to pick up Michael Kalahar, a 56-year-old sailor from Port Angeles, Wash., who suffered life-threatening head and neck injuries aboard his sailing vessel WIND CHILD. The 129th rescue aircraft also recovered a four-man pararescue team, also based here with the 129th.

Responding to a call from U.S. Coast Guard Rescue Coordination Center in Alameda, Calif., Thursday morning, the four pararescuemen, or PJs, were picked up here by a Coast Guard HC-130 Hercules and flown to the WIND CHILD 1,400 miles southwest of La Paz, Mexico. With limited aircraft fuel and no other means of recovery, the PJs parachuted from the HC-130 into the ocean with a Zodiac boat and enough medical supplies to sustain the injured sailor's life for several days.

Friday morning, the Eleventh Coast Guard District Rescue Coordination Center used their Automated Mutual Assistance Vessel Rescue (AMVER) system to divert a Liberian registered merchant vessel, the CAP PALMERSTON, enroute to Ensenada, Mexico, to rendezvous with the sailing vessel and pick-up the PJs and their patient. The AMVER program is sponsored by the U.S. Coast Guard and is a voluntary global ship reporting system used worldwide by search and rescue authorities to arrange for assistance to persons in distress at sea.

Because of the distance from shore, strong winds and high seas, officials decided to bring the vessel closer to the coast in order to send additional rescue aircraft to retrieve the PJs and transport the patient to a ground-based medical treatment facility.

Following the transfer of the patient and PJs from the small sailboat to the large container vessel, the ship set course to San Diego.

Aircraft and personnel from the 129th formed a Search and Rescue Task Force and prepositioned at Naval Air Station North Island Saturday. Sunday afternoon the rescue package of two HH-60Gs, one MC-130P and one Marine KC-130J tanker made contact with the CAP PALMERSTON. The HH-60 crew hoisted the patient and PJs



Pararescuemen from the 129th Rescue Wing transfer a patient to the CAP PALMERSTON, a Liberian registered merchant vessel enroute to Ensenada, Mexico April 2, 2010. Following the transfer of the patient the ship set course to San Diego. The patient and PJs were picked up by 129th rescue crews April 4, 2010. (Photo courtesy of the CAP PALMERSTON crew)

from the ship to the helicopter, while the M/KC-130s served as refueling platforms and command and control for the Search and Rescue Task Force.

The PJs provided life saving medical aid while awaiting the arrival of the 129th aircraft and during the flight to San Diego, where the patient was transferred to Scripps Memorial Hospital in La Jolla, Calif., at approximately 9 p.m. Sunday. All Task Force aircraft successfully returned to Naval Air Station North Island and MCAS Miramar late Sunday night.

"With the Air Guard, Air Force, Marine Corps and Coast Guard working together over the course of four days, this was truly a Joint Forces life saving effort," said Col. Amos Bagdasarian, 129th Rescue Wing commander. "From the mountains of Afghanistan to the high seas of the Pacific, 129th rescuers never cease to live up to their creed, 'That Others May Live.'"

This rescue brings the total number of people saved by the 129th RQW to 909.

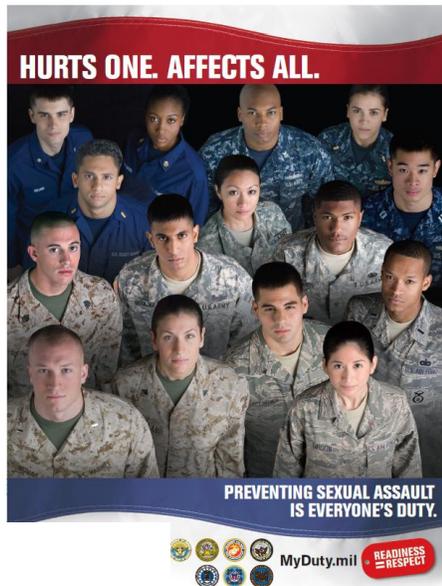
The primary mission of the 129th RQW is to train and be prepared to perform its wartime mission of personnel recovery anywhere in the world. In addition to its wartime mission, the unit also works closely with the Coast Guard and various civil agencies on domestic response missions. Equipped with MC-130P Combat Shadow tankers, HH-60G Pave Hawk rescue helicopters and highly skilled Pararescuemen, the 129th has performed a wide variety of civilian search and rescue missions, including distressed persons aboard ships, lost or injured hikers, and medical evacuations. More information about the unit is available at www.129rqw.ang.af.mil.

To view video footage of the rescue visit http://cgvi.uscg.mil/media/main.php?g2_itemId=822779

Sexual assault "Hurts one. Affects All."

by Capt. Alyson M. Teeter

129th Rescue Wing Sexual Assault Readiness Coordinator



Imagine that a co-worker is sexually assaulted by another member in the unit. Do you think you'll be impacted?

The answer is yes.

"Experts and practitioners often describe the negative consequences of sexual assault as having a ripple effect, starting with the victim and expanding outward to include families, friends, work colleagues, neighbors, and increasingly larger parts of the population," according to the Department of Defense SAPR Office.

This month is Sexual Assault Awareness Month and the SAAM theme this year is, "Hurts one. Affects All." This theme focuses on how sexual assault negatively impacts mission readiness - it harms the life of the victim and the military's ability to work effectively as a team.

As a wingman, if the signs are there, do you prefer to stand by and let your fellow Airmen be sexually assaulted, which consequently obliterates unit cohesion? No. You can make a world of difference, not only to the victim, but also for the unit.

According to the Department of Defense SAPR Office, mission readiness is negatively impacted in three ways.

1. The alleged perpetrators are often placed on administrative hold and therefore cannot deploy with their units.
2. Victims may not be able to fulfill their duties or may otherwise have their ability to perform the mission compromised as a result of the traumatic events.
3. The attention of the unit leadership shifts from the normal duties involved in maintaining readiness to addressing a victim's needs, investigating the alleged perpetration, and restoring the unit's cohesion and trust.

