



129th Rescue Wing's June Rescue e-Gram

911 Lives Saved

These Things We Do...That Others May Live

101 Critical Days of Summer

Live to Play, Play to Live!



Between Memorial Day and Labor Day, the Air Force places great emphasis on the safety of Airmen and their families through the Critical Days of Summer Campaign.

Beginning May 28 and extend through Sept. 7, this year's campaign runs 109 days in hopes of reaching a goal of zero accidents and fatalities.

This goal requires every Airman to be a wingman, mentor and safety leader. Whether its personal leadership in risk management or calling "knock it off" as appropriate, you must be proactive in your approach to saving lives this summer.

During the last three campaigns, averages of 19 Airmen were lost, last year there were 21 fatal mishaps. Thirteen of these accidents were off-duty.

While we have made some slight improvement during the past few years, we are far from our goal of zero preventable fatal mishaps. It takes each of us to save lives, and we have a responsibility to teach, mentor, and provide the right message for everyone from children to adults to make a difference.

Enjoy your summer season and use the following guidelines to ensure you and your Wingmen survive it:

Traffic Safety

Motorcycle and automobile mishaps are the greatest single killer of our Airmen and as of this date. We must reverse this negative trend immediately. Airmen everywhere must carefully manage trip risks and reduce their speed. We also have an unusually high number of passengers killed in automobile collisions. This alarming trend is reversible if all Airmen wear their seatbelts regardless of their seating position in an automobile.

Alcohol Awareness and Fatigue

Slightly more than one-third of Air Force automobile fatalities include alcohol as a factor. Personal accountability and wingman intervention are our best tools to reduce drinking and driving. Likewise, fatigue is another contributing factor to fatalities that needs our focus.

Drowning Prevention

Several Airmen drown every year, typically in lakes and local "swimming holes." Do not mix alcohol and swimming, and watch overextending yourself. The number one mishap prevention tool for drowning is a personal flotation device.

This year's campaign urges everyone to: **Live to Play, Play to Live!**

Rescue Crew Takes MacKay Trophy



The National Aeronautics Association selected four Airmen from Kadena Air Base Japan who comprised Pedro 16 of the 129th Expeditionary Rescue Squadron at Kandahar Airfield, Afghanistan, for the 2009 MacKay Trophy. Capt. Robert Rosebrough, 1st Lt. Lucas Will, Master Sgt. Dustin Thomas and Staff Sgt. Tim Philpott, the crew of, an HH-60G Pave Hawk combat search and rescue helicopter, have been recognized for the MacKay Trophy year's most meritorious flight. The crew will be recognized by Air Force leaders this fall when the MacKay Trophy is officially presented in Washington, D.C. for their efforts in saving the crew of a downed Air Force

aircraft and three Soldiers in Afghanistan. The downed aircraft, Pedro 15, consisted of 129th Rescue Squadron HH-60G pilots Major George Dona and Capt. Mary Jennings, who received a Purple Heart for this mission, along with 129th RQS flight engineer Senior Master Sgt. Steven Burt and 129th RQS aerial gunner Tech Sgt. Tiejie Jones, all assigned to the 129th Rescue Wing from Moffett Federal Airfield. During a July 29, 2009, mission, Pedro 16 directed rescue operations by Pedro 15 to retrieve wounded soldiers from an active firefight, kept in radio contact with the ground commander, and provided emergency close air support, returning fire themselves and acting as forward air control for two Army OH-58 helicopters. The MacKay Trophy, which dates back to 1912, and the Jolly Green Association's most outstanding rescue mission of the year awards bring even more acclaim to the 33rd Rescue Squadron.



