



129th Rescue Wing's February Rescue e-Gram

908 Lives Saved

These Things We Do...That Others May Live

129TH RQS AERIAL GUNNER NAMED OUTSTANDING AIRMAN OF THE YEAR

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



Senior Master Sgt. Jason Red, an HH-60G Pave Hawk helicopter aerial gunner from the 129th Rescue Squadron, was named the California Air National Guard's Senior NCO of the Year.

An aerial gunner superintendant with the 129th Rescue Wing was awarded as the 2009 California Air National Guard Senior Non-commissioned Officer of the Year at the Outstanding Airman of the Year banquet in Sacramento, Calif., Jan. 16, 2010.

Senior Master Sgt. Jason Red, the HH-60G Pave Hawk aerial gunner section superintendant for the 129th Rescue Squadron here was recognized for superior leadership, job performance, community involvement, and personal achievements.

"I was surprised I actually won at the wing level, let alone for the state," Sergeant Red said. "It was an honor to receive the award, especially with my parents and my daughter there to support me."

Ten years after beginning his active duty Air Force career in 1989 as a munitions systems specialist, Sergeant Red joined the Air Force Reserve where he was selected to become an aerial gunner with the 305th Rescue Squadron at Davis-Monthan Air Force Base, Ariz.

"I went straight into the Reserve, with no break in service, and almost instantly did an active duty tour at USAFE Headquarters in support of Operation Allied Force. After that conflict ended I was asked to remain on active duty for the staff and go down range to assist with the munitions issues relating to Operation Northern," Sergeant Red said. "In September of that year I got the call from the 305th while I was still deployed, saying that the gunner program was back online and did I want in, so upon returning from my tour overseas, I was fortunate enough to come back to the unit as one of the first aerial gunners."

Sergeant Red finally transitioned to the 129th RQW in January 2005 as a traditional Guardsman standard and evaluation aerial gunner for the 129th Operations Group. He later he assumed the role of the 129th Rescue Squadron aerial gunner section superintendant Oct. 2007.

As the superintendant, Sergeant Red ensures that all aerial gunners within the squadron are mission ready when the 129th is tasked for deployment. With this responsibility Sergeant Red also heavily recruits for the 129th RQS, having increased the manning to its maximum allowable capacity of 110%, said Chief Master Sgt. Richard Nowaski, Pave Hawk flight engineer with the 129th RQS.



Senior Master Sgt. Jason Red, an HH-60G Pave Hawk helicopter aerial gunner from the 129th Rescue Squadron, he is greeted by his mom at Moffett Federal Airfield, Calif., after returning home from a two-month deployment to Afghanistan, Sept. 9. (Air National Guard photo by Tech. Sgt. Ray Aquino)

In his capacity as an instructor and evaluator gunner, Sergeant Red goes above and beyond to conduct training for all 129th RQW enlisted flyers, as well as evaluating them to ensure the standards delineated by the operations group commander are being met, Chief Nowaski said.

Sergeant Red also attends senior leadership conferences within the aerial gunner career field, where he provides guidance on topics ranging from mission qualification syllabi, to overall career field management spanning the ANG, Air Force Reserve and active duty.

“Having served in all three components, and been deployed with all three, deploying is always the same,” Sergeant Red said. “It doesn’t matter what component you’re in. Once you get in country, the job’s the job and everyone does their part the same, doesn’t matter which component you are a part of. I saw our people do some extraordinary things over there, made me very proud to be a part of this unit.”

Sergeant Red has been deployed numerous times in support of Operations Desert Storm, Deny Flight, Provide Promise, Allied Force, Enduring Freedom, Southern Watch, and Northern Watch.

While deployed Sergeant Red has also shown great leadership and job performance in every mission he was tasked to. During Operation Enduring Freedom he showed exemplary supervisory skill to form a cohesive fighting unit from more than five separate ANG and active duty rescue squadrons during some of the most intense operations USAF rescue teams have experienced since the Vietnam War, said Sergeant Red.

As a senior enlisted aviator, Sergeant Red shines on the ever-changing battlefield incomparable to others, and has the ability to solve all tactical problems allowing him to mentor junior aviators as the subject matter expert in the aerial gunner combat deployment field, increasing survivability.

Outside of the military Sergeant Red is a senior special agent with the Department of Homeland Security, Immigration and Customs Enforcement. He is recognized throughout the nation by federal, state, and local law enforcement as a subject matter expert on Criminal Street Gangs and their methods of operations.

He goes on to volunteer his expertise to juvenile authorities about criminal street gangs and is regularly sought out by city officials to conduct gang membership counseling for high risk youth to prevent recidivism, said Sergeant Red.

In what free time he does have, Sergeant Red volunteers his time and expertise as a highly qualified firearms instructor to local Bay Area agencies, including twice a month, on weekends that don’t conflict with his ANG drill schedule, to new recruits awaiting Police Academy Training, Sergeant Red said.

Furthermore, Sergeant Red is an avid spokesman for the 129th RQW. He has been selected to speak to local media about the mission here, promoting a positive ANG image. He has also volunteered as guest speaker during the newcomers briefing to provide first-hand account of the 129th RQS rescue mission.

