



129th Rescue Wing's May Rescue e-Gram

909 Lives Saved

These Things We Do...That Others May Live

You Don't Have To Be ONE OF To STAND WITH!

Commentary by Senior Master Sgt. Christopher Underwood

129th Rescue Wing Human Resource 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)

Hello, my name is Chris Underwood. I'm a 6-foot-2-inch tall, 245-pound Black man. I was born and raised in the small southern town of Chadbourn, North Carolina. My grandmother, a midwife, delivered me on her couch, and I grew up under her tutelage in a Southern Baptist church.

What are your names, races, ethnicities, sexes, religions? Ma'am, I see that you're a Persian female, and I'm guessing you're 5 foot 4 inches tall and weigh between 110 and 115 pounds. You say that your religion is Muslim.

Sir, I see that you're a Caucasian male, and I'm guessing you're 6 feet tall and weigh approximately 195 pounds. You say your religion is Buddhism. Sir, I also see that you were educated at an Ivey League College.

I appreciate the diversity and leadership that you both bring to our organization. Our organization is better because of you. May I stand with you?

Hello, my name is Chris Underwood and I'm a senior master sergeant in the California Air National Guard. I'm a 19-year veteran of the United States Air Force.

Sir, by the rank you wear on your sleeves, I see that you're a Junior Enlisted member (Airman, Senior Airman, Technical Sergeant, etc.) in the Air Force. I appreciate your commitment to duty. You are the backbone and motor of our organization. Thank you for your service.

Ma'am, by the rank you wear on your collars I see that you're an officer (Lieutenant, Captain, Major, etc.) and have the potential to be a General one day in the ANG. Although you're a commissioned officer and I'm a senior non-commissioned officer, and as such we have our own proud traditions as officers and enlisted service members, we share the same common core values of integrity, service before self, and excellence in all we do as members of the Air Force and the ANG.

These common threads hold us together as one, and our diversity and individual differences are what allow us to contribute the best of ourselves to this organization. This is the proven strength of the ANG.

I see some of our comrades from other armed services as well from the local community standing over there. Let's join them and let them know that as Airmen we never let our brothers and sisters stand alone, and that we appreciate their support as well as their service.

As we continue to push the Flywheel and "raise the bar" that the ANG office of Cultural Leadership and Development has set for us, continue the Flywheel Momentum and let's deliver on our promise: Interweave these points on your agendas for all meetings and monthly roll-calls.

- The way in which the ANG is sensitive to all Airmen around us as we conduct our operations and requirements to live out our core values.
- "I am only one, but still I am one. I cannot do everything, but still I can do something. And, because I cannot do everything, I will not refuse to do the something that I can do." - Helen Keller "If not you, then who?"
- Do you act rightly with Moral Courage? "You don't have to be one to stand with!"

This is our Flywheel Challenge to you: Ask yourself: "What did I do today to push on the Flywheel?"

- As a leader, are you reliable? Do you support your Airmen in moments that matter and are you there for them when it counts?
- How well do you understand the needs of your Airmen and the degree to which you must earn their trust and respect to stand by and with them?

Remember, you don't have to Be One of to stand with! As an Airman, I don't have to look like you, think, be or speak like you... to stand with and advocate for you! As Airmen, fellow service members, and community partners, regardless of rank or position, we are Better Together than We Are Alone!

May 2010 Portrait of a Professional



Senior Airman Alan Bowers, an integrated aviations systems journeyman specializing in electronic warfare with the 129th Maintenance Squadron is featured as this month's Portrait of a Professional. (Air National Guard photo by Master Sgt. Dan

Portrait of a Professional is a monthly profile of an outstanding Staff Sgt. and below. Senior Airman Alan Bowers, an integrated aviations systems journeyman specializing in electronic warfare with the 129th Maintenance Squadron is featured as this month's Portrait of a Professional.

What is your favorite memory in the Air Force?

I would have to say going to the Philippines to aid in humanitarian missions with my previous active duty unit. I was in active duty for four years, stationed at Kadena Air Force Base over in Okinawa, Japan, and we did many humanitarian missions during my stay there. This one in particular, we flew over with two of our aircraft and basically airlifted about 30 people from one location to another, helping them get out of a particular area that was in danger.

What motivated you to enlist in the AF?

I did went to college for a year then decided to join the military, and went to active duty for independence and more money for school. I had no idea the guard existed, had I known I would have been here for about five years now.

