



129th Rescue Wing's August Rescue e-Gram

939 Lives Saved

These Things We Do...That Others May Live

SecAF flies with 129 RQS Pave Hawk Crew

by Airman 1st Class Jessica Green

129th Rescue Wing Public Affairs

Secretary of the Air Force Michael Donley flew with members of the 129th Rescue Squadron during a visit to Vandenberg Air Force Base June 15 to tour the base and observe the intercontinental ballistic missile, Minuteman III, test launch.

Vandenberg AFB representatives requested the 129th RQS to provide air support for Secretary Donley.

After visiting the 14th Air Force Joint Space Operations Center and being briefed by Lt. Gen. Larry James, the 14th Air Force commander, on current and upcoming missions, Secretary Donley got a lift from a 129th RQS HH-60G Pave Hawk helicopter for an aerial base tour.

"We got notice of the request within a few days," said Lt. Col. Rhys Hunt, a Pave Hawk pilot with the 129th RQS. "Everyone came together to get the aircraft ready and available to fly the distinguished visitor."

The 76th Helicopter Squadron at Vandenberg was disbanded in 2007; the mission of space launch security is now maintained by unmanned aerial vehicles. The 129th RQS is grateful to have the opportunity to support active duty units when in need, said Maj. Mathew Wenthe, a Pave Hawk pilot with the 129th RQS.

"The base is huge, about 26,000 acres of launch sites, installations and space missile facilities," said Lt. Col. Hunt. "The best way to give the tour was by helicopter."

While flying over the Santa Barbara County base, Secretary Donley also had the opportunity to view Vandenberg's Space Launch Complex-6, nicknamed "Slick Six," a 132-acre complex modified to handle launching the expendable launch vehicle, Delta IV.

"After we flew down to Slick Six, I had the opportunity to give the Secretary our squadron coin and a PEDRO patch to commemorate the five Airmen recently killed in Helmand," Lt. Col. Hunt said. "We had flown the same area last summer."

In May 2009 approximately 100 guardsmen from the 129th Rescue Wing deployed to southern Afghanistan. The 129th RQW servicemembers stood rescue alert at Kandahar Airfield, Tarin Kowt, and Camp Bastion in the Helmand province.

Flying under the call sign PEDRO, 129th aircrew, pararescuemen, and support personnel provided around-the-clock personnel recovery, and combat casualty evacuation support to all coalition forces within their area of responsibility.

"Those PEDROS were our buddies," said the colonel. "We only lost a helicopter over there, they lost their lives."

Secretary Donley thanked us for our service after he acknowledged the loss of the fallen PEDRO Airmen, said Maj. Thomas Roberts, a Pave Hawk pilot with the 129th RQS.

"I think his visit proved that what Vandenberg does is a big deal for our country, and they need support" Maj. Roberts said. "It also gave the 129th a chance to connect with active duty counterparts for a better future working relationship."

August 2010 Portrait of a Professional



Senior Airman Holly Durkin, a Cyber Surety Technician for the 129th Communications Flight, Moffett Federal Airfield, Calif., replaces an uninterruptable power supply (UPS) from a network server, August 4, 2010. The UPS serves as back-up power supply for network servers in case of main power loss. (Air National Guard photo by Tech. Sgt. Ray Aquino)

Portrait of a Professional is a monthly profile of an outstanding Staff Sgt. and below. Senior Airman Holly Durkin, a cyber surety apprentice with the 129th Communications Flight is featured as this month's Portrait of a Professional.

What is your favorite memory in the Air Force?

Believe it or not, I have good memories of basic training. I made some really close friends who I still keep in touch with.

What motivated you to enlist in the Air Force?

My whole family has been in the Air Force and I practically grew up on Air Force bases. I always knew it was something I wanted to do.

How has being an Airman changed your outlook on life?

When I hear news reports about what's going on overseas, I remember friends who might be in harm's way. We deploy often from this unit and I'm sure I will deploy soon. I've learned not to take our freedom for granted and I see firsthand how the US military secures the personal freedoms of those in the countries we deploy to.

