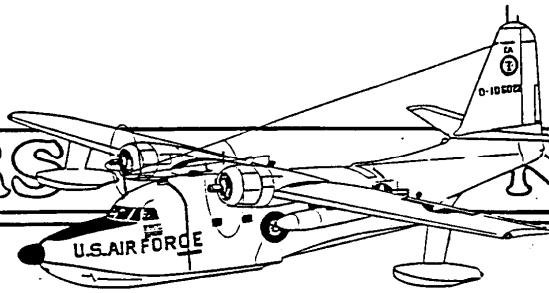


OL TIMERS' NOOZZE



Volume 12, Issue 2

May 2008

Board Election

March 2008

The election results for the three Officers were announced at the Association's annual meeting, the Annual Old Timers Lunch, on Wednesday, March 26, 2008, at the Castro Valley Loyal Order of Moose Hall, 20835 Rutledge Road, Castro Valley, CA 94546.

New Officers are: Col John L. Ruppel, President; Lt Col Steven L. James, Vice President; and Lt Col David P. Russell, Secretary-Treasurer.

Congratulations!



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ANNOUNCEMENT OF THE DEATH OF COLONEL STEVEN D. FRIEDRICKS COMMANDER, 146TH AIRLIFT WING



It is with deepest sympathy that I announce the death of Colonel Steven D. Friedrichs, age 55, on 10 May 2008 in Thousand Oaks, California. Colonel Friedrichs is survived by his wife Linda, daughter Jennifer, sister Kristy L. McConnell, and parents Robert J. and Mary M. Friedrichs.

Colonel Friedrichs was born in San Fernando, California on 6 November, 1952. Upon graduation from high school, Colonel Friedrichs enlisted in the 146th Airlift Wing in 1970 as an Air Operations Specialist, assigned to the 195th Airlift Group. He was a Command Pilot with more than 7600 military flying hours. He was a foremost expert on employing the Modular Airborne Firefighting System and flew many missions suppressing California wildfires. Under his inspirational leadership, the 146th Airlift Wing achieved new heights in operational readiness and mission accomplishment.

//s//
WILLIAM H. WADE II
Major General
The Adjutant General

The Prez Sez

The President's Column

COL John L. Ruppel, Jr. (Ret.)

Steve James, Dave Russell, and I appreciate the members' confidence in electing us as the Association Officers. Our goal is to provide programs that support the membership's wishes and continue the Association's Wing support.

I recommended, and the Board approved, the selection of Lt Col Jay Craddock and CCMSgt Lilliana Ramos to fill the vacant Board seats. Lilliana has previously served as the 129th RQW Wing Board Advisor. The Association will benefit from Lilliana's experience working with the Board and recent Wing full-time operational knowledge. After some arm twisting, I was able to convince Jay to continue serving. They will serve one year terms. Col Bagdasarian has appointed CMSgt Stuart Loux as the new Board Advisor.

Col Bagdasarian presented out-going Association President Jay Craddock and Vice President Ken Moore the California Commendation Medal for their ten years supporting the Wing and Association service. The Board presented Jay and Ken with a newly designed acrylic plaque which contains an Association 50 year commemorative coin.

The Heritage model display is progressing; the models have been ordered and we expect to receive the first models in early July. We are working on purchasing a display case to house the Heritage Model Exhibit. The Board plans to dedicate the display during Family Day, Saturday, August 2nd. Thanks to the Wing and Association members who have donated to the project. The cut-off for donations is June 15, which provides sufficient time to complete the dedication plaque.

I am pleased to report that Ronald Vandenberghe has provided a 2008 scholarship donation that continues the funding of the Brigadier General Albert R. Santos and the SMSgt Donald Delucchi scholarships. The Association will be offering eligible Wing members the opportunity to compete for three \$1,000 scholarships. The scholarships will be awarded at the 2009 Old Timers Lunch.

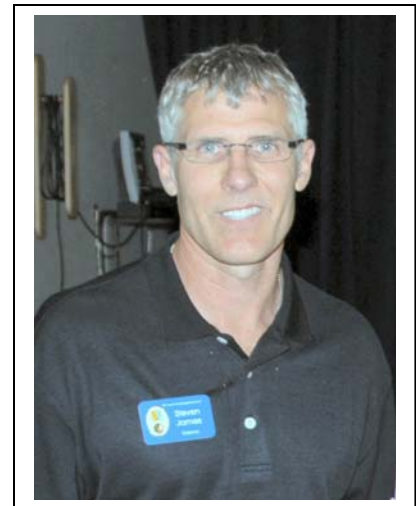
We will send out a Family Day reminder via the notification system. Family Day provides an opportunity for a first hand view of the 129th RQW operation and the chance to interact with Wing members. I look forward to seeing a good membership attendance for the Heritage Model Display dedication.