How has being an Airman changed your outlook on life?

Over my span of four years in active duty, I realized there was a lot more that slacking off after high school and partying in college. It taught me a lot about being humble, respecting authority figures and being committed and dedicated to something so big. It also helped me a lot with organization.

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

Organization! Being on top of your work and knowing your limits, as well as those around you.

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

Back to Southeast Asian...the Philippines, Thailand, Indonesia. I think those places have the best oppourtunities for a well rounded deployment. To me a well rounded deployment involves work and sense of job accomplishment, knowing that your job is well recognized.

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

I plan to get my degree in criminal justice, so I would love to be in the Air Force Office of Special Investigations. I've always loved law enforcement and I knew a few people in OSI at my previous duty station and their jobs seemed pretty awesome.

Where did you grow up?

Scotts Valley, Calif.

What is your job in the civilian world?

Right now I'm a full time student at Cabrillo Community College in Aptos, Calif.

What would people be surprised to know about you?

I like working on cars and legally racing them. I'm still an amateur.

What are your hobbies?

I really like to play golf.

Family Readiness Corner

Operation Homefront

from Ms. Carolann Wunderlin

129th Rescue Wing Family Readiness Program Manager



"The sons and daughters of America's service members learn what patriotism is at a very young age," said Jim Knotts, chief operating officer, Operation Homefront. "Children in military families understand sacrifice and live with the concept of service. This is what

the Military Child Award honors. "

In February 2010, Operation Homefront in collaboration with Lockheed Martin, hosted the 2010 Military Child Award. The award recognizes the service and sacrifices of the nation's youngest heroes. Anyone can nominate a deserving child for the award, but the nominee must be enrolled in the Defense Eligibility Enrollment Reporting System and be between the ages of 8 and 18. The winner will receive \$5,000 and will be flown with a parent or guardian to Washington, D.C., for the award ceremony.

In April, the daughter of one of our key volunteers, Karina Vindiola, was one of 700 nominees from around the world. Although not the national winner of the Award, Karina Vindiola was sent a very special certificate. Here is her nomination package:

Karina Vindiola is a 10 year old who does her community service with our Family Readiness Group. She is homeschooled and her Mom is a key volunteer with our Wing. Karina has put in hours helping set up and break down events at our pre-deployment send-offs, homecoming events, volunteer training and meetings, and even helped recently during our 2009 Benevolence Project in November and December, putting together Holiday Turkey meals (and the fixins) and distributing them to Airmen. She is a well-behaved and well-spoken young lady with manner and focused energy any military parent would be proud of.

I know, I am the Wing Family Program Coordinator who has seen Karina in action. Her initiative and demeanor are a cut above her peer group and she's also a charming young girl with an innate direction for community service. She has an aptitude for leadership and she thinks quickly on her feet.

In addition to these, she makes hand-made cards to troops and she has also participated with Operation Care and Comfort (OCC), a troop support organization, stuffing care packages and boxes for items to be shipped to troops overseas. She has extended her OCC support by hosting collection points via her local Awana Club at Church.

I know of no other recognition that would complement the amount and quality of work she has demonstrated at our unit.



For more information about the Family Readiness Office and its programs please visit <http://www.129raqw.anq.af.mil/resources/familyreadiness.asp> or view the Post It at <http://www.129raqw.anq.af.mil/shared/media/document/AFD-100429-028.pdf>.

Top Ten Resources For CA National Guard Children & Youth

Compiled by Lacey McPhetridge

California National Guard State Child and Youth Program Communications Outreach Assistant

