THE RESCUEGRAM

The Official Information Publication of the 129th Rescue Wing, California Air National Guard **September 2009**

Lives Saved

785

These Things We Do... That Others May Live

Inside This Issue:

Bandsmen rock overseas	3
October Picnic	3
Portrait of a Professional	5
Ask a Trainee	5
News & Notes	6
Guard Perks	7

Unusual day for 129th heroes

by 1st Lt. Noelle Caldwell, 451st Air Expeditionary Wing Public Affairs

KANDAHAR AIR FIELD, Afghanistan -- Almost an hour passed before U.S. Air Force HH-60 Pave Hawk flight team pilots, gunners and pararescuemen taxied back to the landing pad here after a rescue mission.

As they peeled back their heavy body armor and dismounted their war birds reveling and exhaling with relief, their uniform t-shirts were soaked in perspiration from another hearty, brutal rescue mission that saved four Afghan lives today.

"Dude! Did you see that?!" one gunner said. "He was firing right at us!" he said, full of energy and exhilaration from their successful undertaking.

"I was right there; I don't know how (enemy fire) missed us," another pilot said, still a bit shaky from the adrenaline rush of the mission.

The 129th Expeditionary Rescue Squadron, 451st Air Expeditionary Wing here received a call Aug. 9 and responded in a matter of minutes to rescue four "category A's," which is the most severe physical condition that demands immediate medical attention within one hour.

"Today was a little more intense," said Staff Sgt. Andy Hedin, a flight engineer with the 129th ERQS. "I've never heard an RPG detonated (and fired at us) before. Even though we risked our lives today, we saved people--and that's the important thing."

Several pieces of airpower assisted their victory; close air support by A-10s, eyes in the sky from Unmanned Aerial Systems surveying overhead and a few lethal helicopter platforms ready to save four Afghans who were severely wounded.

Staff Sgt. Sean Pellaton, 129th RQS gunner, provides rescue security over Afghanistan.

"You're constantly evaluating the situation," said Maj. Tom Keegan, director of operations for the 129th ERQS. "You have to consider how dangerous the situation is and balance it with how much fuel you have left, what tactics you're going to use, and what your wingman is going to do," he said.

"You go through every single emotion every day," Sergeant Hedin said. "But it's the best gratification ever."

At deadline, deployed 129th members had rescued 186 people in Afghanistan.

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

Executive Officer
Lt. Col. Pete Sobrino

Chief of Public Affairs
Capt. Alyson M. Teeter

Staff Writer
Airman 1st Class Jessica Green

Visual Information Staff
Photo
Master Sgt. Dan Kacir
Staff Sgt. Kim Ramirez

Video
Tech. Sgt. Ray Aquino
Senior Airman Shane Burke

Contact Us:
129th RQW/PA
P.O. Box 103, Stop 20
Moffett FAF, CA 94035
650-603-9152 / DSN 359-9152
public.affairs@camoff.ang.af.mil

Case lot sale promises huge savings

by Tammy Moody, Defense Commissary Agency

FORT LEE, Va. – Commissary customers can save 30 percent or more on their purchases every day, but in September they can save even more by shopping at a worldwide case lot sale in their community.

As seen in the past, the Defense Commissary Agency's worldwide case lot sale promises record numbers of customers taking advantage of savings of 50 percent or more on bulk-sized products. These items range from canned goods, beverages, toilet paper, paper towels, produce, fresh meat, seafood, pet supplies, cleaning and laundry products, and more.

"Commissaries offer the military and their families great ways to extend their purchasing power through the case lot sales we hold in May and September," said DeCA Director and CEO Philip E. Sakowitz Jr. "It helps them take advantage of their commissary benefit even more."

