



EL TIGRE NEWS

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SERVING THE 162ND FIGHTER WING AND TUCSON AIR NATIONAL GUARD COMMUNITY SINCE 1959

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Air National Guard Photo

Baghdad: Security Forces Squadron sends its best

(From left to right) Master Sgt. Jeff Thornsberry, Tech. Sgt. James Mulcahey and Tech. Sgt. Dion Hawkins pause to take a photo near remnants of the former Iraqi regime in Baghdad, Iraq. The three Guardsmen deployed with 16 other squadron members to Baghdad International Airport for a voluntary six-month tour of duty which began Feb. 24. The Guardsmen, who provide full-time security for the 162nd, now use their training and expertise to secure Iraq's largest airport. They are scheduled to return to Tucson in September.

Come one, Come all!



162nd FW Annual Festival

3

**Arizona's Outstanding
Airmen of the Year**



8



**The
Rocket
Man**

16



Energy conservation for our future

by Brig. Gen. Rick Moisio
Commander

In previous articles I have addressed the coming money crunch that will impact the Air Force and the Guard. As the Air Force directs moneys to recapitalize the aging aircraft fleet, we will experience budget cuts approaching 10 percent.

This will put severe pressure on funding for flying hours, travel, and fulltime manning, as we've already seen. But certain bills fall into the category of "must pay" and what we need to do is reduce those bills as much as practical.

Utilities and fuel are must pay bills; whatever we use we have to pay for. The Air National Guard electric bill was \$48 million last year and the 162nd share of that bill was just under \$1 million. With 88 wings in the Guard, you can see that by virtue of our size and our fulltime presence, we are a major consumer of energy. But that also means that we can make a significant impact by reducing our energy consumption.

You've noticed what's been done just in the past month in an attempt to save electricity and we will compare month to month billing versus last year to see how effective our efforts have been. My purpose with this article is to increase every individual's awareness of the issue and begin to bring about a cultural change in which we all think about conservation all the time.



General Moisio

Changing the settings on our computer monitors can help us save significant money. If every monitor in the Air National Guard were turned off over night or went to standby after 10 minutes of inactivity during the workday the ANG would save \$1.5 million per year!

We recommend the following settings for your computer: monitor to standby after 10 minutes, computer system to standby after 20 minutes. I leave it to each individual as to whether you wish to allow your hard drive to turn off (after 30 minutes) because if your hard drive is off when an update comes through our system, your computer cannot accept the

update with our current technology. Therefore when you return and get your hard drive running, the update will come through to your system and it may disrupt your work.

Another way you can help is to turn off the lights when you leave your work area for an extended period. Look around when you're going home in the afternoon and turn off lights that don't need to be burning. You can make a difference.

We're working on getting some solar electrical generation on our base. Hopefully within a year we will have started a project that will result in significant savings and a very quick payback on the investment.

Got any bright ideas that can help?

PC Power Saving Checklist

From your desktop

Right click an empty spot on your desktop

Left click on properties

From Display Properties

Left click on Screen Saver

Left click on Power

From Power Options

Properties

Power Schemes tab

Set 'Turn off monitor' to 'After 10 mins'

Set 'System standby' to 'After 20 mins'

(Optional) Set 'Turn off hard disks' to option of your choice

EL TIGRE NEWS

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Air Force leaders announce incoming AETC commander

by Tech. Sgt. Mike Hammond
AETC Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFPN) -- Air Force leaders named the commander of Air University as the future leader of Air Education and Training Command Feb. 28.

President George W. Bush has nominated Lt. Gen. Stephen R. Lorenz for appointment to the grade of general and assignment as commander of AETC, which is responsible for the free world's largest training system.

General Lorenz is scheduled to replace Gen. William R. Looney III, who will retire after leading AETC since June 2005.

In fulfilling its mission to develop America's Airmen today for tomorrow, AETC recruits, trains and educates Airmen throughout their careers. Every Air Force officer and enlisted member is touched by the command at some point.

More than 84,000 people, including active duty, Guard and Reserve Airmen - along with govern-

ment civilians and contractors -- make up AETC. The command is also responsible for an inventory of more than 1,500 aircraft.

Air Education and Training Command includes two numbered Air Forces, as well as AU and Air Force Recruiting Service. The annual budget for Fiscal 2008 is more than \$6.9 billion.

General Lorenz has led AU since October 2005. Air University provides the full spectrum of Air Force education including degree-granting and professional continuing education. As AU commander, he is also responsible for officer commissioning through Officer Training School and the Reserve Officer Training Corps.



General Lorenz

2008 162nd FW Annual Festival

Sunday, 6 April 2008
Udall Park
1200-1800
Ramadas 4-9 reserved

Fun Stuff!

Sno-Cones
Jumping Castles, Slides
Velcro Wall
Horseshoes
Kiddy Train
Clowns, Balloons,
& Face Painting
Cotton Candy Machine
Volleyball
Homerun Derby

Please bring your own camera
and sporting equipment
(Softball Fields available)



Picnic Lunch!

Hamburgers
Hotdogs
Potato Salad
Soda & Water
Cake and ice cream!

*Vegetarian Plate Available

Join the Fun!
Must present food coupon for lunch
Adults \$2.00
Children up to 10 years old \$1.00

Beer stamp \$2.00 for the day (Served 1200 - 1700)

Tickets Purchased after 1200 on Saturday, 5 April
will be \$3 for adults and \$2 for children

No pets allowed!
Individual Alcoholic Beverages not allowed!
Lunch served from 1200-1500

Must be 21 to consume alcohol (ID required)
Please drink responsibly!





Fit to fight... fight to be fit

By Senior Airman Jordan Jones
Public Affairs

Members and their spouses here can have a healthy experience becoming the “Biggest Loser” during the second six-week 9G Force Fitness class scheduled for April.

In the inaugural 9G Force Fitness class, the “Biggest Loser” chucked nearly 9 percent body weight and 16.5 inches around the waist.