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

The most important lesson I've learned in the military is how to be a member of a team. The military taught me how to be a good wingman and teammate. With teamwork, my teammates and I are able to break tasks into manageable units and reach our goal with less stress on any one member. I also learned that everyone brings different perspectives and unique talents that contribute to the team's success. If you are not receptive to the ideas of other members of the team, you might miss an opportunity to learn different ways to solve problems.

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

Germany, because I speak a little bit of German.

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

I would be a linguist. That's what both of my parents did and they loved it.

What is your job in the civilian world?

I work full time in the Communications Flight.

Where did you grow up?

Mostly in Southern California but I went to High School in a really small town up north called Weaverville. There are only 3,500 people in the town and no stoplights in the whole county.

What would people be surprised to know about you?

I love the outdoors. I always go backpacking, rafting, and hiking whenever I have the chance.

What are your hobbies?

I enjoy dancing, reading, sleeping in, and swimming.

The 129th Safety Files

One Accident Affects Many

From Tech. Sgt. Vincent Brouillard
129th Rescue Wing Safety and Health Specialist

Have you ever thought about the impact that one accident can have on an organization? Think about the impact for a minute, think about how an organization would function if an employee gets injured at work and put medical leave. What are the impacts?

Employee Stress

- Time and effort is needed to train another employee to do the job
- Others must now pick up the slack, work harder and possibly work longer hours
- Employees now can't taking vacation time to keep from falling too far behind
- The decline in employee morale

Financial Costs

- The time to conduct an investigation in support of the employees mishap
- Production loss in down time while you train other employees
- Medical costs, compensation costs, overtime costs, etc....

A mishap doesn't just affect one person; it affects the entire team, office or possibly a wing. Next time you think about cutting corners at work, think about the effect you could have on your co-workers and the mission. Your fellow employees are counting on you to do the right thing.

Family Readiness Corner

Coping with Deployments: Psychological First Aid for Military Families

from Ms. Carolann Wunderlin

129th Rescue Wing Family Readiness Program Manager

Military families are invited to attend the Red Cross' free presentation of *Coping with Deployments: Psychological First Aid for Military Families* Aug. 7, 2010 at 1:00.

Spouses and parents will find this class, held in the classroom in building 669 at Moffett Federal Airfield, Calif., supportive and beneficial to prepare family members to ensure they are better able to deal with the challenges of 'serving' at home while their loved one is deployed

With today's pace of military deployments, the armed forces are paying increasing attention to preparing service members to cope with the psychological stress of combat and its aftermath.

Coping with Deployments: Psychological First Aid for Military Families was developed out of the Red Cross' continuing commitment to serve military families. This course was designed specifically for the spouses, parents, siblings and significant others of service members.

It provides useful information on how to strengthen your ability to successfully respond to the challenges that military family members may encounter throughout the deployment cycle. It also explains how to provide psychological first aid to others experiencing stressful feelings or events.

Unit Personnel and their Families are Invited To

OPEN HOUSE!

Saturday, August 7, 2010

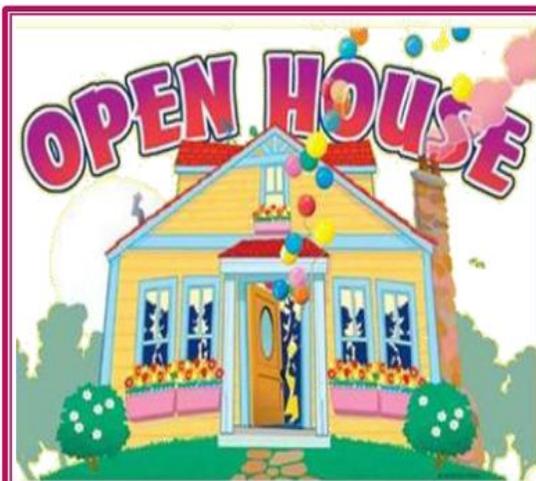
New!
**Airman & Family
Readiness Center**

Building 653, Room 25

129th Mission Support Building

Refreshments

7:30 to 11:30 am



For more information about the office and its programs please visit the 129 RQW Airman & Family Readiness website at <http://www.129rqw.ang.af.mil/resources/familyreadiness.asp>. To View past and present versions of the Post It please go to <http://www.129rqw.ang.af.mil/shared/media/document/AFD-100803-018.pdf>.

August 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!