As the wing's Sexual Assault Readiness Coordinator, or SARC, I wanted to take this opportunity to highlight not only SAAM, but also update you on changes with the wing's Sexual Assault Prevention and Response Program.

The first big change is critical to the success of the wing SAPR program - volunteer victim advocates. Recently the 129th brought on board two new victim advocates to the wing SAPR program. Our new VAs are Master Sgt. Lindsey Bartlett from the 561st Band and Ms. Carolann Wunderlin, coordinator for the wing Family Programs office.

Both Sergeant Bartlett and Ms. Wunderlin are first responders - they take victim reports, provide emotional support to survivors, research and guide survivors to resources, and report assaults to the wing SARC. Like the SARC, conversations with the VA are confidential!

Whether you know someone who was sexually assaulted or you survived a sexual assault 10 years ago, please don't hesitate to contact our VAs for assistance. You'll find the Victim Advocates' contact information listed on flyers posted throughout the wing. Sergeant Bartlett and Ms. Wunderlin's information is also listed here, along with other helpful SAPR resources:

**129th RQW Sexual Assault
Response Coordinator**

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650-793-1749 (24/7)
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129th RQW SARC (alternate)

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129th RQW Security Forces

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129th RQW Victim Advocate

MSgt Lindsey Bartlett
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129th RQW Victim Advocate

Ms. Carolann Wunderlin
650-793-7112 (24/7)
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129th RQW Chaplain

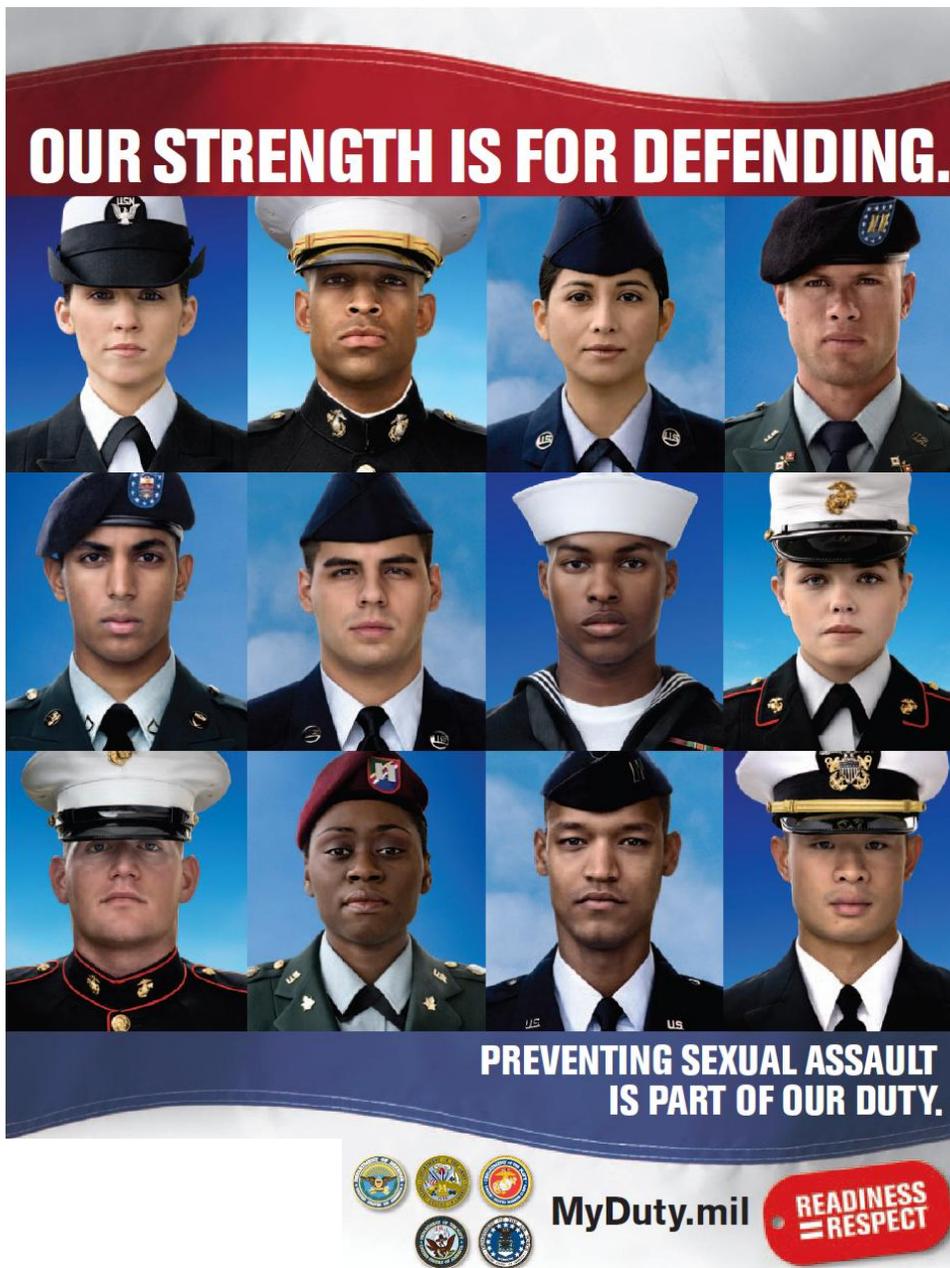
650-603-9144/9586/9265

**129th RQW Embedded
Counselor**

Mr. Jim Arjani
650-450-0102
jimarjani@yahoo.com

**California Coalition Against
Sexual Assault**

<http://calcasa.org>
(enter zip for list of local rape crisis centers)



129th Operations Group does excellent in inspection

by Airman 1st Class Jessica Green
129th Rescue Wing Public Affairs



Chief Master Sgt. Richard Nowaski, an HH-60G Pave Hawk flight engineer from the 129th Rescue Squadron, prepares a rope used by pararescuemen for helicopter fast-roping at Moffett Federal Airfield, Calif., March 24, 2010. (Air National Guard photo by Tech. Sgt. Ray Aquino)



Staff Sgt. David Ortiz and Airman 1st Class Joshua Tidwell, HH-60G Pave Hawk crew chiefs from the 129th Maintenance Squadron, prepare a Pave Hawk for towing at Moffett Federal Airfield, Calif., March 24, 2010. (Air National Guard photo by Tech. Sgt. Ray Aquino)

The 129th Operations Group just wrapped up another inspection after the two-person team from Air Combat Command Headquarters conducted an aircrew standardization/evaluation visit March 22-26, awarding the 129th Rescue Wing with a rating of EXCELLENT.