Cheers!!!

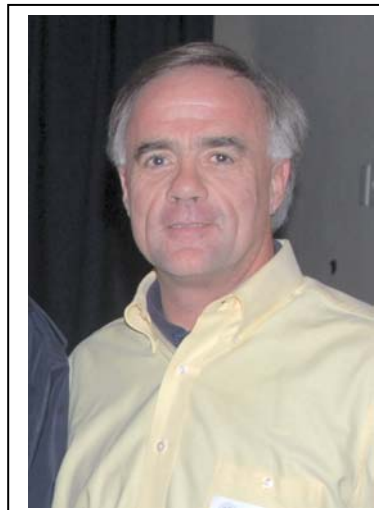
John



Col John L.
Ruppel, Jr
(Ret)
President



LtCol
Steven L.
James (Ret)
Vice
President



LtCol David P.
Russell (Ret)
Secretary
Treasurer

129th Alumni & Heritage Association Memorial Day Honor Roll

*Day is done.
Gone the sun
From the hills,
From the sky.
All is well.
Safely rest.
God is nigh.*



*MSGT Pastor D. Abelaye
BGen Harold A. Aherns
SSGT Harry Ahlborn
TSGT Gary R. Albertson
LTC Richard Allen
MSGT Manuel Amaral
LTC Shirley R. Ashby
MSGT Howard Bachman
CWO Eugene E. Baker
MSGT David S. Bain
SMSGT John S. Beasley
LTC Gregory A. Bose
COL John R. Breeden
MSGT Tommy D. Brooks
TSGT Greg Brown
LTC Joseph J. Budro
MSGT Sam Burgess
SMSGT Fredrick E. Burkett
TSGT Larry Butts
LTC Malcom B. Campbell
LTC Neil Campbell
SGT Steven Carlyle ★
1LT Desmond Casey
SMGT Robert Clayton
SMSGT Vaughn H. Clearman
SRA Raeann M. Cordova
SSGT Steve Courtney ★
LTC Gene Cunningham
LT Gary Curtis ★
SMSGT Donald L. Delucchi
MSGT Robert Denham
SSGT Robin Eal
COL Raymond J. Fitts
MSGT Herschel Flygare
SSGT Johnny Forlanda
LTC Billy Freeman
CWO4 William Gateley*

*MAJ Russ Gibeson
SMSgt Howard L. Gibson
SMSGT Arch R. Girvin
SMSGT Wallace J. Glavor
MSGT Clarence F. Gruenert
SMSgt Blaine D. Hall
MAJ Carl Haller, MD
MSGT Lloyd Hamilton
COL William Hein
Mrs. Shirley L. Hemphill
TSGT John E. Horton ★
LTC James A. Hunt
COL Eugene J. Ignatow
MAJ Jerry Ingram
CPT Clyde Jackson ★
TSGT Bobby J. Jarman
MSGT Art Johnson
TSGT John Karpaty
A3C Alan A. Kelley ★
MSGT Henry Kern
BGen (Chaplain) James Kintzi
BGen Charles W. Koenig
COL Charles J. Kuban
SRA Mary Lou Lara
COL Paul Lavoie, MD
MSGT Bartley J. Lee
COL Edwin W. Lewis, Jr.
CMSGT Joseph Martin
MAJ Lawrence Mauch
COL Ralston D. McKee
SGT Kevin McKenna
MSGT Edwin D. McNemar
LTC Charles Means
MSGT Paul Medeiros
LTC Robert Morrison
LTC Robert A. Morton*

