

THE RESCUEGRAM



The Official Information Publication of the 129th Rescue Wing, California Air National Guard

April 2009

Lives Saved 599

These Things We Do...
That Others May Live



Inside This Issue:

Chief's Commentary	2
Sexual Assault Awareness Month	3
Portrait of a Professional	4
Outstanding SF Airman	4
Deployment planners	5
News and Notes	6



Airmen fly critical equipment to wildlife refuge

by Capt. Alyson M. Teeter
129th Rescue Wing Public Affairs

California Air National Guardsmen from the 129th Rescue Wing assisted U.S. Fish and Wildlife Service officials Feb. 17 and 18 by transporting critically needed facility batteries to the Farallon National Wildlife Refuge, located approximately 30 miles off the shore of San Francisco in the Pacific ocean.

Two HH-60G Pave Hawk helicopters, aircrews and logistics personnel were part of the operation to transport 48 photovoltaic batteries, each weighing 300 pounds, for the Fish and Wildlife Service. Photovoltaic batteries collect light energy from the sun and convert it into an electrical current.

"The batteries power all of the facilities on the Farallon National Wildlife Refuge because it's an isolated island," said Mendel Stewart, manager of the San Francisco Bay National Wildlife Refuge Complex.

Created in 1909 by President Theodore Roosevelt, the refuge was established to protect seabirds and marine mammals. Researchers from a private organization who work in conjunction with the FWS collect bird and marine mammal data that are part of a 40-year data set.

"This research is important for monitoring climate change



(U.S. Air Force photo/Tech. Sgt. Ray Aquino) Tech. Sgt. Christopher Gabor (right) and Chief Master Sgt. Rich Nowaski (left) prepare new photovoltaic batteries Feb. 17 for sling transport by helicopter. The two NCOs are HH-60G Pave Hawk helicopter flight engineers with the 129th RQW.

as well," Mr. Stewart said. "There are resident researchers on the island collecting data on the island around the clock."

In the past, island residents received power from diesel generators. FWS officials realized that this power source wasn't practical or environmentally sound, so in the mid-1990s photovoltaic batteries and solar panels were installed as the primary power source. The original batteries had a shelf life of 10 years and were about to expire.

Securing a private contractor helicopter to swap out the batteries wasn't feasible due to the cost of airlifting such a heavy load, Mr. Stewart said. The island also isn't accessible by boat.

When Maj. Rhys Hunt, 129th Rescue Squadron operations officer, heard about the FWS need for transportation, he pulled together operations and logistics personnel and came

See REFUGE, next page

THE RESCUEGRAM

is published by the Public Affairs Office, 129th Rescue Wing. This official newsletter is an authorized publication for members of the U.S. military services. Editorial content is edited, prepared, and provided by the Public Affairs Office of the 129th Rescue Wing. Its contents are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force, or the California Air National Guard.

The mission of the 129th Rescue Wing is to provide highly trained and well-equipped rescue resources, able to respond to and sustain the state mission of furnishing trained personnel for state emergencies, such as natural disasters, and to assist civil authorities in the enforcement of the law.

When called to active duty with the Air Force, we provide manpower, material and equipment resources to conduct and complete combat and search rescue operations world-wide. We provide manpower, material and equipment to conduct and complete peacetime search operations.

Editorial Staff

Commander
Col. Amos Bagdasarian

Public Affairs Officer
Capt. Alyson M. Teeter

Staff Writer
Staff Sgt. Eric Hamilton

Multimedia Staff

Photo
Master Sgt. Dan Kacir
Staff Sgt. Kim Ramirez
Senior Airman Joshua Kauffman

Video
Master Sgt. Barbara Apkarian
Tech. Sgt. Ray Aquino
Staff Sgt. Kelly Hobby
Senior Airman Shane Burke

Contact Us:
129th RQW/PA
P.O. Box 103, Stop 20
Moffett FAF, CA 94035
Telephone: 650-603-9152
alyson.teeter@camoff.ang.af.mil

The vital role of "Shirt"

by Command Chief Master Sgt.
Kristina P. Keck

In the Air Force, a unique special duty opportunity exists for immediately promotable Technical Sergeants or Master Sergeants to step outside his or her career field and into a position where they can take leading Airmen to a new level. The job isn't an easy one; it's 24 hours a day, 7 days a week and yet one of the most fulfilling positions a senior enlisted Airman can hold in the Air Force.

