



EL TIGRE NEWS



AUGUST 2008

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

VOL. 51, No. 8



Photo by 1st Lt. Dan Dodson

‘Wet drill’ puts pilots’ water survival skills to the test

An MH-60J Coast Guard helicopter piloted by Lt. Jeremy Denning and Lt. John Filipowicz maneuvers so rescue swimmer AST3 Logan Banner can extract Dr. (Lt. Col.) Tom Rotkis from the ocean. Extraction was one part of the water survival training conducted during the July unit training assembly at Naval Amphibious Base Coronado in San Diego. “It’s disorienting out there, and the rotor wash is amazing,” said Dr. Rotkis, a flight surgeon at the 162nd Fighter Wing.

See story on Page 6

9G Fitness Goes National



4

Minor Detour... Improved Infrastructure



Ahead

5



Wing Members Accomplish Great Things

16



Enhancing air capabilities of allies fills gaps

by Brig. Gen. Rick Moisio
Commander

The U.S. Air Force and the Air National Guard have begun to make some very tough decisions in the ongoing effort to modernize our aircraft fleet.

You know that the average age of USAF aircraft is now around 24 years with many over 50 years old. The Air Force has not been successful in reversing the aging trend for many reasons and it will still take many years to turn it around. Consequently the USAF has decided to take risk in current operations in an attempt to secure the future.

The Air Combat Command (ACC) plan at this moment is to retire just over 300 fighters, about half of that number being F-16s, in fiscal year 2010. As I write this in mid-July, the 162nd is targeted to lose a significant portion of our fleet. However, those who understand the importance of our international training mission have weighed in very strongly on our behalf.

Secretary of Defense Robert Gates addressed the Air War College in April. He made six major points to the audience regarding his vision of the future direction of the Air Force.

The following is from the text of his speech addressing one of those points: *“Building the capacity of partners is...a topic that Secretary Rice*



General Moisio

and I addressed before the House Armed Services Committee just last week. What the last 25 years have shown is that the threats can emerge almost anywhere in the world, but our own forces and resources will remain finite. To fill this gap, we must help our allies and partners to confront extremists and other potential sources of global instability within their borders. I ask you to think through what more we might do – through training and equipping programs, or other initiatives – to enhance the air capabilities of other nations. And whether, for example, we should pursue a conceptual “100-wing Air Force” of allies and partners....”

Enhancing the air capabilities of other nations is precisely what we do here at the 162nd.

The importance of our mission

was not properly considered in the early discussions at ACC on where to move fighters; where to try to save money. But of course, the Air Force does not get a dollar for dollar return when cutting our mission. For every dollar saved in reducing the 162nd mission, they only get about 30 cents in return because our international partners pay for the training they receive here.

We have received tremendous support for our mission from the Deputy Undersecretary of the Air Force for International Affairs, Mr. Bruce Lemkin and his staff. In addition, the new commander of AETC is well aware of the importance of international partnerships because of his time as commander of the Air University which has a continuous presence of officers from partner nations. I have faith that those who understand the importance of our mission will win the day and this unit will continue to thrive.

Our 19 deployed Security Forces men and women will return later this month having completed their six month mission in Iraq. 162nd participation in the war continues in earnest through the remainder of 2008 with maintenance and operations joining the Tulsa, Toledo and Duluth units at Balad Air Base, Iraq. Thanks to every single one of you who have, or will in the future, sacrificed to serve our nation in this critical fight.

EL TIGRE NEWS

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of El Tigre News are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The editorial content is edited, prepared and provided by the Public Affairs office of the 162nd Fighter Wing, Tucson International Airport, Arizona. All photos are Air National Guard photographs unless otherwise indicated.

162nd Fighter Wing Public Affairs
1650 E Perimeter Way, Tucson, AZ 85706
(520) 295-6192, 162fw.pa@aztucs.ang.af.mil

162ND FW EDITORIAL STAFF

Commander..... Brig. Gen. Patrick J. Moisio
Chief of Public Affairs..... Capt. Gabe Johnson
Deputy Public Affairs Chief.... 1st Lt. Dan Dodson
NCOIC Public Affairs..... Tech. Sgt. Angela Walz
Staff Writer Staff Sgt. Desiree Twombly
Staff Writer Staff Sgt. Jordan Jones
Photographer Master Sgt. David Neve
Photographer Senior Airman Sarah Elliott



Gates taps McKinley as next Guard Bureau chief

by Air Force Master Sgt.
Mike R. Smith
National Guard Bureau

WASHINGTON—Defense Secretary Robert M. Gates recommended Air Force Lt. Gen. Craig R. McKinley as the next chief of the National Guard Bureau and promotion to full general, and LTG H Steven Blum as the next deputy commander for the U.S. Northern Command (NORTHCOM) during a Pentagon media briefing July 16.

If nominated by the president and confirmed by the U.S. Senate, McKinley would become the National Guard's first four-star general.

Blum, the Guard's current chief, would become the first National Guard deputy commander of NORTHCOM, based in Colorado Springs, Colo.

McKinley is currently director of the 106,000-member Air National Guard, a post he assumed in May 2006. Blum has been chief of the Guard Bureau since April 2003. Blum served as NORTHCOM's chief of staff for eight months before that.