During their time with the 129th, the ASEV inspectors evaluated the proficiency of the aircrews within the 129th, 130th and 131st Rescue Squadrons, ensuring their training programs and combat readiness was in accordance with ACC.

"The inspection happens almost every four years to determine our ability to evaluate, instruct and perform our assigned task," Lt. Col. Victor Teal, chief of standardization and evaluation for the 129th OG said. "They look specifically at our testing program, our evaluation program, our emergency procedures, aircrew exam scores, basic aircrew abilities, knowledge and experience."

These squadrons are always ready to complete their mission, however this inspection is an opportunity to review, update and improve all programs before, during and after the visit.

"This inspection is important to what we do because it reflects on our Airmanship and our professionalism," said Staff Sgt. Sean Pellaton, 129th RQS aerial gunner. "Being a Guard unit we're often looked at by active duty as a maybe a little bit weaker, but I think that being here and doing our mission allows us to prove that we can do this just as well, if not better, than everybody else."

The inspection is divided into two main scoring sections. The first half of the rating is based on the operations group commander's training programs within the standard/evaluation shop. This shop selects the highest experienced aircrew to work directly with the commander to ensure the programs are run in compliance with the standards, said Col. Mark Sheehy, 129th OG commander.

The second half of the scorecard is based on aircrew performance, which is comprised of check rides and academic testing.

"While performing a check ride, aircrews are flying a combat training sortie, there is an ASEV inspector examining every aspect of our rescue squadrons, the C-130's, HH-60's and the Guardian Angel's," Colonel Sheehy said. "Guardian Angels are the combat rescue officers and the pararescuemen that make up the 131st RQS. The 129th and 130th RQS consist of pilots, navigators, flight engineers, aerial gunners, maintainers and load masters."

"While on board the inspector is watching and listening to make sure that the aircrew is conducting their training in accordance with ACC standards, and the way they do that is through standard evaluation flight examiners," the colonel said.



Staff Sgt. Sean Pellaton, an HH-60G Pave Hawk aerial gunner from the 129th Rescue Squadron, conducts a preflight inspection on a GAU-2C Mini-gun at Moffett Federal Airfield, Calif., March 24, 2010. (Air National Guard photo by Tech. Sgt. Ray Aquino)

A SEFE is the flight examiner that is assigned to the standard/evaluation shop contained by the 129th OG. There is a SEFE for each element of an aircrew, including pilots, navigators and engineers. SEFE's give check rides to individual aircrew members while ASEV inspectors on the flight ensuring that the sortie is ran correctly and evaluate the SEFE to ensure they are examining the individual correctly, all within ACC standards. Due to the short length of the inspection, and the large number of pilots at the 129th RQW, ACC their wants their ASEV inspectors to evaluate at least 33% of all pilots, however all SEFE's will be evaluated, Colonel Sheehy said.

"They want to make sure that when we are giving our check rides and our objectivity rides, we're not only in compliance with the ACC directives, but we're also meeting the operations group commanders intent, and the goals that he has set forth to meet the standardization and evaluation," said Senior Master Sgt. Jason Red, 129th Rescue Squadron aerial gunner superintendent and SEFE during the ASEV inspection. "We're ready to demonstrate to anybody that we do the job safely and this is why we're the best at what we do."

Due to multiple deployments to Afghanistan the 129th RQW was slightly behind the four year mark requiring a visit from ACC's inspection team. The last ASEV was conducted in May of 2005 where they also earned a rating of EXCELLENT.

"Our Airmen had just gotten back form deployment, were still in recuperation and needed time prepare," said Colonel Sheehy, "So we were granted a six month extension, where we conducted as many training rehearsal sorties that would mirror the sorties we'd be flying with the inspectors as we could."

During those six months aircrews also had to prepare for the academic portion of the ASEV. Every aircrew member had to take a closed book test about precise knowledge of their job including, mission familiarity, emergency systems awareness and procedures understanding.

"ACC states that active duty Airmen, guardsmen and reservists need the same knowledge and flying requirements to complete our missions," Colonel Sheehy said. "In that regard, we ask a lot of our traditionals, especially over the last few months in preparation for this inspection. This is a lot of knowledge to have while also maintaining a full time job. They've done outstanding."

According to Lt. Col. Steven Butow, deputy commander of the 129th Operations Group, the ACC ASEV team chief stated the overall assessment of the 129th OG standardization and evaluation program was an excellent program for administering the standardization and evaluation elements to validate mission readiness and the effectiveness of unit flying and employment.



Hawk aerial gunner from the 129th Rescue Squadron, conducts a pre-flight inspection on a GAU-2C Mini-gun at Moffett Federal Airfield, Calif., March 24, 2010. (Air National Guard photo by Tech. Sgt. Ray Aquino)

At the conclusion of the ASEV out brief the following Airmen were named as superior performers during the inspection:

- Lt. Col. Jeffrey Waldman, 130th RQS recon pilot
- Lt. Col. Victor Teal, 129th OG chief of standardization and evaluation
- Maj. Thomas Roberts, 129th OG helicopter pilot
- Capt. Damon Foss, 131st RQS combat rescue officer
- Chief Master Sgt. David Dunlap, 130th RQS chief flight engineer
- Senior Master Sgt. William Wunderlin, 129th OG aircraft load master supervisor
- Senior Master Sgt. Eric Degner, 131st RQS pararescueman

Based on the ASEV five tier rating system, OUTSTANDING, EXCELLENT, SATISFACTORY, MARGINAL and UNSATISFACTORY, the following were rated as model programs in ACC with an OUTSTANDING rating:

- Operations Supervisor Program
- No Notice Evaluation Program
- Guardian Angel Program
- 129th RQS Aircrew Testing (Average Score: 99.2%)
- 130th RQS Aircrew Testing (Average Score: 99.1%)
- 131st RQS General Knowledge Testing (Average Score: 99.4%)
- 131st RQS Physical Fitness Testing (Score: 572 - one of the highest scores in USAF Guardian Angel)

To view the news video of the story go to <http://www.129rqw.ang.af.mil/news/video/index.asp>.