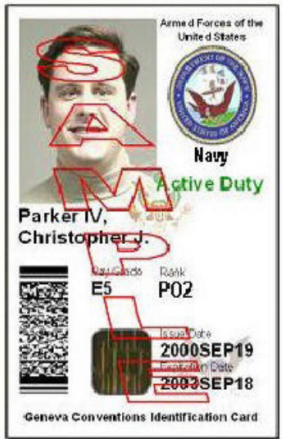
The products at these events are normally seen stretched out in a section of a commissary parking lot or inside a store warehouse. Some 50 to 60 percent of the items are sold in "club pack" product assortments similar to the oversized or multiple products sold at commercial warehouse club outlets.

"Case lot sales give our patrons even more savings beyond our normal great prices," said Charlie Dowlen, DeCA promotions manager. "With children going back to school, families are looking for an opportunity to save money. Case lot sales provide this opportunity."

There are 404 items available for this sale, and Dowlen expects the larger commissaries stateside will offer an additional 100 or more items. Although smaller commissaries in the United States and those on installations overseas will carry a more limited selection, all stores will offer customers the massive savings associated with these events, he added.

The Moffett Field Commissary case lot sale is scheduled Sept. 4 to 6.

Photocopying ID card can lead to counterfeiting



Recent incidents have been reported of commercial establishments photocopying military identification cards and common access cards (CAC) to verify military affiliation or provide government rates for service. All military members are reminded that the photocopying of US Government Identification is a violation of Title 18, US Code Part I, Chapter 33, Section 701 and punishable by both fine and imprisonment.

Although it's permissable for commercial establishments to ask for government identification, many government personnel are unaware of the prohibition on duplication of government identification. There are no safeguards in place to insure a government identification card won't be counterfeited or "cloned" based on a photocopy by a commercial establishment.

Instead of providing military identification, it is recommended that military and DoD travelers provide a state drivers license or other form of photo identification to be photocopied if an establishment insists on a photocopy of the traveler's identification.

ANG Band of the West Coast members rock "The Rock"

by Staff Sgt. Shaun Emery,
386th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA -- Members of the 386th Air Expeditionary wing were treated to a night of entertainment by the U.S. Air Forces Central Expeditionary band Sonora July 21 here.

For the past thirty days, this group of classically trained musicians traveled the region unleashing their inner-rock star and putting smiles on their audience's faces.

These multi-talented performers were forced out of their comfort zones in preparation for their tour. Some band members, like Master Sgt. Beth Sanders, Sonora's noncommissioned officer in charge, are playing something other than their primary instrument.

"This isn't something we normally do," said Sergeant Sanders. "We were told we needed to put together a rock band, so we did and now we're here touring for our fellow Airmen." Sergeant Sanders is a saxophone and clarinet player, but on tour she strums on the base. Sergeant Sander is deployed from the 129th Rescue Wing, Moffett Federal Air Field, Calif.

Sonora is made up of members of the National Guard. National Guard bands deploy for thirty days at a time. For most of the band, this is the first time deploying to the region. But, while the monotony of travel, setting up, playing, packing up and more travel in the desert heat might take its toll the members, Sergeant Sanders said there's nothing like the reactions they get from a thankful audience.

"We've played for all kinds of crowds," she said. "At some of the smaller forward operating bases, we get them up with us, singing and dancing. I think it's a big morale booster for them. Sometimes people can get down out here, so if we reach just a couple folks, we've done our job."

(Photo by Tony Tolley

Staff Sgt. Jorge Cruz, left, and Brian Coggins, from the Air Force Central Command Sonora band, play saxaphone at a performance for the 386th Air Expeditionary Wing July 21. Sergeants Cruz and Coggins are members of the ANG Band of the West Coast.

Watching the band perform on stage, the total team concept is evident, with members jumping from one instrument to another, sometimes on vocals and sometimes just hyping up the crowd.

Crowd participation is not uncommon during Sonora's shows. Throughout the night, band members hand out tambourines, maracas and cowbells to audiences eager to join in the fun; even getting up on stage to perform alongside the band.

"We have a lot of fun doing this," said Tech. Sgt. Lindsey Bartlett, Sonora's chief of operations, also deployed from the 129th RQW. "We've met so many amazing people on our tour. It's great to know that we are making an impact on people's lives."