“It’s not a six-week program – it’s a changed lifestyle. Mutual support is the key,” said Maj. Windy Hendrick, program designer. “I teach fitness the way fighter pilots learn to fly. Just like the F-16, our bodies are complicated pieces of equipment and we are influenced by so much more than just what we eat and how we exercise. It’s important to learn the basics, then figure out the ‘whys’ to what we do.” she said.

Sixty members of the 162nd Fighter Wing participated in the first-ever 9G Force Fitness class. The program goes far beyond the typical “diet” that focuses only the quantity of food eaten and exercise. Quality of food

consumed and a variety of exercises is also stressed to teach about healthy choices for the whole person – mind, body and spirit.

Members also learned how to set goals and objectives that are realistic, attainable, but challenging.

In order to achieve those goals, classes included step aerobics, plyometric drills, weight training and spinning, to name a few. Members were also required to keep a daily food log that required reading labels, ingredient lists, and measuring proper proportions.

During a meeting of the Top Three, Major Hendrick asked why corn was not a good vegetable to eat. Several members in the room responded because there was no nutritional value in corn, and that corn was mostly starch. The answer may surprise you. It’s because corn isn’t a vegetable – it’s a grain, stated a participant from the previous class.

DID YOU KNOW...

“You eat 75% more candy if it’s in a clear glass bowl where you can see it than if it’s in an opaque bowl,” said Major Hendrick. The major also stated that “statistically you eat 150 more calories per meal when your drink contains artificial sweeteners [e.g. diet soda].”

Major Hendrick urged the Top Three to support those in the program. She also stressed that it’s not a “get out of work” program, but rather an opportunity for our members to become healthier.

They meet five days a week to exercise and have a log book to complete each day. She’s received e-mails from commanders that the people are happier, more productive, and sick less often, said Major Hendrick.

Members and their spouses will have another chance at becoming the “Biggest Loser” during the next 9G Force Fitness class, so keep your eyes open for the announcement coming soon.

THE 9GS OF FITNESS

- 1G – Motivation and Behavioral Changes
- 2G – Basic Nutrition
- 3G – Getting Off the Couch/ Walking Program
- 4G – Basic Exercise
- 5G – Objectives and Lessons Learned
- 6G – Cardio Resistance Program
- 7G – Advanced Nutrition
- 8G – Advanced Exercise
- 9G – Putting it All Together: Mind, Body and Spirit



Photo by Capt. Gabe Johnson

Members of the first 9G Force Fitness class continue to apply what they learned weeks after the rigorous program ended. (From left to right) Staff Sgt. Kathleen Branch, Tech. Sgt. Mary Thompson, Tech. Sgt. Mike Coleman and Staff Sgt. Jose Toro warm up with jumping jacks.



A focus on personal finances equals readiness

by the 162nd Fighter Wing Command Chief
and wing First Sergeants

Recent reports indicate nearly one-third of U.S. enlisted servicemembers have moderate to severe difficulty in paying their bills, and that's counting only those who report having trouble.

We may not realize it, but job performance and mission accomplishment are directly affected by our personal well-being. Financial distractions negatively impact readiness, and the state of servicemembers' personal finances affects their security clearances.

An exorbitant amount of debt can be a potentially disqualifying identifier, or "red flag," when it comes to having your clearance suspended or revoked. Virtually all positions at the 162nd require a secret clearance. Without it, Airmen are denied access to the network and restricted areas on base.

If our members would approach their personal finances with the same discipline used in their professional lives much of their personal stress could be avoided.

American author E.E. Cummings once said, "I'm living so far beyond my income that we may almost be said to be living apart."

Spreading your income too thin and struggling to pay bills, especially when unexpected expenses such as home or auto repair, or health or legal problems arise, is not sound financial management.

This subject shouldn't conjure feelings of embarrassment, but rather inspire people to take steps to improve their situation.

We all should consider our family's needs for adequate personal property (renter's) insurance; and if you're a homeowner, consider purchasing flood insurance.

Make a detailed inventory of your personal property. Many insurance companies encourage customers to take photos or video of their belongings. Insurance obviously cannot replace the sentimental value of your property, but it can certainly help you with monetary losses.

Finally, don't forget comprehensive coverage for your cars. Liability insurance alone won't pay for damage from weather, fire, theft or vandalism. With a little preparation you'll minimize the burden of such sudden expenses.

Avoid credit card debt and high interest loans. According to the Federal Reserve, today's average consumer has a total of 13 credit obligations on record at a credit bureau and the total U.S. consumer debt, which excludes mortgage debt, reached \$2.46 trillion in June 2007.

Protect your personal information. According to the Federal Trade Commission, Arizona is among the list of states with the highest per capita rates of identity theft. Be extremely cautious about the way you dispose of personal documents and be careful about the personal information you transmit over the internet.

Though retirement seems like a long way off for our junior members, investing today will help you maximize the cumulative effects of a disciplined savings plan for your family.

Along those lines, the government offers the Thrift Savings Plan (TSP) which allows your money to grow tax-deferred while being automatically deducted from your pay through allotments—this is an easy way to invest your money systematically. Regardless of your status, DSG, technician or AGR, you should take advantage of this program to supplement your retirement.

The Family Readiness Group has a wealth of information to educate you on the many tools available to help you manage debt, begin saving, protect against identity theft and secure your family's future.

The Personal Financial Management Program at Davis-Monthan Air Force Base provides education, information and individual budget and/or financial counseling, on a wide variety of financial matters. They provide one-on-one spending plan analysis and financial management counseling to identify financial concerns and assist in developing immediate and long-range financial plans. Check the base events calendar at www.dm.af.mil for upcoming classes.

Moreover, we encourage everyone to look into services offered by militaryonesource.com and the new Department of Defense program, Military Saves, at www.militarysaves.org. These programs sponsor money management seminars and provide access to financial management information and personalized money management plans.

We want confident and proud Guardsmen. When your personal life is in order, you are a better asset for our state and our nation. Gaining and retaining control of your family's personal finances will provide you the right situational awareness to truly focus on the professional side of your life. Your secure tomorrow begins today!





Register to donate bone marrow, save a life

The C.W. Bill Young Department of Defense Marrow Donor Program is an initiative that provides support for military personnel who volunteer as marrow donors.

