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Soaring Angel prepares 129 RQW for ORI

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November UTA News & Notes

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Soaring Angel prepares 129 RQW for ORI

by Airman 1st Class Jessica Green

129th Rescue Wing Public Affairs

The 129th Rescue Wing hosted Soaring Angel 10-2, a tactical training exercise operation, held at Fort Hunter Liggett, Calif. from Sept. 30 to Oct. 3, 2010 in preparation for their impending operational readiness inspection slated for Dec. 2011.

The objectives successfully completed for this exercise were to rapidly deploy and operate from an organic forward operating base, more than 140 miles away from their home station at Moffett Federal Airfield, to improve interoperability in areas of communication, intelligence, surveillance and reconnaissance to be evaluated during their ORI.

The ORI is an inspection in which the Air Combat Command inspector general evaluates the combat readiness of the 129th RQW and validates their ability to execute assigned missions and tasks against a defined standard as part of ACC forces.

Soaring Angel conducted multiple live scenarios to include critical casualty care for ground personnel, terrorist camp embedment and a call for live fire, all while training and preparing for overseas contingency operations, said Lt. Col. Andrew Ferguson, the 129th Operations Group plans officer and Unit Control Center Officer for Soaring Angel.

With more than 165,000 acres of undisturbed mountains, valleys, rivers, and plains, Fort Hunter Liggett's Urban Assault course and Multipurpose Range Complex provides a realistic training environment and ideal maneuver areas for training requirements and the scenarios of Soaring Angel.

"The nice thing about the range here is that there is a control tower operator that positions their pop up and mobile targets around to simulate tanks, cars, or groups of people," said Capt. Nathan Nowaski, an HH-60G Pave Hawk rescue helicopter pilot with the 129th Rescue Squadron and flight lead for all night missions at Soaring Angel. "It's a lot more realistic than going to a range with stationary targets."

The 129th RQW was also able to get support from a local Army National Guard's Unmanned Aerial Vehicle, as a supporting asset to their Pave Hawks and C-130 Combat Shadows, to provide capabilities not normally available during training exercises, said Capt. Nowaski.

"Were a good unit in the fact that we have the resources a full rescue wing needs to be readily available," said the pilot. "We're able to put our whole package together and put on an exercise like this by ourselves and that is really good training."

Chaos is always to be expected when conducting exercises involving such in-depth scenarios and dealing with real world issues, however there is always a good lesson learned, Capt. Nowaski shared.

"We're starting to work out all of the kinks with the new Situational Awareness Data Link and Smart Multifunction Color Displays we've got," he said. "Most people aren't very proficient with them, so doing these exercises and building that proficiency will make future missions and the ORI run a lot more smoothly."

For the ORI, the 129th RQW force is going to almost double in size with more players in the exercises, to include members from the 129th Mission Support Group, and the approximate 40 army personnel assisting with the UAV and within the Rescue Control

Center, Lt Col. Ferguson said.

"I think it was a really good exercise, I think it will help a lot of the inspection next year," said Colonel Ferguson. "It's sort of a mind set and attitude you bring into exercises like this to expose everyone to what's expected during an inspection."

Exercises like Soaring Angel allow wingmen to spend some time with one another and build better relationships and get to know the facilities, participation and coordination required to work as a team, Colonel Ferguson said.

With a little bit of something for everyone, Soaring Angel conducted scenarios allowing aerial gunners and flight engineers to train on their .50 caliber machine guns mounted on the Pave Hawk when rescue forces were under enemy attack while Pararescuemen with the 131st Rescue Squadron provided medical assistance to survivor players and assisted in hostage recovery scenarios.

The 129th RQS proves itself to be a fully capable rapidly employing and operating personnel recovery force from austere and minimally supported forward operating bases during homeland emergency response and overseas contingency operations.

Government E-mail Ethical Pitfalls from 129th Rescue Wing Legal Office

E-mail has become one of the most powerful tools we use to help Airmen accomplish their mission.

However, as the use of e-mail becomes routine at the office and in our homes, too many of us are confusing appropriate use of government e-mail with inappropriate use.