Airmen proficient on weapons training

by Senior Airman Shane Burke
129th Rescue Wing Public Affairs



Airmen from the 129th Rescue Wing receive M-16 qualification training at the Metcalf Gun Range in San Jose, Calif., March 6. (Air National Guard photo by MSgt. Dan Kacir)

Guardsmen from the 129th Rescue Wing are staying proficient on their weapons training. Combat arms instructors from the 129th Security Forces Squadron taught shooting fundamentals at the Metcalf Gun Range in San Jose.

"A big part of it is when you can identify a particular problem with a student, and you're able to identify it and communicate that with the student," says Staff Sgt. Mike Tjaarda, the combat arms training and maintenance instructor. "That student goes from say somebody who's not doing so well, to qualifying, in some cases, actually getting an expert rating."

The Small Arms Expert Marksmanship Ribbon is awarded to personnel for expert qualification on either the M-16 automatic rifle or a designated handgun weapon.

Qualification as expert on the pistol requires 41 hits out of 45 rounds, with 25 within a 10-inch circle on the target and six within a 6-inch circle on the target. Qualification as expert on the rifle requires 43 hits out of 50 rounds on various sized silhouettes, simulating targets at different ranges.

"So they get a little ribbon, that's always kind of nice," he said. "It puts a smile on their face, and makes us feel like we did our job."

While deployed, it's important to be able to put rounds on target. Sergeant Tjaarda says M-16 training and qualifications are as important as ever in today's Air Force.

To view the video news story, go to <http://www.youtube.com/watch?v=tfB8LhfNf04> or <http://www.129rqw.ang.af.mil/news/video/index.asp?cid=307&sid=12214>.

129th RQW hosts National Prayer Lunch



Lt. Col. Steven Torgerson, wing chaplain for the 60th Air Mobility Wing at Travis Air Force Base in Fairfield, was the guest speaker at the 129th Rescue Wing Commander's National Prayer Lunch at Moffett Federal Airfield on March 7. The lunch consisted of a musical selection from the 561st Air Force Band, and welcome speech given by Col. Amos Bagdasarian, the 129th RQW commander, and a brief history of the national prayer service by 129th RQW Maj. Ivan Williams, 129th RQW chaplain. The national prayer service was established in 1953 by President Dwight D. Eisenhower to recognize the moral and religious values upon which the nation is

founded. With interfaith prayers reaching followers of Buddhism, Catholicism, Hinduism and Protestantism, Chaplain Torgerson believes it's his job to everybody's chaplain, including nonbelievers. "It's my job to be there for everyone," he said. "Every faith has followers that need assistance in coping with retirement, possibly dealing with post traumatic stress disorder and the spirit of recovery. It's my job to be there and give them the theological perspective of a chaplain." Prior to assuming his current position of being responsible for the spiritual well being and free exercise of religion for nearly 24,500 active duty, reserve and civilian personnel and their families at Travis AFB, Chaplain Torgerson served as the deputy command chaplain for Multinational Force, Iraq. He went to Iraq after spending two years at Air Staff as the Chairman for the Air Force Integrated Delivery System and also worked in the plans and programs division of the Office of the Chief of Chaplains. "I don't normally travel to other units to speak, however the National Prayer Lunch is a nice way to reach more people and bring troops together." (Air National Guard photo by Staff Sgt. Kim Ramirez)



Mexico travel alert

by 2nd Lt. Maria Tubergen
129th Rescue Wing Antiterrorism Officer

Due to recent violent attacks, the U.S. State Department continues to urge U.S. Citizens to delay unnecessary travel to parts of Durango, Coahuila, Sinaloa and Chihuahua States. Also, Mexican cities to avoid until further notice include, but are not limited to Juarez, Tijuana, Nogales, Nuevo Laredo, Matamoros, and Las Palomas. Drug cartels continue to be engaged in conflict amongst themselves and against Mexican authorities. In the first quarter of 2010, the number of drug-related homicides in Mexico has reached 2,049.

Currently, members who are on Title 10 status are indefinitely prohibited from non-official travel (leave and pass) to the states of Chihuahua, Durango and Sinaloa and the cities of Nogales, Piedras Negras, Nuevo Laredo, Monterrey and Matamoros.

For traditional guardsmen, the 129th Rescue Wing cannot officially restrict personal travel, however it is strongly recommended to avoid these areas.

If you intend to travel to Mexico, it is imperative that you understand the risks in Mexico, how best to avoid dangerous situations, and who to contact if victimized. Common-sense precautions such as visiting only legitimate business and tourist areas during daylight hours, and avoiding areas where prostitution and drug dealing might occur, can help ensure that travel to Mexico is safe and enjoyable.

Before you travel, ensure that you have completed Antiterrorism Level I training within the last six months. Please advise your military supervisor and provide them with a detailed itinerary and contact numbers. Also, make sure you have in your possession the phone numbers for the American General Consulate. For further information on travel restrictions please visit the official Department of State Web site at <http://travel.state.gov/travel/>.

Red Cross offers "Coping with Deployments" class

from Barbara Wood

American Red Cross, Silicon Valley Chapter



**American
Red Cross**

The Red Cross is offering a Coping with Deployments class for military members and their families. The free class is taught by actively licensed and specially trained Red Cross mental health professionals, who provide all needed materials for success.

