



EI TIGRE

SERVING THE 162ND FIGHTER WING AND TUSCUMBEE GUARD COMMUNITY SINCE 1959



**Maj. Gen.
Donald E. Morris**
Our first commander



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JULY - AUGUST - SEPTEMBER
SUMMER 2010



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EL TIGRE

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Renewed focus on our mission, our people and ourselves

by Brig. Gen. Greg Stroud
Commander

Here we are in the first summer of a new decade with renewed focus on a familiar mission and a few new challenges.

We've just come off the end of a compliance inspection last spring that proved once again that this wing can get the job done. By now we've had time to breathe and decompress from the demands of such a critical test for our unit. Now it's time to get back to what we do best – maintain and operate one of the safest F-16 training units in the world.

This means applying what we learned during the inspection, paying attention to detail, and keeping a focus on safety. Everyone on base should remember their roles in programs that protect our people and resources; from looking out for FOD to operational risk management.

And we should all apply our safety-minded culture to our personal lives. Whether planning a vacation, driving to Mount Lemmon, riding a bike, swimming or barbecuing in our back yards, we need to weigh all the risks and make sure that we are not creating dangerous situations.

Along with these professional responsibilities we all share, I ask everyone to be a good wingman to their co-workers. The Air Force's Wingman program encourages us and our families to look out for each other and to intervene when signs of stress are observed.

For many of us, we spend more time each day among our fellow Guardsmen than we do with our families and often we are in a position to spot the first signs of trouble in each other whether physical, emotional or spiritual.

Everyone should check out www.az.wingmanproject.org



General Stroud

to learn how to read the signs of distress and how to intervene. The Wingman Project site offers a disturbing fact; since 2001 far more Airmen have been lost to suicide than in combat by a ratio of 7 to 1. This is simply unacceptable.

Sometimes people just need a friend to listen, but sometimes they need more help. In any case, use the 162nd's support network. The chaplains office, family readiness, the Jimmy Jet Foundation, the technician assistance program, first sergeants, the medical group and equal opportunity are all here to help.

While you are looking out for each other, remember that there is no better time to start taking care of you. Take time to exercise to manage your stress and improve your health. The new Air Force fitness test standards start July 1. Are you ready?

Lately I've noticed an increased interest in fitness on base. I see more people running from the main gate down Valencia. The base fitness

center is getting a fair share of traffic. Groups are meeting to participate in P90X, they're training at the Sunnyside track and the 9G Fitness program has taken off.

These are all very good signs. I'm proud to see people making fitness a part of our year-round culture. If you haven't started a personal fitness program, now is the time to start.

There are several new aspects to the fitness test. Possibly the most important change is that a failure to meet a minimum in any one category will result in automatic failure; meaning a poor performance on the sit-ups test can't be compensated by a good score on the 1.5 mile run. Get to know the requirements for your age group and find out more about the test at www.afpc.randolph.af.mil/affitnessprogram/index.asp.

A passing score will be vital to promotions, reenlistments and attendance at schools -- not to mention having a positive impact on your overall health and ability to accomplish the mission.

Another way to ensure you have a long and successful military career is to avoid driving under the influence at all costs. A DUI conviction can stop your career in its tracks. Use a designated driver, call a friend, call a taxi, use Airmen Against Drunk Driving, but do not get behind the wheel if you've been drinking.

If you've had a DUI and haven't notified your supervisor yet, do so now. Don't wait until it's time to reenlist or renew your security clearance because by then it may be too late for your commanders to help you.

Let's make it a priority this summer to exercise good judgment, make smart decisions, manage stress properly and help each other out when we're needed. Each member of this wing is invaluable to the mission and a part of the Guard family.



Dutch F-16 pilot training to re

by Maj. Gabe Johnson
Public Affairs

The Royal Netherlands Air Force will soon resume F-16 Fighting Falcon pilot training here at Tucson International Airport after a five-year absence.

Dutch pilots were the first in a long line of international students to ever train with the 162nd Fighter Wing. Starting in 1989, they were a mainstay program at the Arizona Air National Guard unit for 18 years until they moved to Springfield, Ohio, for a five-year agreement to train with the Ohio Air National Guard's 178th Fighter Wing.

"We have a long and very successful history with the Dutch. We're looking forward to reestablishing our relationship with their air force," said Brig. Gen. Greg Stroud, 162nd Fighter Wing commander.

The details of their return, scheduled for January 2011, were the subject of discussion between wing and Dutch air force leaders during a site visit April 26-28.

The Dutch plan to base 14 of their own jets here to participate in basic F-16 training as well as advanced courses such as flight lead upgrade and instructor pilot certification.

In addition to student training, the 162nd will periodically host experienced Dutch pilots for operational training before deployments to Afghanistan; training opportunities similar to those offered at Operation Snowbird, a wing detachment at nearby Davis-Monthan Air Force Base.

Their arrival will come on the heels of the departure of the United Arab Emirates' F-16 training program in December. The Emiratis, and their squadron of 13 F-16E/F Desert Falcons, will move to the UAE wrapping up a six-year stay at Tucson's airport.

"The Netherlands program will fit perfectly as a replacement for the United Arab Emirates program, thereby preserving most of the Air National Guard jobs associated with the UAE. The labor pool in our 148th Fighter Squadron, currently a UAE-only training squadron, will shift to train Dutch pilots," said the general.

He expects the Dutch program to average about 3,000 flying hours per year, similar to the amount currently generated by the UAE.

The incoming Dutch aircraft, six two-seat trainers and eight single-seat models, are essentially early-model F-16A/B's that have undergone cockpit and avionics



Royal Netherlands Air Force F-16s, essentially block 15 airframes with updated block 50 avionics, will begin flying out of Tucson International Airport in January 2011. The 162nd Fighter Wing will resume training Dutch fighter pilots who are moving from their current training location in Springfield, Ohio, to train with the Arizona Air National Guard.

upgrades that make them as capable as the newer C/D-models. In the international F-16 community they are known as MLUs, or Mid-Life Update F-16s.

"The UAE is still our customer until December 31 and the goal is to make the transition as seamless as possible," he said. "Some Dutch equipment will start arriving as early as October as UAE equipment leaves and makes room. We'll have a detailed and complicated plan at times."

Col. Peter Tankink, chief of the Royal Netherlands Air Force Fighter Branch, anticipates about 10 Dutch pilots will train in Tucson per year, and about six instructor pilots will be stationed here for three years each.

According to Tankink, the Dutch are excited about their pending return.

"Of course the benefits of training in Tucson include the weather. You can execute all planned training without delays due to bad weather," he said. "The second thing is the training ranges are perfect here."

He also noted the advantages of training alongside student pilots from other nations.

"It helps to talk to those guys and learn what level of training they have and to exchange some thoughts on operational and tactical flying. In the future we will be working with them in operations in Afghanistan. We will also train with them down the road, for example we recently had a large training exercise in Holland



turn to Tucson

working with Polish pilots who have trained here in Tucson,” said Colonel Tankink.

The broad international flavor of the wing also translates to reduced costs for the Netherlands.

Cost sharing among several partner nation air forces makes training in Tucson affordable. Current partners like Poland, Singapore, Norway and Morocco each take on a piece of the 162nd’s operating budget which is fractionalized at a per-student rate.

The Federal Aviation Administration, which runs airfield operations at Tucson International Airport, also contributes to bringing down training costs. Bases that don’t share an airfield with a commercial airport usually take on the entire expense.

“We’ve been working closely with the Secretary of the Air Force’s International Affairs office and the Air Force Security Assistance Training office to arrive at a letter of offer and acceptance that works for the Dutch,” said General Stroud. “SAF/IA’s role, as it is for all partner nations, is to arrange the best training at the best cost.”

The initial agreement for training in Tucson is a three year program with an option to extend based on the needs of the Dutch air force.

“We are very happy to be coming back to Tucson,” said Colonel Tankink. “We really enjoyed our stay and the training here from ’89 to 2005, and we look forward to working with the 162nd again.”



Photo by Maj. Gabe Johnson

Lt. Col. Dan Grimwood, 162nd Aircraft Maintenance Squadron commander, briefs a team of Dutch airmen and Arizona Air Guardsmen on maintenance and logistics issues, April 27.

Test Center welcomes new commander



Col. Richard Dennee, right, accepts the AATC guidon from Maj. Gen. Rick Moisiso, Air National Guard deputy director, May 21.

The Air National Guard Air Force Reserve Command Test Center (AATC) at Tucson International Airport welcomed a new commander May 21.

Col. Richard Dennee assumed command receiving the AATC guidon from Maj. Gen. Rick Moisiso, the deputy director of the Air National Guard and former 162nd Fighter Wing commander.