Here are two examples of common scenarios each of us may encounter.

Tech. Sgt. Smith is the supervisor of a large office. One day he is approached by a civilian friend who tells him about the Favre Out of Minnesota Organization. FOMO is a charity that provides services to needy families in Mississippi in an attempt to convince Brett Favre, quarterback for the Minnesota Vikings, to stay in Mississippi and out of Minnesota. Sergeant Smith, a huge Green Bay Packers fan, thinks this is a great idea and decides to join a local FOMO chapter. He decides to make a trip to Mississippi to mow the lawns of needy families and sends out an e-mail to his office telling them about the organization and asking for donations for his trip.

Capt. Banks is new to her unit and wants to establish a good name. She decides to volunteer at the Unit Morale Group, a private organization that raises money to pay for fun off-duty unit events. The captain decides that it would be great for morale and productivity if the unit had a free soda machine donated from the group. To pay for the machine she organizes a car wash then sends out an e-mail to everyone in the squadron telling them about the car wash and the plan for the soda machine.

Is there anything wrong with either of these e-mails? Unfortunately yes. These e-mails are improper because they use a government resource, e-mail, to raise funds for private organizations.

According to DOD 5500.7-R, the Joint Ethics Regulation, government communications resources should be used for official or authorized uses only.

This restriction is further tightened by the Code of Federal Regulations and multiple AFIs which limit the use of government resources for fundraising purposes.

As a result, before using e-mail to advertise a fundraiser, contact your legal office and see if your organization has been approved by the installation commander to use email for fundraising purposes.

In our examples, the e-mails being sent support fundraisers by FOMO and the Unit Morale Group, both of which are private organizations. It does not matter that sergeant Smith is not passing the money on to the organization or that the Unit Morale Group is raising money which will be used to benefit the Air Force, the rules still apply and limit the ability to raise funds using e-mail.

So how are we supposed to support all of the great things that our airmen are doing if we cannot use our e-mail?

While the choice of communication tools is out of our hands, we still possess the ability to support a vibrant base community. Prior to the advent of e-mail, private organizations spread the word of exciting events by word of mouth.

It is often said that we work in a "small Air Force." We need to use this trait to our advantage. Sending out a mass e-mail is easy, but too often mass e-mails are ignored or end up tying up bandwidth and inbox space.

Next time, skip the electronic network and use the people network. Tell your First Sergeant about a fundraiser you know of and ask if she can spread the word as she moves among the unit. Ask your commander if you can make a quick statement at the next commander's call. Tell your buddy to tell two of their buddies and before you know all 10,000 of us will know.

Not only will your message get out, but you will get recognized for your efforts and have the opportunity to meet more members of the greatest Air Force in the world.

E-mail is a wonderful tool, but it is a tool we need to use properly. Before you send out your next e-mail blast stop for a moment and think about what exactly you are doing. Is this an e-mail about Air Force news or events, or is this e-mail supporting a non-Air Force fundraiser?

E-mail ethics may seem like an annoyance at first, but with a little bit of creativity we can all do what we need to do and make sure we protect the image and integrity of the 129th Rescue Wing.

If you have any questions about the use of government e-mail, please contact the 129th RQW Legal Office.

November 2010: Portrait of a Professional

Portrait of a Professional is a monthly profile of an outstanding Staff Sergeant or below. Senior Airman Jeffrey MacNeill, 130th Rescue Squadron radio operator, is featured in this month's Portrait of a Professional.

What is your favorite memory in the Air Force?

The day I did my first search and rescue. It was an Easter weekend and we had to fly about 700 miles off the coast to make the rescue. While it made for a long day, it was an incredibly rewarding experience. It was on that flight that I saw all of my training and personal sacrifices culminate in the saving of a man's life. There are few things more gratifying than having the opportunity to step up and do your part in a rescue.

What motivated you to enlist in the Air Force?

For me, it came down to having the opportunity to do something beyond what I was able to do as a civilian. I love flying and I love the United States. The Air Force gave me a way to combine the two. When I visited Moffett and saw the mission and the opportunities that came with it, I was hooked on the idea of flying with the C-130.