*TSGT Rodney W. Morton
MAJ Mark Mutchler
MAJ Terry Nelson ★
SSGT Charles L. Nobriga
COL Ralph L. Nobriga
LTC John W. O'Sullivan
SMSGT Michael Patterson
COL Fred H. Petersen
MSGT Leon Pope
Marge Rainsford
LTC John Reading
Ronald Roach
COL Joseph W. Rodricks
A1C Robert R. Rossie ★
MSGT Frank M. Sacramento
MSGT Thomas Santiago
BGen Albert R. Santos
SMSGT Don Shanks
Claudia L. Cortez Sonnenfeldt
LTC Les Spencer ★
MAJ Ira States
LTC Donald W. Stewart
TSGT Nicholas Stoopin
CMSGT Harold R. Strickler
COL Herman Vandever
LTC Urban B. Vandever
LTC John A. Vinther
MSGT Clarence W. Wagner
LTC Louis F. Wang
CWO4 Albert S. Warnick
LTC James Ward
SMSGT Paul F. Wilkins
LTC Don F. Winters
A1C Larry Zimmerman ★
MSGT Donald H. Zumsteg*

★ Killed in Action

WING HERITAGE AIRCRAFT MODEL DISPLAY

CCMSgt Ken Moore (Ret)

The Association is undertaking a heritage project to provide the 129TH Rescue Wing with models of Unit assigned aircraft. The models will be finished in the Wing paint scheme and markings. The Board has ordered nine custom made models: C-46 Commando, SA-16 Albatross, U-6 Beaver, U-10 Courier, C-119G Flying Boxcar, HC-130P King Tanker, MC-130P Combat Shadow, HH-3E Jolly Green, and MH-60G Pave Hawk. Association members and members of the Wing have contributed to the project and the display case. The aircraft models will be displayed in the Wing Headquarters foyer. We will dedicate the display at Family Day, August 2, 2008.

Please join us for Family Day.



Jay Craddock
Outgoing
President &
Col Bagdasarian



Ken Moore
Outgoing
Vice-President &
Col Bagdasarian



Lt Rob Fitzgerald
USCG
Guest Speaker

2008 Ol' Timers' Luncheon



CCMSgt Liliana
Ramos
New Director



World War II Veterans
(Left to Right)
Ken Moore, Ed Weimken,
Jay Craddock, Jim Calvin,
Kip Kinney, Phil DiGiovanni,
Mel Woolcock,
Jim Badgrow, Alvin Milspaugh



Bea & Jay Craddock



Santos Memorial Scholarship
Winner Teresa Trawick
& Mrs. Lois Santos



Presentation of
Col Ralph Nobriga & SMSgt Don
Delucchi Scholarship
Jay Craddock, Ed Boddington,
& Brian Foust



Presentation of BG Al Santos Memorial
Scholarship
Ron Vandenberghe, Jay Craddock,
Teresa Trawick, & Brad Santos



Eleanor & Ken Moore

DeCA offers online dietician service

RANDOLPH AIR FORCE BASE, Texas (AFRNS) -- The Defense Commissary Agency has its own dietitian who is available to help the retiree community lose weight, get in shape and maintain good health.

Maj. Karen Fauber offers a weekly online column, "The Dietitian's Voice," and a discussion forum, "Ask the DeCA Dietitian" on the agency's Web site at www.commissaries.com/. Just click on the "Healthy Living" tab in the top navigation bar to find the link to the DeCA Dietitian page.

Visitors to the site will find suggestions for eating healthy, such as a variety of nutrition tips and meal choices. People can also submit questions to Major Fauber, and participate in an online forum to discuss healthy eating and shopping ideas.

Major Fauber is a registered and licensed dietitian with more than 16 years of military service, including experience as a certified diabetes educator in Army medical facilities and public health clinics. She earned a bachelor's degree in dietetics from Georgia Southern University and a master's degree in education and human development from George Washington University. The major interned at Brooke Army Medical Center in San Antonio, and is currently enrolled in an online doctoral program in health education through A.T. Still University in Missouri.

Air Force has new Web site for retirees

RANDOLPH AFB, Texas (AFRNS) – The Air Force has a new Web site just for its retiree community that is full of news and information, plus it is easy to access and navigate. The Air Force Retiree Services site is located at www.retirees.af.mil.

This public Web site offers the retirees family community in-depth information on the Survivor Benefit Plan, plus a list of Air Force Retiree Activities Offices worldwide and various other resources. There are also sections dedicated to the Afterburner and Air Force Retiree News Service.

Visitors can access the sections by using the top navigation bar on the home page. The home page also features the latest Air Force headline news and video clips. There is even a special icon for quick access to the Combat-Related Special Compensation information page.

Managing electronic subscriptions to the electronic version of the Afterburner and AFRNS is now much easier: just click on the word "Subscribe" found on the top navigation bar and unsubscribe an old address and then add a new one when a change is needed.