In April, Colonel Dennee completed a six-month deployment to Camp Victory, Iraq, where he served as the senior liaison officer for the deputy commanding general for advisory and training. His most recent stateside assignment was as the director of Air National Guard Plans and Programs at the National Guard Bureau headquarters in Arlington, Va. He is an F-15 pilot with more than 3,800 hours in fighter, trainer and airlift aircraft.

The AATC mission is to conduct operational tests on behalf of the Air National Guard and the Air Force Reserve Command. As a tenant unit hosted by the Arizona Air National Guard’s 162nd Fighter Wing, the compact team composed of about 70 active duty, Reserve component, civilian and contractor members works to field low-cost, low-risk, off-the-shelf improvements for Guard and Reserve aircraft and weapon systems.

“I’ve heard people describe this organization as a national treasure. I couldn’t agree more,” said Colonel Dennee. “To the women and men of AATC, you’re the heart of this organization. Past commanders will attest to that. The legacy of almost 28 years as a test organization speaks volumes about our proud history. This organization brings important capabilities to the Reserve component and the Air Force.”



F-16 training bolsters U.S., Pakistan relations



Photos by Master Sgt. Dave Neve

Lt. Col. Alex Wilson, right, an instructor pilot at the 162nd Fighter Wing, and Pakistan Air Force Squadron Leader Shirjil Kahn, prepare for an F-16D training flight at Tucson International Airport April 27. During seven months of training here, eight Pakistani fighter pilots learned how to train others to fly their air force's newest F-16 Fighting Falcons.

by Maj. Gabe Johnson
Public Affairs

As a vital partner for U.S. forces in Southwest Asia, Pakistan's air force will soon upgrade its 30-year-old fleet of F-16 Fighting Falcons. The pilots charged with flying more capable fighters are ready to handle the new technology after training with the Arizona Air National Guard.

Eight Pakistan Air Force pilots, each experienced in the F-16A/B, recently learned to fly the newer C/D model aircraft at the 162nd Fighter Wing, the international F-16 training unit at Tucson International Airport. They were honored at a graduation ceremony here May 4.

They are the first from their coun-

try to train in the United States since 1983 when the last class of Pakistani pilots trained at Luke Air Force Base, Ariz.

"This graduation is historic for U.S.-Pakistan relations," said Pakistan Air Force Wing Commander Ghazanfar Latif, a 12-year F-16A pilot. "For Pakistan, our air force is gaining capabilities that it has needed for the last decade; capabilities that are critical to ongoing operations in Pakistan's war on terror."

The new planes purchased by the Pakistani government, block 52 versions of the multi-role fighter, are far more advanced than the older A-model versions and will allow pilots to conduct operations at night and greatly enhance their use of precision munitions.

The first four of the 18 total purchased are scheduled for delivery June 26 to Shahbaz air base in

south-central Pakistan. The rest will be delivered on a staggered schedule throughout this year. In addition, their existing fleet will undergo a mid-life update in 2011 designed to upgrade cockpits and avionics to match the F-16C/D.

In preparation for the June delivery, the eight pilots and their families spent 10 months in the United States navigating the upgrade training pipeline.

They spent two and half months reviewing military aviation terminology at the Defense Language Institute at Lackland Air Force Base, Texas, and seven months in flight training at Tucson International Airport. Since the C/D-models used for training in Tucson are block 25 F-16s, they also underwent two weeks of additional block 52 instruction before returning to Pakistan.

"Even though they're flying block 25s here, they will still be able to operate their block 52s back home. When they leave here they will get training from Lockheed Martin in Fort Worth, Texas, on the differences," said Lt. Col. Kelly Parkinson, 195th Fighter Squadron commander. "The two blocks fly the same; it's essentially the employment of weapons that makes the difference."

The bulk of their flight training in Tucson included a transition course from the F-16A/B to the F-16C/D, flight lead upgrade training and instructor pilot certification.

"We're training these eight pilots so they can return home and be instructors themselves and teach others to fly the new F-16s," said Colonel Parkinson, a 22-year fighter pilot.

"I think the training here is very well organized and tailored to our needs, also the standards here are very high," said Latif. "This is going to make a big difference because we do not have the capability to make



precision engagements at night with A-models. Everybody understands that collateral damage is a big factor and the sensors on the C-model will help us carry out precision engagement and close air support.”

With so much to learn, the students flew a rigorous schedule of five flights per week. The average student tempo is closer to three per week.

“The radar, datalink and other avionics help create the big picture of what is going on around you. There’s lots of information to process in the C-model, so you have to prioritize all of the input you are getting,” said Squadron Leader Yasir Malik. “But these instructors know what they are doing and they are good teachers.”

Maj. Windy Hendrick, a flight commander and 13-year F-16 pilot, has instructed students from all over the world. She said she and her fellow instructors learned a great deal about their Pakistani counterparts.



“They are all experienced pilots with 500 to 1,800 fighter hours in the F-16, and the majority of that time is combat hours in the fight against extremists,” she said. “They are very humble and don’t talk about their experience, but the more we learn about them and all they’ve done it makes us proud to be their instructors.”

“They are very dedicated, hard

working and they have great attitudes. Their presence in the squadron has been a real pleasure.”

When flying over the military ranges of Southern Arizona, Pakistan’s pilots had experienced instructors like Hendrick to guide them; but back on the ground they relied on the unit’s international military student office (IMSO) for help with housing, transportation, documentation and adapting to American culture.

“We could not ask for more help from the IMSO office. They came to San Antonio to meet us before we came to Tucson to help us start our move,” said Squadron Leader Malik. “They went to see apartments in Tucson to help us find living arrangements, and they set up many trips all over the state. We saw so many places that we would never have found on our own.”

“We would have been more confused with trying to find a place to live and get adjusted if it weren’t for IMSO.”

It’s unclear if more student pilots from Pakistan will train in Tucson; however, according to Colonel Parkinson, the 162nd stands ready.

“Training capable fighter pilots for our partner-nation air forces and fostering relationships in the worldwide F-16 community is what we do. We will continue to help train Pakistan’s pilots whenever we’re needed,” he said.



Pakistan Air Force Squadron Leader Azman Khalil, left, goes over flight information with Capt. Andy Wittke, an instructor pilot at the 162nd Fighter Wing, before a training mission April 27. Khalil and seven other Pakistani pilots graduated from F-16C/D upgrade training at Tucson International Airport May 4.



Annual Awards honor Guardsmen, fighter wing supporters

by Maj. Gabe Johnson
Public Affairs

A sea of servicemembers, families, friends, distinguished guests and visitors filled chairs and stood lining the walls in Maintenance Hangar 10 at Tucson International Airport for the 162nd Fighter Wing's 2009 Annual Awards ceremony here April 10.

The ceremony honored wing members, teams and community supporters for outstanding contributions or personal development.

Brig. Gen. Michael Colangelo, the Arizona Air National Guard commander, made the trip from state headquarters in Phoenix to preside over the ceremony.

"My favorite part of coming down here is when I look into the eyes of people in the audience and see so many former members," said General Colangelo. "We could put together a good-sized squadron made up of retired and former members who still come back here to watch this experience every year. These generations started the tradition in 1956 of doing things the right way, for the right reasons – being professional Airmen that can do anything they are tasked to do."

According to Brig. Gen. Greg Stroud, the wing commander, 2009 was extraordinary for the 162nd. The wing's Air Sovereignty Alert detachment earned the highest possible marks during no-notice NORAD inspections, the 162nd Medical Group received an outstanding rating during a Health Services Inspection, and the wing earned superior ratings during an Environmental, Safety, Occupational Health, Compliance Assessment



Photos by Master Sgt. Dave Neve

Retired Master Sgt. John Smith, the first person to ever enlist in the Tucson Guard unit, accepts the Commander's Special Tribute award from Brig. Gen. Greg Stroud, 162nd Fighter Wing commander, April 10. During its annual awards ceremony, the Arizona Air National Guard unit based at Tucson International Airport recognized 57 Guardsmen and civilian supporters for outstanding contributions to the wing mission.

and Management Program (ESOH CAMP) inspection. The alert detachment and medical group subsequently earned Air Force Outstanding Unit Awards, and the overall wing earned the highest grade yet given for an Air Education and Training Command compliance inspection.