The job is First Sergeant! Key advisor to the commander on enlisted matters, the First Sergeant ensures the safety, morale and welfare of enlisted Airmen and their families. This duty is vital to our ability to develop and care for our most precious asset - our Airmen.

First Sergeants have a rich and proud heritage. This position--more commonly referred to as the "Shirt" or "First Shirt"--has been around since the beginning of the Army Air Corps. The original First Sergeants were given the tasks of training, ensuring duties were properly accomplished and all soldiers were accounted for in their quarters. They were the linchpin of the unit.

The official rank began in the Air Force as a position versus a rank when we separated from the Army Air Corps. The duty existed in the administrative functions of the unit and was more personnel clerk than key leader.

With the creation of the E-8 and E-9 "super grades," the duties were further expanded. Air Force senior leaders later clarified policies and established the authority and prestige of this vital position. A First Sergeants academy was later opened to offer education and training to enhance specific skills

associated with first sergeants' duties.

In 1961, First Sergeants became a separate career field. The role of the first sergeant has evolved over the years, but one thing remains the same; the Shirt is the glue that binds a unit together.

The 129th is currently looking for these uniquely qualified NCOs who are extremely motivated to make a difference. This key leadership position in an organization should not go unfilled - the morale, welfare and health of our Airmen is at stake.

Application instructions appear elsewhere in this newsletter, and Details about an information workshop during April's drill will be in your UTA schedule. The selection boards will be held during the May or June drill.

As I was choosing my words for this article, I wrestled with whether or not I should highlight the units involved, and ultimately decided against it, because I didn't want otherwise qualified applicants to avoid applying because of thoughts like "it's not my unit" or "I don't know what they do over there."

This kind of thinking doesn't have a place in the First Sergeant selection process. Because First Sergeants have their own career field, previous unit experience doesn't apply when compared to the other prerequisites needed to succeed in this position.

I work closely with the First Sergeants, and they are part of my leadership team. If you are qualified and want to make a difference, please consider applying. You won't regret it.

REFUGE, continued from Page 1

up with a plan to transport the new batteries to the Farallon Islands. They coordinated with the agency and fit the missions into the flight schedule.

Airman in the 129th RQW are accustomed to complex missions such as water bucket drops over wildland fires and combat search and rescue operations in the mountains of Afghanistan.

"The 129th excels when performing operations like this one...a mission that required some out-of-the-box thinking, and took us out of our normal

training mode," Major Hunt said.

Over the two days, as the new batteries were delivered to the Farallon Islands, the used batteries were transported back to Treasure Island near San Francisco for disposal. In total, the helicopters transported more than 14,000 pounds of batteries to power the lighthouse and Fish and Wildlife Service research facility workshop.

"We are very happy to have the new system in place," Mr. Stewart said. "I thank the 129th team for their professionalism and flexibility. I was very impressed!"

Sexual Assault Awareness Month: Now is the time to focus on recognition, prevention

by Capt. Alyson M. Teeter, 129th Rescue Wing
Sexual Assault Response Coordinator

This month is Sexual Assault Awareness Month (SAAM) and programs around the country are committed to raising awareness and promoting the prevention of sexual violence. In the spirit of SAAM, I thought I'd take this opportunity to introduce myself as the wing's new Sexual Assault Response Coordinator, or SARC.

The SARC falls under the Sexual Assault Prevention and Response Program, which reinforces the National Guard Bureau commitment to eliminate incidents of sexual assault through a comprehensive policy that centers on awareness, prevention education, and victim advocacy. I am available to provide emotional support, victim advocacy, information and referrals and support through the medical and legal process for victims of sexual assault. These services are available 24 hours a day, every day.

Did you know that 1 out of 5 American women will be sexually assaulted in her lifetime? Whether you knew it or not, someone you know has been affected by sexual assault. The Air Force core values and respect are the foundation of our Wingman culture – a culture in which we look out for and take care of each other.