As if all of his job performance and community involvement weren’t generous enough, Sergeant Red also has an impressive list of personal achievements. Engaged in self-study program continually improving his leadership, management skills, and writing techniques, Sergeant Red is currently pursuing a degree in criminal justice coinciding with a degree in aviation operations.

GOVERNOR SCHWARZENEGGER APPOINTS BRIGADIER GENERAL MARY J. KIGHT ADJUTANT GENERAL OF THE CALIFORNIA NATIONAL GUARD



Brigadier General Mary J. Kight is the 45th Adjutant General for the California National Guard, appointed by Governor Arnold Schwarzenegger Feb 2, 2010.

Governor Arnold Schwarzenegger today announced the appointment of Brigadier General Mary J. Kight as the first female adjutant general of the California National Guard and first African-American female National Guard adjutant general in the nation. He also thanked General William H. Wade II for his years of dedicated service.

"Brigadier General Mary Kight is a proven courageous, loyal and honorable leader. She has a long and distinguished history of service to our state and nation and I am proud to have her as the first female adjutant general of our military forces here in California," said Governor Schwarzenegger. "I am confident that with General Kight's leadership, the California National Guard will continue to be fully prepared, standing ready and able to assist our local communities and our country when called upon in times of emergency."

General Kight has served the California National Guard for nearly 25 years. She has been assistant adjutant general since 2006 and previously held the positions of assistant adjutant general, air for the California National Guard Headquarters from 2004 to 2006, 201st Mission Support Squadron detach commander for all members on Title 10 from 2001 to 2004, 144th Mission Support Group commander in Fresno from 1999 to 2004 and first aircraft generation squadron commander for the 144th Fighter Wing from 1994 to 1998. Prior to that, Kight was an aircraft maintenance officer from 1990 to 1994, a field maintenance officer from 1987 to 1990 and an avionics maintenance officer from 1984 to 1987. She was a wing executive officer for the Nebraska Air National Guard from 1981 to 1984 and served the U.S. Air Force from 1974 to 1981.

"I whole-heartedly share in the Governor's commitment to public safety and ensuring that our armed forces are well-trained and equipped to provide support and assistance here in California and abroad at a moment's notice," said General Kight. "I am honored to take on this new position serving the California National Guard as adjutant general and I look forward to using my knowledge and experience to uphold California's military forces' outstanding legacy of service."

General Kight, 59, of Sacramento, earned a Master of Strategic Studies from Maxwell Air Force Base, Alabama, a Master of Science degree in human resources management from Gonzaga University, a Bachelor of Arts degree in social welfare from California State University, Chico and an Associate of Arts degree in general studies from Monterey Peninsula College. She also graduated from Squadron Officers School, Air Command and Staff College and Air War College. This position requires Senate confirmation and the compensation is \$180,201. Kight is a Republican.

The Governor also thanked General William H. Wade II for his years of dedicated service to the California National Guard as he transitions to his newly selected position as deputy chief of staff for operations, Joint Forces Command-Naples, North Atlantic Treaty Organization (NATO) Response Force, Naples, Italy.

"Major General Wade has been an exceptional leader of the California National Guard, working to keep our state and nation safe and our men and women in uniform trained for success," said Governor Schwarzenegger. "On behalf of all Californians, I thank Major General Wade for his service to our state and extend my best wishes for an exciting and fulfilling future as he represents and serves our country with NATO."

INVESTING IN AIRMAN DEVELOPMENT PRODUCES BIG DIVIDENDS

Commentary by Col. Amos Bagdasarian
129th Rescue Wing Commander



Col. Amos Bagdasarian is the Commander of the 129th Rescue Wing, California Air National Guard, Moffett Federal Airfield, Calif. As the wing commander, he is responsible for organizing, training, equipping, and maintaining combat-ready forces for deployment and employment.

As I watched the 2010 California Air Guard Outstanding Airmen of the Year banquet earlier last month, I was incredibly impressed by the quality Airmen who were recognized that night. From grades E-3 up to E-8, these folks excelled in the workplace as well as in their communities. They are the epitome of the Citizen Airman and what we should all strive to be.

But what makes them so successful? We can't know for sure, but it's safe to assume that leadership development and teamwork had something to do with it. Leadership development consists of a collaborative and collective effort of people coming together to benefit the common good. People aren't necessarily born to be excellent leaders. Instead leadership is instilled and developed with the help of others throughout a career.

At the 129th Rescue Wing it's essential to the success of our mission that we make certain our Airmen are motivated to develop and maximize their potential. This includes enabling Airman to further pursue their military education, ensuring that they will be ready when tapped on the shoulder to assume positions of greater responsibility.

Similarly, we must promote our Airmen into positions where they are best able to utilize their leadership training and development. They should also work outside the boundaries of their unit and volunteer with local community groups as well as be active members of professional military organizations.

Every quarter at the newcomers briefing I meet Airmen who are new to the 129th or even the military. It never ceases to amaze me the high-caliber of people who are signing up to join the world's finest Air Force. They are educated, professional, and highly experienced individuals. We must strive to retain these quality Airmen. Ask yourself, do you lead passionately to inspire and empower Airmen to pursue the values of integrity, service and excellence? Never forget that we all lead by example.