Five Years of VA Health Care for Combat Veterans

Military veterans who served in combat since November 11, 1998, including veterans of Iraq and Afghanistan, are now eligible for five years of free medical care for most conditions from the Department of Veterans Affairs (VA). This measure increases a two-year limit that has been in effect nearly a decade. The five-year deadline has no effect upon veterans with medical conditions related to their military service. Veterans may apply at any time after their discharge from the military, even decades later, for medical care for service-connected health problems. The new provision, part of the National Defense Authorization Act of 2008 signed by President Bush on January 28, 2008, applies to care in a VA hospital, outpatient clinic or nursing home. It also extends VA dental benefits, previously limited to 90 days after discharge for most veterans, to 180 days. Combat veterans who were discharged between November 11, 1998, and January 16, 2003, and who never took advantage of VA's health care system, have until January 27, 2011, to qualify for free VA health care. The five-year window is also open to activated Reservists and members of the National Guard, if they served in a theater of combat operations after November 11, 1998, and were discharged under other than dishonorable conditions.

The Director's Corner

by Douglas W. Smith

DFAS Retired Pay Newsletter: Learn More About Your Retired Pay

Welcome to the first issue of the DFAS Retired Pay Newsletter for 2008. This issue contains information on the complete elimination of the Social Security Offset for annuitants, as well as updates on recent legislation and CRSC. To read more from the director, see www.dfas.mil/rna-news/apr2008/directorscorner.html.

Great News - Social Security Offset Eliminated!

As March came to an end, so did the Survivor Benefit Plan (SBP) Social Security Offset. As a result of Public Law 108-375, the Social Security Offset for annuitants was eliminated effective April 1, 2008. To read more about the social security offset, see www.dfas.mil/rna-news/apr2008/socialsecurityoffset.html.

Legislation Update - National Defense Authorization Act Public Law 110-181

Special interest to Retirees and their Annuitants are the new legislation updates to Section 641: Expansion of Combat-Related Special Compensation (CRSC), Section 642: Inclusion of Veterans with Services connected disabilities, and Section 644: Special Survivor Indemnity Allowance. To read more on new legislation, see www.dfas.mil/rna-news/apr2008/updatesonrecentlegislation.html.

CRSC Eligibility under Disability Retirement

For those retirees who are eligible for CRSC entitlement, but retired under a disability retirement law, an offset is calculated before CRSC entitlement is calculated. To learn more on how CRSC entitlement is calculated, see www.dfas.mil/rna-news/apr2008/crscinformation.html.

New Look - Data for Payment of Retired Personnel

The DD Form 2656 "Data for Payment of Retired Personnel" was revised as of February 2008. To read more about the changes to DD Form 2656, see www.dfas.mil/rna-news/apr2008/revisionofddform2656.html.

Retiree Seminars and Conferences

Are you aware that DFAS participates with the Services in holding Retiree Seminars throughout the year at various locations? Seminars are typically one day and provide a forum for updating retirees and annuitants on pay matters as well as issues such as legislative updates. To read more the Retiree Seminars and Conferences, see www.dfas.mil/rna-news/apr2008/retireeseminarsandconferences.html.

Unsubscribe: To Unsubscribe, log into myPay at <https://mypay.dfas.mil/mypay.aspx?FLPS=PER-UNSUBSCRIBE>, select the Turn ON/OFF Alert Setting(s) option, and set the newsletter email alert to NO.

Update Address: The newsletter is delivered to the primary email address on file in myPay on the Email Address page. To change this, you must log in to myPay and change the primary email address there. No one on staff has access to your account, so we are unable to process change of email requests for you. Changing the address affects all myPay related emails.

Dondi's Mercantile Store

129th AHA Merchandise & Apparel

If you would like to order a 129th AHA jacket, we again have jackets in stock. Please contact Ken Moore for ordering information.

Want to own a really unique & distinctive shirt or cap to show your affiliation with the 129th AHA? Dondi's Mercantile Store has a healthy stock of 129th AHA related items. Jackets are customized with your name and rank.

All merchandise can be ordered by phone or on-line. Items and prices are shown at right. Shipping and handling are EXTRA.