Here are some important definitions we must all be aware of in the case we or someone we know is affected by sexual assault:

Sexual Assault is a crime defined as intentional sexual contact, characterized by use of force, threats, intimidation, abuse of authority or when the victim does not or cannot consent. Sexual assault includes rape, forcible sodomy, and other unwanted sexual

contact that is aggravated, abusive or wrongful or attempts to commit these acts. Sexual assault can occur without regard to gender, spousal relationship, or age of victim.

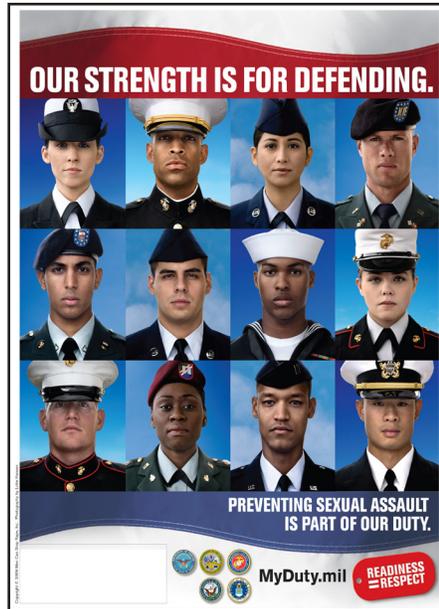
Consent means words or overt acts indicating a freely given agreement to the sexual conduct at issue by a competent person. An expression of lack of consent through words or conduct means there is no consent.

Unrestricted reporting is the process where disclosure of a sexual assault initiates an official criminal investigation. Leadership and law enforcement will be notified that a sexual assault has occurred. It allows the victim to seek medical treatment, counseling, and an official investigation.

Restricted reporting enables active duty Title 10 and Title 32 Active Guard/Reserve (AGR) victims to confidentially disclose a sexual assault to specifically identified individuals and receive medical treatment and/or counseling without triggering the official investigative process. The victim's privacy is of utmost importance, but he or she has the option to change the report to unrestricted.

Limited reporting is similar to restricted reporting but applies to traditional Title 32 Guardsmen and Title 32 military technicians. Victims also have the option to change the report to unrestricted.

Remember, you are not alone and help is available. If you are a victim of sexual assault, you can seek help from your nearest Rape Crisis Center. Go to www.calcasa.org and enter your zip code. If have questions about the program, feel free to call my any time on my cell at 650-793-1749. You can also email me at alyson.teeter@us.af.mil. Lt. Col. Pete Sobrino is the wing's alternate SARC and his telephone number is 650-799-2633.



Motivated volunteers needed to be Victim Advocates

Victim Advocates provide essential support, liaison services and care to a sexual assault victim. They are military personnel selected by the SARC and who have completed a 40-hour training course. Victim Advocates are volunteers who must possess the maturity and experience to assist in very sensitive situations.

Responsibilities include:

- Providing crisis intervention, referral and ongoing non-clinical support
- Providing information on available options and resources to assist the victim in making informed decisions about the case
- Services will continue until the victim states support is no longer needed
- Does NOT provide counseling or other professional services to a victim
- May accompany the victim, at the victim's request, during investigative interviews and medical examinations

For more information on becoming a Victim Advocate, please contact Capt. Alyson Teeter at 603-9152.

Portrait of a Professional -- Staff Sgt. Michael Tjaarda, 129th SFS

A prior-service Security Forces NCO, Staff Sgt. Michael Tjaarda shares his thoughts for this month's Portrait of a Professional.

What is your favorite memory in the AF? After a 14-year break in service, re-enlisting was like coming home.

What motivated you to enlist in the AF? I wanted to serve my country and see the world.

How has being an Airman changed your outlook on life? I've seen places, met people and experienced things that most people never get the opportunity to see.

What's the most important lesson you've learned in the military? Pride and honor--without that, you have nothing.

If you could deploy anywhere in the world, where would it be? Afghanistan in some FOB out in the middle of nowhere.

If you could choose any AF job, which would it be and why? Security Forces, one of the most diverse jobs in the AF. One day you're working the flight line, the next your on a convoy in the Middle East.

Where did you grow up? San Jose, CA.