TOP: The crew of "Pedro 16" poses in July 2009, at Kandahar Airfield, Afghanistan. Pictured are Capt. Robert Rosebrough (middle, standing), 1st Lt. Lucas Will (right, standing), Master Sgt. Dustin Thomas (far left, standing) and Staff Sgt. Tim Philpott (right, kneeling). (Courtesy photo) BOTTOM LEFT: Capt. Mary Jennings, 129th Rescue Wing HH-60G Pave Hawk co-pilot, receives the Purple Heart from California Air National Guard Commander, Maj. Gen. Dennis G. Lucas, during an awards ceremony Dec. 6, 2009. (Air National Guard photo by Staff Sgt. Kim Ramirez) BOTTOM RIGHT: Capt. Mary Jennings, an HH-60G Pave Hawk co-pilot with the 129th Rescue Wing, Moffett Federal Airfield, Calif., stands with Tech. Sgt. Aaron Butler, a pararescueman from the 23rd Wing, Moody Air Force Base, Ga. Sergeant Butler treated Captain Jennings for shrapnel wounds sustained during a July 29, 2009 rescue mission in Afghanistan. (Courtesy of Capt. Mary Jennings)

129th Security Forces Squadron Welcome New Commander



Members of the 129th Security Forces Squadron stand in formation May 1, 2010 to watch the 129th SFS assumption of command ceremony at Moffett Federal Airfield, Calif. Capt. Thomas Maranda, the former SFS operations officer, is assuming command from Col. Charles Ingalls, the 129th Mission Support Group commander. "Having done so well in the UCI, it's a great start for a new commander," said Chief Master Sgt. Andy Archuletta, 129th SFS manager. "This is perfect for us to continue to be such a great squadron." Colonel Ingalls temporarily held command of Security Forces after former SFS commander Maj. Thomas Venable left the unit. Since graduating his officer course in April, Captain Maranda is the SFS commander.



129th CE Command Officially Changes Hands



Moffett Federal Airfield's 129th Rescue Wing, Civil Engineering Flight has a new commander. Lt. Col. Richard Maddox will relinquish command of 129th Civil Engineering and retire from the Air National Guard at a ceremony May 1, 2010. "It's nice to have gotten to this point," he said after his 24 years of service and four year command. "Of course I'm sad to leave and I'll miss everyone, but it's part of the career process." Maj. Bryan Ellis, the former 129th CE operations officer, is assuming command. "He'll be a wonderful commander," said Colonel Maddox. "We've worked together for a long time and I have every confidence in him to fulfill the job."



TOP: Col. Charles Ingalls, the 129th Mission Support Group commander presents the 129th Civil Engineering guidon to Maj. Bryan Ellis, the former 129th CE operations officer, at a change of command ceremony May 1, 2010 at Moffett Federal Airfield. (Air National Guard photo by Staff Sgt. Kim Ramirez) BOTTOM LEFT: Maj. Bryan Ellis, the former 129th Civil Engineering operations officer, presents Lt. Col. Richard Maddox, the retiring 129th CE commander with the United States Flag certificate at a change of command ceremony May 1, 2010 at Moffett Federal Airfield. (Air National Guard photo by Staff Sgt. Kim Ramirez) BOTTOM RIGHT: Lt. Col. Richard Maddox retires after 24 years of service and relinquishes command of 129th Civil Engineering to Maj. Bryan Ellis, the former 129th CE operations officer, at a change of command ceremony May 1, 2010 at Moffett Federal Airfield. (Air National Guard photo by Staff Sgt. Kim Ramirez)

Asian Pacific American Heritage Month



Asian Pacific American Heritage Month is celebrated in May to commemorate the contributions of people of Asian and Pacific Islander descent in the United States. The 129th Rescue Wing's Asian Pacific American Council celebrated APAHM with an APA Heritage luncheon May 2, 2010 at Moffett Federal Airfield, Calif. Senior Airman Sarah Fepuleai, a supply management journeyman with the 129th Logistics Readiness Squadron and America-Samoa native, is the APA Council Chairman at the 129th RQW. She performed a traditional taulaga dances along with members of the Adrian Wilcox High School Polynesian Club. The purpose of this observation is to honor the achievements of Asian-Pacific Americans. Airmen are encouraged to take time to celebrate the dedicated service and contributions of Asian-Pacific Americans, both past and present, to the country and the Air Force. In June 1977, Congress introduced a House resolution that called upon the president to proclaim the first ten days of May as Asian-Pacific Heritage Week. The following month, a similar bill was introduced in the Senate. Both were passed. On Oct. 5, 1978, President Jimmy Carter signed a joint resolution designating

the annual celebration. In May 1990, the holiday was expanded further when President George H. W. Bush designated May to be Asian-Pacific American Heritage Month.