TEAM PERFORMANCE AWARD
RC-26 Team

CCAF DEGREES

- Master Sgt. William Ormsby
- Master Sgt. Gregory O'Sullivan
- Tech. Sgt. David Aranda
- Tech. Sgt. John Herran
- Staff Sgt. Rodolfo Pimental
- Staff Sgt. Lori Presnar
- Staff Sgt. Danny Watton

OUTSTANDING PERSONNEL

- Outstanding Officer
Lt. Col. Garry Beauregard
- Outstanding Senior NCO
Master Sgt. Bruce Whitney

- Outstanding NCO
Tech. Sgt. Eric Baker

- Outstanding Airman
Airman First Class Rebecca Garcia

OUTSTANDING SECTION
Quality Assurance

BRIGADIER GENERAL RONALD L. KURTH COMMANDERS AWARD
Alert Detachment

MAJOR GENERAL DONALD E. MORRIS LEADERSHIP AWARD
Senior Master Sgt. Alex Leyvas

COMMANDERS SPECIAL RECOGNITION AWARD
Maj. Gabriel Johnson
Inspection Element

COMMANDERS SPECIAL TRIBUTE AWARD
Master Sgt. (Ret) John Smith

MAJ GEN DONALD L. OWENS JUNIOR OFFICER AWARD
Capt. Paul Jefferson

AFA JUNIOR AIRMAN AWARD
Airman First Class Sylvia Calmelat

AQUINO GROUND SAFETY AWARD
Repair and Reclamation Shop

JOHN H. "SQUARE DEAL" MCNEILL
Lt. Col. Jolyon Schilling

FRG VOLUNTEER OF THE YEAR
Mr. Gregory Dodd

162FW MINUTEMAN COMMITTEE EMPLOYER OF THE YEAR
NW Fire District

162FW MINUTEMAN COMMITTEE GUARDSMAN OF THE YEAR
Lt. Col. Mike Miller



“Each year we get to recognize only a select few of the 1,500 incredibly talented members of this wing. So those of you who are receiving awards today, your families and everybody in this room can be incredibly proud of your accomplishments,” said General Stroud.

The generals then awarded Community College of the Air Force degrees, outstanding personnel of the year awards, team performance awards, scholarships, volunteer recognition, safety awards, and Meritorious Service and Air Medals.

The clear highlight of the program was the Commander’s Special Tribute award which was presented to retired Master Sgt. John Smith, the first person to ever enlist in the Tucson Guard unit. The hangar erupted with a standing ovation for the founding member who, at the age of 29, entered the Guard in May of 1956, the unit’s inaugural year, to be a structural repairman.

He was already a Navy veteran from World War II’s Pacific theater, and went on to serve 28 years in the Guard.

“He’s the fabric of our heritage, and the men and women of the 162nd are thankful for what he and others did to begin our great tradition of excellence,” said 2nd Lt. Angela Walz, master of ceremonies.

The overall mood of the event focused as much on the future of the 162nd Fighter Wing as it did on the unit’s heritage.

“This [international F-16 pilot training] mission that we have, and all the support missions that we step up to for our state and our country make this unit the ideal location to bring a 5th generation fighter,” said General Colangelo referring to the wing’s candidacy for future F-35 Lightning II training. “When we watch the men and women walk across this stage, and we hear about their contributions we can take pride that we deserve this opportunity.”



Airman First Class Rebecca Garcia accepts the 162nd Fighter Wing Airman of the Year award from Brig. Gen. Michael Colangelo, the Arizona Air National Guard commander, April 10.

162FW MINUTEMAN COMMITTEE SCHOLARSHIP
Karissa Gavre

“JIMMY JET” VOLUNTEER
Mrs. Linda Hutchinson

“JIMMY JET” KURTH MEMORIAL SCHOLARSHIP AWARD
Ashley Claggett

“JIMMY JET” PAMELA J. LONG SCHOLARSHIP AWARD
Kelly LaFrance

LOUIS E. WILLIAMS MEMORIAL SCHOLARSHIP AWARD
Airman First Class Sylvia Calmelat

FIRST SERGEANT OF THE YEAR
Senior Master Sgt. Armando Gonzalez

F-16 INSTRUCTOR PILOT OF THE YEAR
Lt. Col. Wally Bleyl

OPERATIONS APPRECIATION AWARD
Civil Engineering Squadron

TUCSON METROPOLITAN CHAMBER OF COMMERCE AWARD
Lt. Col. Scott Reinhold

162FW COMMAND CHIEF AWARD
Tech. Sgt. James Wright

162FW MERITORIOUS ACHIEVEMENT
Lt. Col. Eric Kendle
Public Affairs
Mr. Dave Galloway

MERITORIOUS SERVICE MEDAL
Lt. Col. Moon Milham
Lt. Col. Kelly Parkinson
Maj. Jason Dickinson
Maj. Charles Durfee

Maj. Steven Haase
Maj. Daniel Hodges
Maj. Brant Putnam
Maj. Alexander Wilson
Chief Master Sgt. Asberry Dawson
Senior Master Sgt. Jacinta Figueroa
Master Sgt. Terry Hassel

AIR MEDAL
Col. James Taylor
Lt. Col. Charles Huffman
Lt. Col. Mark Linquist
Maj. Matthew Garrison
Maj. Adam Mercier
Maj. Owen Smith
Maj. Jason Lewis
Maj. Patrick McClelland



Maintenance first sergeant brings home state honors



Photos by Master Sgt. Kelly Deitloff

(From the left) Scott Essex, Arizona chairman of Employer Support for the Guard and Reserve, Army Maj. Gen. Hugo E. Salazar, commanding general and Adjutant General of the Arizona National Guard, Senior Master Sgt. Armando Gonzalez, Arizona's Outstanding First Sergeant of the Year, Brig. Gen Michael Colangelo, Arizona Air National Guard commander, and the Arizona Air National Guard Command Chief Master Sgt. Daniel Irving stand for a photo at the state's Outstanding Airman of the Year Banquet, April 9.

by Maj. Gabe Johnson
Public Affairs

PHOENIX – A member of the 162nd Fighter Wing at Tucson International Airport earned top honors at the Arizona Air National Guard's Outstanding Airman of the Year Banquet held here April 9, at the Embassy Suites Phoenix.

Senior Master Sgt. Armando Gonzalez was presented the Outstanding First Sergeant of the Year award for the state.

First sergeants are responsible for the morale, welfare, and conduct of all the enlisted members in a particular unit and are the chief advisers to commanders concerning the

enlisted force.

The OAY banquet is an annual celebration honoring the best of the best in the Arizona Air National Guard. Supervisors nominate Airmen based on criteria focusing on the Airman's exceptional service in the military and community.

During the award period, Sergeant Gonzalez served as first sergeant for 330 members of the wing's Aircraft Maintenance Squadron. He was

the president of the unit's First Sergeant's council, a member of the base honor guard, and is a recent bone marrow donor.

Only five other Airmen took home the honors in their respective categories for 2010.

The other 2010 Arizona Airmen of the Year are:

Airman of the Year: Senior Airman Terese Chadwick, assigned to the 161st Air Refueling Wing.

Noncommissioned Officer of the Year: Staff Sgt. James Rollins assigned to the 214th Reconnaissance Group.

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

Command Chief Master Sergeant Award: Senior Airman Courtney Enos assigned to the 161st Air Refueling Wing.

Major General Donald L. Owens Junior Officer of the Year Award: Capt. Kevin Clegg, assigned to the 214th Reconnaissance Group.

Gonzalez and the other winners will now compete against other states' outstanding personnel for the honor of being named one of the Air National Guard's 12 Outstanding Airmen of the Year.

The Air Force's Airman of the Year program was initiated at the Air Force Association's conference of 1956. The Chief Master Sergeant of the Air Force, a general officer and selected MAJCOM command chiefs form the selection board.





Maj. Gen. Donald E. Morris: Founder of Tucson's Air Guard

by Maj. Gabe Johnson
Public Affairs

The largest Air National Guard fighter wing in the country, Tucson's 162nd, owes its modern-day success to Retired Air Force Maj. Gen. Donald E. Morris, the unit's first and longest-running commander.

Morris' 15-year command, from 1956 through 1971, laid the foundation for the Arizona Guard unit, which today boasts a robust international F-16 pilot training mission, 1,450 people and 66 high-performance jets.

At the age of 33, and at the rank of major in 1956, Morris moved from an Air Guard unit in Phoenix to start a squadron of F-86A Sabres at Tucson Municipal Airport. He was one of a dozen Phoenix Guardsmen tasked with the job of creating an interceptor mission out of a farmhouse and an empty dirt-floor hangar. Within weeks he built the 152nd Fighter Interceptor Squadron to 15 officers and 80 enlisted Airmen – a sign of what he would rapidly accomplish during his command.

Always an Airman and a Patriot

As an 11-year-old growing up in Fairview, Okla., Morris talked his way into as many airplane rides as he could. In the midst of World War II, a recent high school graduate in 1943, he joined the Army and served as a drill instructor while waiting for a pilot slot in the Air Corps. By 1945 he earned his wings and was teaching American pilots to fly the T-6 Texan at Luke Field.