Our core value, "Excellence in all we do," provides a good segue to talk about the upcoming Unit Compliance Inspection. On Thursday, Feb. 4, approximately 63 Air Combat Command inspectors will arrive here at Moffett. They won't be snooping around to nitpick what we're doing wrong, instead they are here to validate the way we do business. Be proud of your work and show them why we're the preeminent rescue team in the military.

The 129th reaped the benefits of teamwork by being awarded with the best of the best awards, such as the NGAUS Spaatz Trophy and Air Force Outstanding Unit Award. Also, members of our team continue to receive national, state, and local recognition for their significant contributions. Our accomplishments and cohesive efforts not only save lives, but also prove that together we are the best. Blow the socks off these inspectors...this is our time to really shine.

AIR NATIONAL GUARD FORCE DEVELOPMENT IN THE 21ST CENTURY

Commentary by Senior Master Sgt. Christopher Underwood

129th Rescue Wing Human Resources Advisor



Senior Master Sgt. Christopher Underwood is the 129th Rescue Wing's Human Resources Advisor. The HRA promotes opportunities for all Air Guard members to maximize their potential for success without regard to cultural differences. (U.S. Air Force photo by Tech. Sgt. Ray Aquino)

Gen Craig R. McKinley, director of the National Guard, Lt. Gen. Harry M. Wyatt, director of the Air National Guard, and Chief Master Sgt Christopher E. Muncy, command chief of the Air National Guard, rank force development at the top of their Air National Guard priority list.

I join them in their efforts to develop the forces of the ANG. As leaders and future leaders within this organization, I invite you to join them as well. Force development is essential to the success of our missions as well as to our organization's capability and reliability as a force in the 21st century.

As stated in the Air Force Doctrine Document 1-1, 2006, p. 14, force development is *"a series of experiences and challenges, combined with education and training opportunities that are directed at producing Airmen who possess the requisite skills, knowledge, experience, and motivation to lead and execute the full spectrum of Air Force missions. It is the method the Air Force uses to grow experienced, inspirational leaders who have the necessary technical competencies and professional values, framed by a common culture, regardless of career specialty. Force development is the essence of capability to accomplish the Air Force mission. Early in an Airman's career, development is aimed primarily at personal competencies at the tactical level with an introduction to people/team leadership. At the operational stage, personal leadership continues, but much greater emphasis falls into people/team leadership development, and institutional leadership competencies are introduced. At the strategic level, the greatest emphasis is on developing institutional leadership competencies in preparing Airmen to be senior leaders and commanders."*

As senior leaders (i.e. commanders, chiefs, first sergeants, and senior non-commissioned officers) we must understand that force development is essential to the success of our organization and its missions, as well as to the development of our Wing as a capable and reliable force in the 21st century.

In order to be successful as an organization we must make available to our Airmen professional military educational options, including in-residence PME as well as opportunities in our local communities that would make them competent and diverse leaders. This includes encouraging our Airmen to support and join professional military organizations as well as to provide service to their communities.

These efforts develop a well-rounded and whole leader, which is a necessity in the 21st century. To be successful it's our responsibility to also award and recognize our Airmen by submitting them for awards, medals and decorations for their significant contributions to their organizations, communities and the nation. Likewise, we must promote and empower our developing Airmen into positions where they are best able to utilize their leadership training and development in the "best interest" of our organization. Positions should include those outside of our Wing, at the State and National Guard Bureau levels, that would benefit the Air National Guard as a whole.

Support of our retention office and recommendations that would be beneficial to our retaining of valuable and competent Airmen within our organization is another great way to succeed in the 21st Century.

Finally, the support of Mission Driven Mentoring and converting our ANG training, education, and experience into opportunities for other unit members on the move.

According to General McKinley, "to be the most capable force, our Airmen must be comprised of men and women with international insight, foreign language proficiency and wide-ranging cultural experiences. The talents, experiences and insights of all Airmen must be recognized and tapped to ensure a prepared, forward-leaning force of the highest caliber."

As your Human Resources Advisor, I am available to assist you in creating an environment in our Wing that harnesses the talents, strengths and knowledge of our diverse Airmen. I will also assist in the transformation of a culture that encourages development and empowerment of our Airmen and one that allows them the opportunities to display their GREATNESS.

With these efforts we can be most effective in achieving our missions as we enhance our retention, productivity, and mission readiness and be successful as an organization in the 21st century.

Resources available to help our force of Airmen develop:

- My Enlisted Development Plan (MyEDP)
- AF Portal
- AFI 36-2618 – Enlisted Force Structure
- AF Doctrine 1 – Basic AF Doctrine
- AF Doctrine 1-1 – Leadership and Force Development
- AF Doctrine 2 – Operations and Organizations
- AFPAM 36-2241 – Professional Development Guide
- <https://www.afmentor.com>.

CHANGES ENFORCED ON PHYSICAL FITNESS TEST

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

Effective July 1, 2010 all Airmen fitness testing will be scored under new Air Force fitness standards in compliance with Air Force Instruction 36-2905, Fitness Program.

AFI 10-248, *Fitness Program*, will be redesignated AFI 36-2905, *Fitness Program*.