High Performance Teams

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)

"E pluribus Unum."

"Out of many, one."

With a commitment to work together as high performing teams we maximize our strengths and capabilities to rise above any challenge.

As an Airman, you are never alone!

What must we do as leaders to create an atmosphere where High Performance Teams can develop and flourish? We must first allow for space and time for our Airmen to connect in order to increase our organization social capital.

Researchers Don Cohen and Laurence Prusak define social capital as *"the stock of active connections among people: the trust, mutual understanding, and shared values and behaviors that bind the members of human networks and communities and make cooperative action possible."*

Investment in space and time for our people to share stories, build trust, and share values and behaviors are crucial components of building High Performance Teams:

Space and time for people to gather and make connections with one another are the seedbed and sunlight of social capital. By providing them, leaders can foster conditions that help social capital thrive. If you want people to connect, to talk, to begin to understand and depend on one another, give them places and occasions for meeting, and enough time to develop networks and communities. Social capital needs breathing room—social space and time—within work and surrounding work.

As our social capital increases our unit cohesiveness and togetherness will increase resulting in High Performance Teams that continue to surpass our goals and competitive standard as we, in-turn, set the standards for others to follow. History shows us the importance of effective communication and teambuilding encouraged and supported by leadership allowing time and space for people to meet and share their stories. iGlobal Netorks' cultural leadership training lab states:

In ancient Greece, Socrates and his friends spent years freely meeting and conversing with each other, having dialogues that helped shape Western civilization. They exchanged ideas without trying to change the other's mind and without bitter argument. They felt free to propose whatever was on their mind. They always paid attention to each other's views and established an extraordinary fellowship. Socrates and his friends bound themselves by principles of discussion to maintain a sense of collegiality... These principles they established were to establish dialogue, be collegial, clarify your thinking, and be honest.

High Performance Teams evolve from meetings and dialogue such as these that are rooted in trust, diversity, and open-mindedness resulting in successful mission effectiveness ratings, positive organization climate survey assessments, etc.

As leaders, we must continue to remind ourselves of the importance of the concept behind these quotes and theories, and how much more stronger, how much more powerful, and how much more cohesive we are as a Team; a High Performance Team. As we, the 129th Rescue Wing, continue to reap the benefits of Teamwork, let us continue this momentum toward Greatness as we have shown that *Together We are Better!*

As we continue to push the Flywheel and raise the bar that the Air National Guard Office of Cultural Leadership and Development has set for us, continue the Flywheel Momentum by interweaving these points into your agendas for all meetings and monthly roll-calls:

- High Performance Teams seek opportunities to capitalize on the synergy of their Airmen to maximize and improve overall fundamental strength and the highest standards for efficiency.
- Achieving our mission is our highest priority. That will be achieved when we as leaders have the humility to rise above personal ego to serve the cause, the goal, the mission.

Ask yourself: What did I do today to push on the flywheel?

- As a seamless team, we are able to overcome any challenge. We must continue to show the same resolve and determination towards:
 - Excellence: Do I go beyond competitive standards?
 - Teamwork: Is our team a team that produces superior results?
 - Empowerment: Are all teams of Airmen provided freedom, decision authority and resources to excel?

Lastly, ask yourself, have I allowed the necessary space and time for social capital to grow and High Performance Teams to evolve in my organization? If not, it is important to know that it is not too late. Know that your team (i.e. our organization(s)) is depending on you to be an effective leader and team-player.

JUNE 2010 PORTRAIT OF A PROFESSIONAL



Senior Airman Sarah Fepuleai, a supply management journeyman with the 129th Logistics Readiness Squadron is featured as the June 2010 Portrait of a Professional. (Air National Guard photo by Airman 1st Class Jessica Green)

Portrait of a Professional is a monthly profile of an outstanding Staff Sgt. and below. Senior Airman Sarah Fepuleai, a supply management journeyman specializing in material handling with the 129th Logistics Readiness Squadron is featured as this month's Portrait of a Professional.

What is your favorite memory in the AF?

Last year we had annual training within our squadron. We had a lot of brand new people coming in and we had a chance to really get to know each other and have a good time during that week. After work we would do fun activities like a fun run and we even went to lazer tag. It's cool because you get to know your wingmen.