Menu:
Bar-B-Que Chicken & Ribs with Caesar salad, baked beans, potato salad, cole slaw, assorted rolls and cookies/brownies. Hotdogs & Hamburgers for kids.

Note: This is Saturday's UTA meal.

Cost:
- Traditional & Technicians (no cost)
- Officer & AGR ($4.25)
- Non-military Adult ($10.00)
- Kids 12 and under ($5.00)
***** Pay your unit picnic POC during Sept. UTA!***

Be prepared, know H1N1 prevention and symptoms

courtesy of National Guard Bureau Joint Surgeon's Office

A global pandemic of H1N1 influenza is underway. More than 70 countries have reported cases. All 50 of the states in the United States, District of Columbia, Puerto Rico, and Virgin Islands have reported H1N1. Outbreaks are ongoing and in some cases with intense activity. H1N1 in conjunction with seasonal influenza poses the potential to cause significant illness.

Although most who have become ill with H1N1 have recovered without significant medical care, it is anticipated, more cases, hospitalizations, and deaths associated with this pandemic will occur.

H1N1 is a new flu virus that first caused illness in Spring 2009. H1N1 flu spreads like seasonal influenza, mainly through the coughs and sneezes of people who are sick with the virus, but it may also spread by touching your nose to mouth,

H1N1 infection has been reported to cause a wide range of flu-like symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. Some have also reported nausea, vomiting and/or diarrhea.

It is important for all to recognize their risk for exposure, understand what symptoms prompt medical attention and taking appropriate measures to mitigate infecting others.

Preventative Measures

- Wash hands often with warm water and soap, especially after you cough or sneeze -- alcohol based hand cleansers are also effective.
- Cover your nose and mouth with a tissue or use crook of elbow when you cough or sneeze.
- Discard used tissues.
- Avoid touching your eyes, nose, and mouth -- germs spread this way.
- Clean surfaces of tables, desks, door knobs, keyboards, and phones.
- Get adequate rest and eat well to help your body fight off infection.
- Follow public health advice regarding social distancing.

Response Measures

Individuals have an important role in protecting themselves and their families.

- Seek attention from a health care provider if you develop a fever, headache, extreme tiredness, cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting, or diarrhea.
- Limit contact with others if you are sick with flu-like symptoms.
- Stay home for at least 7-days after illness onset or until you have been symptom free for 24 hours, whichever is the greater period of time, except to seek medical care. This is to keep from infecting others and spreading the virus.

Immunizations

Obtain your seasonal influenza vaccine as soon as it is available to you unless advised otherwise by your health care provider.

Vaccination will be an important countermeasure to both seasonal and H1N1 influenza. Efforts are underway to produce a safe and effective H1N1 vaccine.

Further information regarding DoD, state and local efforts in planning for and executing an H1N1 influenza vaccination campaign will be forthcoming.

Information

Use your Health Care Provider, Chain of Command, and these Web sites as sources of information:

http://www.flu.gov/
http://www.cdc.gov/h1n1flu/
http://fhp.osd.mil/aiWatchboard/

Marriage seminar in San Diego, Sept. 19-20

If you are interested in communicating effectively, working as a team to solve problems, managing conflicts without damaging closeness, and preserving and enhancing love, commitment, and friendship, then the Marriage Enrichment Seminar is for you!

The purpose of the seminars is to coach married 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.

The next Marriage Enrichment Seminar is scheduled for Sept. 19-20 in San Diego. Registration is only open to California National Guard married couples that have not attended in the past. Go to http://www.prestoregister.com/cgi-bin/order.pl?ref=Readyfamilies&fm=2 to register (Select 2 as the quantity amount). Upon registration, attendees will receive an email with important hotel and contact information.

Couples will be put on a hotel rooming list once registered. The hotel room and tax will be paid for by the Operation Ready Families office for the nights of Friday and Saturday. Incidentals are the responsibility of the attending couple and for this reason a credit card is required upon check in.