The AFI indicates that Air National Guard Airmen, including Active Duty Guardsmen and traditional Guardsmen will fitness test 12 months after their last calendar year test date, then repeat once a year requiring a minimum passing score in each component and receive a total score of at least 75.

ANG Title 10 servicemembers assigned to the National Guard Bureau on statutory tour will test under the provisions of AFI 10-248, Para 2b, "bi-annual physical fitness testing."

According to AFI 36-2905, Fitness Program, the major changes also include the establishment of a Fitness Assessment Cell to centralize and standardize the administration of fitness assessments, and a revised weighting and scoring component based on a health-fitness hierarchy.

Test components are scored on a 0 to 100 scale based on age, gender and the following maximum component scores: 60 points for aerobic, 20 points for body composition, 10 points for push-ups and 10 points for sit-ups.

Airmen testing through June 2010 under the present scoring standards will receive two score cards. The first score card will be calculated using present score charts and will be loaded into the Air Force Fitness Management System. This score will be used to document evaluation reports as "meets" or "does not meet" standards or "exempt."

The second score card will be calculated using the new score charts that become effective in July 2010 and serves as a means for Airmen and commanders to gauge performance under the new scoring system.

The intent of this AFI is to encourage Airmen to be physically fit to properly support the Air Force mission. The goal of the Fitness Program is to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength/flexibility training, and healthy eating.

The Fitness Assessment provides commanders with a tool to assist in the determination of overall fitness of their military personnel.

For more information regarding AFI 36-2905 please visit
<http://www.e-publishing.af.mil/shared/media/epubs/AFI%2036-2905.pdf>

New fitness standard frequently asked questions

Q: When does the new Fitness Program take effect?

A: *If you test between Jan – Jun 2010, then you will test under the current AFI 10-248 standards. All members testing 1 Jul 2010 and after will test under the new AFI 36-2905 standards*

Q: When is the new AFI being published and released?

A: *AFGM 10-248 was released on 4 Jan 2010. AFI 36-2905 will be released at a later date.*

Q: Will members be required to test twice a year?

A: *All ANG members (except Title 10, Stat Tour) will test annually.*

Q: Who will test ANG members at co-located bases?

A: *Fitness Assessment Cell (FAC)*

Q: Who will test ANG members at non co-located bases?

A: *It is the wing commanders program; however, we encourage that PTLs conduct Fitness Assessments (FA) on members outside their squadrons. (ex. PTL from SFS will complete FA for members of the FSS)*

Q: How do we enroll members into fitness improvement programs when we are not co-located to an installation with a FAC?

A: *CBT's are being developed for non co-located bases. Members that fail the FA will be able to complete their fitness improvement class by utilizing these CBTs.*

Q: Will Unit Fitness Program Managers (UFPM) still utilize the Air Force Fitness Management System (AFFMS)?

A: *Yes, AFFMS is going to calculate scores under the current standards through Jun, 30 2010.*

Q: How will we know if we are prepared under the new fitness standards if we test between Jan to Jun 2010?

A: *PTLs should manually calculate scores for members under the new standards during this time frame.*

Q: How do we manually calculate the step test?

A: *There is no way to manually calculate the step test. Step tests have been removed from the new program. Members will have to practice/prepare for the Aerobic portion of the FA unless exempted by medical authority.*

FEBRUARY 2010 PORTRAIT OF A PROFESSIONAL

Portrait of a Professional is a monthly profile of an outstanding Staff Sgt. and below. Airman 1st Class Kayla Sather, 129th Medical Group bioenvironmental engineer, is featured in this month's Portrait of a Professional.



Airman 1st Class Kayla Sather, 129th Medical Group bioenvironmental engineer is this month's Portrait of a Professional. (Air National Guard photo by Airman 1st Class Jessica Green)

What is your favorite memory in the AF?

Every Honor Guard Ceremony I do is very powerful. My ceremony for Chief Cantrell was very moving. I handed off the flag to him. He was beaming with pride as I thanked him for his 41 years of service.

What motivated you to enlist in the AF?

Both my parents were in the military, my mom was Army and my dad is currently Air Force. I grew up with a lot of patriotism. My dad taught me that Francis Scott Key wrote the National Anthem in 1814 before he taught me my times tables. I always knew I wanted to be a part of the fight.

How has being an Airman changed your outlook on life?

Integrity is deeper ingrained in my character. Breaking the rules no longer just affects my reputation, it reflects on the Military.

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

Time management, though I thought that I was a good multi-tasker before. Now I attend school full time and work as TSgt Metzger's assistant in the Human Resources office. There is a lot going on and I am learning fast how to manage my time well.

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

I would go to anywhere overseas. I have been all over the states with military parents, but I want to see the world. My first pick would be Germany.

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

I would love to be a pilot. I am getting my Bachelors now. When I am done I would like to pursue being a pilot. Although, I will need to get a waiver for my height since I am 2 inches too short.

Where did you grow up?

I went to Mountain View High school. Before that I went to school in Parma Idaho, Ontario Ore., Watertown, NY, and Fruitland, Idaho. My home will always be Ontario, I go home every Christmas to see my family, including my mom and two younger siblings.