What motivated you to enlist in the AF?

I've always wanted to be in the military, my families support and having my children made the decision easier as well. I wanted something new and different for them, I wanted to continue school and the military has great opportunities. Plus, my dad was a Marine, my brother is an officer in the Army and my sister is in the Air Force as well.

How has being an Airman changed your outlook on life?

I'm more independent and disciplined. I was disciplined growing up with a dad in the Marines, but it's a different kind of feeling when you're the one in the military, when you're actually wearing the uniform and you're out there and kids are looking up to you.

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

Definitely teamwork. With work, if we're all doing it together everything falls into place, if one person falls we all hurt , it's like a domino effect and have to work together to get the job done.

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

I want to deploy and if I could I would go anywhere overseas, preferably China. I don't mind going to Iraq or Afghanistan but i would enjoy something different and exotic like China.

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

I was looking online at some of the jobs the 129th offers and aerospace medical specialist caught my eye because I've always had a passion for the medical field.

Where did you grow up?

Pago Pago, America-Samoa

What would people be surprised to know about you?

For about a year and a half, I lived out of state but I still came here to drill. People told me to transfer, but I didn't want to, I really like this base and the job I have here. Basically I was paying my own ticket to come to work, I was losing a little money but I didn't mind because I'd rather gain all of the knowledge and experience working here than transfer.

What are your hobbies?

I like to spend as much time with my kids as possible. I love sports, I like playing basket ball and volley ball. I play the piano.

The 129th Safety Files

The Ticket

from Senior Master Sgt. Alan Lyvere
129th Rescue Wing Safety Advisor

Jack took a long look at his speedometer before slowing down. He was going 73 in a 55 mph zone! This was his fourth time getting pulled over in a few months. How could a guy get caught so often?

When his car had slowed to 10 mph, Jack pulled over, but only partially. He let the police officer worry about the potential traffic hazard, maybe another car will swipe his backside with a mirror. As he was stepping out of his car with his ticket pad in hand when Jack realized who he would soon be facing. Bob? Bob from Church? Jack sunk farther into his trench coat.

This was worse than the coming ticket. A Christian police man catching a guy from his own church, a guy who happened to be a little too eager to get home after a long day at the office. Jumping out of the car, he approached a man he saw every Sunday, a man he'd never seen in uniform.

"Hi, Bob. Fancy meeting you like this."

"Hello, Jack," the uncertain officer replied with no smile.

"Guess you caught me red-handed in a rush to see my wife and kids."

"Yeah, I guess," said the police man.

"I've seen some long days at the office. I'm afraid I bent the rules a bit -- just this once," Jack mumbled as he toed a pebble on the pavement. "Diane said something about roast beef and potatoes tonight. Know what I mean?"

"I know what you mean. I also know that you have a reputation in our precinct."

Ouch. This was not going in the right direction. Time to change tactics.

"What'd you clock me at?"

"Seventy. Would you sit back in your car please?"

"Now wait a minute here, Bob. I checked as soon as I saw you. I was barely nudging 65." The lie seemed to come easier with every ticket.

"Please, Jack. In the car."

Flustered, Jack hunched himself through the open door. Slamming it shut, he stared at the dashboard. He was in no rush to open the window. The minutes ticked by. Bob scribbled away on the pad. Why hadn't he asked for a driver's license? Whatever the reason, it would be a month of Sundays before Jack ever sat near him again. A tap on the door jerked his head to the left. There was Bob, a folded paper in hand.

Jack rolled down the window a mere two inches, just enough room for Bob to pass him the slip. "Thanks," Jack said not quite able keep the sneer out of his voice.

Bob returned to his police car without a word. Jack watched his retreat in the mirror. He unfolded the sheet of paper. How much was this one going to cost? Wait a minute. What was this? Some kind of joke?

Jack began to read:

“Dear Jack,

Once upon a time, I had a daughter. She was six when killed by a car. You guessed it -- a speeding driver. A fine and three months in jail, and the man was free.