What would people be surprised to know about you? I have over 3,200 skydives and 300 flight hours.

What are your hobbies? Hunting, scuba diving, and shooting at the range.

Portrait of a Professional is a monthly profile of an outstanding Staff Sgt. and below. Nominations are routed through the squadron and group commanders.



2008 Air Force SF Reserve Airman of the Year

**by Staff Sgt. Eric M. Hamilton
special to the 129th Rescue
Wing Public Affairs Office**

Staff Sergeant Alejandro "Alex" C. Alvarado said he joined the California Air National Guard and Security Forces in September 2003 because he wanted to serve before committing himself further to his education. "As a kid, I always wanted to be law enforcement," he added.

Sergeant Alvarado's childhood goal was validated when he was recognized as the Air Force Outstanding Security Forces Reserve Airman of the Year. He was nominated by his supervisor and 129th Security Forces Squadron operations superintendent, Senior Master Sgt. Richard M. Rodriguez.

"Sergeant Alvarado was selected as our airmen of the year because of his balanced superior performance," said Sergeant Rodriguez said. "A deployed and decorated security forces member, a qualified security forces control center controller, a musician for ministry services at a deployed location, and volunteer peer

counselor on the home front for people in his community...he is the true representation of the citizen soldier."

Sergeant Alvarado has deployed twice. The first time, he volunteered for deployment from Feb. 2005 to May 2005, and moved up his wedding plans to get married before leaving for Iraq.

The second time, Sgt. Alvarado was involuntarily mobilized for deployment to Saudi Arabia from Nov. 2007 to May 2008. "This last deployment helped me realize a lot and understand myself better," he said.

He lost 60 lbs., completed college courses, got recognition and awards, and realized some long-term military goals. "I was more focused on what I wanted to do, because of the time to myself," Sergeant Alvarado said.

After graduating high school in 2000, he attended DeAnza college as a music student. Since then, music's become "more of a hobby," though he said he still works as a session musician at a Hayward studio with local artists.

During the week, he works

at a local non-denominational Christian church in a men's ministry. "Basically, my role there is coordinating and planning for events. I'm the behind-the-stage man. I set up the monthly gatherings, like breakfasts, sporting events and Bible studies."

He also volunteers with local youth at that church, and tells them of his Guard experiences.



(U.S. Air Force photo by Master Sgt. Dan Kacir)

Making deployments happen: 129 LRS/LGRDX

by Staff Sgt. Eric M. Hamilton
special to the 129th Rescue
Wing PA Office

The three people currently assigned to the 129 Logistics Readiness Squadron, Plans and Integration Office, or 129th LRS/LGRDX, might be responsible for anything from handling war reserve materials to working out various support agreements for the wing.

However, for the hundreds of Airmen deployed by the 129th Rescue Wing over the past year, this shop was what got them deployed and back again, according to Senior Master Sgt. Alicerose D. Messina, superintendent of the Plans and Integration office.

"We manage, from start to finish, the deployment process for not only federal deployments like Iraq or Afghanistan, but deployments for state emergencies as well," said Sergeant Messina. The person who drives that process, she said, is the installation deployment officer, Capt. Mario Montero.

This part of the wing is devoted to getting the unit member and his or her equipment deployable, Captain Montero said. "We're the facilitators, ensuring compliance through the Unit Deployment Manager and the commander," he said. The UDM handles most of the day-to-day tracking of deployable assets and requirements, but the 129th LGRDX office maintains oversight for all the moving parts involved in any deployment.

For those who've frequently deployed, there may not be many surprises about how this process works, but Sergeant Messina and Captain Montero have heard all the questions from those new to the deployment process. For starters, each group of deployers is called a "chalk." Each chalk is headed by the most senior individual assigned to that chalk, called the troop commander.

Some of the most common questions have to do with the process, such as "why do we have to deploy or why do we have to be in a sterile environment apart from our families," Captain Montero said. He pointed out that guidance for deploying comes from AFI 10-403, and follows set checklists. When a member of the chalk needs something from outside the sterile environment, the UDM has to get it, preserving the process, which is essential for the deployment to be on time.