What is your job in the civilian world?

I work as a technician on Moffett as an administrative assistant.

What would people be surprised to know about you?

I used to play World of Warcraft.

What are your hobbies?

I like to read, go to the movies, and dance. I did ballet and Jazz in High School.

1ST SERGEANT SPOTLIGHT: OPERATIONS RUNNING SMOOTHLY WITH NEW FIRST SERGEANT

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



The command post superintendent with the 129th Rescue Wing here was recently selected to assume duties as first sergeant for the 129th Operations Group.

Master Sgt. Ronald Biggs, the new 129th OG first sergeant, has been assigned to carry out the responsibility, accountability, and discipline of a first sergeant after graduating from First Sergeant Academy at Maxwell-Gunter Air Force Base, Montgomery, Ala., July 2009.

Master Sgt. Ronald Biggs, the new 129th Operations Group first sergeant at the 129th Rescue Wing, Moffett Federal Airfield, Calif., takes a break between meetings to check his email Jan. 10, 2010. (Air National Guard photo by Master Sgt. Dan Kacir).

First sergeant is not a rank, but a special duty held by a senior enlisted member who reports directly to the unit commander and is responsible for the morale, welfare, and conduct of all the enlisted members in their squadron.

“Each career field has given me so many amazing experiences, but one of the things that I’ve said from the beginning, is that I was going to put on a diamond,” said Sergeant Biggs. “It was something I said I wanted to do, but when the time was right. I’ve had a lot of great mentors along the way, and worked under great commanders that really taught me a lot about the Air Force.”

Beginning his active duty career over 14 years ago as a bomb-navigation systems apprentice, Sergeant Biggs has gained an array of knowledge and experience with the workings of the Air Force and is now in the position to help others, he said.

In 2003, Sergeant Biggs joined the California Air National Guard and was put on active duty orders to work as the deputy command historian with the 1st Air Force stationed at Tyndall Air Force Base, Fla. On a visit back to California he met with guardsmen working on the counter drug mission here. After hearing about the mission Sergeant Biggs applied, got the job and joined the 129th RQW.

As a traditional guardsman, Sergeant Biggs left his job at the command post in 2009 to fill the vacant first sergeant spot in the 129th OG, he said.

“There hasn’t been an ops first sergeant in a few years,” Sergeant Biggs said. “When I came in, there wasn’t someone here to give me the turn over and say what’s been going on. I couldn’t make it three feet out of my office before hearing ‘Shirt, do you have a minute?’”

The first sergeant job doesn’t stop here. Sergeant Biggs spends 15 to 20 hours a week at home working on correspondence with his troops, he said.

“The hardest one is when you get the email that says we had a member’s parent die when they were deployed,” said Sergeant Biggs. “The whole thing about first sergeant is people first. There’s always face time with questions like ‘how are you doing,’ and ‘how’s’ the family?’ It’s a lot of earning that trust, which is hard to do in the beginning.”

“As far as my own personal ideas of leadership, I follow the advice given to me by a past mentor,” he said. “This is sort of a philosophy I stuck with; feed your troops, make sure you give them a break, and every once in a while fall on the sword for them.”

Following these values, Sergeant Biggs believes that staying connected, learning from one another (both junior and senior positions), and making sure that a leader takes care of their troops, the better the mission gets completed.

“As long as you’re honest and up front with me I will go to bat for you when I know you’re in the right, but I’ve got to have that trust between us,” said Sergeant Biggs. “For example, getting time off is something everyone cares about. Say you’ve come out and worked all these extra hours and days, then ask for time off to do something, I mean sure, you’ve worked hard enough for me, and you showed it. I’ve never had a problem doing that.”

One of the things Sergeant Biggs has committed to as a first sergeant is to mentor at least three people at any one time.

“I want to be the first sergeant that people can say ‘I know I can come to him,’” Sergeant Biggs said. “I don’t have to know the answer, a great leader doesn’t have to have all the answers, a leader just has to know enough to know where to find them. As long as you can do that, that’s all part of being successful.”

Sergeant Biggs, along with other first sergeants throughout the 129th RQW, have also opened their doors to Airmen in units that are currently lacking first sergeants. The goal is to let everyone know that first sergeants are here to help, Sergeant Biggs said.

“The first time you stop thinking about people first and start thinking about yourself, then you’ve lost focus,” said Sergeant Biggs. “This is one of those jobs where you will see your satisfaction and reward when the people you’re helping get what they need. You don’t expect a thank you; they just know to come to you now.”

GET IN THE LOOP: STATE AND LOCAL VETERANS BENEFITS

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

The California Action Plan for Reintegration, sponsored by the California Department of Veterans Affairs, is aimed to help servicemembers returning home and reentering civilian life, many who have been unwilling to seek help and support through official channels.

CAPR is an opportunity to inform veterans and their dependents about veterans' benefits and how to obtain these benefits through the process of application and representation of claims.

Registration with the CDVA opens doors to information and assistance in areas such as education, tuition assistance, healthcare, employment services, CalVet farm and home loans, fishing and hunting licenses, and state parks and recreation passes.

By completing the CAPR online form, veterans will receive requested information instantly via e-mail. In addition, service providers will directly contact veterans to assist with specific requests.