"General McKinley is well qualified for this important and historic new assignment," Gates told Pentagon reporters. "He has held command positions at every level of the Air Force during his 34 years of military service."

Gates said the nomination for a fourth star for the National Guard Bureau chief is in keeping with the recommendations of the Commission on the Guard and Reserves and the fiscal year 2008 National Defense Authorization Act (NDAA).

McKinley would serve as the principal advisor to the chairman of

the Joint Chiefs of Staff on National Guard issues. The NDAA, also establishes the Guard Bureau as a joint activity of the Department of Defense.

The law further stipulates that the deputy commander of NORTHCOM be a National Guard general unless the command's top officer is already a National Guard general.

"This is truly a historic and magnificent selection," stated Blum. "Craig will provide the leadership that will take the National Guard to the next level. He is a competent, caring and proven leader. Craig has and will continue to have my complete confidence and full collaboration."

"The elevation of the National Guard chief to four stars recognizes the enhanced importance of the Guard to America's overall national defense," said Gates. "The elevation also recognizes the vital role the chief will have as a bridge between the state and federal components of our government and the active and reserve components of our military."

The Guard Bureau chief is the senior uniformed National Guard officer responsible for formulating, developing and coordinating all policies, programs and plans affecting more than half a million Army and Air National Guard personnel, including civilian employees.

The last Air Force general to serve as Guard Bureau chief was Lt. Gen. Russell C. Davis, who held that position from 1998-2002.

Blum's nomination as NORTHCOM's deputy commander is in keeping with the recommendations of the Commission on the Guard and Reserves and the congressional requirement that the commander or deputy commander of NORTHCOM be a Guard officer.



Lt. Gen. Craig McKinley

"It reflects the critical role the Guard plays in our homeland defense, the unique experience and expertise a Guard officer of General Blum's caliber will bring to this position," said Gates.

Gates also called Blum's nomination as NORTHCOM deputy commander a "historic first," and he praised Blum's service as the Guard Bureau's chief.

"For more than five years, General Blum has been a dynamic and effective leader of America's National Guard community during a time of wrenching change for our Citizen-Soldiers," said Gates.

"As chief, he has been a tireless advocate for America's Guardsmen and women to see that they receive the right training, equipment and support for the demanding range of missions the Guard has taken on since Sept. 11th and will face in the years to come."

Since the Sept. 11, 2001, terrorist attacks, the National Guard has transformed from a strategic reserve to an operational force, and Blum has been praised for his vision and leadership during the transformation.



Local pilot's fitness program goes nationwide

by Tech. Sgt. Angela Walz
Public Affairs

One of Tucson's fighter pilots is no longer flying solo. Well, at least not in her efforts to make the Air National Guard a fitter force that is less prone to death or injury resulting from poor fitness.

Maj. Windy Hendrick, an F-16 instructor pilot here, developed the "9G Force Fitness" program locally, but it has drawn national recognition and will now be a pilot program for the National Guard Bureau.

Interest in the program piqued during a visit from Lt. Col. Edward Vaughan, a safety officer with the National Guard Bureau. He garnered enough initial interest to fly

Major Hendrick to brief her program to the NGB.

With NGB approval, funding will provide enough training and Web site support for a 6-month, 20-unit trial of the program. The bottom line for the trial period—1,800 Guardsmen will learn successful behavior for total fitness through education and motivation via phase manuals, academics, log books and Web support.

The intent of the program isn't to replace the existing ANG fitness program, said Major Hendrick. The 9G Force Fitness program is an educational tool with the intent of teaching healthy nutrition and exercise choices, as well as how to make lasting, positive behavioral changes. It was born out of the disappointment Major Hendrick experienced

when she felt she was failing as a Personal Trainer in another program.

"I told them what to do everyday—and they did it willingly—but I didn't teach them what to do when I wasn't there. They didn't feel comfortable in the gym or making healthy nutrition choices. And that's how the 9G Force Fitness program was born," she said.

The success of Major Hendrick's inaugural class of 30 participants is apparent in the results: 299 pounds lost with an average of 5.3% body weight; 40 pounds lost of visceral fat—that which builds around the internal organs; 196 total inches lost; and an average of 3.1% loss in body fat.

"I lost 5% bodyfat overall," said Staff Sgt. Virgil Mendivil, a personnelist here. He said the lifestyle



Photo by Master Sgt. Dave Neve

Maj. Windy Hendrick lost 75 pounds herself since the birth of her second son. She created the 9G program as a way of "teaching fitness the way fighter pilots learn to fly."

changes and education have made the largest impacts on him. "My family eats healthier because of the things I learned in the program," he said.

And family has always been the guiding light behind the program. "Our children are our future, the future of the National Guard," Major Hendrick said.

"We owe it to them and the future of our country to fight, and with all we are worth, the epidemic that is attacking us on American soil; at our breakfast table! We need to commit today to do our part, and the 9G Force Fitness program will help lead the way," she said.

For more information, contact Major Hendrick at 295-6069 or Tech. Sgt. Mary Thompson at 295-6866.