How has being an Airman changed your outlook on life?

When I joined the Air Force my outlook on life was rooted in my faith and my family. Being an Airman has added invaluable life experiences to who I am and helped to shape those two pillars. Life in the Air force has stretched and strengthened my faith and made the time I get to spend with my family more valuable to me.

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

The most important lesson that I have learned, and that I see played out on a regular basis, is the importance of readiness. The ever-changing world we live in today lends itself to those people and groups who do not have to react to situations, but to those who have a plan and are ready to carry it out. Nowhere is this more true or crucial than in our national defense. As individuals in the military develop their skill sets, take pride in their work and exercise discipline in personal areas of life, that member's section, squadron or wing only becomes more capable to meet the next day's challenges. Having been around teams my entire life, both for sports and in church, it is not hard to see how one weak link can diminish an entire team's effectiveness. The same holds true when it comes to getting the mission done in the military. In maintaining our military's readiness, President Reagan said it best, "Keep your wits sharp, your mind focused, your heart open and your guns loaded."

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

I could not pick just one place. Being an aircrew member in the 130th RQS allows for frequent travel. I enjoy the tempo and variety of places that we do the mission. Each new place that I travel throughout the world, both with the military and as a civilian, broadens my perspectives and challenges my thinking. I never realized how living in

my hometown before I got a chance to travel was like playing cards with half the deck. There is just too much out there to see and experience. I look forward to seeing those things I may not even know exist right now.

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

I would choose to be a pilot. As far as why, I would have to ask why someone wouldn't want to be a pilot. For now, I am taking advantage of the job I have as an enlisted aviator and learning as much as I can so that one day if that door opens, I will be ready to walk through it.

Where did you grow up?

I was born and raised in Fresno, California.

What are your hobbies?

Competition, in its many forms. I played sports through high school and always enjoy a good pick-up game. Some of my favorite sports are volleyball, water polo, ping pong and golf.

What would people be surprised to know about you?

Working with the homeless is a passion of mine. Through some of this work, a dear friend of mine, Jesse, and I began a conversation about a discontent we had both developed in working with the homeless. Something felt wrong passing out blankets on a cold night knowing that we had warm houses to go back to. And passing out sandwiches to a mother and her kids when we knew our refrigerators were stocked left us wanting more. It is not that we felt bad for having these things, but we knew that there was a disconnect, an "us" and "them" mentality, as we talked to the homeless. As far as we could see, the only way to break down this barrier was to meet them where they were at. So, at the age of 18 we decided to ride our bikes into downtown Fresno and live with the homeless. For a week we ate what they ate, slept where they slept and prayed like they prayed. In seven days, my world had been turned upside-down. My thought process about the homeless was changed as faces and stories replaced stereotypes and assumptions. This past year Jesse passed away, however, his life challenges me and everyone who knew him to live a more selfless life.

Enlisted Leadership Development
from Senior Master Sgt. Christopher Underwood
129th Rescue Wing Human Resources Advisor

"Leadership is an influence relationship among leaders and followers who intend real changes that reflect their mutual purposes."

-Joseph C. Rost, professor of leadership and administration
School of Education, University of San Diego

The influenced relationship with the intent for real change that both officers and enlisted personnel in the United States Air Force share reflect our mutual purpose, our core values, integrity first, service before self, and excellence in all that we do.

The enlisted force is the backbone and foundation of the United States Air Force and it is imperative that we have a well-developed force of leaders who are reliable and ready to partner with fellow officers and lead our Air Force into the 21st Century while we continue to defend our nation and its interests.

The only way we can be successful at this is by adhering to the “framework within which military activities take place and are the basis for Air Force policies, guidance, and focus” according to The Enlisted Force Structure, AFI 36-2618 in reference to our core values.