Since the creation of the National Marrow Donor Program in 1986, more than six million Americans, including more than 400,000 servicemembers, have registered as marrow donors.

Representatives from the program will have a booth at the Wing Festival for those who wish to register. The process is simple, painless, and can be done with an oral

swab. There is a particularly urgent need for minority donors, but anyone in good health between the ages of 18 and 60 is welcomed.

Each day, thousands of people across America are in need of marrow transplants. Registering as a marrow donor will enable you to give them the most precious gift of all - the gift of life.



Five years of VA health care for combat veterans

WASHINGTON – Military veterans who served in combat since Nov. 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.

“By their service and their sacrifice, America’s newest combat veterans have earned this special eligibility period for VA’s world-class health care,” said Secretary of Veterans Affairs Dr. James B. Peake.

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 Jan. 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 Nov. 11, 1998 and Jan. 16, 2003, and who never took advantage of VA’s health care system, have until Jan. 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 Nov. 11, 1998 and were discharged under other than dishonorable conditions.

Veterans who take advantage of this five-year window to receive VA health care can continue to receive care after five years, although they may have to pay copayments for medical problems unrelated to their military service. Copayments range from \$8 for a 30-day supply of prescription medicine to \$1,024 for the first 90 days of inpatient care each year.



Photo by Maj. Sandy Wilson

Firefighters on the move

Staff Sgt. Erika Jaramillo accepts a Diversity Champion Leadership Award from Maj. Gen. David P. Rataczak, Arizona Adjutant General, March 1. She earned the award for outstanding community involvement and leadership.

(From left to right) Firefighters Rene Peyron, Martin Samaniego and Tech. Sgt. Arnold Benitez go to work on “Phil,” a high-tech mannequin that simulates traumas ranging from chemical attack to a collapsed lung.



Photo by Master Sgt. Dave Neve

Connected to a computer, Phil shows real-time results of an emergency medical technician’s treatments. The base firehouse recently teamed up with other airport first responders for EMT recertification.



April is Sexual Assault Awareness Month

by **Master Sgt. Holly Gwaltney**
Sexual Assault Response
Coordinator

Nationally, April is observed as Sexual Assault Awareness Month (SAAM) as a way to raise awareness and promote prevention of sexual violence through special events and public education. SAAM creates an opportunity to highlight the Department of Defense (DoD) and Service policies addressing sexual assault prevention and response.

The DoD theme for SAAM 2008 is "Prevent Sexual Assault: Ask! Act! Intervene!" focusing on every servicemember to prevent sexual assault by taking an active role in looking out for the welfare of friends and co-workers.

Statistics show that in the United States, a sexual assault occurs every two minutes, according to the National Crime Victimization study (2001). This means that 360 sexual assaults occur each day. Tucson Police Dept reported more than 180 rapes and 41 attempted rapes from January through October 2007. These reports came from throughout the Tucson Area (Arizona Daily Star).

The NGB started a second phase of awareness training,

focusing on bystander intervention. Members are encouraged to get involved if they suspect a sexual assault is about to happen. Leadership needs your help in creating an "empowering climate." As a community, we can become more aware of the issues surrounding sexual violence and agree to honor and uphold an ethos that says "We will not display or tolerate any behavior that even potentially facilitates sexual violence." Training times and locations will be announced via local emails, or interested members may call 295-6568/6102.

Also in April, the Southern Arizona Center Against Sexual

Assault is sponsoring its annual Dine Out for Safety event April 16, 2. Dine Out for Safety is the center's signature community outreach and fund raising event. It unites local restaurants, businesses, organizations and individuals in a unique and fun community-wide experience.

Participating restaurants will generously donate up to 20 percent of their days' proceeds to support the center's mission. These restaurants will be staffed by community hosts, including community leaders and local celebrities, Pan-Hellenic organizations, college athletes, center staff, board members and volunteers.

In 1997, the center partnered with a single restaurant in its first Dine out for Safety. The event raised \$12,000. In 2007, Dine Out for Safety included 35 locally-owned restaurants and raised \$80,000. Some participating restaurants this year include: Blanco, Bluefin, Chad's Steakhouse, Cuvée, Feast, Kingfisher, Little Anthony's Diner, Magpies, Roma Café and Wildflower. For a complete listing or more information call 327-1171 or visit <http://dineoutforsafety.com>.



You are encouraged to learn more about the issue of sexual assault and what you can do to prevent it. Visit <http://www.sapr.mil> or <http://www.nsvrc.org/saam/> for more information.



Prevent Sexual Assault:

ASK!
...if friends need help

ACT!
...when they do

INTERVENE!
...when you see trouble





Sexual Assault Response Coordinators

SMSgt Edisa Salcido (520) 295-6568
MSgt Holly Gwaltney (520) 295-6102

24-Hour Contact (520) 516-7676
(520) 516-8802



S A P R O

www.sapr.mil



AZANG names 'best of the best'



The 2007 Arizona Air National Guard Airman of the Year award winners: Airman of the Year Jamie Hawkins, Airman of the Year; Master Sgt. Daniel Gutierrez, Senior Noncommissioned Officer of the Year; Staff Sgt. Jared Davis, Officer of the Year; and Tech. Sgt. Joseph D.



The Arizona Air National Guard Airman of the Year award winner, Senior Airman Jamie Hawkins, congratulates fellow award winner Master Sgt. Brian Thomas, Noncommissioned Officer of the Year.

Story and photos
by Tech. Sgt. Angela Walz
Public Affairs

PHOENIX - The Arizona Air National Guard brought together its finest personnel and named its top performers during the Outstanding Airmen of the Year banquet held here March 1, at the Phoenix Airport Marriott Hotel.

Three of the award-winning Airmen were nominees from the 162nd Fighter Wing.