Photo by Capt. Gabe Johnson

Staff Sgt. Virgil Mendivil exercises during a 9G session. "I didn't think I was overweight when I joined the program, but my pre-assessment results were eye-opening. I learned that no matter how skinny you are, your body fat percentage will affect your body's overall performance," he said.



Trenching to divert traffic, improve base utilities

Story and Photos by
Staff Sgt. Jordan Jones
Public Affairs

Trenching on base will disrupt traffic here starting mid-August as Communication Flight and Civil Engineering work to improve on-base utilities.

CE's project, slated to cost \$640,000, will be to lay new water pipes, replace aging control valves, and install new fire hydrants. COMM's project will cost an additional \$1.6 million and will replace inadequate fiber optics cables throughout the base.

When the base was first built, the old 6-inch water lines were adequate to service those who worked here. Since then, the base grew and the water demand exceeded what the old pipes could handle, said Maj. Aaron James, base civil engineer.

"We had cases when a water line would break, but the valves to that area were so corroded that we had



Traffic to the west side of the base will be entering through the West Gate located on Park Ave.

to shut off the main water valve to the entire base to fix that one pipe," Maj. James said.

The new fire hydrants will be placed at intervals not more than 300 feet apart to help ensure adequate water supply is available during fire response and to comply with the National Fire Protection Association 291 code, said Edward Bejarano, assistant fire chief.

Southwestern Dakotah, a private contractor, was hired to install new water valves, 19 new fire hydrants, and new water lines upgrading the old pipe to 10-inch pipe, said Major James.

While the Main Gate traffic is diverted for the new water lines, Northrop Grumman, a contractor for COMM, will be replacing the fiber optic cables servicing the base, said Senior Master Sgt. Teresa Gallegos, plans and implementation branch chief.

Four years ago base leadership realized the 162nd's communication infrastructure was in need of an upgrade to meet Air Force requirements, Sergeant Gallegos said.

"The new cables will increase the internet access speed from 3 MB to more than 44 MB. We will be one of the few Guard bases that have that capability," said Sergeant Gallegos.

Replacing the fiber optic cables is only the latest move to improve on-base communications.

"Seventeen buildings were upgraded last year," Sergeant Gallegos said. Also, COMM plans to add four information transfer nodes. "What is significant about this is that it will eliminate a single point of failure, increase network survivability, and take advantage of GIG speeds," she said.

"In our current infrastructure, we travel on a 3-lane, or 3 megabytes per second, highway. The DS3 at 45 megabytes per second will expand our highway to 45 lanes—15 times or 1500 percent faster," said Tech. Sgt. Stephen Zimmer.

However, the base communications can only work as fast as the Regional Operating Security Center, based out of Portland, Ore. These improvements will help prepare the 162nd to be ready for future needs.



During construction, traffic to the east side of the base will enter through the Main Gate and this one-way street will temporarily service two-way traffic.



Fuel economy for government, personal vehicles

by Lt. Col. Mark Berge
Environmental Office

Whether driving a government vehicle on the job or driving your own vehicle to work, we can all make a positive impact on the amount of fuel we consume.

In fact, it's a requirement for all military units. In January 2007, the President issued Executive Order 13423, *Strengthening Federal Environmental, Energy, and Transportation Management*.

This order directs government agencies to reduce consumption in several areas, including; water, energy and fossil fuels. A major challenge will be to reduce the amount of petroleum products used in our vehicle fleet by 2 percent per year through 2015.

In May, the 162nd Fighter Wing converted half its GSA (Government Services Administration) fleet into E-85 compatible vehicles. This first step toward reduction makes use of ethanol-based fuel and helps the wing meet initial goals.

With the rising costs of fuel everyone can apply a few simple practices. Here are some tips that will reduce fuel consumption, both in your personal vehicle as well as in the government vehicles you use.

The U.S. Department of Energy offers the following suggestions:

Drive Sensibly

Aggressive driving, speeding, rapid acceleration and braking, wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money.

Observe the Speed Limit

While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 mph. You can assume that each 5 mph you drive over 60 mph is like paying an additional \$0.30 per gallon for gas. Observing the speed limit is also safer.

Remove Excess Weight

Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your MPG by up to 2%. The reduction is based on the percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones.

Avoid Excessive Idling

Idling gets 0 miles per gallon. Cars with larger engines



Photo by Master Sgt. Dave Neve

Vehicle Maintenance Mechanic, Staff Sgt. Mario Alvarez, inspects an air filter from a government truck to ensure the vehicle's fuel efficiency.

typically waste more gas at idle than do cars with smaller engines.

Use Cruise Control

Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

Use Overdrive Gears

When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.

Keep Your Engine Properly Tuned

Fixing a car that is noticeably out of tune or has failed an emissions test can improve its gas mileage by an average of 4 percent, though results vary based on the kind of repair and how well it is done. Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40 percent.

Check & Replace Air Filters Regularly

Replacing a clogged air filter can improve your car's gas mileage by as much as 10 percent. Your car's air filter keeps impurities from damaging the inside of your engine. Not only will replacing a dirty air filter save gas, it will protect your engine.

Keep Tires Properly Inflated

You can improve your gas mileage by around 3.3 percent by keeping your tires inflated to the proper pressure. Under-inflated tires can lower gas mileage by 0.4 percent for every 1 psi drop in pressure of all four tires. Properly inflated tires are safer and last longer.