- Master Sgt. Todd Schneider, 129th FSF
- Staff Sgt. Carl Cheek, 129th MXS
- Staff Sgt. Christopher Dominguez, 129th MXS
- Senior Airman Flor Sandoval, 129th MXS
- Airman 1st Class Britany Lehman, 129th OSS
- Airman 1st Class Mathew Rathbun, 129th MXS
- Airman 1st Class Robert VanWhye, 129th MXS
- Airman 1st Class Richard Vicarme, 129th MSG

Congratulations!

The following members have recently been promoted to their current rank.

- Senior Master Sgt. Michael Maraya, 129th LRS
- Senior Master Sgt. Rosemarie Stokes, 129th FSF
- Tech. Sgt. Douglas Brock, 129th LRS
- Tech. Sgt. Andrew Hedin, 129th RQS
- Tech. Sgt. Gary Seymour, 129th MXS
- Tech. Sgt. David Wakefield, 129th MXS
- Staff Sgt. Brendan Baker, 129th MXS
- Staff Sgt. Christopher Carlson, 129th LRS
- Staff Sgt. Daniel Hoskins, 129th MXS

2011 UTA ORE and ORI Schedule

In accordance with the memorandum for all 129th Rescue Wing members sent out by Col. Amos Bagdasarian, the 129th RQW Wing Commander, the following dates are scheduled for 2011 Unit Training Assembly's and Super Drills for the Operational Readiness Exercises in preparation for the upcoming Operational Readiness Inspection. These dates are to be used for drill attendance as opposed to the special orders M-2 dated Dec. 1, 2008 and M-1 dated Oct. 1, 2009 that were sent out by the Adjunct General. Note: All 129th RQW members will be on military status when performing ORE or ORI events.

January 8-9

February 5-6

March 5-6

April 9-11 - *CRTC Training (April 11 required if identified by unit commander)*

May 10-15 - *Phase I/II ORE (6 days)*

June 4-5

July 9-10

August 6-7

September 10-11

October 1-6 - *Phase I/II ORE (6 days)*

November 5-6

December 3-9 - *Phase I/II ORI (7 days) Feb 2012 UTA moved to Dec. 5-6 2011*

Thank You for Your Service!

We wish the following retired, separated and transferred members well.

- Col. Gerald Gallmeister, 129th MXG
- Lt. Col. Darwin Foote, 129th OPG
- Senior Master Sgt. Maria Myoskovsky, 129th LRS
- Staff Sgt. Araceli Inda, 129th MXS
- Senior Airman Ulyses Roxas, 129th FSF
- Airman 1st Class Jordan Amaral, 129th STD

2010 UTA Schedule

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

Military and Federal Employee Discounts

All these businesses offer military discounts, all you have to do is ask.

Restaurants

- Arby's
- A&W
- Back Yard Burgers
- Burger King
- Captain D's
- Chick-Fil-A
- Cotton Patch
- Denny's
- Dunkin' Donuts
- IHOP
- Java Café
- KFC
- Long John Silver
- Pizza Hut
- Quizno's
- Sizzler
- Sonic
- Taco Bell

Products

- Apple Computers
- AutoZone
- Barnhill's
- Bass Pro Shop
- Bath and Body Works
- Big 10 Tires
- The Buckle
- Champs Sports
- Copeland's Sports
- Dell
- Discovery Channel Store
- Dress Barn
- The Finish Line
- Foot Action
- Footlocker
- Gadzooks
- GNC
- Goody's
- Great Party
- Happy Harry's
- Hot Topic
- Jockey
- Lerner
- Michael's
- NAPA Auto Parts
- New York & Company
- Pac Sun
- Payless Shoes
- Play It Again Sports
- Pure Beauty
- Quizno's
- Sally Beauty Supply
- Spencer's Gifts
- Suncoast
- Timberland Outlets
- Wilson's Leather

Services

- AT&T
- California Cryobank
- Geico
- Jiffy Lube
- Meineke
- Sears Portrait Studio

Travel and Leisure

- Blockbuster
- Movie theaters
- Ripley's attractions and museums
- Professional Sports teams

Cell Phone Service Discount

All Federal employees are able to get a 15% discount on personal cell phones by calling carriers and mentioning the "Federal Telecommunications Act of 1996 - Discount to Federal Employees Past and Present." You will need to know the military member's supervisor's name, phone number, and full address, so that his/her military status can be verified.