Captain Montero said the UDM has a vital role and is responsible for outlining and ensuring not only the processes of deployment, but the requirements for members themselves. For example, members must have appropriate medical and dental clearance, must have completed

to do with voluntary deployments versus involuntary deployments—both have the same requirements, but voluntary deployments also require the supervisor's and commander's approval, Captain Montero said. For volunteers seeking deployment, it's possible to get an answer back the same day.

For involuntary deployments, selection and notification follows a different standard. It's possible, although unlikely, that a member could be called up to perform a function completely different from his or her duty AFSC. "Involuntary deployments are used to meet the needs of emergency situations or vital requirements," Captain Montero said.

Some of those "emergency situations" might surprise new members here because of how frequently the California National Guard is called into action for state emergencies, like the forest fires last year, Sergeant Messina added. With state deployment, some of the assumptions about pay and benefits are completely wrong, Sergeant Messina said. "State deployment pay is based on the type of job each specific deployment requires, and is a daily wage," unlike federal deployments.

Finally, it's important for members to be aware of their response time requirements, also known as "DOC response time." DOC stands for Designated Operational Capability, and refers to each unit's established standards for deployments. For example, a unit might have a 72-hour DOC response time, meaning that the members of that unit should be ready to report for deployment within 72 hours of initial notification, Sergeant Messina said.

Captain Montero said his best deployment advice was to maintain situational awareness, not only for yourself and your training, but of your unit's mission and history. "You never know when you might be needed. Ask about your unit's deployment history and their mission," Captain Montero said. "Be ready."

With state deployment, some of the assumptions about pay and benefits are completely wrong.

their CBTs and ancillary training, and must have completed weapons training. If this process isn't well underway before the deployment tasking arrives, the member might not deploy on time—and that can have severe consequences.

For example, if an individual is traveling with more than one weapon, certain paperwork is needed to verify that this is part of that person's duty assignment—and neither the weapons nor individual carrying them can move without that paperwork. In these cases, the UDM must move quickly to prevent the whole flight from being delayed—because the aircraft carrying a deploying chalk might well be waiting on the runway, burning fuel until the issue is resolved. It's always better when these problems are anticipated and resolved long before then, Captain Montero said.

Other common questions might have

Become a First Sergeant and lead from the front! Here's your chance:

Three First Sergeant positions are currently available! An applicant must be a Technical Sergeant (eligible for immediate promotion to Master Sergeant) or a Master Sergeant, have an ASVAB score of 43 General or 62 Admin, and have a running fitness score of 75 or higher. The application must include:

- Letter of intent
- Resume
- Current RIP
- Endorsement letter from your commander
- Current fitness report

Completed packages are due no later than April 30, 2009, and should be submitted to:

129 MSF/DPMT
PO Box 103
Mail Stop 25
Moffett FAF, CA 94035

For questions or more information, contact Command Chief Master Sgt. Keck, at: 650-603-9202 or 650-224-3228.



News & Notes

129th RQW online:
www.129rqw.ang.af.mil

Welcome new 129th members!

Capt. Robert Cooks
Capt. Matthew Curtain
1st Lt. Benjamin Hernandez-Stern
Staff Sgt. Rodney Jackson
Staff Sgt. Tiffany Land
Senior Airman Jacqueline Holmes
Senior Airman Michael Joslin
Airman 1st Class Elisabeth Cunningham
Airman 1st Class Germaine Figueras
Airman 1st Class Kevin MacNeill
Airman 1st Class Alvaro Ponce

The following member were recently promoted to their current rank. Congratulations!

Chief Master Sgt. Michael Hill
Senior Master Sgt. Walter Bacio II
Senior Master Sgt. Eric Burke
Senior Master Sgt. Richard Rodriguez
Tech. Sgt. Edwin Danteras
Tech. Sgt. Walter Engle
Tech. Sgt. Elizabeth Miller
Staff Sgt. Sean Pellaton
Staff Sgt. Kaohuhealani Trueman

The following members have retired, separated, or transferred to another unit. We wish them well and thank them for their service.