After the war, he joined the Arizona Air National Guard in Phoenix where he flew the P-40 Warhawk and the P-51 Mustang among other aircraft. In 1948 he became the first Guard officer to graduate from jet transition school. At the start of the Korean War he was called upon again by the Air Force, this time to train pilots at Nellis Air Force Base, Nev., in the F-80 Shooting Star, F-86 Sabre and F-84 Thunderstreak during a two-year activation.

Following his release from active duty in 1953, he returned to the Air Guard and served as operations officer and later the commander for the well-established 8197th Fighter Squadron in Phoenix only to soon take on the challenge of starting a new one in Tucson – which would go on to be his enduring legacy.



A major at the time, Don Morris pays a visit to Master Sgt. Jim Benson and his son Airman 3rd Class Jim Benson, Jr. in the 152nd Fighter Interceptor Squadron hangar.



U.S. Senator Barry Goldwater, center, prepares for an F-86 check ride with Don Morris, right. Both were assigned to Phoenix's 8197th Fighter Interceptor Squadron.

1950's

The base Morris started with...



Growth and Change

By 1958 Morris grew his Tucson unit to 570, and the 162nd Fighter Group was born. It was one of the first Air Guard units to fly the F-100 Super Sabre, the first operational plane in the Air Force capable of breaking the sound barrier. He was often seen recruiting new members from the old Chamber of Commerce building in downtown Tucson. By then he was known in town as "Mr. Tucson Air National Guard."

To the people who served under him he was simply known as "Mo." They recall that he was an excellent pilot and that his leadership style was quiet and unassuming. Any task would be accomplished if he simply mentioned it in passing.

General Morris led his Airmen through change and growth on a level that far exceeds what modern commanders experience. During his tenure, Tucson's Airport saw F-86s, F-84s, F-100s, F-102s and back to F-100s. The base underwent numerous upgrades and construction projects to accommodate the ever-changing flying mission.

Early on, he had a vision of converting the unit's mission to pilot training. He could see that the unit's air-defense duty wouldn't last. He routinely traveled to the National Guard Bureau to talk about the unit's future, and he was well thought of among Guard leaders in Washington.

Toward the end of his tenure in 1969, with the Vietnam War at its peak, the Air Force asked General Morris' group to change its mission from F-102 air alert to F-100 fighter training. The change was pivotal as the training mission continues in Tucson to this day.

By 1971 Morris had earned the rank of colonel, the 162nd swelled to 1,000 members, and the number of personal, and unit, accolades was too many to mention. Later that year he left the unit he had raised from a dirt-floor hangar.



Maj. Gen. Donald E. Morris, right, pictured here when he was a colonel and the commander of the Tucson unit. Maj. Gen. Wess P. Chambers, left, was Morris' vice commander and later served as the group's second commander.



The unit's first commander projected a professional image of the Tucson Air Guard...



...He was also known for his down-to-earth leadership style.



...the base he built...

1960's



General Morris

Maj. Gen. Don Morris earned his first star as a brigadier general commanding the Arizona Air National Guard from its headquarters in Phoenix. Later he earned his second star and became the special assistant to the Southern Command in Panama and the U.S. Air Forces in Europe.

Over the span of his 39-year military career he compiled 9,000 flying hours; 5,200 of which in jet fighters, 1,500 in the P-40 and P-51, 1,000 in multi-engine aircraft and 1,300 in numerous other military and civilian aircraft. His major awards included the Air Force Distinguished Service Medal, Legion of Merit and the Air Force's Order of the Sword, a special award presented by noncommissioned officers recognizing individuals they hold in high esteem.

General Morris retired in 1983 and chose to return to Tucson. "It's where some of my most fond memories are – the Tucson Air Guard and the people who have served there," said Morris at the unit's 40th anniversary in 1996.

For Morris, and the fighter unit he created, life and work were always about family. His son Don Morris, Jr. and his grandson John Morris both served in the 162nd as have many of Tucson's fathers, sons and daughters. To many he served with he was like an older brother or a second father, to all he served with he is regarded as a visionary Airman, Guardsman, leader and friend.

Morris, 86, and his wife Cherie still live in Tucson. He has two children, two grandchildren and five great grandchildren.



June 9, 2010

To the people of the 162nd Fighter Wing, it was a distinct honor and privilege to serve as one of your commanders. It has been great to watch you go to the top of the charts among like units – Air National Guard, Reserve and active duty. Facilities, equipment and location are necessary to perform adequately, but if you are blessed with the right personnel you have the game well in hand. The togetherness of the Airmen of the 162nd family has been a major key to the success of the unit. Don't lose that family feeling. Keep up the outstanding accomplishment of goals you have set for the future. God bless the 162nd Fighter Wing and the military personnel of the United States.

Donald E. Morris
Maj. Gen., AZ ANG, Retired



Don Morris with his son Don Morris, Jr., right, and grandson John Morris, left, in 1996.



Retired Maj. Gen. Don Morris at the 2006 dedication of a monument on base in his honor.

...the legacy he gave Tucson.

1970's



Arizona's air defense unit named best in US

by Maj. Gabe Johnson
Public Affairs

TYNDALL AIR FORCE BASE, Fla. – In the aftermath of Sept. 11, 2001, the 162nd Fighter Wing, an Arizona Air National Guard F-16 training unit, took to the skies to protect the Southwest as part of Operation Noble Eagle – this year the unit was named the best air sovereignty alert force in the country.

From all continental U.S. NORAD region (CONR) alert sites, Maj. Gen. Garry C. Dean, the First Air Force commander, selected the 162nd's alert detachment to receive the 2009 Air Sovereignty Alert Unit of the Year award. Lt. Col. Moon Milham, the detachment commander, accepted the trophy at a banquet here April 13.

Milham's unit, based at Davis-Monthan Air Force Base, Ariz., earned the distinction after receiving overall outstanding ratings during alert force evaluations. North American Aerospace Defense Command inspectors noted that Arizona's alert maintainers made up the "best F-16 maintenance unit in NORAD."

The alert team was also recognized as the "benchmark in alert training," often traveling to other units to provide training or to fill in for deployed members.

"We were fortunate over the last year to get through our alert force evaluation and have the inspection team recognize our maintenance as the best in NORAD; especially considering the ages of our jets," said Colonel Milham.

The detachment employs the mid-1980s version of the F-16, the block 25. Understandably, NORAD inspectors expect flawless aircraft for this can-not-fail mission, meaning operational needs must be in perfect balance with safety procedures.

According to Senior Master Sgt. Buddy Nedrow, the alert production supervisor, not a single detail is overlooked for the sake of readiness or rapid response times.

"We have to stay on top of the aircraft and that means never going below standards," said Sergeant Nedrow, who's been on the alert mission since 2001. "It's a unique sense of pride because our team knows this is a real-world mission in defense of our homeland."

Eight years ago, the 162nd was asked to take on the alert mission due to its location; and with three flying squadrons, it had the resources to do it.

Today the Tucson unit is responsible for 225,000 square miles of the Southwest. The handful of Guardsmen assigned maintain a heightened state of alert 24 hours



Photo by Maj. Gabe Johnson

Capt. Bob Peel, bottom, and Lt. Col. Tony Adamo, F-16 instructor pilots from the 162nd Fighter Wing, fly over the Arizona desert while supporting Operation Noble Eagle's air sovereignty alert mission. The Arizona Air National Guard alert unit recently earned the 2009 Air Sovereignty Alert Unit of the Year award.



per day, 365 days per year to be able to rapidly respond to any potential or perceived threat.

Instructor pilots from the 162nd rotate through alert duty on a daily basis. Each pilot at the wing may pull alert twice per month. For maintainers, the alert mission is a full-time job of 25 hour shifts a couple times per week.

In addition to alert, they protect the nation's leaders when they travel, and they patrol airspace over political conventions, major sporting events or any large gathering of citizens in Arizona, California, Nevada, Utah, Colorado and New Mexico.

"We're the back up for units in nearby states, but we're primarily responsible for the Phoenix metropolitan area and our infrastructure – power plants, storage areas, and large gatherings like the Super Bowl," said Colonel Milham.

"It's very fulfilling to provide security to our nation and it's a call to duty. That's what the Guard is for; we're the militia tasked with protecting our families and our land."

Their facilities at Davis-Monthan, only five miles from the 162nd Fighter Wing headquarters at Tucson International Airport, were once used by the Montana Air National Guard for a cold-war era alert mission. With help from D-M, the Guard was able to quickly stand up alert operations where they left off.

"I have to give much credit to our hosts at Davis-Monthan, the 355th Fighter Wing. They put us at number one on their list of missions. Our good relationship with them has allowed us to succeed each and every year," said the colonel.

"When the klaxon goes off, they give us priority and the nation's jets get airborne quickly and safely, and that's a good deterrent."

In 2009, the 162nd Fighter Wing Air Sovereignty Alert detachment also earned an Air Force Outstanding Unit Award, and the 162nd's Brig. Gen. Ronald L. Kurth Commanders Award.