As enlisted leaders in the Air Force it’s important that we are equipped with institutional competencies (i.e. employing military capabilities, enterprise perspective, embodying Air Force culture, leading people, managing organizations and resources, strategic thinking, fostering collaborative relationships, and thinking) which are detailed as “leadership, management, and warrior ethos” required by all Airman in AFI 36-2618.

One way the 129th Rescue Wing will contribute to the development of our Airman is by providing a supervisor’s training course that is designed to equip us with the motivation, guidance, mentorship and other administrative tools necessary to be successful leaders and managers in our current assignments as well as prepare us to assume leadership positions as we are called upon throughout our careers.

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:

- Successful leaders instill confidence, earn lasting respect and create willing followers who provide the foundation of professionalism at every level.
- It is, ABOVE ALL, to lead: with purpose, with honor, with compassion. To stand for something, to have made some difference though the strength of your commitment to lead!

Ask yourself; “What did I do today to push on the flywheel?”

- Do you lead passionately to inspire and empower Airmen to action around the enduring values of integrity, service and excellence?
- Are you relentless in the quest to empower breakthrough in the daily pursuit to reach, to stretch, to lead?
- How do you challenge and develop Airmen and create change through them?

Our fellow officers are counting on us to join them in being ready, reliable, and effective leaders. The viability of our Air Force and the security of our nation are dependent upon a well developed enlisted leadership force.

Safety Files: Rules for Good Safety Habits
from Master Sgt. Vincent Brouillard
129th Rescue Wing Safety Manager

In most everything we do, we find a "trick" to make the process easier and faster. After we develop these tricks, they become work habits in our everyday activities. Developing everyday safety habits can keep you injury free through the year. Here are nine safety habits to live by:

Set Your Own Standards

Don't be influenced by others around you who are negative. If you fail to wear safety glasses because others don't, remember the blindness you may suffer will be yours alone to live with the rest of your life.

Operate Equipment Only if Qualified

Your supervisor may not realize you have never done the job before. You have the responsibility to let your supervisor know, so the necessary training can be provided.

Respect Machinery

If you put something in a machine's way, it will crush it, pinch it or cut it. Make sure all guards are in place. Never hurry beyond your ability to think and act safely. Remember to de-energize the power first before placing your hands in a point of operation.

Use Your Own Initiative for Safety Protection

You are in the best position to see problems when they arise. Ask for the personal protective equipment or additional guidance you need.

Ask Questions

If you are uncertain, ask. Do not accept answers that contain, "I think, I assume, I guess." Be sure.

Use Care and Caution When Lifting

Most muscle and spinal injuries are from overstraining. Know your limits. Do not attempt to exceed them. The few minutes it takes to get help will prevent weeks of being off work and in pain.

Practice Good Housekeeping

Disorganized work areas are the breeding grounds for accidents. You may not be the only victim. Don't be a cause.

Practice Good Personal Cleanliness

Avoid touching eyes, face, and mouth with gloves or hands that are dirty. Wash well and use barrier creams when necessary. Most industrial rashes are the result of poor hygiene practices.

Be a Positive Part of the Safety Team

Willingly accept and follow safety rules. Encourage others to do so. Your attitude can play a major role in the prevention of accidents and injuries.

Family Safety and Health
from Master Sgt. Vincent Brouillard

129th Rescue Wing Safety Manager

How many of you have teenage drivers in the home? Some sobering teenage driving statistics:

- 44% of teen deaths are caused by motor vehicle crashes
- In 2008, 6,428 people died in crashes involving young drivers ages 15 to 20
- Nearly 1 out of every 3 deaths of 16-20 year old drivers is caused by a crash
- Annually, 6,200 young drivers die – equivalent to about 17 deaths per day

Teenagers have many restrictions while driving today, much more so than when we were growing up.

Laws are in place to gradually transition teenagers into responsible drivers. But even still, parents are the most important link in the young driver's progression.

The National safety Council publishes "Teen Driver: A Family Guide to Teen Drivers Safety." The guide assists parents in managing the journey from beginner to independent driver.

The guide also provides a written parent/teen driving agreement to help define driving restrictions, rules and consequences.