Chief Master Sgt. Betty Maldonado
Tech. Sgt. Mark Benitez
Tech. Sgt. Crawford Hicks
Staff Sgt. Jacob Wheeler
Staff Sgt. Thea Williams
Senior Airman Troy Jackson
Senior Airman Phong Tran

Maintenance officer opportunity

The 129th Maintenance Squadron is seeking qualified applicants to fill a traditional Guardsman vacancy as the maintenance officer for the squadron. The position is open to any California Air National Guard enlisted personnel eligible for commissioning that have a bachelor's degree from an accredited college.

The application deadline is May 1. For more information, contact 2nd Lt. DeCosta at 3-9087 or Lt. Col. Emery at 3-9550.

Good Conduct Medal reinstated

Air Force officials announced Feb. 11 the reinstatement of the Air Force Good Conduct Medal for enlisted members, effective immediately and retroactive to Feb. 6, 2006, when the medal was discontinued. Airmen who are eligible should see an update automatically in their records on the virtual Military Personnel Flight Web site.

Moffett Field Museum free for military and dependents

If you'd ever like to learn more about the history of Moffett Field, pay a visit to the Moffett Field Museum. The museum has a Lighter-Than-Air display that includes photographs, models and memorabilia of balloons, blimps and dirigibles. Aircraft models, artifacts, photos and newspaper clippings are also on display.

The museum is open Wednesday through Saturday, 10 a.m. to 2 p.m., and is located in Building 126 next to Hangar One. Admission is free for military and accompanied dependents. For more information, go to www.moffettfieldmuseum.org or call 650-964-4024.



Religious Services Schedule

Services take place every Sunday morning of UTA drill weekend in Building 650.
Schedule of services
Catholic: 10:15-10:45
Non-denominational: 11:00-11:30

2009 Moffett Field Commissary Sidewalk and Case Lot Sales

April 3-5 - Sidewalk
May 1-3 - Case Lot
June 5-7 - Sidewalk & Seafood
July 17-19 - Sidewalk
Aug. 14-16 - Sidewalk
Sept. 4-6 - Case Lot
Oct. 2-4 - Sidewalk & Seafood
Nov. 6-8 - Sidewalk & Seafood

Suicide prevention hotline saves veterans' lives

Help is only a phone call away for military veterans considering suicide. The Department of Veterans Affairs suicide prevention hotline can be reached at 1-800-273-TALK. The hotline was launched July 2007.

The hotline operates 24 hours a day, seven days a week, and is staffed by trained mental health professionals prepared to deal with an immediate crisis. Although the lifeline isn't restricted to military veterans only, callers are prompted to "please press 1 now" if they are a U.S. military veteran or are calling about a veteran. Callers who press 1 are transferred to the nearest VA call center.

Home Community Care Program

The Home Community Care Program is a free UTA child care service open to military members who participate in a UTA weekend. The program is open to children two weeks to 12 years old. Reservations will be confirmed only when the Home Community Care Parent

Statement and state registration forms are completed in their entirety and received by the Services Flight. The forms must be submitted during the UTA prior to be eligible for the next UTA. For more information and access to the required forms, please go to the 129th Services CoP on the Air Force Portal or by calling the Services Flight at 650-603-9291.

San Jose Vet Center presents the 4th Annual Veteran and Family Resource Fair

This event is scheduled for Saturday, April 18th, from 10:00 a.m. to 4:00 p.m. at the National Guard Armory on 251 W. Hedding St. in San Jose (near Highway 87)

Welcoming all military and families, the fair will feature over 100 veterans' resources, as well as food, live music, door prizes, a silent auction and children's arts and crafts.

From 11:30 to 12:30, Dr. Francisco Ponce will address PTSD in the military veteran.

Admission and parking are free, so make time to attend this event.

News & Notes cont.

Single 800 number now available to help all Airmen

Members of the Air Force community -- regular Air Force, Air National Guard, Air Force Reserve, civilian and retired Airmen -- can now call the Total Force Service Center at 800-525-0102 to reach a customer service counselor to discuss issues ranging from retraining, promotions and identification cards to leave, retirements and civilian benefits.

With the single number, the ARPC and AFPC contact centers become virtually connected, making it easier for all Airmen to reach their needed personnel services. Airmen and their families also can find answers to many of their personnel questions at AFPC's <http://ask.afpc.randolph.af.mil> or ARPC's <http://www.arpc.afrc.af.mil>.