Lt. Col. Moon Milham, the 162nd Alert Detachment commander, looks for his wingman after taking off from Davis-Monthan Air Force Base.





Photo News Briefs



◀ **Retirees Luncheon**
Wing retirees gather for their semi-annual luncheon at Hometown Buffet, April 14. For information on retiree events and retirement benefits visit 162fw.ang.af.mil/retirees.



162nd Motorcycle Mentorship Club Patches
Contact Motorcycle Club organizers at 295-6336 to get your official riders patch for your reflective vest or riding jacket. Only \$3 while supplies last.

▶ **Month of the Military Child**
Arizona National Guard Family Programs and the YMCA Triangle Y Ranch hosted the *Month of the Military Child Recognition Day* in Oracle, Ariz., April 17. Highlights included a rock wall, static displays, an F-16 cockpit, a fire truck and a K-9 demonstration.



◀ **Tucson Toros**
Tucson's minor league baseball team paid a visit to the 162nd in April to see the F-16 training mission up close. The Toros, in their first season last year, vied for a league championship and hope to repeat in 2010.



◀ **Maintenance Elite Performer**
Staff Sgt. Daniel Gudanowski is the 162nd Maintenance Group's Elite Performer for the first quarter of 2010. The award recognizes maintainers who consistently perform quality work, maintain safe work practices, follow technical data, and engage in quality initiatives.

Wright Flight ▶
Base firefighters explain their valuable life-saving equipment to 56 fourth graders from Reynolds Elementary School during a base tour, May 19. The students are enrolled in Wright Flight, an incentive program that uses aviation to encourage good study habits.



AF-1 (rear) and AF-2 complete a test flight on May 11 from the Lockheed plant in Fort Worth, Texas, in preparation for the nonstop flight on May 17th to Edwards AFB to begin extended flight test operations. Air Force test pilot Lt. Col. Hank Griffiths and Lockheed Martin chief test pilot Jon Beesley flew the jets nonstop in the first multi-ship, long-range F-35 flight.

Lockheed Martin photo by David Drais



◀ **Job Fair**
(From the left) Master Sgt. Jeff Schultz, Congresswoman Gabrielle Giffords, Master Sgt. Brian Jones and Master Sgt. Johnny Martinez make an appearance at a Tucson job fair April 17 at the YWCA Frances McClelland Leadership Center. The Arizona Air Guard recruiters met with numerous applicants to boost wing manpower.

When FOD Attacks ▶
This close up of a bent engine blade from a 162nd Fighter Wing aircraft illustrates the harmful effects of Foreign Object Damage, or FOD. All unit members are responsible to keep an eye out for small rocks and pieces of metal on and around the flightline to avoid costly damage like this.





Services Airmen train to cook expeditionary style

by Master Sgt. Desiree Twombly
Public Affairs

There is nothing like a home-cooked meal. For Airmen at bare-base locations eating such a meal isn't always possible. When meals-ready-to-eat, MREs, are common fair in austere locations, Airmen welcome the site of a kitchen set up to serve hot food.

One such kitchen used by the 162nd Services Flight was put to the test here on the flightline at Tucson International Airport during a unit training assembly June 5 – the Single Pallet Expeditionary Kitchen, or SPEK.

“The purpose of setting up the unit over drill weekend is to provide training for our services personnel and to introduce it to wing members here,” said Tech. Sgt. Antonio Jurado, food service shift leader.

The SPEK is a mobile, temporary kitchen for use in remote and undeveloped areas. It fits on a single 463L air cargo pallet and can operate on a



Staff Sgt. Jake Sulwer, prepares unitized group rations on the flightline at Tucson International Airport, June 5.



Photos by Airman First Class Krystal Tomlin

Staff Sgt. Erich Smith, hands a hot meal to a fellow Arizona Air National Guardsman on the flightline at Tucson International Airport, June 5.



diesel generator.

“The SPEK is a fairly new piece of equipment for us here. I've deployed and worked out of various types of kitchens but this is my first experience with the SPEK. It's very efficient and takes very little time to set up,” said Staff Sgt. Eric Klajda, food service shift leader.

In less than two hours, five Guardsmen setup the kitchen that includes a tray ration heater used for preparing unitized group rations, or UGRs. It also comes equipped with a sanitation system for cleaning, washing and sanitizing utensils and accessories such as beverage and food storage containers.

“It is capable of preparing up to 550 UGR heat and serve meals twice a day for a period of up to 30 days. The SPEK also has the capability to serve other types of rations,” said Sergeant Jurado.

According to the Defense Supply Center in Philadelphia, UGRs are used to sustain military personnel during worldwide operations that

can support organized food service facilities and is designed to maximize the use of commercial items to simplify the process of providing high-quality food service in a field environment. There are currently three breakfast and 14 lunch/dinner menus available.

Staff Sgt. David Urban from the 162nd Logistics Readiness Squadron sat down at a table near the SPEK to enjoy a lunch that consisted of barbecue pork ribs, macaroni and cheese, green beans and an apple dessert.

“This is my first time eating a UGR. The portions are better and it taste better than eating an MRE,” said the sergeant.

At deployed locations setting up various operations can take much coordination and time. The SPEK allows for maximum use of manpower and minimal resources.

“What I like about the SPEK is you can literally unpack, assemble and serve a meal right off the pallet. It's very easy to use,” said sergeant Jurado.



Former pro-ball player says Air Guard is his winning team

Story and photo by Master Sgt. Desiree Twombly
Public Affairs

Baseball fans in Tucson may root for the Tucson Toros at Hi Corbett field. They may even make the trek to see their favorite major league team. But only in their wildest dreams would they rub shoulders on the field with some of the biggest names in baseball.

For one member here at the 162nd Fighter Wing, that dream was his reality. Chaplain's Assistant Staff Sgt. Trevor Harvey played professional baseball as a left-handed pitcher prior to joining the Air National Guard.

"A couple of big time players I've pitched against are Ken Griffey, Jr. and Derek Jeter. I played Griffey in a game in 1988. During one game I pitched, he hit a ball over 500 feet. I played Derek Jeter in a summer tournament in 1992. He is currently the starting short stop for the New York Yankees," he said.

Originally from Imlay City, Mich., Sergeant Harvey started playing baseball at the tender age of 7 and immediately excelled in the sport.

Throughout high school, Sergeant Harvey played varsity baseball. Just before graduation, word spread quickly to local scouts about this 6-foot-5-inch southpaw. During games he noticed the scouts in the stands with radar guns.

"Every time I threw a fast ball, the radar guns would come up. They were measuring the velocity of my pitch. As the games went on, and through the end of the season, it wasn't unusual to see more than 30 guys with radar guns in the stands. I knew then something neat was going to happen," he said.

Shortly thereafter he received more than 200 letters from colleges from all over the country asking him to play. He was drafted by the Seattle Mariners right out of high school but chose to go to Michigan State University to play with the Spartans instead.

"One of the stipulations for signing a professional contract was a clause stating that injury would void the contract. That meant my education would not be paid for. My parents did not think it was a good idea given that I already had a scholarship waiting in Michigan. So, I turned down the Mariners and played with the Michigan State Spartans from 1990 to 1995. I got my education paid for and I got an opportunity to travel and play baseball against different schools like Arizona, Texas and Florida. It was awesome," he said.



Staff Sgt. Trevor Harvey prepares for Catholic Mass on drill weekend. (Inset) Harvey, once a left-handed pitcher on the pro circuit, winds up to deliver a fast ball.

His senior year in college proved to be a successful one. He received invitations to try out for the Montreal Expos, Detroit Tigers and the Baltimore Orioles. A small independent Canadian team called the Brandon Grey Owls ultimately made him an offer he couldn't refuse.

"I was offered a stipend of \$700 a month and a place to live. At age 22, that was a big deal," he said.

He played a few games for the Brandon Grey Owls but it wasn't long before a scout from the Colorado Rockies took notice of the left-handed pitcher. They made him a tender offer and he was on his way to play for the Rockies.

"Not long after signing, at a game with the Brandon Grey Owls, I threw a pitch and popped my shoulder out of its socket. Recovery time took 18 months. The Rockies weren't willing to wait," he said.

His professional baseball endeavor was put on hold and as a result of the terrorist attacks of Sept. 11, 2001 his motivations changed.

"I had an epiphany after 9/11. I felt moved by the events and the reactions of the people in my generation. I had to get involved. In 2003 I saw a recruiter and enlisted into the Air National Guard in Michigan," Sergeant Harvey said. He was 31 years old.

By 2006, he relocated to Tucson with his family and joined the 162nd Fighter Wing. He considered a chaplaincy with the Army Guard until he was scouted by the Chaplains office here where he is currently the Chaplain's assistant.