More information can be found at www.teendriver.nsc.org

If you have comments and/or suggestions you would like to make about the 129 RQW Safety Files please contact Master Sgt. Vincent Brouillard at vincent.brouillard@ang.af.mil.

Family Readiness Corner: Kids' Deployment Experiences
from Ms. Carolann Wunderlin
129th Rescue Wing Family Readiness Program Manager

When parents are in the military, their children serve too. The National Military Family Association and the RAND Corporation put together Children on the Homefront: the Experience of Children from Military Families, a study examining how children are doing across social, emotional, and academic domains.

Data was collected from military children, aged 11 to 17 years and nondeployed caregivers from a computer-assisted telephone interview.

The study described the health and well-being of children from military families from their perspectives and assessed the experience of deployment for children and how it varies according to deployment length and military service component.

According to the study, the majority of children in military families are healthy and coping well with the stresses and challenges of deployment. For those children and families struggling with long periods of separation, the study offers hope and opportunities for solutions.

Helpful resources suggested for families are the National Military Family Associations' Toolkit About Military Teens (available online at <http://www.militaryfamily.org/assets/2010-Teen-Toolkit-PDF.pdf>) and the Transition & Teens: A Guide for Military Parents newsletter from timetotalk.org (found at http://www.timetotalk.org/military/pdf/ttt_transitions.pdf).

Whether you are a member of the general public, a military family, an educator, or health care provider, you can find knowledge and action items at <http://www.militaryfamily.org/publications/deployment-family-research/>

For more information about the Family Readiness Office and its programs please visit <http://www.129rqw.af.mil/resources/familyreadiness.asp>. To view current and past versions of the PostIt, please go to <http://www.129rqw.af.mil/shared/media/document/AFD-101103-051.pdf>

November UTA News & Notes

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

Welcome New 129th Members!

- Capt. Emmanuel Cao, 130 RQS
- Capt. Nathaniel King, 129 RQW
- Tech. Sgt. Sally Ford, 129 RQW
- Staff Sgt. Raymond Dempsey, 129 AMXS
- Staff Sgt. Joshua Holdridge, 561 Band
- Staff Sgt. Jason Weber, 129 OSF
- Senior Airman Alex Chang, 129 AMXS
- Senior Airman Johnathan Nordstrom, 129 AMXS
- Senior Airman Nathan Schmidt, 131 RQS
- Airman 1st Class Adrian Escarega, 129 RQW
- Airman 1st Class Gina King, 123 AMXS
- Airman 1st Class Albert Thomas, 129 SFS
- Airman 1st Class Andrew Vu, 129 RQW

Congratulations!

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

- Master Sgt. Mark Andrews, 129 AMXS
- Master Sgt. Alan Barnett, 129 AMXS
- Tech. Sgt. Latausha Freeman, 129 MXS
- Staff Sgt. Kristian Dela Cruz, 129 LRS
- Senior Airman Gaspare Cammarata, 129 MDG
- Senior Airman Adam Borgeson, 129 MXS
- Senior Airman Jacqueline Marrolli, 129 FSF

Thank You for Your Service!

We wish the following retired, separated and transferred members well

- Senior Master Sgt. Mark Biernacki, 129 LRS
- Senior Master Sgt. George Granada, 130 RQS
- Tech. Sgt Juan Alaniz, 129 MXS
- Tech. Sgt Mathew Divina, 131 RQS
- Tech. Sgt Lance Martin, 129 MXS
- Tech. Sgt George Uvillado, 129 MXS
- Tech. Sgt Marcel Villanueva, 129 CES

CCAF Graduates!

The following members have received associate degrees from the Community College of the Air Force.

- Senior Master Sgt. Kevin Baker, 162 CCG
- Senior Master Sgt. George Granada, 130 RQS
- Master Sgt. Howard Bentley, CA HQ
- Master Sgt. Jennifer Bush, 149 CCS
- Tech. Sgt. Craig Bailey, 149 CCS
- Tech. Sgt. Jose Hernandezleon, 129 LRS
- Staff Sgt. Barry Oconnor, 149 CCS
- Staff Sgt. Paul Stout, 129 MXS
- Staff Sgt. Zapata, 129 OSF

Well Done!