The course was developed to assist military family members build coping strengths and provide positive emotional support for one another and to other military families.

Family members of the Reserve, National Guard and active duty service members, including spouses, older children, parents, siblings and significant others, as well as to military members who take it with their family. Veterans and their family members are also eligible.

The course includes a special focus on resilience, which is the ability to quickly recover from change or adversity by means of natural strengths, and by preparing and planning how to cope during stressful times.

The content builds on military family readiness guidance from all branches of the U.S. Armed Forces, and bridges with military mental health education materials.

Participants receive a "Coping with Deployments: Psychological First Aid for Military Families" handbook that includes and expands upon the material covered during the course, and provides a useful resource and referral section.

The complete course is approximately 4 ½ hours in length. It can be divided into a 2 ½ hour adult module or a 2 hour children's module. The children's module teaches adults how to support children as a result of changes they may experience due to deployment of a family member.

The class can be taught for as few as six students and as many as 25 at one time.

Please contact Barbara Wood at 408-557-1000 or woodba@usa.redcross.org with any questions. For more course information please go to www.siliconvalley-redcross.org for a full list of class offerings or download the course flyer at <http://www.129rgw.af.mil/shared/media/document/AFD-100323-063.pdf>.

Watch, Report, Protect...Eagle Eyes program returns to 129th

by 2nd Lt. Maria Tubergen

129th Rescue Wing Antiterrorism Officer



U.S. AIR FORCE
EagleEyes

WATCH.REPORT.PROTECT.

Watch, Report, Protect... This is the tagline for the Eagle Eyes program being reintroduced here at the 129th Rescue Wing. It's an Air Force anti-terrorism initiative that enlists the eyes and ears of you, your co-workers, family members and friends in the war on terror. It is similar to the Neighborhood Watch program that we have all heard of at one point or another.

Over the next several months, I will be publishing articles to teach you and your family about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it.

I encourage you and your family to stay tuned to the following Rescue E-Grams to learn about the categories of suspicious behavior:

- Surveillance
- Elicitation
- Tests of security
- Acquiring supplies
- Suspicious persons out of place
- Dry run
- Deploying assets

Nothing is more powerful in this fight than intelligence and the best source of intelligence is an informed and trained Airman. Please accept this challenge; keep your eyes open and report anything out of the ordinary to Security Forces at 3-9111 or your local law enforcement agency when you are off base.

Portrait of a Professional: April 2010

Portrait of a Professional is a monthly profile of an outstanding Staff Sgt. and below. Staff Sgt. Rigoberto Vazquez with the 129th Security Forces Squadron is featured as this month's Portrait of a Professional.



Staff Sgt. Rigoberto Vazquez (right), 129th Security Forces Squadron, is this month's Portrait of a Professional. (Air National Guard photo by Staff Sgt. Kim E. Ramirez)

What is your favorite memory in the Air Force?

My year spent in Korea. We worked hard but the down time was awesome. Also when I was deployed to Kyrgyzstan, I met a lot of really smart people. Interpreters, mostly Asian and Russian languages, made for a really fun time.

What motivated you to enlist in the AF?

I've always wanted to join the military, when the time came this is the branch I chose. I was active duty for six years. I joined the guard in January of 2008 for a change of pace. I wanted to try something different, I have more opportunities to do things than I did while on active duty.

How has being an Airman changed your outlook on life?

I was pretty sheltered when I was younger, so the military gave me a chance to meet a lot of people through all the things I've done. It's changed my view on how I see the world.

What's the most important lesson you've learned in the military?

I'd have to say my time management.

If you could choose any AF job, which would it be? Why?

I think being an aerial gunner would be pretty cool, being able to support our ground troops.

If you could deploy anywhere in the world, where would you go?

I'd go to Afghanistan, I haven't been there yet. I've been to Iraq, Korea and Kyrgyzstan so I would like to go to Afghanistan. While on deployment, lately security forces have been tasked out to look for mortar teams, IED teams and what not. I haven't had the opportunity to do anything like that. When I was in Iraq I was tasked with a law enforcement mission, so was basically playing highway patrol on an Army base. I'd like to work on security patrols or as a security escort.

Where did you grow up?

I grew up in Union City, Calif.

What is your job in the civilian world?

I work on base full time and state active duty orders with security forces since July 2009.

What would people be surprised to know about you?

I'm teaching myself bass for about six years now, so I'm thinking about taking classes. I also have a guitar that I'm trying to learn how to play.

What are your hobbies?

I just got a dirt bike that I like to take out anytime I get a chance, so only twice so far.

Nominations due April 30 for Military Spouse of the Year

by Ms. Carolann Wunderlin

Family Readiness Office



Leslie Wade (right), wife of Maj. Gen. William H. Wade, the former California Adjutant General, and Carolann Wunderlin (left), the 129th Rescue Wing Family Readiness Program coordinator, present a gift to Elaine Vindiola, 129th Mission Support Group Spouse of the Year award winner Oct. 4, 2009, at the annual Family Day Picnic at Moffett Federal Airfield, Calif. (Air National Guard photo by Tech. Sgt. Ray Aquino)

Guard spouses have grown through the radical paradigm shift imposed by the events of 9/11 and its consequent ramp up of National Guard mobilizations and contingencies lasting periods of times not previously experienced under the former "weekend warrior" mentality of the National Guard.

I know, as I too had been a Guard spouse during the events of 9/11 and consequently hired on as the first Wing Family Program Coordinator for the 129th.

The weight of ramping up our own mindset and that of our children through the unwelcome and uncomfortable changes that lay ahead has been exhausting. Our National Guard spouses, specifically that of our unit, have overcome so much in order to keep their marriages strong, children safe, and hearts, minds and bodies healthy.

It is especially timely to recognize military spouses after last year's intense deployment to Afghanistan. That isn't to say that only combat spouses endured - it also includes all Guard spouses who continue to commit to adapting for the sake of their Guard members' careers. They too exemplify a true and honorable sacrifice with selfless acts that go unrecognized.