"When you play baseball, everyone on the team wears the same uniform and you help each other out. That is everything that the Air Force is about. It was such an easy transition. I have loved every minute of my time in the Air Force. If I had to do it all again I would have given up the Michigan State experience and enlisted at age 18. That is how much I love what I do now," said Sergeant Harvey.



Guardisman thwarts a suicide attempt in NW Tucson



Tech. Sgt. Todd Stuve maintains publications and F-16 operating procedures at the 162nd Fighter Wing, part of his duties in the unit's standardization and evaluation office. He recently faced a challenging situation to save a life and help someone during a personal crisis.

**Story and photo by
Maj. Gabe Johnson**
Public Affairs

A leisurely Sunday afternoon at home for one Arizona Air Guardsman turned into a frantic race against the clock to avert a suicide attempt and save a friend's life, May 9.

Tech. Sgt. Todd Stuve, an aviation resource manager in the 162nd Fighter Wing's standardization and evaluation office at Tucson International Airport, became part detective and part race car driver the moment he learned that the mother of his son's best friend was overdosing on prescription medication.

It was around 1 p.m. when

Donnie, 14, dropped by to pay a routine visit to Sergeant Stuve's son at their home in northwest Tucson. He wasn't at the house long before he began to worry about his mother, Kim.

"His mom had attempted suicide before," said Sergeant Stuve, "so Donnie being proactive started studying the signs which I think was very smart of him."

"I can't get a hold of my mom," Donnie told Stuve, "Something's not right. Can you take me home?" Sergeant Stuve and Donnie quickly climbed into his Toyota RAV-4 and began the mile-and-a-half trip to Donnie's house.

"He kept trying to call her on her cell phone... no response," said Stuve. "He was getting increasingly nervous and emotionally charged."

When the pair arrived at Kim's house her car was gone. In a panic

Donnie burst through the front door and searched every room. Kim wasn't to be found.

"All of a sudden, Donnie's phone rang and I answered it because he was in total emotional distress," said Sergeant Stuve. "It was his mom. I said, 'Kim, where are you? We are going to come to you.' I could barely make out what she was saying. Her words were slurred and the connection wasn't good. She said something about a park."

Kim found a public restroom in a nearby park; her words were unintelligible from the pills she had ingested and the echo of the concrete enclosure. The brick walls that surrounded her interrupted the cell phone signal.

In the afternoon's rush, Stuve had left his home without his cell phone to call police. But without an exact location, he wouldn't have had enough information to give emergency responders.

"All I had was Donnie's phone and I didn't want to hang up with Kim to call the police. I was afraid we wouldn't be able to reach her again. So I kept talking to her to try to get more information and to keep her awake."

Driving away, Sergeant Stuve and Donnie began looking for nearby parks while keeping Kim on the line. She uttered a clue – "Camino de la Tierra."

"The only park I could think of was next to a private school on Camino de la Tierra," he said. "We raced to the park, tires squealing. I didn't know my RAV could drift but I managed to do it."

They pulled into the park in a cloud of dust, but no one was there.

Still on the phone with the sergeant, Kim offered another barely-audible clue – "Richardson." It dawned on Stuve that she might be at Richardson Elementary School.



Again they tore off in Stuve’s car. This time, the trip yielded results.

As Sergeant Stuve and Donnie pulled up to the school they saw a park just down a hill. Luckily, a groundskeeper was standing nearby.

“Call 911! I have a drug overdose

in this bathroom. I need them here right now!” Stuve shouted as he passed.

At the bottom of the hill a 10-foot fence stood in their way. Nimble at 14, Donnie scaled it quickly. Stuve, close behind, fell to the other side onto his back. Despite the tumble

he made it to the bathroom to find Kim on the floor.

“She was incoherent. I wanted her to stay awake so I started slapping her on the face. We picked her up and brought her to a park bench right outside the bathroom.”

He saw some kids playing on the jungle gym nearby and asked if they had water. A little girl, about 9, offered her bottle of Propel fitness water. Sergeant Stuve and Donnie continued to keep her awake until the police and an ambulance arrived moments later.

Kim was taken to the hospital and treated.

“I’m thankful that it turned out like it did. I didn’t get pulled over and there weren’t any other delays.”

Sergeant Stuve saw Kim a couple of days later and she hugged him and thanked him, he said. “She’s had a hard life and I think she feels alone and needs friends. We’re starting to invite her over to our house. I think it’s important to just be there for people who are struggling.”

“It’s easy to overlook the signs of distress. We don’t see them because we’re so busy in our own little worlds. I’m guilty of that. We just need to keep situational awareness, on and off the job.”

Donnie and Kim, whose names have been changed for their privacy, now share an even closer bond with the Stuve family. Donnie summed up the situation in a brief letter of commendation for Sergeant Stuve.

“Todd Stuve, my best friend’s dad, helped save my mom’s life. He has always helped me in the past, and I think he has always been there for me. Without him, my mom would surely have died,” wrote Donnie.

To learn more about suicide prevention and how to intervene visit az.wingmanproject.org. Those who need help now can call the National Suicide Prevention Lifeline at 800-273-8255.

Never Leave Your Wingman...

EVEN IF IT IS 120 DEGREES IN THE SHADE !

ASK	Ask directly: "Are you thinking of killing yourself?"
CARE	Intervene. Control the situation. Use active listening. Remove the means to do self-injury.
ESCORT	Get them to a primary care provider, chaplain or other healthcare professional.

National Suicide Prevention Lifeline
800.273.8255 Option 1

Arizona Wingman Project
www.AZ.wingmanproject.org



AIR GUARDSMAN DONATES BONE MARROW, SCHEDULES DRIVE TO HELP OTHERS DO SAME

Senior Master Sgt. Armando Gonzalez donates bone marrow to save a life Nov. 13, 2009. Inspired by the positive experience, Gonzalez is organizing a donor registration drive on base during the July unit training assembly and he's inviting all military and family members in Tucson to participate July 10.

by 2nd Lt. Angela Walz
Public Affairs

An Arizona Air Guardsman here helped save a life by donating vital bone marrow, and he wants others to jump on the bandwagon.

Scheduled for Saturday, July 10, from 7 a.m. to 2 p.m. at building 15 (TAGRA), Senior Master Sgt. Armando Gonzalez will spearhead a drive to list other potential donors into the national *Be The Match Registry*.

As the national marrow donor program, registering with the *Be The Match Registry* is the first step to becoming a bone marrow donor.

It all began 15 years ago for Gonzalez. He gave a cheek swab at a marrow drive held in hopes of finding a donor for a local 9-year-old girl. He received a postcard every three or four years, he said, to verify his current contact information, but didn't hear anything else until September, 2009.

"I got a call on a Monday from a nurse by the name

of Maggie Wong, who notified me that I was a possible match for a cancer patient, and she asked if I would be willing to undergo further testing," said Sergeant Gonzalez, an inspection element supervisor with the 162nd Fighter Wing.

By Thursday of that same week, Gonzalez was scheduled for lab testing in which seven vials of blood were drawn. He was told that he had a 1 in 12 chance of matching the patient.

"A month later, Maggie called back and said I was a match for a 37-year-old female with acute lymphocytic leukemia, also known as ALL. I met with a counselor and an oncologist who explained the process of Peripheral Blood Stem Cell (PBSC) collection, through which stem cells would be removed from my blood for the recipient," said Sergeant Gonzalez.

Counselors assist donors with the emotional aspect of their decision to contribute. Although a donor can back out of their decision at any time, counselors are required to inform them that once a recipient is prepped to receive the donation at the onset of the donor's PBSC collection process, their chance of survival is less than 15 percent if the donor backs out at that point. With a suc-



successful transplant, however, the recipient's survival rate is between 30 and 60 percent, said Sergeant Gonzalez.

"I had to undergo an extensive physical examination first at the Mayo Clinic in Phoenix. They took x-rays, an EKG [electrocardiogram], and a urinalysis," said Sergeant Gonzalez. "I felt really out of place there. It was heart-wrenching and surreal. Here I was—this healthy guy—surrounded by cancer patients of all ages," he said.

Deemed healthy enough to donate, Gonzalez was scheduled to begin a series of injections of an experimental drug to elevate his white blood count. The first injections were given on a Monday, Nov. 9, 2009.

"They said it would be like my body was fighting something, but it wouldn't know what it was fighting so I should expect to have achy, flu-like symptoms. My white blood cell count went from 6 to 48 by that Friday," he said.

With an ominous donation date of Friday the 13th, an elevated white blood cell count, and a nervous wife at his side, Gonzalez began the 7-hour out-patient donation process. To remove his healthy cells via the PBSC collection process, a collection line was placed in his left arm. The blood went through a machine to remove the stem cells for storage before returning the blood to his body.