The 2008 Airmen of the Year award winners are:
Airman of the Year: Senior Airman Jamie Hawkins, assigned to the 214th Reconnaissance Group, but nominated by the 162nd Fighter Wing for her service to the wing over the previous year

Noncommissioned Officer of the Year: Master Sgt. Brian Thomas (Technical Sergeant during the award period), assigned to the 161st Air Refueling Wing

Senior Noncommissioned Officer of the Year: Senior Master Sgt. Daniel Gutierrez, assigned to the 107th Air Control Squadron



h of the Year award winners are, from left to right: Senior Airman Sgt. Brian Thomas, Noncommissioned Officer of the Year; Senior Noncommissioned Officer of the Year; Master Sgt. Diana Aragon, First Honor Guard Member of the Year; Capt. Patrick McDonnell, Junior Duyck, the Command Chief Master Sergeant Award winner.

First Sergeant of the Year: Master Sgt. Diana Aragon, assigned to the 162nd Fighter Wing

Honor Guard Member of the Year: Staff Sgt. Jared Davis, assigned to the 107th Tactical Air Control Squadron

Junior Officer of the Year: Capt. Patrick McDonnell, assigned to the 161st Air Refueling Wing

Command Chief Master Sergeant Award winner: Tech. Sgt. Joseph Duyck, assigned to the 162nd Fighter Wing

“You are all winners,” Army Maj. Gen. David P. Rataczak, the Adjutant General, Arizona National Guard, said to the nominees.

“Congratulations to the winners of the Airmen of the Year awards, and thank you for what you do above and beyond every day. Thank you for what you do for our state and nation.”

Gen. Rataczak’s address to the winners was preceded by an inspiring and patriotic delivery by the National Guard Bureau Command Chief, Chief Master Sgt. Richard A. Smith.

“There are a lot of things we do in our jobs, and recognizing outstanding Airmen is one of the things I value

most. It’s very difficult to select who will go forward in the awards because you all do great things,” he said to the nominees.

Chief Smith reminded all attendees that National Guard servicemembers are unique because they are part of a militia.

“We’re different than the other services and active duty members. In fact, you’re in a militia which has a linear heritage that goes back 370 years. The fact that our Commander in Chief is the governor and we work for the adjutant general makes us unique. You have something to be very, very proud of. Wearing this uniform is also something you should be very, very proud of,” he said.

During the banquet, each winner was presented with various mementos. The Army and Air Force Exchange Service gave \$100 gift certificates to the award winners, and Ted Williamson of the Phoenix Patriots, a local military support group, presented \$250 checks to each winner.

“Community is the most important part of what we are,” said Maj. Gen. Michael J. Shira, AZANG Assistant Adjutant General. He thanked the nominees for their abundant support to community and military agencies and drew specific attention to Honor Guard Member nominee,

Staff Sgt. Michael “Breezy” Brizuela.

While deployed to Balad Air Base, Iraq, Staff Sgt. Brizuela spent his “off-duty” time working in the base hospital. “This volunteerism is phenomenal,” said General Shira.

The AZANG Outstanding Airman, NCO, and SNCO of the Year will compete against other states’ Airmen and NCOs to vie for the honor of being named one of the Air Force’s 12 Outstanding Airmen of the Year. Master Sgt. Aragon will also compete in hopes of being named the Air Guard and Air Force First Sergeant of the Year.

This award is held in high regard by enlisted personnel. Nominees at the Air Force level are authorized to wear the Outstanding Airman of the Year ribbon, while the 12 winners will wear the bronze service star device on the ribbon. The winners will also wear the Outstanding Airman Badge for one year from the date of formal presentation.

The Airman of the Year program was initiated at the Air Force Association’s 10th annual national Conference, held in New Orleans in 1956. The Chief Master Sergeant of the Air Force, a general officer and selected MAJCOM command chiefs form the selection board.



Unit members attend self-improvement seminar

Story and photos
by **Tech. Sgt. Angela Walz**
Public Affairs

Coinciding with Women's History Month in March, the Southern Arizona Federal Women's Program Interagency Council hosted their annual training seminar March 7 at the Holiday Inn Palo Verde. SAFWPIC seminars are designed for federal employees interested in self-improvement.

Featured speakers included:

Kathy Dillaman
Associate Director
Investigative Services Division
Office of Personnel Mgmt

Dr. Victoria Maizes
Executive Director
UA Integrative Medicine

Sharon Allen
Assistant Chief
Tucson Police Department

Patti Whitethorne
Chief Executive Officer
Indian Health Services, Sells

The theme for this year's seminar was "Women's Vision: Overcoming Barriers."

The Federal Women's Program is sponsored at the wing level by Commander Brig. Gen. Rick Moasio. The 162nd Fighter Wing sent 10 of the 119 federal employee representatives present to the day-long event.

The FWP was established by the Civil Service Commission of 1967 as a result of an Executive Order prohibiting sexual discrimination in the federal government. It is a management program designed to enhance the employment and advancement of women in the federal work force.

"The organizers were very in tune with what women need," said Master Sgt. Kelly Kvamme, Security Forces Squadron first sergeant. "I would suggest this training for any female employee, but it was nice to see men at this year's event, too. Men need to be more aware of the issues that pertain to women in the workplace," she said.

Each of the guest speakers addressed the audience with anecdotes on various subjects related to their areas of expertise, and each stressed the importance of an education.

The council presented two \$800 scholarships to individuals and one \$500 donation to the Mt. Graham Safe House, which provides assistance to victims of domestic violence.

The SAFWPIC is a non-profit organization that is comprised of federal employees of



Assistant Police Chief Sharon Allen addresses members of the audience during the annual SAFWPIC training seminar. "Some barriers are made to be broken," she said.

Southern Arizona who work at various agencies such as the FBI, Davis-Monthan Air Force Base, Customs and Border Protection, the Bureau of Land Management, and the Air National Guard, to name a few.

"As a federal employee, you are already a member of the FWP," said the SAFWPIC President Elizabeth Bottka-Smith.

"You don't have to be a woman to support local agencies whose missions serve women and children," she said.

For more information on the program or next year's training seminar, consult the SAFWPIC Web site at www.soazfwp.org or contact the 162nd Fighter Wing representative, Master Sgt. Susan Echeverria at 295-6194.



Majors Patricia Wilson and Christine Rhodes discuss one of the speaker's comments during a break at the SAFWPIC training seminar.