To learn more about fuel economy visit www.fueleconomy.gov.



When it comes to safety, remember the three “Ds”

by Lt. Col. Shawn Moore
312th Training Squadron
Commander

GOODFELLOW AIR FORCE BASE, Texas - With the 101 Critical Days of Summer upon us and the recent severe weather throughout the country, safety should be on everyone's mind. I feel obliged to share a few basic thoughts on safety that might prove useful.

These are by no means earth-shattering concepts, but rather simple philosophical safety categories passed on to me from a former commander that have stood the test of time in helping steer my family, my fellow Airmen, and me clear of harm.

They are referred to simply as the three “Ds” - dumb, dangerous and different. I regularly stress these three “Ds” to my squadron as safety truths to be held self-evident. No matter what the circumstance or activity, it's merely a matter of recognizing and simplistically categorizing what's involved, planning to minimize or negate risks and taking (or not taking) action accordingly.

First there's **dumb**. Not meaning to insult anyone's intelligence, but this word is intentionally chosen to remind us that there are some things that just simply should never be attempted. Driving under the influence is one that should immediately register as such, with boating under the influence considered in the same manner. Another “D” are the completely incomprehensible unsafe actions voluntarily taken by humans that resulted in fatal or seriously injured

Dumb

consequences - these speak for themselves. Recognize and avoid the dumb.

Next is **dangerous**. I'm all for having a dangerous job, going parachuting and pursuing other potentially dangerous hobbies, but only once I've been appropriately trained and know I'm fully prepared to successfully conquer what's involved.

Also, the summer season exposes us to many natural hazards such as flash floods and tornados with potentially disastrous affects. Training and discipline are the hallmarks of safety preparedness and serve as excellent tools for us to utilize in practicing to handle dangerous situations. Seeking out and heeding weather warnings, identifying and knowing physically safe areas where you work and live, maintaining ample stores of emergency food and water, and practicing appropriate drills are all vital preparations before any natural disaster occurs.

One final **dangerous** example that is not often considered as such but has tremendous fatal consequences is driving while exhausted. Unfortunately, numerous Americans perish each year as a result of falling asleep at the wheel while driving on long permanent change of station or leave journeys.

Last, but just as equally significant as the other two “Ds,” is **different**. Whenever venturing outside our everyday or familiar routines

or activities, we shouldn't become complacent and let our guard down assuming there are no safety risks involved. For example, knowing how to safely ride a smaller engine motorcycle doesn't equate to instant success in knowing how to safely ride a larger engine motorcycle. Therefore, appropriate training is of the utmost importance to practice and demonstrate capability to handle the increased power.

Dangerous

Lastly, change of fitness routine or participation in an unfamiliar athletic event could pose dangerous consequences that we otherwise might not recognize as apparent.

Do your research in learning about what's involved, stretch and get the appropriate gear. For anyone considering running in a marathon this year that may or may not have run one before, you need to start appropriate training now.

Obviously, this short commentary only scratched the surface of the numerous kinds of situations we encounter either by choice or circumstance that we have to make safety minded decisions on.

Hopefully these three “Ds” struck a cord in your own recognition and categorization of risks and how to best address and prepare for your own safety and that of others. In fact I challenge everyone to add more “Ds” in adopting this and taking ownership of your personal safety.

Safety is a culture and relies upon everyone to stay on their game. Don't fall prey to being a victim of your own doing - you are far too important and smart to leave safety to chance.

WATER SURVIVAL TRAINING A BIG SPLASH

Story and Photos by 1st Lt. Dan Dodson
Public Affairs

If a 162nd Fighter Wing pilot ever has to eject from an aircraft, whether over land or sea, he's prepared to survive thanks to training provided by the wing's Aircrew Flight Equipment.

Training was never more rigorous than July 12 when many of the wing's pilots, student pilots and flight surgeons underwent water survival training at the Naval Amphibious Base Coronado in San Diego.

"Preparation is the key to survival, and this training prepares me to survive," said Maj. Tony Meyer, F-16 pilot. "We're actually required to complete this course every three years so we can be certified to fly over water."

The training began early Saturday morning with an academic briefing conducted by Master Sgt. Bill Kelleman, a Guard-certified Survival Evasion Resistance Escape instructor, at Pier 17 of the Expeditionary Warfare Training Site on Coronado Island. Lessons included everything from avoiding dangerous marine life, to learning how to signal rescue personnel.

Once the briefing concluded, pilots and flight doctors dove in to complete a series of tasks to receive their water certification. It started with escaping parachute



Acting Vice Commander Col. Greg Stroud grasps onto the life raft as he lifts himself into it.