Therefore, our married Guard members, whether they deployed or not, have been afforded an opportunity to submit a loving testament explaining the following qualities exhibited by their spouses:

1. **Independence:** The capability of leading a fulfilling and meaningful life as a spouse, parent, community servant, student, professional, coach, mentor, and friend to others, while a part of the National Guard family.
2. **Resiliency:** The ability to overcome setbacks and obstacles and to maintain positive thoughts during times of adversity (including deployments).

Only one spouse will be selected from the maintenance group, medical group, mission support group, operations group and wing headquarters. People who submit the first 15 testaments will receive a thank you tote from the Family Readiness Office and will be recognized.

HOW TO APPLY? Guard members should email their testament to Master Sgt. Jim Knopf in the Chaplains Office at james.knopf@ang.af.mil by April 30, 2010.

Family Readiness Corner

Special Airman & Family Readiness Vacancy Announcement

from Ms. Carolann Wunderlin

129th Rescue Wing Family Readiness Program Manager

The Airmen & Family Readiness Program needs your support! Effective March 24, 2010 the office opened a position as a limited term Active Duty Operational Support (ADOS) position working directly for the program manager, Carolann Wunderlin.

The announcement will remain open until the position is filled, expiring Sept. 30, 2010 as the end of duty.

This position has no AFSC requirement and incumbent will be used as a dedicated resource for deployment cycle support to airmen and their families, i.e., supporting Yellow Ribbon Reintegration Program as well as Airmen & Family Readiness Program issues/tasks.

Applying rank is limited to staff sergeant through master sergeant or lieutenant through captain, however, exceptions may be considered.

Member must be within the local commuting area because temporary duty dollars will not be provided, only ADOS days.

Member will be in Title 10 ADOS status throughout tour of duty. If the member needs to go TDY to participate in exercises, inspections or other duties outside the duties the ADOS days were provided, there must be a break in the ADOS tour during those periods.

If the member chooses to participate in UTA weekends, he/she may do so on the ADOS orders, however he/she will not receive additional pay since he/she is already on active duty status.

Finally, the member will be performing duties specified in the goals and tasks specified by the manager of the Airmen & Family Readiness Program.

If selected, you will be required to complete the following documents:

- BDT-ADOS-DTS Form (provided by A&FRPM)
- HR ADOS Request Form (provided by A&FRPM)
- FM Certification Letter (provided by A&FRPM)
- AF 422 (Profile) (no older than 60 days)
- Current PT Test
- Current RIP (no older than 2 weeks)

If you have questions, please contact Carolann Wunderlin at 650-603-9118 or email carolann.wunderlin@ang.af.mil.

Air Force Spouse Scholarship Deadline April 30

The Air Force Spouse Scholarship program is designed to encourage Air Force spouses worldwide to pursue associate, bachelor or graduate/postgraduate degrees. The number and amount of scholarships awarded depends on available funding and on the number of qualified applicants.

Requirements/Evaluation Criteria

- The applicant must be a spouse of Air Force active duty, Air National Guard or Air Force Reserve to be eligible. Spouses who are themselves Air Force personnel, or in ROTC, are not eligible.
- Include an official, original transcript from the 2009-2010 school year verifying your minimum 3.5 cumulative GPA or higher. The transcript must have your name on it and show that you are enrolled for the minimum number of hours (6 credit hours for undergraduate study and 3 credit hours for graduate study). You must be in a degree program. If you are not currently enrolled, then, in addition to an official, original transcript, include a letter from your college or university that confirms your intent to carry the required hours in the Fall of 2010.
- If you have no prior college or university course work, include proof of acceptance to an accredited college or university. This must be an original letter on college or university stationery from the admissions office or the registrar.
- In a two page double-spaced essay, describe your academic and career goals and the motivation which led you to this decision. Describe how Air Force involvement or local community activities in which you are involved will enhance your goals.
- Two letters of recommendation should be character references and descriptions of your performance and potential as a student, employee or volunteer. The two letters must be from different sources. The letters can be from professors, employers or volunteer organizations. You may also request a letter from your local AFA Chapter.
- A photo of the applicant (preferably a head shot). Your photo and your words may be used in our publications.
- Complete application packages must be received no later than April 30, 2010. Incomplete applications will not be considered.

Scholarship Allocation

- A feedback form will be sent to recipients with their scholarship check and is required to be returned not more than six months after the award is made.
- Scholarships are awarded in June.
- Scholarships are not renewable. Prior recipients cannot be considered again.
- A check in the amount of \$2,500 will be sent to the recipient in September.
- Scholarships may be used to pay for any reasonable cost related to pursuing a degree. This would include tuition, books, transportation or childcare costs.

For more information please visit <http://www.afa.org/aef/aid/spouse.asp>

DoD Savings Deposit Program

The Defense Department's Savings Deposit Program offers service members serving in designated combat zones an opportunity to build on their financial security with a generous 10 percent interest rate.

The DOD Savings Deposit Program (SDP) was established to provide members of the uniformed services serving in designated combat zones the opportunity to build their financial savings. Amounts up to \$10,000.00 may be deposited, earning 10% interest per annum.

Eligibility

Members of the armed forces serving in a combat zone or in support of a contingency operation are authorized to make deposits. Service members must be receiving Hostile Fire Pay and be deployed for at least 30 consecutive days or at least 1 day in each of 3 consecutive months in order to participate in the program.

Deposits

Deposits can be made by allotment, check or cash to the finance office in the service member's deployed location. Deposits may not be more than the unallotted pay and allowances per month. If the service member makes deposits by allotment, the allotment should be stopped prior closing the account or when the member departs the combat zone. Deposits may not be less than \$5.00 and must be in multiples of \$5.00. No interest is earned on amounts exceeding \$10,000.00.