The following Airmen were selected as the 2010 Air Force Association, Chp. 361 members of the year.

- Field Grade Officer: Maj. Jeremy Guenet, 129 OG
- Company Grade Officer: Capt. Christopher Nance, 129 OG
- Aviator of the Year: Capt. Benjamin Copley, 129 OG
- First Sergeant: Master Sgt. Anja O'Neil, 129 MXG
- SNCO Category: Master Sgt. Jessica Brown, 129 MXG
- NCO Category: Tech. Sgt. Kurtis Simmers, 129 MXG
- Airman Category: Airman 1st Class Parker Imrie, 129 MXG
- Mission Support Member: Master Sgt. David Snyder, 129 MSG
- Maintainer Category: Staff Sgt. Lance Zhang, 129 MXG
- Medical Member of the Year: Senior Airman Kayla Sather, 129 MDG

2010 UTA Schedule

November 6-7

December 4-5

Religious Services Schedule

Chapel services have been moved from the MXG classroom to the new Family Reception area of bldg 669. 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

2011 UTA ORE and ORI Schedule

In accordance with the memorandum for all 129th Rescue Wing members sent out by Col. Amos Bagdasarian, the 129th RQW Wing Commander, the following dates are

scheduled for 2010 and 2011 Unit Training Assembly's and Super Drills for the Operational Readiness Exercises in preparation for the upcoming Operational Readiness Inspection. These dates are to be used for drill attendance as opposed to the special orders M-2 dated Dec. 1, 2008 and M-1 dated Oct. 1, 2009 that were sent out by the Adjunct General. Note: All 129th RQW members will be on military status when performing ORE or ORI events.

January 8-9

February 5-6

March 5-6

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

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

June 4-5

July 9-10

August 6-7

September 10-11

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

November 5-6

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

Marriage Enrichment Weekend Retreats

The purpose of the seminar is to coach couples on how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness, and preserve and enhance love, commitment, and friendship.

- Nov. 20-21, 2010 - Marriott, Rancho Cordova
- Jan. 22-23, 2011 - Doubletree, San Diego
- Feb. 12-13, 2011 - location to be determined
- Jun. 11-12, 2011 - location to be determined
- Aug. 13-14, 2011 - location to be determined
- Sept. 17-18, 2011 - location to be determined

If you have questions or need assistance, please contact June Sato from Operations Ready Families Program at 1-800-449-9662 or june.sato@us.army.mil. There is also a Premarital Interpersonal Choices & Knowledge Seminar being held Mar. 19-20, 2011. Registration for these events is now in progress, please go to <http://www.prestoregister.com/cgi-bin/order.pl?ref=Readyfamilies&fm=2>. Also, visit <http://www.calguard.ca.gov/readyfamilies/Pages/default.aspx> for more information about Operation Ready Families.

DEADLINE APPROACHING: 129th Alumni & Heritage Association Scholarships

129th AHA provides six \$1,000 Educational Scholarships to unit members this year, applications are due Nov. 7, 2010! Applicants need to be currently enrolled in an educational program. A current transcript, a statement of work in progress from the educational facility or other evidence of program participation is required for all applicants. Wing Members applying for a scholarship are required to submit a letter of recommendation from their squadron commander with the application. This letter should describe the endorsement reason and brief description of the individual's

future potential. The deadline for submitting scholarship applications is the close of business on Sunday of the November UTA. Applications can be obtained online at <http://www.129aha.org/ScholarAppl.htm>. Completed applications can be submitted to the 129th Alumni & Heritage Association Scholarship Chair, CMSgt (ret) Liliana Ramos, by e-mail at liramos@pacbell.net or by mailing the application to her home at 1662 Crater Lake Avenue, Milpitas, CA 95035. Applications can also be submitted to CMSgt Kristina Keck in the Headquarters Building. For more information about the scholarships, please e-mail Chief Ramos or call her at (408) 263-5352.