The American military wife: History in the making

by **Tricia Bauernfeind**
Military spouse

HURLBURTFIELD, Fla. (AFPN) - Since the birth of our nation, women have made tremendous sacrifices in support of our country. This is especially true of the American military wife.

As any military wife will tell you, being "married to the military" under the best circumstances requires patience, understanding and flexibility. With the never-ending rotation of deployments, sacrifices are the expected norm for this special sector of American women. It's not until we talk with women outside the military community that we realize just how well and how much we have adapted.

Few of our friends back home really understand that everything is good on the home front when we tell them our husbands are gone, and we don't know where they are, when we will talk with them again or what they are doing while they are away. Few understand that despite the difficulties this brings - an understatement to say the very least - we are proud of our husbands and happy they are able to do what they have trained so hard for, and as they say, "fight the fight."

Few of our contemporaries understand, but military

wives of the past do. In every generation, women have made the sacrifices we make today for the sake of our country.

Abigail Adams wrote of the loneliness she felt in sending not only her husband, but also her 10-year-old son overseas when her husband was asked to serve as a diplomat for our fledgling country. It would take several months before she would even hear that they survived the trip over, and many of her letters over the years were lost along the way, carried on ships captured by pirates.

Times have changed, and so too, have our abilities to stay in touch with our loved ones. In so many ways, we have come a long way - from the v-mail of World War II to e-mail of today.

Some military wives from previous generations would even say we have it easier than they did, but more communication and shorter but more often trips do not necessarily make life easier. Being

able to hear and talk about difficulties at home can be more frustrating for both husband and wife, and ongoing rotations translate into a change in the family structure during, and after, each and every deployment.

Some might say we have it easier than our predecessors, but ultimately the real sacrifice is still the same, and like Mrs. Adams wrote, it is our "dearest friend" who we miss the most.

It's up to each one of us to determine how we will write this chapter in the history of the American military wife.

The women of the Vietnam era were able to stand firm on the home front, despite being at the center of a country so divided. Will we rise to the challenges that lie before our generation and show the world that we, like our predecessors, are true to our word and to our country?

When times get tough, we can remember we are a part of a great tradition of women who, through personal sacrifice and in support of our country, have made a significant impact on American history.

(Editor's note: Mrs. Bauernfeind is married to Lt. Col. Tony Bauernfeind, a squadron commander at Hurlburt Field)





Tig Bits

Blood Drive

The 162nd Fighter Wing will have its next blood drive on Saturday, April 5, from 8 a.m. to 1 p.m. Registration will be at TAGRA. Contact blood drive coordinators, Tech. Sgt. Liz Caro-Scarfo at 295-6652, or Master Sgt. Rafael Vingochea at 295-6808, to make an appointment to save a life.

JEC Volleyball

The 2008 JEC Volleyball Tournament will be held Saturday, April 19 at Lincoln Park. Team registration is due no later than Sunday, April 6. The registration fee is \$70 per team. If you have questions or would like to register please contact any of the JEC officers or Staff Sgt. Dana Watson at 295-6106.

NGA Conference

The 56th Annual Conference of the National Guard Association of Arizona and the Enlisted Association National Guard of Arizona is scheduled for May 16 - 17, 2008. Call Chief Dean Miller for more info at 295-6387.

Military Academy Info Session

Arizona high school students and their parents are invited to attend the Service Academy Conference 2008 scheduled for April 5 at Gilbert High School. The conference is to explain the Air Force, Coast Guard, Merchant Marine, Military and Naval Academies. RSVP by phone (602) 840-1891 or online at <http://kyl.senate.gov/rsvp>.

Deserving Airman commissioning opportunity

The 162nd Fighter Wing seeks eligible applicants for the position of Services Officer (AFSC 34M3), drill status Guardsman.

To be eligible you must be an enlisted member of the 162nd Fighter Wing, Arizona Air National Guard. You must have a bachelor's degree, though the requirement can be waived if you have completed a minimum of 90 semester hours or 135 quarter hours. If you do not possess a bachelor's degree, you must also meet minimum GPA requirements IAW ANGI 36-2005.

To apply you must submit the following:

- A letter of recommendation from your squadron/flight commander. This letter must state that the commander is recommending you to meet the Deserving Airman Commissioning Board.
 - Resume.
 - Official consolidated transcripts from an accredited four-year degree granting college. Official transcripts must be mailed to Master Sgt. Clint Awana from the college.
 - AF Form 2030, USAF Drug and Alcohol Abuse Certificate.
 - AF Form 24, Application for Appointment as a Reserve of the Air Force.
 - Statement of Application for Commissioning in the Air National Guard.
 - AFOQT Scores.
 - Current Physical Fitness Score.
- To schedule testing for the AFOQT, please contact Senior Master Sgt.

Edisa Salcido at extension 6568 or by email: edisa.salcido@aztucs.af.mil, or contact Davis-Monthan AFB Promotions and Testing section at 228-4127. You must have a letter of recommendation from your squadron/flight commander to be administered this test. The letter should state that you are an officer candidate and the commander requests that you be administered the AFOQT.

You must meet the following requirements:

- You must be currently medically qualified IAW AFI 48-123, and must meet the weight/fitness requirements of ANGI 10-248.
- Applicant must possess at least an ENTNAC or a NAC security clearance.
- Applicants selected must be commissioned prior to their 40th birthday. For each year the applicant exceeds age 35, the applicant must have equivalent years of prior enlisted service. Age waivers beyond 40 will not be considered.

Completed application packages must be submitted NLT 15 April 2008 to:

162MSF/DPMPs
MSGT CLINT AWANA
1650 E. Perimeter Way
Tucson, AZ 85706-6052

If you have any questions, please contact Master Sgt. Clint Awana at (520) 295-6462, DSN 844-6462 or email: clinton.awana@aztucs.af.mil.

Thank You

On behalf of my mother, Angie Luna, I want to thank all who supported our family in the time of need. Donations from the 162nd Fighter Wing, family and friends helped tremendously. Those who knew and cared and even those who didn't know him, your compassion is honorable.