Registering for CAPR will also automatically subscribe veterans to the CDVA e-mail list to receive notifications of new legislation, newsletters, and other information about available benefits, along with be provided a point of contact at their local County Veterans Service Office.

Veterans can find this and more information, by visiting the CDVA website at <http://www.cdva.ca.gov/VetService/reintegration.aspX>

FAMILY READINESS CORNER

TEEN SUMMIT & CAMPS

provided by Carolann Wonderlin
129th Rescue Wing Family Readiness Program

The Air Force Reserve/Air National Guard has received funding for three AFR/ANG Teen Leadership Summits.

You can support the program by reading the qualifications for teens to participate and register your teens to attend. Also, each camp needs adult leaders to chaperone the teens at camp. These camps were a tremendous success last year and we hope that ANG participation is even greater this year!

The AFR/ANG Teen Leadership Summits are open to all 14-18 year old dependent teens of current Air Force Reserve or Air National Guard members.

Applicants will be required to complete the 2010 AFR/ANG Teen Leadership Summit application for the session they wish to attend to include essay questions, Code of Conduct and transportation form.

The application deadline is April 16. Applications and instructions as well as applications for adult volunteers are located at www.georgia4h.org/AFRANGTeenSummit.

Classic Summit, 13-18 June 2010 - Wahsega 4-H Center, Dahlonega, Ga.

Attendees will be flown into Atlanta-Hartsfield International Airport. This summit will focus on developing an awareness of programs and services available to AF Reserve and Air National Guard dependents. Activities include high/low ropes course, rock climbing, white water rafting, hiking, environmental education and leadership classes.

Survival Summit, 20-25 July 2010 - Colorado Youth Programs, Boulder, Colo.

Teens must have attended a previous AFR/ANG Teen Leadership Summit to apply for this camp- attendance is limited to 36 teens. Attendees will fly into the Denver International Airport. This Summit begins at base camp where teens will have a day to prepare for the expert-led three day, two night survival experience.

Adventure Summit, 10-15 August 2010 - Cheley Camps, Estes Park, Colo.

Attendees will be flown into Denver International Airport. In this beautiful and majestic setting, teens will have the opportunity to choose from daily activities such as Rocky Mountain hiking, horseback riding (western), colts (where campers learn what is involved in training horses) backpacking, mountain biking, technical climbing, archery and low ropes challenge course.

If you have any questions, please contact Sandra M. Mason, National Guard Bureau child and youth specialist, at 278-8138 (DSN) or 301-836-8138. For more information please visit <https://afkm.wpafb.af.mil/angsvf>

OPERATION PURPLE FAMILY RETREATS

provided by Carolann Wonderlin
129th Rescue Wing Family Readiness Program

The National Military Family Association is sponsoring free, four-day family retreats created to help families reconnect after deployment.

Operation Purple(r) Family Retreats are designed to bring families together for four days in a national park setting. With an emphasis on environmental education, military families will participate in fun, family-focused activities that will allow them to strengthen and renew relationships while exploring their natural surroundings.

Operation Purple Family Retreat participants will be paired with highly specialized field science educators who will guide families through various activities such as nature hikes, canoeing, campfires, beach exploration, arts and crafts, and challenge activities. Families will have opportunities to communicate, work as a team, and to reconnect while exploring and learning about the environment.

In addition, Families Over Coming Under Stress (FOCUS), a resiliency-building program designed for military families and children facing the challenges of multiple deployments by a team from UCLA and Harvard Medical School, have designed activities which highlight areas of strength and resilience in the family and promote family growth. Families will work together to strengthen their relationship through a variety of activities designed to complement the retreat environment and experience.

The Headlands Institute, Sausalito, Calif.: February 12 - 15, 2010

The Headlands Institute is a private nonprofit organization that offers environmental education opportunities and conference facilities in the Golden Gate National Recreation Area near San Francisco. <http://yni.org/main/>

The Teton Science School, Jackson, Wyo.: March 19 - 23, 2010

Teton Science Schools are a private, 501(c)(3) non-profit educational organization, operating year-round in Jackson Hole, Wyoming in partnership with Grand Teton National Park and as a permittee of the Bridger-Teton National Forest. <http://www.tetonscience.org>

These retreats are open to service members and their families who have experienced deployment within the last 15 months. To be eligible for consideration to attend these retreats, service members must have returned from deployment no less than three months or no more than 15 months prior to the start date of each retreat.

Families who attend will receive a \$200 stipend per family upon arrival to the retreat site to cover cost of travel. The retreats are free thanks to support from the Sierra Club and the Sierra Club Foundation.

Interested families should visit <http://www.militaryfamily.org/our-programs/operation-purple/family-retreats/> for further information or to apply.

FEBRUARY UTA NEWS & NOTES

WELCOME NEW 129TH MEMBERS!