Order from Ken Moore at:
(510) 656-1529
or online at sirsgtst@pacbell.net

<u>ITEM</u>	<u>COST</u>	<u>SIZES</u>
Logo Jacket	\$70 - \$75	
Logo Polo Shirts	\$22	M, L, XL, & 2XL
Logo Baseball Cap w/ Embroidered Logo	\$10	
Logo Baseball Cap w/ Silk-screened Logo	\$5	
Large Jacket Patch	\$10	
Small Shirt / Hat Patch	\$5	
Logo Pin	\$5	
129 th Aircraft Collage	\$10	
129 th 50 th Anniversary Commemorative Coin	\$5	

All items can be shipped. Shipping and handling are EXTRA. All items are sent via U.S. Mail.

Have you moved? Know a former member of the 129th who isn't a member yet?

MEMBERSHIP APPLICATION / CHANGE OF INFORMATION FORM 2008 Dues \$10.00

NAME: _____ SPOUSE: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP+4: _____ + _____

TELEPHONE: _____ E-MAIL ADDRESS: _____

RANK: _____ 129TH SERVICE DATES FROM: _____ TO _____

Please complete the above information and mail to:
129th Alumni & Heritage Association
c/o Col John L. Ruppel, Jr. (ret)
6718 Zerillo Dr.
Riverbank, CA 95367-2122

**If your personal information has changed,
PLEASE USE THIS FORM AND NOTIFY US IMMEDIATELY!!**

New to the Gang

Our Newest Members

*SSgt Victor L. VandenBerghe
MSgt Jacki Alsobrook
MSgt Jennifer Brouillard
MSgt Rick Epps
MSgt Kevin Montgomery
MSgt Byron Yerzy*

Welcome!

Do you know someone who has been affiliated with the 129th RQW or its predecessor organizations - and is not a member of the Association? Let's get them signed up!

DEFINITION OF A VETERAN

A veteran - whether active duty, retired, National Guard, or Reserve - is someone who, at one point in his/her life, wrote a blank check made payable to

'The United States of America'

for an amount of 'up to and including my life.'



TRICARE Uniform Formulary Update Announced

Five additional, non-formulary (or third tier) medications have been added to the TRICARE Uniform Formulary. Three of the medications change to non-formulary status on April 16, 2008 - Exforge, Vyvanse, and Lybrel - and two on June 18 - Enbrel and Kineret.

Shingles Vaccine Covered by TRICARE, But Deductibles Still Apply

TRICARE covers vaccines as recommended by the Centers for Disease Control (CDC) and Prevention. For beneficiaries 60 and older, TRICARE now covers Zostavax, the vaccine designed to prevent shingles. TRICARE officials caution beneficiaries that "covered" doesn't necessarily mean "free." To view the full TRICARE Press Release, please visit:

<http://www.memberconnections.com/links/link.cgi?l=283431&h=3866904&r=AFC-20080320125125>

Beneficiaries Nearing Medicare Eligibility Must Take Steps

TRICARE beneficiaries who are turning 65 and are eligible for premium-free Medicare Part A must enroll in Medicare Part B to remain eligible for TRICARE benefits, even if the beneficiary lives outside of the United States. Exceptions include when the sponsor is on Active Duty, the beneficiary is enrolled in the U.S. Family Health Plan, or the beneficiary is enrolled in TRICARE Reserve Select.

Visit www.tricare.mil/mybenefit/home/overview/Eligibility/WhosEligible/MedicareBeneficiaries to learn more.

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AND
BOARD OF DIRECTORS

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C/O Col John L. Ruppel, Jr. (Ret)
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Riverbank, CA 95367-2122

ADDRESS SERVICE REQUESTED

Are You Missing in Action?

Dead Letter Department

Have you moved recently - or not so recently? Do we have your correct mail and e-mail addresses & phone number? Please let us know when you move.

The newsletter is mailed out with a request for address correction. The post office does not forward the newsletter to you. They return it to us - and charge us 41¢. Then we update your file, put your newsletter in an envelope, put a 41¢ stamp on the packet, and mail it out to you. Total additional cost to the association is nearly \$1.00 per returned newsletter.

Please take a moment to remember the 129th AHA when you notify your correspondents of your new address. A member information form is included in every issue.

Col. John L. Ruppel, Jr. (Ret.)
6718 Zerillo Drive
Riverbank, CA 95367-2122

E-mail: J-L.RUPPEL@WORLDNET.ATT.NET

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PAID
RIVERBANK, CA
PERMIT #20



Have a Safe Summer!
See You at Family Day!