- Master Sgt. Joe Luna



What is the Jimmy Jet Foundation?

by Senior Master Sgt.
Kristin La France
 JJF Board President

You may have eaten a Jimmy Jet breakfast burrito at a unit training assembly. You may have purchased a wing or squadron shirt from a Jimmy Jet Foundation member. And you may have asked yourself, "Who is Jimmy Jet, and what is this foundation?"

The Jimmy Jet Foundation (JJF) is a non-profit Arizona Corporation serving the 162nd Fighter Wing members, their families and the Tucson community. The foundation is named after an Arizona Air National Guard F-16 crew chief, Jimmy "Jet" Bracamonte.

Jimmy suffered a paralyzing accident in 1993. As a result, his home needed several modifications. Jimmy's friends at the 162nd held a series of fund raisers in the form of breakfasts and car washes to help defray the modification costs. Wing members soon realized that there were other members in the unit and in the community that also needed help.

As time went on, more people began to volunteer their time, money and other resources to help others. Eventually, the JJF became a registered, non-profit organization and also received CFC (Combined Federal Campaign) recognition. Many members of the wing contribute a percentage of their paycheck on a regular basis to the JJF.

The JJF mission is to assist unit and community members in need, more specifically, those who suffer financial setbacks due to unforeseen events in their lives. Annual services include:

- Sponsor scholarships for active and retired members and their depen-



Jimmy "Jet" Bracamonte

dents in honor of the late Brig. Gen. Ronald Kurth, former commander of the 162nd Fighter Wing, and the late Col. Jim Fiorelli, former 162nd Fighter Wing Logistics Group Commander. A third scholarship was established in 2006 for the first JJF Board President, Lt. Col. (ret.) Pamela Long;

- Assist disabled and needy members of the Tucson community;

- Provide care and assistance to hospitalized members of the com-

munity;

- Conduct programs for charitable purposes;

- Provide home renovations, rebuilding, health and transportation for members and their families in need.

These services are made possible from payroll deductions of active members of the wing, donations from members and retirees, and the 162nd Fighter Wing Minuteman Committee.

Since the inception of the Jimmy Jet Foundation, more than 280 individuals and families from the Arizona Air National Guard and Tucson community have received financial assistance.

Thanks to members of the 162nd Fighter Wing, retired volunteers and the Tucson community, last year JJF provided more than \$28,000 in living assistance funds to help families and individuals with medical bills, groceries, rent, moving expenses, funeral fees and related death expenses, living expenses, auto repairs, health and auto insurance, along with other emergency assistance.

Jimmy, always the first to help others, continues to do so through the foundation named in his honor.

Jimmy Jet Breakfast

Dragging in on drill weekends?

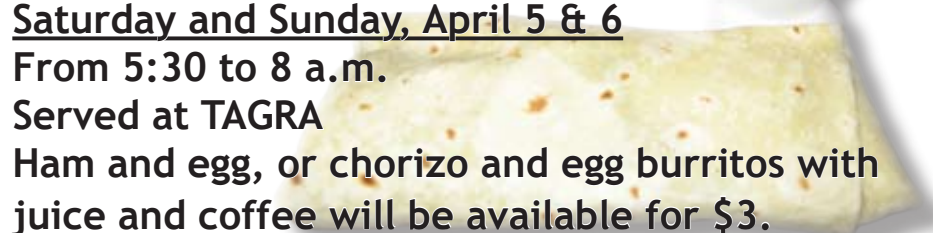
Nutrition is a force multiplier. Let the Jimmy Jet Foundation feed you.

Saturday and Sunday, April 5 & 6

From 5:30 to 8 a.m.

Served at TAGRA

Ham and egg, or chorizo and egg burritos with juice and coffee will be available for \$3.





Retirees Office – Who we are

by Chief Master Sgt. (Ret.) Barry Soulvie
Retirees Office

The 162nd Retirees Office is supported by several dedicated retirees who maintain a database of former 162nd members, assist in organizing special events such as monthly breakfasts and annual picnics, and keep in touch with current relevant information and disseminate that information to retirees through newsletters, e-mail messages and El Tigre articles.

One of the primary functions of the office is to keep a current database of all living retired members of the unit. Our current listing has more than 900 names on it. The list is a work in progress because there are new retirees to add each month. There is also the unpleasant task of removing the names of those members who have passed away. You can reach us by calling (520) 295-6663 or send us an e-mail to 162.retirees@aztucs.ang.af.mil. Our office hours are the 2nd and 4th Wednesday of each month from 10 a.m. to 2 p.m.

We realize our availability is limited and you can't

always contact us directly, but another option is available. There is a Retired Activities Office (RAO) at Davis-Monthan AFB that is dedicated to assisting retirees from all services. They can answer your questions and guide you to ensure you are taking advantage of all the retirement benefits available. This office is staffed by knowledgeable military retirees who are available to assist you Monday through Friday, 9 a.m. to 2 p.m. You can call them at (520) 228-5100 during their office hours or visit them at 3500 S. Craycroft. This location is on the base directly south and across the street from the gas station.

The monthly retiree's breakfast will be held at the HomeTown Buffet on Wilmot Road, about two blocks south of Broadway, at 7:30 a.m. on Wednesday, April 9. Average attendance is about 40 retired 162nd members. We would like to see some new faces at the April breakfast. Come and share old times with former coworkers.

On a sad note, we regret to inform you that Ed Hurd, one of the original 152nd Fighter Squadron pilot members, recently passed away. Our sincere condolences go out to Ed's family and friends.

All in the EL TIGRE Family

Military Promotions:

To Senior Master Sergeant

Mark Milbourn, Security Forces Squadron
Yvonne Shealy, Maintenance Group

To Master Sergeant

Mary Echeverria, Mission Support Flight
Thomas McDorman, Maintenance Group
Osbaldo Carbajal, Civil Engineer Squadron
Kirby Johnson

To Technical Sergeant

Justus Depke, Metals Technology Shop
John Lambert, Aircraft Mechanic Flight
Michael Carpenter, Security Forces
Henry Ivy, A-Det

To Staff Sergeant

Radames Garcia, 214 Reconnaissance Squadron
Alex Leyvas, Maintenance Group

To Senior Airman

Christopher Turnow, Maintenance Group

New Members:

Senior Airman Katie Beers, DSG assigned to Aerospace Ground Equipment Shop

New Hires:

Senior Airman Joseph Apalategui, Air Technician assigned to the Aerospace Ground Equipment Shop

Graduations:

Master Sgt. Kim Alterman, SNCO Academy, Maintenance Squadron Orderly Room
Senior Airman Michael Whitt, ALS, Aircraft Structural Maintenance

Births:

Senior Airman Shawn Bell and his wife Valerie welcomed Samantha Bell, Feb. 18.