Air Guard couples must contact their wing family coordinators for Invitational Travel Order (ITO) information. Once registered, the Operation Ready Families Office will email this information to each ANG registrant. Non-military members will get invitational travel orders through the Operation Ready Families Office.

For additional registration information, contact Monica Clapperton at 916-361-4958.

Portrait of a Professional -- Airman 1st Class James Ruckdeschel

What is your favorite memory in the AF?
My first low level on our MC-130P Combat Shadow.

What motivated you to enlist in the AF?
Patriotism

How has being an Airman changed your outlook on life?
Taught me to always seek the best in people.

What's the most important lesson you've learned in the military?
The importance of doing the job right. People's lives depend on it.

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

If you could choose any AF job, which would it be?
I would love to fly the A-10.

Where did you grow up?
In a small town just west of Boston.

What is your job in the civilian world?
I'm a full time technician -- MC-130P crew chief.

What would people be surprised to know about you?
I have climbed Half-Dome at Yosemite.

What are your hobbies?
Snowboarding, motorcycle riding, and baseball.

(Photo by Tech. Sgt. Ray Aquino)

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

Ask a trainee...

Look, you're only new once. This column is in place to get to know those newest Guardsmen to join the 129th family. The responses are genuine, and have only been edited for space and to correct errors.

What aspect of your upcoming training are you most excited, scared or concerned about?

A1C Jimmy Bruce Panyanouvong (training to be a C-130 crew chief)
"The thing I'm concerned about is 'am I fit enough for Basic Military Training?' Right now, I'm trying to get back into shape before I leave for BMT."

A1C Parker Imrie (avionics comm/nav)
"I'm excited for both the physical and teamwork training of BMT and for learning the inner workings of the aircraft. I'm a little worried about getting enough food and sleep at BMT, but not scared about the PT."

A1C Heather Frost (admin)
"The one aspect of upcoming training that I am concerned about is the overwhelming amount of information that we need to learn and absorb."

A1C Austin Rose (comm/nav)
"Excited: pushing myself to do something outside the day-to-day rigors of civilian life.
Scared: failing.
Concerned: the recent two-week extension to BMT."

News & Notes

Welcome new 129th members!
Maj. George Dona
Staff Sgt. Abdiel Tugaff
Senior Airman Brendan Baker
Senior Airman Bebedict Chan
Senior Airman Gabriel Nascimento
Airman 1st Class Danielle Dunker
Airman 1st Class Leonard Jackson
Airman 1st Class Samantha Llewellyn
Airman 1st Class Luis Sanabia
Airman 1st Class Rachael Stults
Airman 1st Class Niko Wallat

The following members were recently promoted to their current rank. Congratulations!
Tech. Sgt. Franklin Clay
Tech. Sgt. Adam Crockett
Tech. Sgt. Ernesto Godinez, Jr.
Tech. Sgt. Jeannie Lam
Tech. Sgt. Alfonso Martinez
Tech. Sgt. Brandon Sheldon
Staff Sgt. Albert Fouchy
Staff Sgt. Jessie Swift

The following members have retired, separated, or transferred to another unit. We wish them well and thank them for their service.
Col. Cheryl Speer
Chief Master Sgt. John DeCasto
Tech. Sgt. Leah Price
Tech. Sgt. Tihesha Smith
Staff Sgt. Nathaniel Bohn
Senior Airman Lawrence Anderson
Senior Airman Josephine Vaca-Corral

Congratulations, graduates!

Airman Leadership School
Senior Airman Lance Zhang

Squadron Officer School
Capt. Roshan Jessani
Capt. Natalie Rowell
Capt. Clayton Smith

Academy of Military Science
2nd Lieutenant Marcos Berrios
2nd Lieutenant Michael Foust

Event Calendar

Oct. 3: Family Picnic

Dec. 6: Wing awards ceremony in service dress

Jan. 16: OAY Banquet

Wait at least 15 days before you inquire about travel claims

All personnel who submit travel claims/vouchers to finance for processing must wait at least 10 business days (Monday-Thursday are considered business days for 129 RQW/FM) or 15 calendar days, before you inquire on the status of your travel claim.