'Aim High...Fly-Fight-Win' To Be Air Force Motto

Incorporating extensive inputs from all ranks and career fields in the development effort, Airmen have selected "Aim High ... Fly-Fight-Win" as the service's motto. An enduring statement of Airmen's pride in their service, the motto is a two-part expression -- a call to action, with a response of commitment. "The call and the response are two sides of the same coin," said Air Force Chief of Staff Gen. Norton Schwartz. "Airmen indicated 'Aim High' and the response 'Fly-Fight-Win' as indicative of their enduring commitment to do just that in defense of our nation."

TriCare Official: Early Flu Shots Key to Prevention

With flu season already under way, the top TRICARE military health plan official encourages the system's almost 9.7 million beneficiaries to get their flu shots as early as possible at a military medical facility or network provider, or at any participating pharmacy. This year's flu vaccine is available to every TRICARE beneficiary over 6 months old. Unlike last year, when people needed two vaccines -- a conventional flu shot and another developed specifically for the H1N1 virus -- one shot will suffice this year, Admiral Hunter noted. Its formulation covers two of the most common seasonal influenza strains, A H3N2 and B virus, as well as H1N1.

Registration Now Open For 2011 AETC Symposium

Registration is open for the 2011 Air Education and Training Command Symposium, scheduled for Jan. 20 and 21 in San Antonio. The two-day symposium will feature more than 90 seminars on a variety of education, training and innovation topics by experts from across the Air Force. Participants can decide which seminars and discussions they want to attend, tailoring their interests. The keynote speaker for the Jan. 20 luncheon will be Gen. Douglas Fraser, the commander of U.S. Southern Command. The keynote speaker for the Jan. 21 luncheon will be Chief Master Sergeant of the Air Force James A. Roy. Both luncheons are included in the symposium registration fee and open to all symposium attendees. To register for the 2011 AETC Symposium visit <http://www.aetcsymposium.com>.

National Guard Launches Mobile Education Lab

As part of the president's "Educate to Innovate" initiative, National Guard officials debuted The Energy Lab -- a mobile classroom featuring interactive learning tools focusing on the science and technology behind alternative energy sources. Unveiled Oct. 1 at the Ronald Reagan Building and International Trade Center, The Energy Lab is part of the Guard's Mobile Learning Center program, which is slated to visit schools in 10 states starting in October and running through early 2011. The mobile lab will also provide a unique exposure to science and math for a number of schools

and communities that may have limited access to educational resources.

Program Fills Gap for Returning Guard, Reserve

Though the Yellow Ribbon Reintegration Program has eased the post-deployment process for thousands of Guard and Reserve members and their families over the past two years, officials are hoping thousands more take advantage of the Defense Department program in the coming months. DOD officials launched the program in 2008 to ensure Reserve-component servicemembers have access to the information and resources they need to reintegrate with their families, their communities and their employers effectively. Over the past decade, more than 787,000 Reserve-component servicemembers have been called to duty, and more than 100,000 are deployed or on active-duty orders on any given day. Yellow Ribbon helps to ensure that geographical separation from the military doesn't equate to emotional or social isolation. To reach every servicemember regardless of distance, Yellow Ribbon coordinators sponsor Yellow Ribbon events across the nation and U.S. territories, with more than 500 scheduled to take place in the first half of fiscal 2011 totaling about 2,000 Yellow Ribbon events. For more on this program or to locate a Yellow Ribbon event, visit <http://www.yellowribbon.mil>.

Veterans Day (Nov. 11) Freebies - Restaurant

- Applebee's Restaurant: Free dinners to veterans from a new Veterans Day menu
- Outback Steakhouse: Free Blooming Onion and beverage
- Golden Corral: Free buffet dinner from 5-9 p.m.
- Subway: Free six inch subs to all Veterans or Active Duty members
- Krispy Kreme: One free doughnut of any variety
- UNO Chicago Grill: Free entree or individual pizza with an entree or pizza purchase of equal or greater value
- MarketPlace Grill & Express: Veterans and active-duty military receive free entrees
- Abuelo's Mexican Food Restaurants: All veterans and active-duty military receive a free entree
- McCormick & Schmick's: Free entree to military veterans. Menu picks include such seafood items as parmesan crusted tilapia, roasted cedar plank salmon and almond crusted rainbow trout.