Maj. Steve Haase jumps into the ocean as part of the water survival training. Pilots must complete this training every three years to be able to fly over



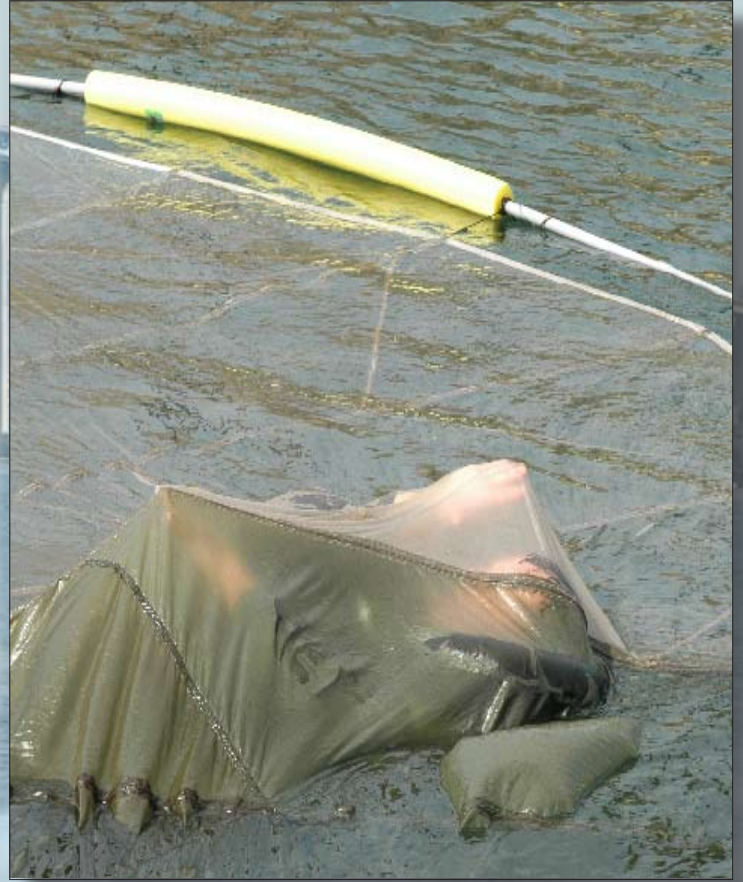
entrapment while wearing a torso harness and a life preserver assembly. Once free from the parachute their challenge was to climb inside an inflated life raft without puncturing it.

To add to the realism of the training, many pilots and flight surgeons rehearsed a helicopter extraction; compliments of a U.S. Coast Guard rescue team. The Marine Corps Amphibious Raid Branch provided transport to and from the helicopter extraction point and a safety boat with safety swimmers and Navy corpsmen.

“It was an awesome experience being lifted by the helicopter. The rotor wash is impressive,” said 162nd Medical Group Commander, Dr. (Col.) James Balsarak.

Many participants brought their families along with them to observe. “I think it is a great opportunity for us to see and learn what the pilots do,” said Pennie Stroud, wife of Col. Greg Stroud, acting vice wing commander.

In Guard fashion, where families rule, the event concluded with a debriefing and picnic on the beach, alongside the ocean. “This is great to be able to get all the families together like this,” said Mrs. Stroud.



A pilot maneuvers his way through a parachute, trying to find his way out by locating the seams.



Maj. Bill Arnold pulls the handle on the signal flare releasing bright red smoke. This helps rescue personnel locate the aircrew member.



From left to right: Doctors Lt. Col. Tom Rotkis, Col. James Balsarak and Lt. Col. Eric Kendle pose for a picture prior to being extracted from the water by a Coast Guard helicopter. Flight surgeons are also required to complete water survival to better understand the physical demands on F-16 pilots.



How to prepare and deploy for an AEF: Part 1

by Senior Master Sgt. Mike Wick
Logistics Readiness

Wing members anticipating their first deployment experience will benefit from a streamlined process compliments of the 162nd Fighter Wing deployment team. Seasoned veterans who've deployed from the wing before are in for some changes... in a good way.

The Logistics Readiness Flight recently completed an AFSO21 Lean event; an eye opener for all involved. As a result, the team will begin an education process within

the next couple of months so all members hear and understand the requirements of "How to prepare and deploy for an AEF."

This Lean event restructured how the unit conducts business and how we will interact and work together as a team to ensure members are deployed safely.

Over the next 12 months and leading into our next mobility inspection, the deployment team will publish articles to educate the wing's deploying members. These articles will describe how the team will get the message out through a "Training Symposium."

If you've never deployed before

or it has been a long time, one thing is certain; there are many pre-requisites to accomplish prior to departure. However, you are not alone.

The 162nd Fighter Wing deployment team is comprised of the Logistics Readiness Flight, Personnel Readiness Function, Traffic Management Flight, Medical Group, Combat Arms Training (CATMS), Civil Engineer Readiness, Family Readiness Group, Unit Deployment Managers and of course deploying members.

The deployment team is here to help answer all questions and ensure Guardsmen are fully prepared to deploy.

Keep blood drive donations coming

The American Red Cross Blood Drive held on base June 7 was a great success. As many as 105 patients will receive help because of the effort.

During the June UTA, 38 people donated resulting in 35 productive units. Of the 38 donors, 3 donated for the first time.

As a result of member contributions, the wing helped ensure an adequate blood supply to meet patients' needs in the region and across the nation.

The American Red Cross Blood Services Arizona Region must collect approximately 2,100 donations weekly.

The next blood drive is scheduled for Saturday, Aug 2, from 7:30 a.m. to 1:30 p.m., in building 15 (TAGRA). All donors receive free t-shirts. Please bring a picture ID.