DATE: 1 April 2008 NUMBER:

IN CASE OF EMERGENCY - DIAL 911

APRIL 2008 UNIT TRAINING ASSEMBLY

All members of the 162nd Fighter Wing and attached units are ordered to attend.

NEXT UTA - 3 & 4 May 2008

SATURDAY ~ 5 APR 08

ACTIVITIES, LOCATIONS AND TIMES ARE SUBJECT TO CHANGE

START	END	ACTIVITY	LOCATION	POC
0530	0800	JIMMY JET BREAKFAST	TAGRA	JA/6223
0600	0800	MSF CLOSED FOR IN-HOUSE/PERSCO TRAINING	MSF	DPM/6466
0630	1400	COMBAT ARMS TRAINING (SFS)	BLDG 5	SF/6530
0630	0730	PHYSICAL FITNESS TEST (RUNNERS/STEEPERS)	BLDG 3 UPSTAIRS	SFS/7026
0630	1130	IMMUNIZATIONS	MEDICAL GROUP	MDG/6172
0630	1130	PREVENTIVE HEALTH ASSESMENT (BY APT)	MEDICAL GROUP	MDG/6172
0700	1000	CDC TESTING	MSF CLSRM	MSF/6793
0800	1100	SELF-AID BUDDY CARE INSTRUCTOR REFRESH	OPS CLSRM E	MDG/6172
0800	1100	INTRO PROGRAM NEWCOMER'S ORIENTATION	MSG CONF ROOM	MSF/6191
0800	1300	RED CROSS BLOOD DRIVE	TAGRA	CF/6652
0800	1500	FLYING	OPS	OSS/6377
0830	1200	GAS MASK FIT TESTING BY APPT	MEDICAL GROUP	BEE/6110
0830	1400	INITIAL RECORDS MGMT COURSE	LRS CLSRM	CF/6638
0900	0930	UTA PLANNING COMMITTEE MEETING	CC CONF RM	CV/6106
0930	1015	JEWISH AWARENESS GROUP	CHAPLAIN	HC/6217
0945	1215	LUNCH	DINING FACILITY	SVF/6317
1100	1400	CDC TESTING	MSF CLSRM	MSF/6793
1200	1245	CHAPEL - PROTESTANT SERVICE	OPS CLSRM F	HC/6217

SUNDAY ~ 6 APR 08

ACTIVITIES, LOCATIONS AND TIMES ARE SUBJECT TO CHANGE

START	END	ACTIVITY	LOCATION	POC
0530	0800	JIMMY JET BREAKFAST	TAGRA	JA/6223
0630	0800	MSF/CSS IN HOUSE TRAINING	MSG CONF. ROOM	DPM/6466
0630	0730	UETM QUARTERLY MEETING	MSF CLASSROOM	DPT/6793
0630	0730	PHYSICAL FITNESS TEST (RUNNERS/STEEPERS)	BLDG 3 UPSTAIRS	SFS/6003
0700	0900	BLOCK TRAINING	AUDITORIUM	DPT/6793
0730	1130	NBCD CHEM WARFARE TRNG	BLDG 28 (DP CLSRM)	CEX/6268
0800	0900	CHAPEL-CATHOLIC MASS	OPS CLSRM E	HC/6217
0800	1200	FLYING	OPS	OSS/6377
0900	1000	CHAPEL LDS SERVICES	OPS CLSRM F	HC/6217
1130	-----	RELEASE TIME		
1200	1800	WING FESTIVAL	UDALL PARK	CCE/6201

UTA HIGHLIGHTS

- THERE WILL BE MAKE-UP BLOCK TRAINING SESSIONS HELD ON FRI 4 APR 08 @ 0700 IN THE WING AUDITORIUM
- 11:30 IS THE OFFICIAL RELEASE TIME FOR THE WING FESTIVAL
- UTA PAYS: APR 08

Bring a buddy to April UTA

The recruiting office is hosting "Bring a Buddy to Drill" Saturday, April 5.

All unit members and retirees are encouraged to invite a friend or family member to the April Unit Training Assembly. The invitation is for those who have never been in the military.

Prospective applicants must be between 17 and 34 years of age. They must be either a high school senior, possess a GED or High School Diploma.

Prospective applicants will meet



at the Recruiting Office at 9 a.m.

The recruiters will arrange a unit briefing, question and answer session, base tour and lunch for all attendees.

For more information, contact the recruiting office at 295-7000.

DESERT ROSE DINING FACILITY MENU

SATURDAY

- Turkey Tetrazini
- Roast Beef
- Oven Browned Potatoes
- Steamed Rice
- Brown Gravy
- Green Beans
- Cauliflower Au gratin
- Steamed Carrots
- Cheese Cake
- Peanut Butter Cookies

SUNDAY

No breakfast or lunch meal will be served due to the Wing Festival. Mission essential members that must remain on base can request meals by section through services flight at least one week prior to the UTA.

SHORT ORDER & STANDARD ITEMS

- Grilled Hamburgers
- Cheeseburgers
- Special Item TBD
- Chicken Strips
- Tuna Sandwich
- Pizza
- Baked Beans
- French Fries
- Onion Rings
- Baked Potato Bar
- Assorted Breads
- Assorted Desserts
- Frozen Yogurt
- Jell-o
- Salad Bar w/Condiments
- Fresh Fruit
- Soda, Milk, Coffee, Tea, & Juice

Dining Hall Hours
9:45 a.m.-12:15 p.m.