Annual Civilian Employment Information access on vPC-GR

All ANG and Reserve Airmen, with the exception of AGR members and retirees, are required to complete this annual requirement. See the OSD Guard-Reserve Portal at <https://www.dmdc.osd.mil/>. The portal is also located on vPC-GR.

Disney, Army resort offer affordable vacations for troops

With the "Disney's Armed Forces Salute" offer, active and retired military personnel, including active members of the Coast Guard and activated members of the National Guard or Reserve, can enjoy complimentary, multi-day admission into Disney's U.S. theme parks, and special ticket offers for family and friends.

At Disney's U.S. theme parks from Jan. 4 to Dec. 23, 2009, an active or retired member of the U.S. military may obtain one free five-day "Disney's Armed Forces Salute" ticket with "Park Hopper" and water park options. Active or retired military personnel also may make a one-time purchase of up to five Disney's salute companion tickets -- good for five days -- for \$99 each, plus tax, for family members or friends.

MEO commissioning opportunity

The 129th Military Equal Opportunity office is seeking qualified applicants to fill a traditional Guardsman vacancy as an MEO officer. The position is open to any 129th enlisted Airman eligible for commissioning that has a bachelor's degree from an accredited college and four years time in service.

For more information, contact Maj. Wong at 3-9196 or Col. Albright at 3-9141.

2009 UTAs

April 4-5

May 2-3

June 6-7

July 11-12

August 1-2

September 12-13

October 3-4

November 7-8

December 5-6



Earn up to \$2,000 for each new recruit.
<http://www.guardrecruitingassistant.com/>

Airman's Roll Call: Cyber Threat Training

In March, units across the Air Force took the time to discuss network security and how failure to secure our cyberspace resources impact our Joint and AF missions. Just as we have Safety Days to reinforce taking care of our wingmen, so too must we understand how to take care of the cyber domain.

Undisciplined use of our networks needlessly exposes critical information to those with malicious intent. Below are a few points to better prepare you to recognize the threat and protect yourself and your mission.

Cyber Threats:

- Social networking sites such as MySpace and Facebook can contain malicious content and where personal information is easily gathered
- Phishing emails are legitimate-looking emails used to gain personal information like financial information (i.e., bank accounts, credit cards) or install malicious software on your computer. This code can steal information and/or give others 'remote control' of your computer and its data.

How to protect the mission and yourself:

- Don't open email attachments or embedded links from people you do not know. Recognize "spoofed" e-mail: designed to look like it's from people you know but is actually malicious. When in doubt, do not open or click.

- NEVER post sensitive information or provide it to strangers; safeguard personal, unit, and mission information at all times.

- Don't use flash memory devices (USB thumb drives, MP3 players) on DoD computers and follow strict procedures for moving data from one computer to another. USB thumb drives can contain malicious code and install it on other computers without your knowledge.

- Keep your home anti-virus up-to-date.

Additional Resources:

Cyber Security Training Brief:

<https://wwwd.my.af.mil/afknprod/ASPs/docman/DOCMain.asp?Tab=0&FolderID=AF-OP-00-26-5&Filter=AF-OP-00-26>

DoD Home Use Antivirus Download page:

https://www.jtfgno.mil/antivirus/antivirus_homeuse.htm

Wing's three newest chiefs inducted in March ceremony



(U.S. Air Force photo by Senior Airman Joshua Kauffman)

The 129th Rescue Wing's three newest Chief Master Sgts. (from left to right), Todd Hern, 129th SFS; Richard Nowaski, 129th Rescue Squadron; and Michael Hill, 129th Maintenance Group, look on as Col. Bagdasarian (far left), 129th RQW commander, addresses the audience during the Chief's Induction Ceremony March 8 in the Operations Auditorium. The new chiefs were accompanied by 129th RQW Command Chief Master Sgt. Kristina Keck (far right).

129th RQW/PA
MOFFETT FAF, CA 94035

UNITED STATES AIR FORCE
OFFICIAL BUSINESS

These Things We Do...That Others May Live
Download the newsletter at www.129rqw.ang.af.mil