If you have any questions, please contact blood drive coordinators; Master Sgt. Liz Caro-Scarfo, 295-6652, or Senior Master Sgt. Rafael Vingochea, 295-6808.



Arizona 2-1-1 Online: tool for emergencies, health and human services

Public Safety Resources

Emergency Information: Arizona 2-1-1 Online is your official source for timely information during natural or man-made emergencies, such as wildland fires, floods, water shortages, and evacuations.

Preparedness: Arizona 2-1-1 Online provides tips to help you prepare for emergencies.

Health & Human Service Information

More Than a Directory: Arizona 2-1-1 Online describes thousands of childcare, health care, senior services, counseling, and other health and human service programs and government resources.

It provides eligibility information, helpful tips and links to key web sites for more detailed information.

A Message from Governor Janet Napolitano

"Arizona 2-1-1 Online is a new tool to help people get connected with health & human services and emergency response resources in their communities. If you are looking for child care, senior services, counseling, education or other nonprofit or government services, Arizona 2-1-1 Online is a system designed to meet your needs. I encourage you to visit www.az211.gov next time you need information about a community emergency or have questions about health and human services in your area."



AGRs may carry over more leave

The National Defense Authorization Act of 2008 authorizes major changes to leave policies for active duty military members.

The amount of leave servicemembers may carry over into the next fiscal year is temporarily increased from 60 to 75 days. This policy change is retroactive to the date of enactment, Jan. 28, and is authorized until Dec. 31, 2010.

Special leave accrual earned in

combat zones may now be kept for four fiscal years, and special leave earned in support of operations may be kept for two years. In addition, enlisted members are authorized a one-time sell back of special leave accrual, however leave sold back counts towards the member's cap of 60 days sold over a career.

Questions concerning procedures should be directed to the wing finance office at 295-6882.

A note from your friendly neighborhood IG

by Lt. Col. Chuck Recker
Inspector General

The concept of an independent installation Inspector General was implemented to remove any perceived conflict of interest, lack of independence, or apprehension by Air National Guard personnel as a result of a previous practice of assigning the vice commander and the IG roles to the same official.

To sustain a trustworthy rela-

tionship with Air National Guard personnel, the installation IG must be, and is, independent.

Be aware that ANG personnel are free from any form of retribution, retaliation, or reprisal for communicating with the installation IG.

For help and/or assistance with a situation or complaint that you may have, contact your installation Inspector General: Lt. Col. Chuck Recker by telephone at 295-7770 or e-mail at IG.162FW@aztucs.af.mil or charles.recker@aztucs.af.mil.

Freeware is not free

Remember, only authorized software may be used in government computers.

Licensed, registered software including shareware acquired through government procurement is the only commercial software authorized to be installed on government computer systems.

Freeware, shareware, or public domain software cannot be installed on government systems without prior approval. Contact Staff Sgt. Heidi Thiel at 295-6173 to clarify any questions you may have.

Minuteman flies high



Robert Ramirez, President of Vantage West Credit Union, takes a ride in an F-16 flight simulator. Mr. Ramirez is a member of the 162nd Fighter Wing Minuteman Committee.

Tig Bits

Softball Tournament

The Junior Enlisted Council (JEC) is hosting a softball tournament. When? Sept. 19-20. Where? Lincoln Park. Who? ANG members and dependants. Cost? \$170 per team. Questions? Contact Tech. Sgt. Rene Felix at 295-6617 or Master Sgt. Miguel Islas at 295-6356. Volunteers may contact Staff Sgt. Dana Watson at 295-6106.

Job Opportunities

A Deserving Airman opportunity is open for a Civil Engineering Officer position. Contact Master Sgt. Clint Awana at 295-6462.

Two Deserving Airman opportunities are open at the 214th Reconnaissance Group. These positions will be in the Operations Support Squadron as Intelligence Officers. Contact the 214th RG at 228-1398 with any questions.

Application packages can be obtained at the Commander's Support Staff and must be submitted by August 15.

JEC to host State CCM

The Junior Enlisted Council's annual presentation is scheduled for at 12:30 p.m., August 3, in the base auditorium. Arizona's State Command Chief, Chief Bryan Bell will be the guest speaker. Junior enlisted members on base are encouraged to attend.

Chaplain's Corner

Facing the Future without Fear

by Chaplain (Lt. Col.) Bob Norton
Wing Chaplain

Fear...a common emotion. Is it possible to live without fear? Maybe not.

General George Patton said once, "Courage is fear that has said its prayers." I've heard people come back from combat saying, "I don't want to serve with someone who has no fear...a good healthy fear can enable us to make good decisions." So maybe we don't want to eliminate fear all together.

One spiritual leader said, "Fear God and fear not." In other words, awe and reverence toward God can enable us to live our lives without debilitating fear...the fear that keeps us from knowing a life abundant and full.

Some say, "I have good reasons to be fearful!" Our economic downturn or recession is causing more and more home foreclosures and bankruptcies. AIDS continues to claim the lives of millions worldwide. An unrelenting terrorism strikes fear in the hearts of many. Gang violence in our cities along with drugs and drive-by shootings stirs up our fears.

From an early age many fear abandonment. Some fear dieing. Many fear public speaking even more than dieing. And then there are many garden-variety phobias like heights and spiders.... what's yours?