"They cycled my body's blood five times. There was a little bit of discomfort, but it wasn't a painful process," Gonzalez said. "My donation took a little longer than average, but they ended up getting almost three times the stem cells they needed from me – enough for three transplants!"

The Mayo Clinic reports that PBSC collection is a rather safe process with few significant problems for the donor. The most serious risk associated with donating bone marrow is the use of anesthesia during the procedure. Sergeant Gonzalez' procedure did not require anesthesia.

The area where the bone marrow was taken out may feel stiff or sore for a few days, and the donor may feel tired. Within a few weeks, the donor's body replaces the donated marrow; however, the time required for a donor to recover varies. Some people are back to their usual routine within 2 or 3 days, while others may take up to 3 to 4 weeks to fully recover their strength, the clinic reports.

"The experience was very positive for me," Gonzalez said. "The folks at the Mayo Clinic were outstanding. There was constant support and information provided."

Although direct contact between a donor and recipient is not allowed until a year after a transplant, Sergeant Gonzalez has received cards from the recipient through his case handler, Maggie Wong. He also received word

in December that the recipient was released ahead of schedule from the hospital in time to spend the holidays with her family.

Sergeant Gonzalez's positive experience has inspired him to add more potential donors to the *Be The Match Registry* by means of a local drive. In conjunction with the national marrow donor program, the CW Bill Young/Department of Defense Marrow Donor Program applies the technology toward the military medical application for rescue of casualties with marrow damage resulting from radiation or certain chemical warfare agents containing mustard.

The program was named for Congressman C.W. Bill Young, who initiated and supported the development of the national marrow donor program and the DoD program for unrelated donor marrow transplantation. The Department of Defense established the C.W. Bill Young Department of Defense Marrow Donor Center in Washington, DC to support DoD volunteer marrow donors, and coordinates all the medical and logistic support for DoD personnel who volunteer for the possibility of donating marrow.

The process is simple for potential donors. At the drive, donors will be screened and must sign a consent form. Buccal swabs will be taken from the inside of the mouth, and donors are added to the registry. The process typically takes five minutes.

"Military folks tend to be healthy so this is the perfect place to hold a donor drive," said Gonzalez. "What I've learned through all this is that you really have to be grateful for what you have."

Go to www.marrow.org for more information on the *Be The Match Registry*, or visit www.dodmarrow.org for additional information on the CW Bill Young/Department of Defense Marrow Donor Program.





Social media on base equals new tools, new responsibilities



Retro posters courtesy of Senior Master Sgt. Raymond Sarracino, AFPAA

by Maj. Gabe Johnson
Public Affairs

Blogging, tweeting and “friending” are not new concepts to members of the 162nd Fighter Wing; however the ability to interact on social media Web sites while at work is new and requires a measure of caution from each Guardsman.

As of May 14, people on base can now visit You Tube, Facebook, Twitter, Flickr, Hotmail, Gmail and many more social networking sites unfettered by the ban that once blocked these sites on Air National Guard computers.

Social media, now accepted across all branches of the military, is viewed as a capability that must be leveraged in today’s lightning-fast information age. Among its numerous applications, the National Guard sees social media as a way to share information quickly during a disaster.

Arizonans who subscribe to the Arizona National Guard’s Twitter feed (<http://twitter.com/AZNationalGuard>) on their mobile devices, for example, can receive vital

information during a state emergency quicker than can be provided through traditional media.

Other benefits range from sharing photos from an incident site, to promoting family programs, to keeping drill status Guardsmen connected to their units between drills. The communication possibilities are endless, but Department of Defense policy is clear – social media must not compromise operational and informational security.

Before engaging in social media, every Airman is strongly advised to review the rules found in the guide, “Social Media and the Air Force,” which can be downloaded at www.af.mil/shared/media/document/AFD-091210-043.pdf

Basic rules include:

- **Protect classified and sensitive information:** secret, for official use only, and sensitive materials, photos or video should never be posted or discussed online. Remember that the flightline, major troop movements, force protection measures and exercises can all have aspects that are classified or sensitive. Airmen who are not sure should ask a security manager or the unit OPSEC officer.

- **Stay in your lane:** maintainers should stick to maintenance, pilots to flying, medical technicians to health and so on. Posting information about subjects outside of one’s expertise raises questions about credibility and does not help the unit mission.

- **Don’t lie:** false statements are punishable by the Uniform Code of Military Justice and damage the Guard’s credibility.

- **Give your opinion:** personal opinions on any subject must contain a disclaimer “not the views of the Department of Defense or Air National Guard.”

- **You represent the Air Force and the Guard:** Air Guardsmen should not post photos or statements without

first scrutinizing the message sent. Is the uniform worn properly? If the image or statement is humorous, is it in good taste? Does the message reflect the core values of integrity, excellence and service? Is the language used appropriate? Members should contact the base public affairs office for questions about message appropriateness and propriety.

- **Use common sense:** Servicemembers are prohibited from posting privacy act information like addresses, phone numbers or other personally identifying information. Also, users should not post anything that would embarrass or discredit themselves or the Air Force. Remember, once posted online, information, photos and video could remain there forever.

Ultimately, each member is responsible for their actions online. Airmen who adhere to the highest standards of professionalism will help tell the Air Guard story to their friends and the public via social media and will prove to be a credit to the Arizona National Guard.

For a list of Air Force social media sites visit <http://www.af.mil/social-media.asp>.

Additional references include: AFI 35-113, Chapter 15, Social Media; AFI 33-129 (Section 2), Use of Internet Resources by Government Employees; AFI 35-107, Public Web Communications; or DoDD 5500.7-R, Joint Ethics Regulation, subsection 2-301, Use of Federal Government Resources.





Chaplain's Corner

Looking back on 25 years with the 162nd

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



Profound gratitude. That's what I'm feeling these days. After serving two years with the Army National Guard and almost 25 years with the Air Guard, I'm realizing what an immense privilege it has been to serve our country alongside such fine people. Thank you for allowing me to be your Wing Chaplain since 1990 and sharing life with you. My life is better because of you.

It's been quite a ride. Lots of good memories. The deployments have been memorable. Belize. Panama. Hawaii (you can get a martyr complex going on this one. Ha ha.) Saudi Arabia. Pisa, Italy.

Our presence represents American strength which stabilizes. And my presence among you as a chaplain

and "a visible reminder of the holy" encourages our troops at home and abroad.

As your chaplain you have let me into your life. This has been a privilege as well. We have laughed together and cried together. We've weathered the storms and found that life can be better on the other side of tragedy, adversity and heartache. We've experienced God's saving and sustaining grace. He has healed our broken hearts and set our feet to dancing. Life is to be celebrated even in a broken world where injustice, violence, strife and war are ever-present realities. When I visited in your section and asked, "How're you doing?" you responded, "Fine."

Of course, I knew that meant that you were Fearful, Insecure, Neurotic and Edgy. You're just like the rest of us, and sometimes you were honest and transparent enough to say so. Good for you and good for me, for that enabled us to share a deeper, healing relationship.

The people of the 162 Fighter Wing are amazing. Quality folks. I've enjoyed serving alongside you. If you have a chance, come and celebrate with Master Sgt. Bert Otero and myself. We're retiring on the same afternoon, July 11.

With all the talk about "joint operations" Bert and I decided to have a joint party. Come and meet our families and celebrate with us. You will see why my days are filled with feelings of such profound gratitude.

New fitness standards, no problem if we make fitness fun

Commentary and photo
by Staff Sgt. Dana Watson
Headquarters Squadron

According to *Air Force Times* "The Air Force's 'fit to fight' physical fitness program is a flop." When the Air Force conducted trial Physical Training (PT) tests they found that one in four Airmen failed (*Air Force Times, Michael Hoffman - Staff writer*).

We've heard much negativity about the new PT standards since they came about. Now it's about to become the real deal come July 1. So ready or not, here we run.

If we look around the base we see many PT programs that are fun and provide excellent vehicles to help our people stay fit year-round.

The 162nd Force Support Squadron designates organized PT that takes on a variety of forms. At times they compete against other shops or squadrons in flag football. They also created an "Amazing Race" game based on the TV show. Everything about the game involves some type of physical training. People seem to enjoy the challenge.



Another group on base started their own version of "The Biggest Loser," also based on the hit TV show. Some workout on their own and others have formed teams or partners to push each other a little harder.

For some people, activities like these are a great way to start a new healthy lifestyle. For others, there are more regimented programs on base. The group environment is an encouraging way to start a workout routine. The 9G Force program and the introduction of P90X on base are the most popular groups you have probably heard of in the last couple years.

It is activities like these that are important for our Airmen today. PT shouldn't be seen as a boring routine -- do push-ups, do sit-ups, and run your mile. Because of the new standards, people are more aware and are finding ways to make PT more enjoyable.