1. California National Guard State Child & Youth Program (CNGCYP) – Developing support systems and identifying resources and opportunities for CNG Children & Youth Referrals, volunteer opportunities, social networking opportunities. Email Rebecca.mcphetridge1@us.army.mil or call (805)431-0335 Also, look us up on Face Book at CNG Youth Connect
2. Members on Title 32 qualify for childcare subsidies. Applications are available at www.naccrra.org or call (703)341-4100. CNGCYP has also developed a best practices sheet to assist you with your child care subsidy application needs. For additional assistance, please email your CNGCYP Outreach Assistant ana.c.mathis@us.army.mil or call Ana Mathis at (818) 402-3296.
3. www.jointservicessupport.org/fp National Guard-Official Family Register here to receive regular communication. Once a month you will receive a newsletter with information on all of the new resources, opportunities, and programs available to support you through the deployment cycle. This provides access to both adult and youth activities. For California child and youth services, please call (805)431-0335 or (805)217-2974 and we will make sure you are connected to services.
4. www.ourmilitarykids.org GRANTS - This organization provides \$500 grants to pay for extra-curricular activities or tutoring for children ages 3 and up, every six months of the deployment. It is a very simple process and we are seeing wonderful results.
5. www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesFreeOnlineTutoring FREE ONLINE TUTORING AVAILABLE 24/7 - Army National Guard & Reserve children and youth, grades K - College are all entitled to this free, online, real time tutoring from some of the best tutors in the nation. There is a VERY simple registration process and from there you can get homework help, catch up on curriculum you may have missed due to a move or illness, study for SAT, ACT, or ASVAB, upload a paper for proof reading and so much more. It is an outstanding, user friendly service and the tutors know how to get in there and determine the need & get the education going very quickly. Check it out (Also good for adults who are continuing education)!
6. www.stompproject.org - This service is for military parents who have children with special needs. Stomp will provide FREE training & assistance with special education planning & development of parent advocacy in accessing resources, regardless of geographic location. You will also find a wealth of online resources & receive referrals and support in connecting directly to local support services.
7. California Joint Family Support Assistance Program Military Family Life Consultant: Bill Genthe LIC. MFT can assist with situational counseling and assist in connecting you with local mental health services for your families. Contact him at william.f.genthe@healthnet.com or call (916)533-3719.
8. www.militarychild.org - Military Child Education Coalition (MCEC) - MCEC Training & Education - MCEC provides a wealth of resources & opportunities for military students and parents. California will be home to several Guard & Reserve Institute Trainings w/various school districts throughout the state, training counselors and school administrators on the needs of our military children. * California National Guard Child & Youth Program (CNGCYP) is currently seeking Volunteer Youth Advisors who will act as Advisors to their local districts on information and resources relevant to the needs of military kids.
9. www.militaryonesource.com Military One Source (MOS) is a one stop shop for resources and information regarding a variety of children and youth topics. There is assistance for families with special needs, scholarship information, resources on childcare, behavioral issues, parenting support, free books and

literature on a variety of children and youth topics, and so much more. They can also connect you with FREE counseling services for you and your children.

10. www.zerotothree.org This website provides a wealth of resources and information for all families with children ages three and under. They also have a tremendous amount of resources and information geared towards effectively serving children and families impacted by deployment related issues. CNGCYP is currently in the process of recruiting volunteers to form Regional Advisory Councils who assist in providing outreach opportunities to CNG Children & Youth. Over the course of the next year, train the trainers opportunities will be available and many outreach activities will be coordinated to provide peer- to- peer opportunities for military kids. Many special state projects need your assistance as well. Together we can meet the needs of our military children and youth. Call us - We're here for you!

If you have any questions or concerns please contact Lacy McPhetridge at lacey.mcphetridge@us.army.mil

May 2010 Military Spouse Appreciation: Military Spouse of the Year Award

from Ms. Carolann Wunderlin

129th Rescue Wing Family Readiness Program Manager

Our Guard Spouses have been compelled to grow through the radical paradigm shift imposed on them by the events of 9/11 and its consequent ramp up of National Guard mobilizations and contingencies lasting periods of times not previously experienced under the former “weekend warrior” mentality of the National Guard. The weight of adapting our own mindset and that of our children through the unwelcome and uncomfortable changes that lay ahead, our National Guard spouses have overcome so much in order to keep their marriages strong, their children safe, their hearts, minds and bodies healthy, on top of finding balance with all that for themselves, has been exhausting.

It is appropriate to recognize military spouses annually for their enduring love and commitment to their family and their Guard member’s careers. They too exemplify a true and honorable sacrifice with selfless acts that go unrecognized. Therefore, our married Guard members, whether they deployed or not, have been afforded this opportunity to submit a loving testament describing the following qualities demonstrated by their spouses in the course of their everyday lives. Qualities that truly exemplify today’s 21st century National Guard spouse:

Only one spouse will be selected from Maintenance Group, Medical Group, Mission Support Group and Operations Group as the 2010 Military Spouse of the Year in celebration of Year of the Air Force Family.