God has a better idea! He wants us to learn to live by faith instead of living by fear. From God's messengers the phrase "Fear not!" occurs 366 times in the Bible.

One fear not for every day of the year and even one for leap year thrown in. Unabated fear can cause hypervigilance and post traumatic stress disorder. We must have relief. FDR said in the throes of world conflict, "We have nothing to fear but fear itself." Fear itself can reduce us to a quivering bowl of jell-o or living out our days with every nerve standing at attention.

The Apostle Paul reflected on this subject while sitting on death row in the Roman Mamertine

Prison and wrote, "Have no anxiety about anything, but pray about everything...with thanks-

giving and the God of peace will be with you" (Philippians 4:6-8).

Paul had workable strategies for the best of times and the worst of times and he had found by experience that fear did not serve him well. He found...and we can too...that prayer enables us to step into the calm eye of the storm when the hurricane of life's difficulties is raging. We are to release our anxieties into the hands of God and exchange them for God's peace.

Film maker Oliver Stone used to have terrible nightmares about his combat experiences in Vietnam waking up in the middle of the night in a cold sweat. He had heard that Alfred Hitchcock dealt with his fears by making movies about the things which struck fear in his heart (i.e. "The Birds" etc.) So, Stone made the movie "Platoon" which helped him to work through his debilitating fears. Many of us can't make movies, but we can all pray and allow the God of peace to triumph in our chaotic minds.

Each UTA our faith groups meet for study, worship, and mutual encouragement. Come and learn how to live by faith and not by fear. These are your opportunities to gain insight into the abundant life God promises: **Jewish Awareness Group** – Saturday, 9:30 a.m. in the Chaplain's Office. **Protestant Worship Service** – Saturday, noon in Classroom F of OPS. **Catholic Mass** – Sunday, 8 a.m. in Classroom E of OPS. **LDS Study / Fellowship Group** – Sunday, noon in Classroom F of OPS

Chaplain Services Available

Chaplain (Maj.) Mike Martinez, a Catholic priest, is available full-time to any wing member in need of chaplain's assistance through Sept. 30. He will make rounds to all wing units to include detachments at Davis-Monthan Air Force Base. Call the chaplain's office at 295-6217 or the chaplain's cell phone at 850-9075.





President visits Airmen at Davis-Monthan

More than 100 members from Davis Monthan Air Force Base, Tucson, Ariz., gathered at Base Ops July 18 to shake hands and take photos with President George W. Bush.

During this visit the President

presented Mary Frances Ward with the President's Volunteer Service Award for outstanding volunteer service in her community. President Bush has honored more than 650 volunteers since 2002.



Photo by Senior Airman Alesia Goosic

President George W. Bush greets Davis-Monthan Air Force Base Airmen and their families July 18 before departing after a short trip to Tucson, Ariz.

New Davis-Monthan commander

by Staff Sgt. Tim Beckham

355th Fighter Wing Public Affairs

Davis-Monthan Air Force Base has a new commander. Colonel Paul T. Johnson replaced Colonel Kent Laughbaum as the 355th Fighter Wing commander during a Change-of-Command Ceremony in July.

Colonel Johnson became the 48th commander of Davis-Monthan's host wing. A good working relationship with the D-M commander is vital to the local Air National Guard

mission.

The 162nd Fighter Wing utilizes Davis-Monthan Air Force Base for three of its missions: the alert detachment—which protects the skies 24/7; Snowbird—which hosts other flying units to train; and Predator—which flies unmanned aircraft around the world.

Colonel Johnson most recently served at the Pentagon as the executive officer to the Vice Chief of Staff of the Air Force. He is a senior pilot with more than 2,500 flying hours in the A-10.



Photo by Airman 1st Class Noah R. Johnson

President George W. Bush arrives at Davis-Monthan Air Force Base, Ariz. July 17 to attend a VIP breakfast and to award Mary Frances Ward with the President's Volunteer Service Award for outstanding volunteer service in her community.



Col. Paul T. Johnson
355th Fighter Wing Commander



Retirees gather for 4th annual White Mountain picnic

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

For the fourth year in a row, on a cloudless June afternoon, about 100 former Air National Guard members and their families, attended what has become the premier White Mountain ANG Retirees event.

The weather was near perfect. While the temperatures in Tucson and Phoenix were well into the 100's the picnic attendees enjoyed cool, pine-scented, mountain air



Courtesy photo

Wayne Wright, Maria and Andy Wolfel, and Frank and Betty Maldonado line up for the feast.



Courtesy photo

Retirees enjoy the weather, food and company at the annual picnic in the White Mountains. The picnic is open to retired members from Phoenix and Tucson, as well as their family members.

in the mid 80's. A nice mix of former ANG members from both Tucson and Phoenix units made this a true Arizona ANG event.

Attendees enjoyed a tasty catered Mexican meal and a local musical duo played live background music from years gone by. This set a reminiscent mood for retirees to rekindle old friendships, relive past experiences and enjoy a relaxing afternoon catching up on the current status of old friends.

At the end of the day, the picnic committee and a few volunteers removed decorations and cleaned up the area. As twilight approached the last members departed. Once again, a satisfied group of ANG retirees had spent a memorable day with old friends.