Free to hug his daughters, all three of them. I only had one, and I’m going to have to wait until Heaven before I can ever hug her again. A thousand times I’ve tried to forgive that man. A thousand times I thought I had. Maybe I did, but I need to do it again. Pray for me and be careful. My son is all I have left. Bob.”

Jack turned around in time to see Bob’s car pull away and head down the road. Jack watched until it disappeared. A full 15 minutes later, he too, pulled away and drove slowly home, praying for forgiveness and hugging a surprised wife and kids when he arrived.

Life is precious. Handle with care. Drive safely and carefully. Remember that cars are not the only things recalled by their maker.

With summer vacation right around the corner and the 101 critical day of summer starting remember that your driving decisions impact more than yourself.

Be safety minded out there and remember to buckle up!

Family Readiness Corner

Spouse Battlemind

Working Group For Air National Guard Adaptation Now Forming

from Ms. Carolann Wunderlin

129th Rescue Wing Family Readiness Program Manager

Several years ago, the Army hospital at Walter Reed developed a training track for soldiers and their spouses called the Battlemind system. Without describing too much more, anyone can deduce that its course outcomes were directed toward developing resiliency. Resiliency has been the underlying force multiplier for all services across the board.

New Guard spouses would benefit from understanding what that means and those who have been married since September 11th understand the value of having grown through such a significant adaptation of lifestyle. To date, the 129th Rescue Wing, thanks to a highly motivated recruiting team, has not only increased the number of personnel now assigned to the unit, but with them is also the next generation of century spouses and families.

It's time to set the standard, using skills and effective mindsets to develop today's resilient National Guard spouses, also known as the 21st Century National Guard Spouse. The Airman & Family Readiness Program is looking for unit spouses who would like to share how September 11th has reshaped their lives, their commitments, and their careers. We'd also like to hear mentoring tips to new Guard spouses.

If you have any further questions or would like to participate in a working group of unit spouses to develop ANG Spouse Battlemind training, please email the Airman and family readiness program manager, at carolann.wunderlin@ang.af.mil. Subject line: Spouse Battlemind.

Work-at-home Scam Claims To Help Troops

Victims "Hired" To Ship Stolen Merchandise

From the Office of the Secretary of Defense and the Chief, Family Programs National Guard Bureau

The Wisconsin Better Business Bureau (BBB) warns consumers that an alleged Wisconsin-based military support service, Help4Troops, is a work-at-home, shipping scam that claims to help American troops overseas. Help4Troops, also known as Work4Troops, claims to manage mail and send packages to American troops in 36 countries. The company's website reports that 90 percent of these packages are assembled by "volunteer shippers" who accumulate a number of small packages at their home address to consolidate into a larger box, which is then shipped overseas using Help4Troops-provided postage, tracking numbers and addresses.

Help4Troops promises to each volunteer a salary of \$20 per package shipped, and requests personal banking information in order to deliver these payments via check, wire or money transfer using Western Union or PayPal. While boasting "powerful sponsors who help us to provide troops with this service and to pay our volunteers," Help4Troops does not elaborate on important financial information.

A consumer contacted the Wisconsin BBB in mid-April to report her concerns about Help4Troops, which "hired" her as a "Volunteer Shipper" after she posted her resume on the online employment site CareerBuilder.com. After two weeks of receiving and repackaging items, she received a call from a Chicago resident whose bank had contacted him about a suspicious attempt to access his account to purchase gift cards. The gift cards were listed under the consumer's mailing address. Because of the bank's intervention, the transaction did not take place.

Help4Troops stopped returning the consumer's e-mails, however, and she discovered that the telephone number provided to reach Help4Troops' management was instead a fax number.

The BBB has confirmed that Help4Troops is not located at its listed address in Spring Green, Wis.; 121 West Jefferson St. is the location of a local barbershop. Neither Help4Troops nor Work4Troops is registered with the Wisconsin Department of Financial Institutions or the IRS, as required by law to conduct business in Wisconsin. And despite its website's claim that Help4Troops has been commended by "the President of the United States, the governor of Maryland, the mayor of Baltimore, and the United States Junior Chamber of Commerce," the company is not known or recognized by the Department of Defense and is not listed in the National Resource Directory.