Describe how your spouse demonstrates independence and resiliency

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

How to Submit your spouse testament

- Write to the qualities indicated on the previous page and email your one-page document to james.knopf@ang.af.mil before 25 April 2010 for selection by the Group Commander.
- Group Commanders will receive their nominations from the Chaplain’s office during May Drill and make a selection that weekend.
- The Winner for each group will be published in the June Rescue e-Gram.
 - + Special Certificate from Airmen & Family Readiness Program
 - + Military Marriage Packet
 - + Special Acknowledgement during Month of the Military Family

May 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!

Staff Sgt. Nathan Angel, 129th LRS
Staff Sgt. Joseph Ashford, 129th AMXS
Staff Sgt. Francisko Gonzales, 129th MXS
Senior Airman Joy Charfauros, 130th RQS

Airman 1st Class Tahlif Brown, 129th RQS
Airman 1st Class Edward Encarnacion, 129th AMXS
Airman 1st Class Christian Meyers, 129th RQS
Airman 1st Class Chris Dingle, 129th RQS

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

Tech. Sgt. Juliene Crisostomo, 129th SFS
Tech. Sgt. Dehua Li, 129th FSF
Tech. Sgt. Joshua Manhart, 129th MXS
Tech Sgt. Rory McMilton, 129th SFS
Tech. Sgt Jose Mendoza, 129th AMXS
Tech Sgt. Rosemary Presley, 129th SFS
Tech Sgt. Monique Rivera, 129th SFS
Tech. Sgt. Robert Sandbothe, 129th CF
Tech Sgt. Michael Tjaarda, 129th SFS
Tech Sgt. Rigoberto Vazquez, 129th SFS
Staff Sgt. Alan Bowers, 129th MXS
Staff Sgt. Chad Cockayne, 129th SFS
Staff Sgt. Renzo Delia, 129th MDG

Staff Sgt. Mark Deimling, 130th RQS
Staff Sgt. Jessica Flores, 129th LRS
Staff Sgt. Joshua Goforth, 129th SFS
Staff Sgt. Alana Groshong, 129th CEF
Staff Sgt. Ricky Karicas, 129th SFS
Staff Sgt. Daniel Kim, 129th CF
Staff Sgt. Johnny Phommathep, 129th SFS
Staff Sgt. Steve Pollastrini, 129th MXS
Staff Sgt. Straudjah Turner, 129th OSF
Staff Sgt. Daniel Urteaga, 129th SFS
Staff Sgt. Brian Wilkes, 129th AMXS
Staff Sgt. Hong Tao Zhou, 129th LRS

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

Maj. Al Yeh
Capt. Philip Daniels
Capt. Srivats Iyer
Master Sgt. Felix Mongoso
Master Sgt. Christine Wood
Tech. Sgt. Ken Clark
Tech. Sgt. Chris Gabor
Tech. Sgt. Cindy Kenny
Tech. Sgt. Robert Souza

Staff Sgt. Carmen Cuellar
Staff Sgt. Nicole Mancillas
Staff Sgt. James Reinech
Staff Sgt. Gabriel Wren
Senior Airman Lisa Williams
Airman 1st Class Jordan Amaral
Airman 1st Class Kenitra Newman
Airman 1st Class Jennifer Schultz
Airman Kurt Ponce

2010 UTA Schedule

May 1-2	September 11-12
June 5-6	October 2-3
July 10-11	November 6-7
August 7-8	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 Officials Announce Uniform Policy Changes

The following policy modifications are effective immediately, unless otherwise stated, and will be incorporated into Air Force Instruction 36-2903, Air Force Uniform Dress and Appearance.

- The tucking of trousers on utility uniforms into boots will remain optional. When tucked in or bloused, the trouser must be even and draped loosely over the top of the combat boot to present a bloused appearance.
- The green fleece watch cap is approved for wear with the all-purpose environmental clothing system, improved rain suit, cold weather parka, sage green fleece and the physical training uniform.
- Air Force officials encourage all Airmen to affix name, rank and service designator tapes instead of waiting for the Oct. 1 mandatory wear date.
- Officers wanting to wear a watch cap with the sage green fleece must now have their name, rank and service designator tapes affixed to the fleece effective immediately.
- Other authorized cold weather items remain unchanged. They include the black or sage green leather, suede or knit gloves; black scarves that are tucked in; and black earmuffs.
- The sage green fleece can still be worn as a liner for the APECS without name, rank and service designator tapes.
- The black fleece will no longer be authorized for wear as an APECS liner on Oct. 1.
- The women's A-line skirt is now the primary mess dress skirt for the Air Force. The change allows the side-slit mess dress skirt to continue to be worn as an optional item.