Staff Sgt. Christina Andrews, 129th RQS
Staff Sgt. Douglas Brock, 129th LRS
Staff Sgt. Ryan Camp, 129th MXS
Staff Sgt. Steven Carroll, 129th MXS
Staff Sgt. Eileen Fair, 129th LRS
Staff Sgt. Mark Randolph Stiers, 129th AMXS
Senior Airman Keith Robert King, 129th MXS
Airman 1st Class Jordan Louis Amaral, 129th FSS
Airman 1st Class Rachel Ames, 129th LRS
Airman 1st Class Nicholas Anchondo, 129th MXS
Airman 1st Class Brenda Gonzalez, 129th RQS
Airman 1st Class Erin Mosakewicz, 129th AMXS
Airman 1st Class Juan Angel Ortiz, 129th MXS
Airman 1st Class Brian Pingel, 129th MXS
Airman 1st Class Allen Ray Sumabat Samson, 129th AMXS
Airman 1st Class Sara Van Til, 129th MDG

THE FOLLOWING MEMBERS WERE RECENTLY PROMOTED TO THEIR CURRENT RANK. CONGRATULATIONS!

Tech. Sgt. Susan Avalos, 129th CEF
Tech. Sgt. Roderick Cabugao, 129th MDG
Tech. Sgt. Theresa Hechler, 129th MDG
Tech. Sgt. Emmanuel Matsamura, 129th OSF
Tech. Sgt. Michael Porter, 129th RQS
Tech. Sgt. Joseph Saia, 131st RQS
Staff Sgt. Robert Gardner, 129th MXS
Staff Sgt. Anhtoan Nguyen, 129th AMXS
Staff Sgt. Jared Robinson, 129th MXS
Staff Sgt. Derrick Starkel, 129th MDG

THE FOLLOWING MEMBERS HAVE RETIRED, SEPARATED, OR TRANSFERRED TO ANOTHER UNIT. WE WISH THEM WELL AND THANK THEM FOR THEIR SERVICE.

Lt. Col. John Gammal, 129th RQS
Lt. Col. James Anderson, 130th RQS
Master Sgt. Roberto Dizon, 129th SFS
Staff Sgt. Jorge Cruz, 561st Band
Staff Sgt. Taylor Vihn, 129th SFS
Senior Airman Cesar Contreras, 129th FSF
Senior Airman Sarah Lewis, 129th RQS

2010 UTA SCHEDULE

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

129TH RQW PRAYER BREAKFAST

Mar 7, 2010 (Sunday of UTA drill weekend) 11:30 - 12:30 in Building 650, maintenance conference room

ANHEUSER-BUSCH OFFERS FREE THEME PARK ADMISSION

"Here's to the Heroes," a program sponsored by Anheuser-Busch, was launched in February 2005 to celebrate the service of military men and women and the sacrifices made by their families. The program has extended free admission to SeaWorld and Busch Gardens through 2010.

Free admission is for any active duty, active reserve, ready reserve service member or National Guardsman representing any of the five service branches and as many as three direct dependents. All servicemembers need do is register online at <http://www.herosalute.com> or in the entrance plaza of a participating park, and show a Department of Defense photo identification.

Each pass is valid for a one-day admission per person per year to five of Anheuser-Busch's seven theme parks. Visitors may choose Sea World Orlando, San Diego or San Antonio; Busch Gardens Tampa or Williamsburg; Pennsylvania's Sesame Place; Florida's Adventure Island; or Virginia's Water Country USA. Discovery Cove and Aquatica parks are not included in this offer.

Sea World Orlando, Busch Gardens Tampa and SeaWorld San Diego operate year round. The company's remaining parks are seasonal, with varying opening dates this spring. Each park's operating schedule is available at <http://www.seaworld.com>, <http://www.buschgardens.com/bg>, <http://www.sesameplace.com/sesame2>, <http://adventureisland.com/Ai/default.aspx>, and <http://watercountryusa.com/wc/>.

FREE SF GIANTS TOURS AVAILABLE TO SERVICEMEMBERS

All servicemembers and dependants interested in getting a behind-the-scenes look at the San Francisco Giants can show their military ID card at the Giants Dugout Store at AT&T Park and receive one complimentary ticket to the 10:30 am or 12:30 pm public tour (a \$12.50 value free!). The tour takes you where the players go, visiting a dugout, the field and the Visitors' Clubhouse. Tours are available almost every day all year round, except when Giants play afternoon games and during large public events. Tours last approximately 1 hour and 30 minutes. For more information, please call 415-972-2400.

OPERATION WELCOME HOME OFFERS JOB OPPORTUNITIES TO VETERANS

California veterans have sacrificed much and served our country well, protecting the freedoms we all enjoy. To help our veterans' transition to civilian life, after a deployment or once their military service ends, Governor Arnold Schwarzenegger recently launched an important new program: Operation Welcome Home.

As part of the Operation Welcome Home initiative, the Employment Development Department (EDD) plans to hire 325 limited-term employees (targeting recently released veterans) beginning January 2010. Working in coordination with EDD's veteran representatives, these new CALVET CORPS hires will be trained and deployed throughout the state to help redeploying or discharged veterans learn about the benefits and services available to successfully enter the civilian workforce.

CALVET CORPS will assist veterans in filing and certifying for Unemployment Insurance Program benefits, if eligible, to ensure continuity of income as they transition into employment. Additionally, CALVET CORPS will work closely with returning veterans to assess their needs for other benefits they may be entitled to, such as health care, education, disability compensation, and connect them with the appropriate service providers.