Interest

Deposits made on or before the 10th of the month accrue interest from the 1st of the month. Deposits made after the 10th accrue interest from the first day of the following month. The effective date of the deposit is the date the deposit is made to the finance office. Interest is computed at the rate of 10% per annum and is compounded quarterly. No interest is earned on amounts exceeding \$10,000.00. That is, if a service member deposits \$15,000.00 in his/her SDP account, a maximum of \$1,000.00 will be earned in interest per year. Interest earned on the amounts deposited into the SDP is taxable.

Withdrawals

Service members may close their SDP accounts only after departing the combat zone. Interest will continue to accrue on the account up to 90 days after departure from the combat zone. Should the 90-day period end on any day other than the last day of a month, interest will accrue through the last day of the preceding month. If the 90-day period ends on the last day of a month, interest accrues for that month. Members in a combat zone may withdraw amounts of interest over \$10,000.00 on a quarterly basis. Withdrawals may be made in an emergency only when the health or welfare of a member or dependents would be jeopardized if the withdrawal were not granted. Emergency withdrawals must be authorized by the member's commanding officer.

Withdrawal Procedures

Withdrawal requests may be e-mailed to CCLSDP@dfas.mil (the SDP mailbox), or faxed to (216) 522-5060 or DSN 580-5060. Requests can also be made through the *myPay* system. Additionally, requests can be mailed to the following address:

DFAS- Cleveland Center (DFAS-CL)
ATTN: SDP
Special Claims
1240 East 9th St.
Cleveland, OH 44199-2055

As a reminder, to prevent any additional delay in receiving SDP monies, your SDP allotment needs to be stopped prior to requesting a withdrawal. After receipt of withdrawal notice, SDP monies will typically

be disbursed with 10-14 business days. Service members should include their name and Social Security Number, along with date of departure from the combat zone. Electronic Funds Transfer (EFT) information must include the bank name, the routing number, account number and account type (savings or checking). If a hard copy check is requested, the complete mailing address must also be provided.

Visit http://www.dfas.mil/militarypay/woundedwarriorpay/SDPBrochure_Mar08.pdf or your local finance office for more information on your pay and entitlements. They can help on a variety of pay-related topics.

AF Tutor Program

Get help from a professional tutor anytime you need it for free. Tutors are online 24/7 and service members in the Army, Marines, Navy, and Air Force, and their dependents, can get help with more than 16 subjects.

All U.S. Air Force members and their families have unlimited access to [Tutor.com](http://www.tutor.com) provided by the Department of Defense. Air Force members and their dependents around the world can work with a professional tutor online to get help with homework, studying, test prep, resume writing, and more.

Visit your local base library to get a password. If you are not near a base library, email debbie.meyers@us.af.mil from your .mil account (or include the military sponsor's .mil email address in the message). Include a personal, non-.mil email address (e.g. Hotmail, Yahoo, Gmail, etc.) and a first and last name for the account. You will receive a confirmation email at your personal email address within 48 hours. For more information please visit <http://www.tutor.com/military-programs>

Family Readiness Course - May 15-16, 2010 in Rancho Cordova, CA

This course provides the essentials on establishing and maintaining a viable Family Readiness system in California National Guard units. Suggested attendees are unit volunteers, military points of contact for Family Readiness, commanders and other leaders. Topics include Family Program Essentials, Effective and Legal Fundraising, Deployment, and more. For more information, contact June Sato at (916) 361-4957. Go to <http://www.prestoregister.com/cgi-bin/order.pl?ref=Readyfamilies&fm=1> to register.

Youth Camp During Spring Break April 13-16, 2010 Boulder Creek, CA

Limited registration for Military kids, contact:

Libbie Kay Guy
733 Macon Drive
Mt. View, CA 94043
H 650-964-2280
F 650-964-1272
C 240-506-9727
libbieguy@aol.com

April UTA News & Notes

This is a compilation of news bits Airmen and families can use to prepare for the upcoming UTA weekend.

Welcome New 129th Members!

Capt. Michael Sable, 129th OPS
Tech. Sgt. Ramiro Blanco, 129th MXS
Tech. Sgt. Ricky Schweim, 129th MXS
Staff Sgt. Kevin Centinaje, 129th MXS
Staff Sgt. Andrea Kraftofil, 129th LRS
Senior Airman Thomas Donar, 129th MXS
Senior Airman Aaron Fargher, 129th MXS
Senior Airman William Harman, 129th MXS
Senior Airman Ryan Lyau, 129th FSS
Senior Airman Stephen Minnis, 129th LRS
Airman 1st Class Katherine, Barat-Arboine, 129th FSS
Airman 1st Class Jolena Carroll, 129th OPS

Airman 1st Class Mikko Florante, 129th LRS
Airman 1st Class Carlo Fuentes, 129th MDG
Airman 1st Class Robert Im, 129 MXS
Airman 1st Class Jeffery Lopes, 129th AMS
Airman 1st Class Dwain Miller, 129th OPS
Airman 1st Class Roberto Oregon, 129th MXS
Airman 1st Class John Pharr, 129th RQW
Airman 1st Class Amber Poynor, 129th OPS
Airman 1st Class Benjamin Rivera, 129th MXS
Airman 1st Class Ryan Woodward, 129th AMXS
Airman 1st Class Chanthoeun Xaimuangmonh, 222
OSS

Congratulations! The Following Members Were Recently Promoted To Their Current Rank.

Chief Master Sgt. Darryl Dyson
Chief Master Sgt. Norman Jacobs
Tech. Sgt. Li Dehua
Staff Sgt. Mitchell Adam

Staff Sgt. Christine Billings
Staff Sgt. Angelo Reyes
Staff Sgt. Nicholas Reyes
Staff Sgt. Jeremiah Wiltron

We Wish the Following Retired, Separated and Transferred Members Well and Thank Them for Their Service at the 129th.