Veterans Day Freebies - Retail

- Brides Across America: Provides free wedding gowns to qualified military brides
- Lowe's & Home Depot: Extra 10% off to all military members, including retirees, veterans and family members
- Amazon.com: Free "Veterans Day Honor" MP3 album download.
- Build-a-Bear Workshop: Members of the armed services will receive a 20% discount Nov. 11-15
- Dollar General: 10% discount for all military members
- Fashion Bug: 20% off all plus-size and misses clothing purchases with a copy of military ID or spouse's military ID.
- Cabela's Outdoor Store: Offers their employee discount to all veterans, active-duty military and reserves, law enforcement, fire and EMS personnel Nov. 11-12. Discounts vary from 5% to 50%, depending on the item.
- Sam's Club: Over 25,000 Hugo canes will be given away to U.S. veterans in need of

mobility assistance. Membership is not required, but supplies are limited, so check with your local store.

Veterans Day Freebies - Entertainment

- National Parks, Forests And Monuments: Admission is free to everyone
- Knott's Berry Farm: Free park admission to armed forces personnel and a guest November 1-26

Online Tool Tracks Airman Deployment Readiness

An online tool available to Airmen aims to reduce the workload of tracking appointments and training in preparation for a deployment. The Personal Deployment Processing Tool, found on the Air and Space Expeditionary Force Online website, allows Airmen to review and track their readiness status for medical and personnel requirements. The PDPT tool was developed by AEF Personnel Operations Center officials as a means for consolidating data from various personnel systems. The tool presents data from the Military Personnel Data System, preventive health assessment and individual medical readiness in a personalized "dashboard" format that is refreshed daily. To use PDPT, Airmen must first create an AEF Online account at <https://aef.afpc.randolph.af.mil/default.aspx> by selecting the "Register" tab. Airmen can access the tool at the PDPT link under the "Other AEF Applications" dropdown menu. Users can also access their account with their common access card by clicking on the "My Account" dropdown item and selecting "Enable CAC." For additional information, visit the AEF Online and AFPC personnel services websites or call the Total Force Service Center at 800-525-0102 or DSN 665-5000.

Are You Ready For Winter?

If living in or traveling to a region that experiences snow and freezing temperatures, now is the time to make winter preparations. Please review the following preparation tips (courtesy of Headquarters Air Force Space Command Safety Directorate):

Prepare a Winter Storm Plan

Keep the following supplies on hand: Lantern/flashlight, batteries, non-perishable food, potable water, a heat source and a cell phone. Have extra blankets on hand, and ensure that each member of the household has a warm coat, gloves or mittens, a hat, and water-resistant boots.

Inspect Fireplaces

Have chimneys inspected by a professional prior to the start of every heating season. Creosote, a chemical substance that forms when wood burns, builds up in chimneys and can cause a chimney fire.

Take Precautions with Wood Stoves

Follow manufacturers' recommendations for proper use and maintenance. Burn only wood, and be sure the wood stove is placed on an approved stove board to protect the floor from heat and hot coals.

Be Cautious With Space Heaters

Place space heaters at least three feet away from anything combustible, including wallpaper, bedding, clothing, pets, and people. Never leave space heaters operating

when not in the room or when going to bed.

Vehicle Safety Kits

Vehicle safety kits don't have to be large and bulky, here are some suggested items: Flash light and extra batteries, jumper cables, tire chains, road flares, a can of fix-a-flat, ice scraper, some basic hand tools, spare fuses, a clean towel or rag, a wool blanket, spare gloves or mittens, matches, candles, an empty soup can to melt snow for water, trail mix and a first aid kit. Extras include a foldable shovel, compass, signal whistle, Meals Ready to Eat, a tow rope, an extra jacket, a wool cap, wool socks and chemical hand warmers.

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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