If you are interested in participating in the veteran outreach effort, have completed 60 semester units or 90 quarter units of college course work, and are an officer or non-commissioned officer, we encourage you to apply for one of these positions (salary range: \$2817.00 per month plus medical benefits).

To learn more about these limited-term positions with the CALVET CORPS, please call Captain Peter Lewis at 916-806-1660 or email at peter.lewis@us.army.mil. In addition, please see the visit <http://www.cdva.ca.gov/VetService/DocsAndImages/Vet%20Newsletter2.pdf> to view the California Department of Veterans Affairs' Veterans Services Newsletter for application instructions.

SANTA CLARA COUNTY OFFERS FREE PARK PASSES TO E-4 AND BELOW

In 2007 the Santa Clara County Board of Supervisors approved a program spearheaded by the Santa Clara County National Guard Veterans Affairs Commission that grants Annual Vehicle Entry Passes to California National Guard members in pay grades E-4 or below for parks operated by Santa Clara County.

There is a one-time administrative fee of \$4. Servicemembers must reside in Santa Clara County and each family may receive one pass per year. Download the application at [http://www.sccgov.org/SCC/docs%2FParks%20and%20Recreation,%20Department%20of%20\(DEP\)%2Fattachm ents%2FAnnual_Pass_for_Military_Form_8.pdf](http://www.sccgov.org/SCC/docs%2FParks%20and%20Recreation,%20Department%20of%20(DEP)%2Fattachm ents%2FAnnual_Pass_for_Military_Form_8.pdf)

Because verification of eligibility status must be made, passes can only be obtained through the Parks Department Administration Office at 298 Garden Hill Drive, Los Gatos 95032.

SCHOLARSHIPS FOR MILITARY CHILDREN

Applications for the 2010 Scholarships for Military Children Program are available in commissaries worldwide and online at <http://www.commissaries.com>. Only dependent, unmarried children, younger than the age of 21 (age 23 if enrolled as a full-time student at a college or university) of active duty personnel, reserve, guard and retired military members, survivors of servicemembers who died while on active duty, or survivors of individuals who died while receiving retired pay from the military may apply for a scholarship. The applicant must be planning to attend, or already be attending, an accredited college or university full time in the fall of 2010, or be enrolled in a program of studies designed to transfer directly into a four-year program. Applicants should prepare to submit an essay on the following topic: "You can travel back in time; however, you cannot change events. What point in history would you visit, and why?" Applications must be turned in to a commissary by close of business Feb. 17, 2010. At least one scholarship will be awarded at every store location with qualified applicants.

MILITARY ONESOURCE WEBINAR FOR SPECIAL NEEDS FAMILIES

Having a child with special health and/or educational needs can be especially challenging for military families. Services for special needs children vary from state to state and knowing where to go for high-quality, current information is critical.

Isabel Hodge from the Office of the Deputy Under Secretary of Defense for Military Community and Family Policy will provide a comprehensive overview of government and nongovernment resources useful to military

special-needs families. Tune in Tuesday, Feb. 23 at 9 a.m. and Thursday, Feb. 25 at 3 p.m. to discuss locating local, state and community resources, government websites, evaluating online resources, and connecting with other families. Registration is currently open, to view more information and sign up, visit <http://www.militaryonesource.com/Default.aspx?grm2catid=11&tabid=238>

PODCAST SERIES ADDRESSES POST-DEPLOYMENT CHALLENGES

Servicemembers and their families can get help coping with post-deployment stress through a new series of podcasts profiling the personal stories of those who have lived it.

"Combat brings individuals face-to-face with the harshest demands imaginable. In fact, it's impossible to be unaffected by these experiences. Stress reactions, family and relationship difficulties, and work conflicts can affect an individual's emotional well being." These words set the stage for the premiere episode of "There and Back," an audio podcast series created by Web managers for afterdeployment.org, a Defense Department Web site developed by experts at the National Center for Telehealth and Technology and the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

The podcast series is directed to the entire military community to help manage some of the challenges faced by servicemembers and their families following a deployment, defense officials said. "Learning About Depression," the initial ten minute podcast in the "There and Back" series is a tapestry woven of education, encouragement and emotional intimacy. Dr. Jenifer Alford, a clinical psychologist and afterdeployment.org's functional director, guides listeners through the world of depression. "Depression can happen to just about anyone, given the right set of circumstances," Doctor Alford says. "Taking no action, or believing that time will heal the depression, could result in the depression getting worse or lasting longer."

The podcast is punctuated by servicemembers and their families telling their personal stories, allowing listeners to know that they are not alone in their struggles. Listen to "There and Back: Learning about Depression," or visit the Podcasts section of the DCoE Web site. To receive future episodes of "There and Back," subscribe free at iTunes.com. Upcoming episodes will discuss post-traumatic stress, anger management, sleep problems, and relationship issues.

FAMILY READINESS COURSE

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, deployments, and more. The course will be held March 20-21, 2010 in Petaluma, Calif. For more information, contact June Sato at 916)-361-4957 or register at <http://www.prestoregister.com/cgi-bin/order.pl?ref=Readyfamilies&fm=1>.

908 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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