Red flags are critical in recognizing a shipping scam. Beware of employment offers in which:

- The company requires receiving and shipping packages, most often overseas, for a commission that is delivered via money transfer. These scams may involve an individual unknowingly shipping stolen goods overseas.
- The company claims to provide a personal account to reimburse shipping costs—it is most likely set up through stolen financial information.
- The company is difficult to contact or its information cannot be verified.
- Employment starts without a face-to-face interview and the primary form of communication is e-mail. Often the company's website is a free, generic domain that has only recently been registered.
- Grammar, spelling and punctuation mistakes abound in e-mail correspondences or on the company's website, and especially if the website's format is distractingly amateur.

To avoid being boxed in by shipping scams like this one, follow these BBB guidelines:

- Don't be fooled by attractive advertising. Especially in instances of charity scams, be cautious of your emotions getting the best of your reason. Scams like Help4Troops often provide powerful testimonials or success stories to lure compassionate, unsuspecting victims.
- Check with the BBB. Help4Troops has an "F" rating with the BBB. A full Reliability Report is available for Help4Troops, and thousands of other businesses and charities, at www.wisconsin.bbb.org.
- Visit www.ourmilitary.mil to find a listing of charities associated with the military, including the BBB Military Line, a partnership with the Department of Defense (DoD) Financial Readiness Campaign that brings BBB services to military personnel, retirees, DoD civilians and their families.

For more information about the Family Readiness Office and its programs please visit <http://www.129raqw.af.mil/resources/familyreadiness.asp> and view past and present versions of the Post It please go to <http://www.129raqw.af.mil/shared/media/document/AFD-100525-087.pdf>.

June 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!

Tech. Sgt. Winston Cobb, 129th MXS
Tech Sgt. Gerald Messier, 129th RQS
Staff Sgt. Gary Seymour, 129th MXS
Senior Airman Vivian Gooden, 129th MOF
Senior Airman Joel Spencer, 234th ISS
Airman 1st Class John Duffy, 131st RQS
Airman 1st Class Shawn Ecklund, 129th MXS
Airman 1st Class Robert Hauke, 129th MXS
Airman 1st Class Ross Roxas, 129th MSF
Airman 1st Class Andrew Sheehan, 129th MXS
Airman 1st Class Justin Takaoka, 129th MXS

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

Staff Sgt. Jamie Enea

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

Master Sgt. Kenneth Said
Tech. Sgt. Jessica Vasconcellos

2010 UTA Schedule

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

Air Force Fitness Program Revisions Begin July 1

Airmen will test against the new fitness assessment standards beginning July 1, 2010 when Air Force Instruction 36-2905 becomes effective. The program promotes aerobic and muscular fitness, flexibility and optimal body composition for Air Force members. Airmen will receive an overall composite fitness score based on four components: a 1.5-mile timed run for aerobic fitness, body composition and the muscular fitness components of pushups and sit-ups. Additionally, Airmen must meet minimum requirements as defined by the new instruction for each of the four components. Components are weighted as follows: 60 points for aerobic, 20 points for body composition, 10 points for pushups, and 10 points for sit-ups, for a total of 100 possible points. These standards were deemed necessary by senior Air Force leaders to ensure a fitter and healthier fighting force. To learn more about the new fitness program, visit www.afpc.randolph.af.mil/affitnessprogram.

Summer Military Discounts

Visit http://www.military.com/DC/DealCategories.jsp?cat_id=1001 for a list of military discount opportunities ranging from airline tickets, rental cars and hotels to cruises, theme parks and entertainment events.

AF Officials Launch Language Program for Airmen

Officials at the Air Force Culture and Language Center recently launched a program designed to identify Airmen with foreign language abilities and foster those skills throughout their careers. The Language Enabled Airmen Program, or LEAP, is the first career-long program designed to offer language-sustainment training for Airmen in diverse career fields. The idea behind LEAP is to find Airmen who speak a foreign language and ensure they maintain their abilities through individual customized sustainment plans. For more information visit the Air Force Culture, Region and Language Program website at <http://www.culture.af.edu>.