Cingular	Sprint	T-Mobile	Nextel	Verizon
800-319-6393	877-812-1223	866-646-4688	800-639-6111	800-865-1825

California's Great America 129th RQW Family Day Discount

In support of the 129th Rescue Wing Family Day events on Aug. 7, California's Great America is offering discount admission at \$27.00 to members of the 129th Rescue Wing and their families. Tickets must be purchased online at the following link to receive this discount: www.cagreatamerica.com/129rqw. Regular admissions costs are as follows: Adult, Ages 3 -61 AND 48" and taller: \$54.99, Junior/Senior, Ages 3-61 and under 48", ages 62+: \$24.99. *Disclaimer: California's Great America is not endorsed by the 129th Rescue Wing and/or any of the 129th Rescue Wing Representatives.*

"Legionnaires on the Green" Golf Tournament

This is a fun filled afternoon that you do not want to miss! It is a community fund raiser providing a much needed support to American Legion Admiral A. Moffett Post 881. Make up your own four person team representing a Firm, an Organization, Public or Private Agency to compete Sept. 8, 2010. Please call 408-238-9279 for reservations and information. Tournament cost is \$100.00, with golf cart. Lunch is available for \$15.00. Prizes are available for 1st, 2nd and 3rd place team members, hole in one, longest drive and closest to the pin. Please make checks payable to American Legion Moffett Post 881.

Air Force Officials Launch New Uniform Website

The Air Force Dress and Appearance public website was recently launched to help educate and inform Airmen about the service's dress and appearance standards and policies. It features interactive slideshows, uniform regulations, detailed photos and uniform policy updates from the Air Force Uniform Board. While the new site, <http://www.afpc.randolph.af.mil/dress/index.asp>, will be a valuable resource, Airmen should continue to work through their chain of command for clarification and guidance on Air Force dress and appearance standards and policies.

August is National Immunization Awareness Month

Air Force medical officials are encouraging Airmen, their families and all beneficiaries to raise their personal awareness of immunization health during National Immunization Awareness Month in August. Vaccines protect people from dangerous diseases and play a key role in maintaining unit readiness by keeping servicemembers and their families healthy. Keeping shot records up-to-date provides protection against vaccine preventable diseases such as hepatitis, tetanus, measles and whooping cough. For more information on vaccines: <http://www.vaccines.mil/default.aspx>.

Current, Former Airmen Eligible for Stop Loss Special Pay

Approximately 16,000 current and former Airmen who were involuntarily held on active duty beyond an approved separation or retirement date as a result of stop loss are eligible for a retroactive special pay of \$500 for each month they were affected. Airmen have until Oct. 21 to apply. To file a claim, download the application at www.afpc.randolph.af.mil/stoploss. Applicants who were serving in the Reserve or Air Guard at the time of stop loss may apply by visiting the Air Reserve Personnel Center website at <https://arpc.afrc.af.mil/vPC-GR>.

Air Combat Command Promotes CCAF Degree

Although having a Community College of the Air Force degree is important for all Airmen, ACC is encouraging its technical sergeants to achieve this educational goal. For NCOs and career progression, a CCAF degree is a requirement for senior rater endorsement, and that is a key factor and a weighted factor on the senior master sergeant promotion board. To be leaders who lead by example, Airmen should have a CCAF degree. That education can help Airmen achieve a special unit job or further their Air Force career. For more information about CCAF please contact Senior Master Sgt. Rosemarie Stokes, the Base Education and Training Manager at 650-603-9187 or Rosemarie.Stokes@ang.af.mil.

Air Force Facebook Presence Gets Boost from a Top Spouse

Mrs. Suzie Schwartz, the wife of Air Force Chief of Staff Gen. Norton Schwartz, has just gone live with her own page geared toward communicating with Air Force families. Her welcome message on the page encourages fans to "use this forum to communicate and meet other spouses on your base and around the world." Mrs. Schwartz's Facebook page can be viewed at <http://www.facebook.com/pages/Suzie-Schwartz/120997871253763?ref=ts>.



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Find these and other stories on the 129th Rescue Wing Web site -- <http://www.129rqw.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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