NOTE: Put your email account (work or home) on your travel voucher and you will automatically be notified of your processed travel voucher.

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

The 129th is on the Web!
YouTube: www.youtube.com/129thRescueWing
Twitter: www.twitter.com/129RQW
Delicious: www.delicious.com/129RQWPA

Moffett Field Museum free for military and dependents

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. To learn more, go to www.moffettfieldmuseum.org or call 650-964-4024.

Volunteer as a Victim Advocate

Victim Advocates provide essential support, liaison services and care to a sexual assault victim. They are military personnel selected by the Sexual Assault Response Coordinator 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:
* Crisis intervention, referral and on-going, non-professional support
* Providing information on available options and resources to assist the victim
* Services will continue until the victim states support is no longer needed
* May accompany the victim, at the victim's request, during investigative interviews and medical examinations
* Does NOT provide counseling or other professional services

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

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. For more information and access to the required forms, please go to the 129th Services CoP on the Air Force Portal or call Services at 603-9291.

2009 UTA Schedule

Sept. 12-13
Oct. 3-4
Nov. 7-8
Dec. 5-6

FOR THE LATEST NEWS:

WWW.129RQW.ANG.AF.MIL

Perks: Discounts galore in California

"Perks" is a new section created for wing members to share their experiences with benefits that came to them because they were in the Guard. So what are we looking for here? You be the judge—if it's close, send it. For example, "I heard that Chevy's restaurants are offering 50% off their regular lunch menu prices for military personnel. Is this true?"

To submit your "Perk," send an email to public.affairs@camoff.ang.af.mil.

This month's perk is a reprint of a Travis AFB Outdoor Recreation tickets flyer. You'll notice a long list of deals Guard members can take advantage of throughout California.

Revised 6-29-09

Travis AFB Outdoor Recreation
273 Ellis Dr. Bldg 863 - Travis AFB
Phone: 707.424.0969

USAF Information Tickets & Travel

TICKETS

				Our Price:	Theirs:
Disneyland	1 Day Resort	Adult	10+	$65	$69
		Child	3-9	$55	$59
Disneyland	2 Day Hopper	Adult	10+	$125	$143
		Child	3-9	$105	$123
Disneyland	3 Day Hopper	Adult	10+	$155	$189
		Child	3-9	$135	$159

Disneyland Salute to the Armed Forces Promotion (Expires September 30, 2009)
Active-duty, reservists, guard, and retired military members can receive a FREE 3-day hopper pass and can purchase up to five 3-day hoppers for $94 each!

Best Western
Disneyland Hotel Voucher
800-854-8175

Our Price: $85 per room/per night — Their Price: $149

				Our Price:	Theirs:
Universal Studios		$52 General admission			
San Diego Zoo		Adult	12+	$30	$34
Active duty is free!!!		Child	3-9	$23	$24
Monterey Bay Aquarium		Adult	18-65	$28	$29.95
		Child	3-17	$16	$17.95
California Academy of Sciences		Adult	18+	$20	$24.95
In San Francisco		Ages	13-12	$16	$19.95
		Child	7-11	$13	$14.95
		Ages	0-6	FREE	
6 Flags		Day Admission		$30	
		Season Pass		$56	
Great America		Day Admission $30			
California Fishing License		Resident		$42	
		2 Day		$21.75	
		1 Day		$13	
		Delta		$7	

USAF SERVICES
Combat Support & Community Service

FOR TICKETS CALL 424-0969

www.TravisFSS.com

OUTDOOR RECREATION
AF SERVICES

aa

(Photo by Senior Airman Shane Burke)

129th set to "star" in Air Guard site redesign

Members from the Air National Guard Advertising and Marketing team set up video equipment for an interview with Master Sgt. Alan Munro, a former military training instructor and a member of the 129th Medical Group, during a video and photo shoot here for the redesign of GoANG.com Aug. 1.

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**