Santa Clara County Parks Passes

Annual Vehicle Entry Passes for Santa Clara County Parks and Recreation Department are available to active, reserve and California National Guard members in pay grades E-4 or below and their families. Eligibility for the program requires a Department of Defense Military Identification card a Dependant Identification Card and proof of residency within Santa Clara County. Annual Passes are valid every day of the year from 8:00 a.m. to sunset at all County Parks. There is a one-time administrative fee of \$4.00 for the Annual Pass. For more information about Santa Clara County parks go to <http://www.sccgov.org/portal/site/parks/>. To fill out the annual venture pass for military personnel and families form please visit <http://www.sccgov.org/SCC/docs%2FParks%20and%20Recreation%2C%20Department%20of%20%28DEP%29%2FVenture%20%20Pass%20for%20Military%20Form%208.072.pdf>

2010 Festival In The Park

Visit Hellyer County Park, 985 Hellyer Avenue in San Jose Sat. June 26 from 11 am to 4 pm to over 100 health, wellness, safety and recreation exhibitors at the 2010 Festival in the Park. Exhibits include a Pre-Heart Walk Event Kick-off, Teddy Bear Clinic by Kaiser Permanente San Jose, 30' Climbing Wall by Mobile Climb USA, a petting zoo with local 4-H Clubs, free kayaking thanks to the Los Gatos Saratoga Recreational Department, Free Fitness Demonstrations, Free Raffle Prizes, a Food Court and Free Water & Juice Bars. For more information call (408) 355-2240 or email parkinfo@prk.sccgov.org. To volunteer, call (408) 355-2254. To view the flyer, go to [http://www.sccgov.org/SCC/docs/Parks%20and%20Recreation,%20Department%20of%20\(DEP\)/attachments/fitP_FLYER2_10.pdf](http://www.sccgov.org/SCC/docs/Parks%20and%20Recreation,%20Department%20of%20(DEP)/attachments/fitP_FLYER2_10.pdf)

Veterans Business Outreach Center Training

VBOC mission is to advance the growth and commercial competitiveness of veteran owned small business enterprises through education and services focusing on business development, technology deployment and e-commerce. The following courses are offered to start, cultivate and expand veterans, reservists and guard member's business initiatives.

BUSINESS BASIC WORKSHOP: This training is designed for individuals interested in starting a business or currently in business for two or less years. Course includes: business evaluation, market research, licensing and permit requirements, start-up costs, financing sources, insurance, cash flow analysis, legal structure, self employment analysis, cash management, customer profile, protecting your business idea, and reality of operating a business. Fee: \$25.00, pre-registration required. 9:00 am - 12:00 pm, Wed. July 7, Aug. 4, Sept. 1, Oct. 6, Nov. 3 and Dec. 11.

BUSINESS PLAN WORKSHOP: This training is designed for individuals interested in writing a viable business plan. The workshop discusses key components and topic matter, including: purpose of plan, organizational and market objectives, competitive comparison, financial management, business environment, customer profile, legal structure, marketing strategy and analysis, business forecasting, traditional financing, personnel, and much

more. Fee: \$80.00, pre-registration required. 9:00 am-2:00 pm, Fri. June 11, July 16, Sept. 9, Oct. 15, Nov. 12 and Dec. 10.

MARKETING: This marketing class will help you develop the processes of planning and executing the conception, pricing, promotion and distribution of ideas, goods and services to create exchanges that satisfy individual and organizational objectives. Fee: \$30. 5:30 - 7:30 pm, Thurs. June 24, July 29, Aug. 26, Sept. 23, Oct. 28, Nov. 18 and Dec. 16.

GOVERNMENT CONTRACTING: This free class will cover Federal Contracting certifications and set-asides for small businesses, how to get registered for federal contracting, how to locate Recovery funded projects, and which federal agencies are facilitating recovery projects. This class also includes a question and answer portion. 3:00 - 4:00 pm, Tues. July 2, Aug. 3, Sept. 7, Oct. 4, Nov. 2 and Dec. 7.

The classes listed above are held in the conference room in 7270 E. Southgate Drive, Sacramento, Ca 95823. For more information please call 916-393-1690 or visit www.vboc-ca.org. To view the registration form, go to <http://www.129rqw.af.mil/shared/media/document/AFD-100525-088.pdf>.



911 Lives Saved

These Things We Do...That Others May Live

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