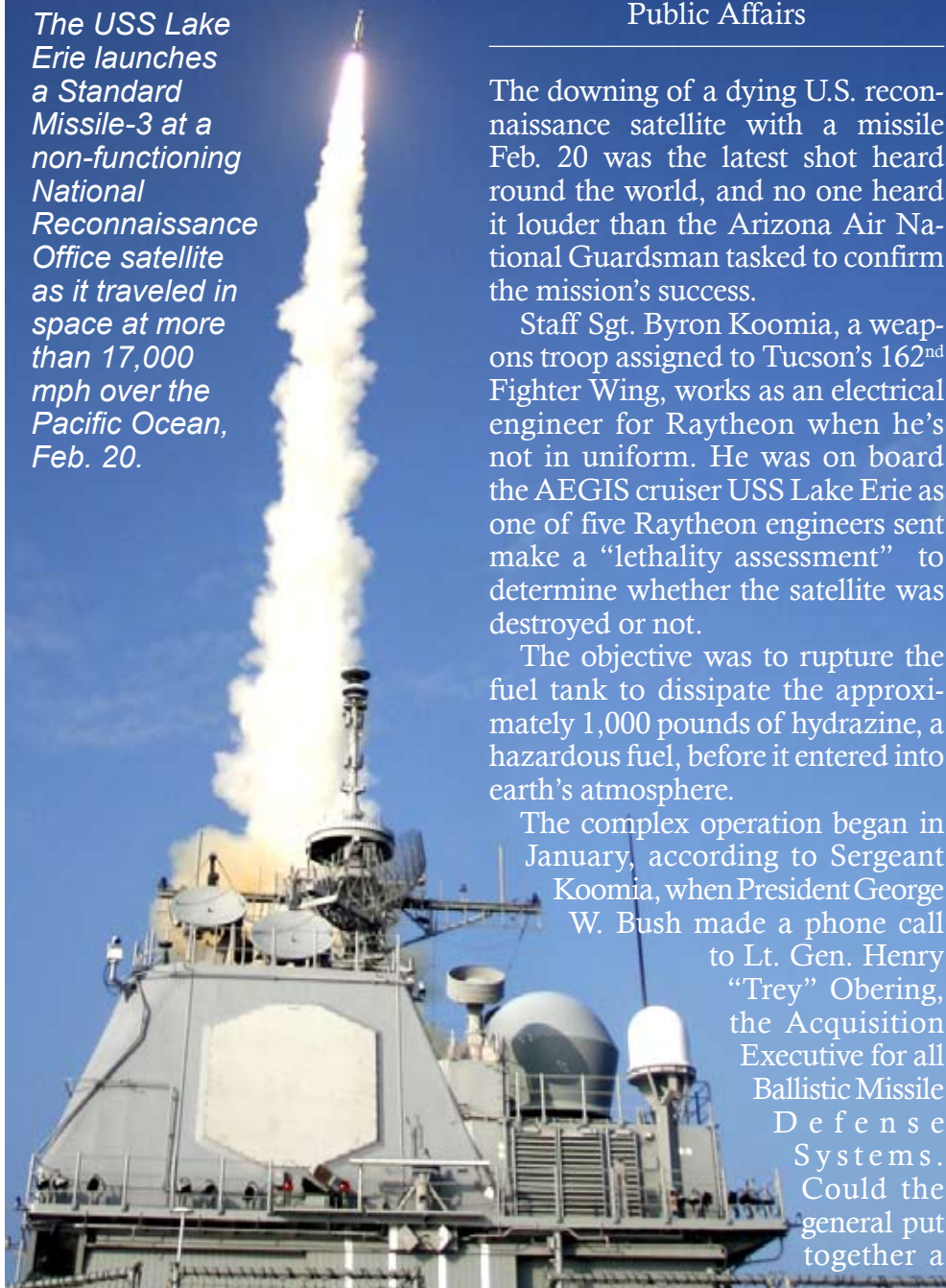
The menu is based on availability and is subject to change without notice.



Weapons troop helps shoot down satellite

by Capt. Gabe Johnson
Public Affairs

The USS Lake Erie launches a Standard Missile-3 at a non-functioning National Reconnaissance Office satellite as it traveled in space at more than 17,000 mph over the Pacific Ocean, Feb. 20.



The downing of a dying U.S. reconnaissance satellite with a missile Feb. 20 was the latest shot heard round the world, and no one heard it louder than the Arizona Air National Guardsman tasked to confirm the mission's success.

Staff Sgt. Byron Koomia, a weapons troop assigned to Tucson's 162nd Fighter Wing, works as an electrical engineer for Raytheon when he's not in uniform. He was on board the AEGIS cruiser USS Lake Erie as one of five Raytheon engineers sent make a "lethality assessment" to determine whether the satellite was destroyed or not.

The objective was to rupture the fuel tank to dissipate the approximately 1,000 pounds of hydrazine, a hazardous fuel, before it entered into earth's atmosphere.

The complex operation began in January, according to Sergeant Koomia, when President George W. Bush made a phone call

to Lt. Gen. Henry "Trey" Obering, the Acquisition Executive for all Defense Systems. Could the general put together a

team to take out the hydrazine tank on board the satellite?

General Obering contacted Raytheon, which put together a team of its finest engineers to take on the mission. Koomia was selected from a group of 40 engineers for his level of experience. He's been on board three ships for missile testing and completed 15 missile test flights in his career.

With Koomia's team standing by, the Lake Erie crew fired Raytheon's single modified tactical Standard Missile-3 (SM-3) hitting the satellite approximately 153 miles over the Pacific Ocean as it traveled in space at more than 17,000 mph. Sergeant Koomia did, in fact, confirm the "kill."

"Sergeant Koomia's success with the project reflects a great service to the nation, and it further illustrates the high level of experience and expertise among our people in the Guard," said Brig. Gen. Rick Moisio, 162nd Fighter Wing commander. "We have a rocket scientist in our weapons shop. Does it get any better than that?"



Navy Capt. Randall Hendrickson, the Lake Erie's commanding officer (left), congratulates Byron Koomia on a job well done.

Defense Dept. photos by U.S. Navy

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TUCSON AZ 85706-6052
OFFICIAL BUSINESS**

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