Special thanks go to all who helped organize and create this very special event for our retirees.

All in the EL TIGRE Family

Military Promotions:

To Technical Sergeant

Kevin Cagan, 162nd Fighter Wing
Brian Petrie, 162nd Fighter Wing
Aaron P. Mason, 162nd Fighter Wing

To Staff Sergeant

Jordan Jones, Public Affairs
Jacob Weinstein, Fuel Shop
Adam Schoonover, 162nd Fighter Wing
Kristopher Zupan, 162nd Fighter Wing

To Airman 1st Class

Steven Waites, 162nd Fighter Wing

Technician Promotions:

Master Sgt. Steve Stewart (WS-09), Phase Element

New Members:

Staff Sgt. Jessica Anderson, new DSG, AGE Element

Airman 1st Class Russell Shirley, new DSG, AGE Element

New Hires:

Staff Sgt. Mario Garcia, Phase Element
Staff Sgt. Tracy Schultz, Phase Element
Senior Airman Kristen Taskila, Phase Element
Staff Sgt. John Perkumas, Phase Element

Graduations:

Airman 1st Class Weston Boddie graduated from Basic and Technical Training, AGE Element.
Technical Sgt. Mary Thompson was the Honor Graduate from the 3A0 tech school, and received the AETC Commander's Award.

Temporary Tech/AGR:

Airman 1st Class Richard Akers, Phase Element
Staff Sgt. Ryan Mount, Phase Element
Staff Sgt. Wade Wagley, Structural Maintenance
Senior Airman Sergio Nunez, Structural Maintenance

Retirees:

Tech. Sgt. Alma Yant retired from Quality Assurance



**DESERT ROSE
DINING FACILITY
MENU**

SATURDAY

Glazed Cornish Game Hens
Stuffed Peppers
Rice Pilaf
Oven Glo Potatoes
Steamed Carrots
Southern Style Green Beans
Succotach
Strawberry Chiffon Pie
Boston Cream Pie

SUNDAY

Roast Beef
Mustard Dill Baked Fish
Mashed Potatoes
Macaroni n Cheese
Broccoli & Carrots
Corn
Cauliflower
Peanut Butter Cookies
Chocolate Cake w/ Chocolate
Frosting

**SHORT ORDER &
STANDARD ITEMS**

Grilled Hamburgers
Cheeseburgers
Short Order Special
Tuna Sandwich
Garden Burgers
Pizza
Baked Beans
French Fries
Onion Rings
Baked Potato Bar
Assorted Breads
Assorted Desserts
Frozen Yogurt
Jell-o
Salad Bar w/Condiments
Fresh Fruit
Assorted Beverages

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

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

**162ND FIGHTER WING
2009 DRILL DATES**

January	10-11	July	11-12
February	7-8	August	8-9
March	7-8	September	12-13
April	4-5	October	3-4
May	2-3	November	7-8
June	6-7	December	5-6





Wing members soar through achievements

162nd pilot earns Bronze Star



Lt. Col. Mark Lindquist (right) receives the Bronze Star Medal July 11 from Brig. Gen. Rick Moisio, 162nd Fighter Wing commander. The Arizona Air National Guard pilot earned the decoration during a recent deployment in support of Operation Iraqi Freedom.

Photo by Master Sgt. Dave Neve

Father launches son's incentive flight

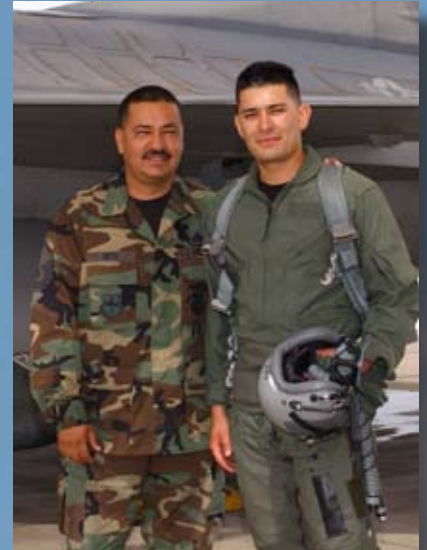


Photo by Senior Airman Sarah Elliott

Master Sgt. Alfonso Soto (left), an F-16 crew chief, and his son Senior Airman Gabe Soto meet on the flightline after Airman Soto's incentive flight.

Airman Soto, an electronics technician, flew July 13 as reward for earning Airman of the Quarter for the wing. His father was the crew chief who launched the flight.

"I'm so proud that my son was selected for Airman of the Quarter and it's a once-in-a-lifetime opportunity to be able to launch him on an F-16 flight," said Sergeant Soto.

MDG chief nurse pins on colonel

Col. Michael Mangan, 162nd Medical Group chief nurse executive, receives his eagles from his wife, Kerry. Colonel Mangan said he intends to focus on mentorship, an important part of senior leadership.



Photo by Master Sgt. Dave Neve

162 FIGHTER WING
ARIZONA AIR NATIONAL GUARD
1650 EAST PERIMETER WAY
TUCSON AZ 85706-6052
OFFICIAL BUSINESS

PRSRT STD
US POST PAID
ANG PERMIT NO. 394