For more information on uniform policy changes, contact your chain of command or call the Total Force Service Center at 800-525-0102.

Airman Magazine - The Book 2010

The 2010 almanac version of Airman magazine is now available online at <http://www.airmanonline.af.mil/> or <http://www.airmanonline.af.mil/shared/media/document/AFD-100302-029.pdf>. "The Book 2010" focuses on important facts and provides insight into today's Air Force. Data in the magazine highlights the service's major commands and their functions, weapon systems, demographics, statistics and other information.

Air Force-Wide Social Media Access

Beginning May 6, the 129th Rescue Wing will have access to social networking services, social media, user-generated content, social software, e-mail, instant messaging, and discussion forums including, but not limited to YouTube, Facebook, MySpace and Twitter.

- Providing access to social media sites from Air Force government computers meets the intent of Department of Defense Directive-Type Memorandum 09-026 -- Responsible and Effective Use of Internet-based Capabilities, issued Feb. 25. To view the memorandum visit <http://www.dtic.mil/whs/directives/corres/pdf/DTM-09-026.pdf>
- For guidance and instruction be sure to read and reference the Social Media and the Air Force handbook at <http://www.af.mil/shared/media/document/AFD-091210-043.pdf>
- Refer to the Web Response Assessment chart at <http://www.af.mil/shared/media/document/AFD-091210-037.pdf>
- Personal use of social media sites must be of reasonable duration and frequency that have been approved by supervisors and do not adversely affect performance of official duties, overburden systems or reflect adversely on the Air Force.
- Air Force personnel cannot post any classified or sensitive information and must follow the guidelines for appropriate social media and Internet use.
- The inappropriate posting of information on the AF network and any OPSEC violations are punishable under the Uniform Code of Military Justice.
- Remember, software applications, such as Google Desktop and Google Chrome, are still not authorized. Be sure when using Yahoo Mail or Gmail that no software similar to these applications are downloaded.

Please contact the Public Affairs office 129rgw.pa@ang.af.mil if you have any questions or concerns.

2010 CalVet Women Veterans Conference

Save the date! The California Department of Women & Minority Veterans Affairs will be hosting their third annual conference Oct. 7-8, 2010 at the Clovis Veterans Memorial Building in Clovis, Calif. California is home to approximately 164,000 women veterans. Of this number, very few are taking advantage of the benefits available to them. The conference will provide a network forum for women veterans from all wars, educate women veterans on their benefits and health care programs available to them, and provide assistance with employment opportunities.

Air Force Suicide Prevention Program

Are you in crisis? Please call 1-800-273-TALK. Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, confidential 24-hour hotline available to anyone in suicidal crisis or emotional distress. There is a network of more than 140 crisis centers nationwide; your call will be routed to the nearest crisis center to you. The Department of Veterans Affairs' Veterans Health Administration has founded a national suicide prevention hotline to ensure veterans in emotional crisis have free, 24/7 access to trained counselors. To operate the Veterans Hotline, the VA partnered with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Suicide Prevention Lifeline. Veterans can call the Lifeline number, 1-800-273-TALK (8255), and press "1" to be routed to the Veterans Suicide Prevention Hotline. Call for yourself or someone you care about. For more information please visit <http://www.suicidepreventionlifeline.org/Default.aspx>

Veterans License Plates

Display your pride in military, National Guard or Reserve service or show your support for Veterans in California by purchasing a Veterans' License Plate. These special California license plates may be ordered with the armed force or veterans' service organization logo/emblem of your choice. Over 100 insignias are available; you may personalize your plate (your choice of up to 6 characters. All proceeds are used to expand veteran services statewide. Download the application here <http://www.cdva.ca.gov/VetService/DocsAndImages/license.pdf>. The State of California also offers special license plates to honor the service of the following categories of veterans: 100% Service-connected disabled veterans, Medal of Honor recipients, recipients of other high decorations, former American Prisoners of War, Pearl Harbor survivors and Purple Heart recipients. Additional information about these license plates can be found at <http://www.cdva.ca.gov/VetService/MorePlates.aspx>.

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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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