Capt. Joseph Sheldon, 130th RQS
Master Sgt. Alex Medina, 129th LRS
Tech. Sgt. Wendy Durupan, 129th CF
Tech. Sgt. Catherine McGill, 129th MDG

Tech. Sgt. Joseph Ornelas, 129th MDG
Staff Sgt. Sean Mann, 129th RQW
Staff Sgt. Latoshica Williams, 129th MXG
Senior Airman Michael Otten, 149th CBCS

2010 UTA Schedule

May 1-2	June 5-6
July 10-11	August 7-8
September 11-12	October 2-3
November 6-7	December 4-5

Religious Services Schedule

Services take place every Sunday morning of UTA drill weekend in Building 650
Catholic Mass: 10:15-10:45
Non-denominational services: 11:00 - 11:30

Equal Opportunity Office Seeking Chairperson

The EO office is currently seeking volunteers to be the Chairperson for any of the following Ethnic Observances:

- African-American Heritage Month
- Asian- Pacific Islander American Heritage Month
- Native-American Heritage Month
- Hispanic Heritage Month
- European American Heritage Month
- Women's History Month
- Holocaust Remembrance Day

The Chairperson would be in charge of coordinating the entertainment, food sampling, and displays for the Observance. If you are interested or have any questions, please contact the EO office at 650-603-8875.

Air Force Association Scholarship and Grant Opportunities

AFA is an independent, nonprofit, civilian education organization promoting public understanding of aerospace power and the pivotal role it plays in the security of the nation. AFA has a variety of scholarships available for Airmen and their families. For more information, go to <http://www.afa.org/aef/aid/scholars.asp>.

Central CA Teen Aviation Adventure Camp

Plans are underway for the 2nd annual Central CA Teen Aviation Adventure Teen Camp with the 144FW at Camp Gaines Sequoia Lake Aug 12 - 15, 2010. Senior Airman David Oakley will be organizing the camp, please feel free to contact him at david.oakley@cafres.ang.af.mil. To see more details and register on line with the CNG Family Readiness Volunteers please visit <http://cngfamily.ning.com/events>.

The Harlem Globetrotters Visit San Jose

The Original Harlem Globetrotters, entering their 84th year of touring, will make a stop Saturday April 24 in San Jose at the HP Pavilion, in association with Operation Care and Comfort, an exclusive discount is available for military families. Lower level, end court tickets will be available for \$7.50 with a \$4.00 order fee. If purchasing multiple tickets, the \$4.00 fee will be placed per order, not per ticket. To order tickets please visit <http://www.129qw.ang.af.mil/shared/media/document/AFD-100323-061.pdf> to fill out the application before Monday, April 19. For more information please contact Mike Nieves at 408-977-4723 or mnieves@scse.net.

Strong Bonds Program Marriage Enrichment Retreat

June 12-13, the Strong Bonds Program is holding a marriage enrichment class at the Rancho Cordova Marriot Hotel. Strong Bonds Marriage Enrichment is recommended for deployment cycle support, both pre/post deployment, and comes in as a critical skill set for reintegration. It's also considered a viable skill-building tool for developing resiliency in couples. Whether you've celebrated one anniversary or twenty, as a Guard couple you can anticipate more excitement and expect more challenges than the average civilian couple. Long separations, frequent relocations, and the stress of deployment can subject military marriages to extreme hardship. Register online at <http://www.prestoregister.com/cgi-bin/order.pl?ref>. For more information visit <http://www.calguard.ca.gov/readyfamilies/Pages/default.aspx> or call June Sato at 916-361-4957

Moffett Museum Open House

The Moffett Field Museum will host an open house April 16-17, 10 a.m. - 6 p.m. Learn about the history of the airships, navy patrol wings and NASA flight test at Moffett Field at the open house. The museum is located in Building 126 in the NASA Research Park. The building is located on the south end of Hangar One. Admission is free during the open house.

Additional Airmen Needed For Tops in Blue

Air Force Services Agency officials here are still looking for Airmen to join the 2010 Tops in Blue team. The primary team for 2010 was recently announced and the team will spend 2.5 months at Lackland Air Force Base, Texas, learning the music, completing their deployment requirements, and training on serving as ambassadors for the Air Force and U.S., but additional members are still needed for the team. The team will begin their 10-month tour in May. This year's theme is "We Believe." Air Force active-duty, Guard, and Reserve members are eligible to apply. For more information or to apply, contact Air Force Entertainment at 210-652-6566 or visit <http://www.topsinblue.com>.

Tour De Ames & Fun Ride

The second annual Tour de Ames Bicycle Race and Fun Ride will take place Wednesday, April 21 hosted by the Protective Services Office, in conjunction with the Ames Bicycle Club, Open Ames, Disaster Assistance and Rescue Team (DART) and the Ames Exchange. All participants can begin their check-in process, safety briefing and bicycle safety checks at 11:00 a.m. at the Ellis Gate parking lot. The six-plus mile race and fun ride will start at approximately 12:00 p.m. lasting through 2:00 p.m. traveling around the perimeter roads of the Ames Moffett Airfield. For those who want to take a more leisurely ride, the start time will be around 12:20 p.m. To make the event even more memorable, trophies will be awarded to the top three finishers of the race. So as not to leave out the less serious riders, there will be first and second place awards for the most outrageously decorated bicycles and the most outrageously attired bicyclist. Additionally, participants need to wear proper helmets and it is recommended to bring sunscreen and water. Water will also be provided at the starting point and midway along the route. All Ames and Moffett employees are invited to participate. If you have any questions regarding the event, please contact Bob Dolci at Robert.J.Dolci@nasa.gov.

Deployers Encouraged To Register With State VA Database

All veterans who have returned from Title 10 service are encouraged to register with the California Department of Veterans Affairs central veteran's services database to receive information on the various benefits to which they may be entitled at <http://www.cdva.ca.gov/VetService/reintegration.aspx>.

909 Lives Saved

These Things We Do...That Others May Live

Find these and other stories on the 129th Rescue Wing Web site -- <http://www.129rgw.ang.af.mil>. The 129th is also on Facebook at www.facebook.com/129RQW, Twitter at www.twitter.com/129RQW, YouTube at www.youtube.com/129thRescueWing and Delicious at www.delicious.com/129RQWPA.

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