Passing the PT test is extremely important in today's Air Force. It affects promotions, reenlistments and our careers as a whole. "Excellence in all we do" is one of the Air Force core values we follow; it goes for our PT test too.

Tech. Sgt. Don Byrd makes PT more interesting by wearing shoe gloves when he runs.

The Gypsy Legacy



(From the left) Mike Delaney, Randy Patterson, Jan Cooper, Rick Roberts and Jim Esbeck stand with their C-130. The aircraft and crew were once assigned to the 162nd as airlift support for the fighter mission.

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

"Gypsy 92, cleared for takeoff!" These words were heard hundreds of times by the flight crew of the Convair C-131B that was once assigned to the 162nd Fighter Group.

Gypsy 92, a 162nd support aircraft from 1980 to 1986, provided the unit a means to transport passengers and small cargo. On Sept 24, 1986, after years of faithful service, Gypsy 92 departed Tucson International Airport on its final "Champagne" flight. On board were 162nd members and invited guests from the airport control tower that supported the aircraft over the years. The final destination was Davis-Monthan AFB where Gypsy 92 was put to rest in the aircraft boneyard.

The exact origin of the Gypsy call sign could not be determined. The C-131, and subsequent C-130's,

were all called "Gypsy" but some earlier support aircraft had different call signs. At some point, aircrew members recognized the unit support aircraft was a "Gypsy," going various places, delivering and picking up people and cargo, and moving on. The name was embraced and this unique call sign became synonymous with the Tucson Air Guard.

The unit's next support aircraft, a Lockheed C-130A Hercules, Gypsy 37, would expand the support mission. In July 1986 the C-130 arrived from the 164th Tactical Airlift Group, Tennessee ANG, and the 162nd entered a new era. Since previous aircraft were more passenger airplanes than cargo haulers, having a C-130 on the ramp greatly increased the unit's logistics capabilities.

Tech. Sgt. Jim Esbeck, who served as a flight engineer on the C-131, saw an opportunity. Since he had previous C-130 crew chief experience and a special affection for C-130's he submitted his resume for the crew chief's position, and was selected.

Maintenance manning authoriza-

tion for the C-130 aircraft consisted of five full-time personnel and three weekend (DSG) slots. These positions were quickly filled and the newly assigned crew endeavored to bring the aircraft up to 162nd standards. Over the next several months maintenance personnel worked diligently and upgraded the aircraft into a first-class, high-quality machine. This was accomplished not only with the skill and experience of the assigned crew chief and his staff, but also with the assistance and support of knowledgeable personnel from the engine shop, comm-nav, fabrication, personal equipment, fuel shop, hydraulic shop, R&R (repair and reclamation) shop and base supply. This group of skilled maintainers was complemented by equally skilled aircrew members led by aircraft commander Lt. Col. Bill Moore who supervised operations functions with pilots and a full-time flight engineer and loadmaster authorization.

The C-130 can accommodate equipment up to 25,000 pounds. It can also be configured to haul 92 troops in jump seats. As a more comfortable alternative, with installed optional palletized airline seats, it can accommodate up to 56 passengers in style. Cargo bay versatility allowed any combination of passengers and equipment.

During the C-130 program, Gypsy flew an average of 360 flying hours a year in support of the 162nd, USAF and other ANG units. The aircraft hauled many passengers and a variety of equipment, including vehicles, aircraft ground equipment, aircraft engines, parts and supplies. On one occasion the cargo bay was filled with a fire truck that was carefully secured in the bay and transported to another Guard unit.

Though not widely known, in the early 90's the 162nd Fighter Wing C-130 had a war time tasking mission. C-130B Gypsy 29 flew many sorties within the United States hauling priority cargo to various loca-



tions in support of Operation Desert Shield and Desert Storm.

During the period from July 1986 until May 1992, four separate C-130 aircraft graced the 162nd flight line. Various aircraft configurations and National Guard Bureau designated mission changes prompted the aircraft swaps. Each time, when a different aircraft arrived, dedicated 162nd personnel embraced the newly acquired aircraft and soon fixed it up to 162nd quality standards.

The C-130 mission was destined to end. On a clear day in May 1992, a Wyoming Air Guard flight crew took the Tucson Air Guard's last C-130 aircraft away. Gypsy 29 departed from Runway 11L heading to Cheyenne, WY where it was processed for foreign military assistance with the Ecuador Air Force. This departure signified the end of an era at the 162nd. People involved in the Operational Support Aircraft Program were left with many experiences that had changed their lives. The mission ended that day, but the legacies, and memories, survive to this day.

Gypsy history lives on at Davis-Monthan AFB. The unit's second C-130A, Gypsy 93, has found a home in the Davis-Monthan Heritage Park located directly south of the Craycroft Gate. This C-130 is placarded and



Gypsy 93, a C-130A once assigned to the 162nd, now sits on display in the Davis-Monthan Air Force Base Air Park.

identified as a 162nd aircraft. It is a permanent tribute to the dedicated flight crew and maintenance personnel that were part of a unique mission flown by the Tucson Air guard.

On March 27 of this year, almost 18 years after the final departure of Gypsy 29, former aircrew and support personnel from the C-130 and C-131 era gathered at a local hotel for a "Gypsy Crew Get-Together" reunion. The evening's festivities, organized and hosted by former Gypsy crew chief Jim Esbeck, were highlighted with dinner and a narrated slide show displaying photos taken during the Gypsy years. Following was an entertaining group of "war stories" presented by attending crew members and supporters. It was a grand event that rekindled fond memories of an important era in 162nd history.



(From the left) Former Gypsy members Tim Reed, Harry Boone, Ray Basek, Harry Hensell, Jerry Patton, Mark Kelleher, Jim Esbeck, Bill Moore, George Shepard, Rick Roberts and Mike Discher reunite at the Gypsy Crew Get-Together March 27.

Retiree Remembered

Michael A. (Tony) Prosser recently passed away. He was a long-time member of the 162nd, starting his ANG career in the Hydraulics shop and later serving as supervisor of the R&R shop. Sincere condolences are extended to Tony's family and friends. He will be missed by all who knew him.

Retiree Events scheduled for the Summer of 2010:

July 14, Monthly Tucson Breakfast. HomeTown Buffet on Wilmot Rd. 7:30 a.m.

July 14, Monthly White Mountain Breakfast. Hon-Dah Casino, at intersection of highways 260 & 73, south of Pinetop, AZ. 7:30 a.m.

Aug. 11, Monthly Tucson Breakfast. HomeTown Buffet on Wilmot Rd. 7:30 a.m.

Aug. 11, Monthly White Mountain Breakfast. Hon-Dah Casino. Pinetop, AZ. 7:30 a.m.

Sept. 8, Monthly Tucson Breakfast. HomeTown Buffet on Wilmot Rd. 7:30 a.m.

Sept. 8. Final Seasonal Monthly White Mountain Breakfast. Hon-Dah Casino, Pinetop, AZ. 7:30 a.m.



All in the EL TIGRE Family

Military Promotions:

To Senior Master Sergeant

Jeffrey Wolff, 214th RG
Garrett McClure, 214th RG

To Master Sergeant

Ruben Lemos, Maintenance
Daniel Kester, 214th RG
Shelia Guengerich, 214th RG
Larry Hatch, 214th RG
Riley Stephen, 214th RG
Desriee Twombly, Public Affairs
Melissa Barnes, 214th RG
Randy Pella, 214th RG
Christopher Black, CE
Leslie Claggett, Maintenance
Henry Ivy, Maintenance

To Tech. Sergeant

Armando Bojorquez, Maintenance
Ismael Garcia, Maintenance
Jeremy Courtney, 214th RG
Lacey Johnson, 148th FS
Joseph Palma, OSF

Pablo Medina, Maintenance
Derek Bosch, Logistics Readiness
Alex Leyvas Jr, Maintenance
Tina Rios, Comm Flight
Stephen Marsh, LRS
Amy Reed, Maintenance
Glen Hune, Maintenance
Antonio Jurado, Force Support
Manual Silva, Force Support
Carl Sundin, Maintenance
Virgil Mendivil, Force Support

To Staff Sergeant

Rachel Rosczyk, Force Support
Eric Mensing, Maintenance
Randall Patterson, Security Forces
Jacob Lee, Security Forces
Darrel Stone, Security Forces
Albert Otero, Security Forces
Sarah Cook, Civil Engineering
Gregory Crawford, Maintenance
Priscilla Torres, LRS
Pierce Franklin, CE
Shane Widick, Maintenance
Jose Arvizu, LRS
Joshua Rosecrans, Student Flight

Bernadette Manee, 214th RG
Aaron Saulls, OSF

To Senior Airman

Sylvia Calmelat, Force Support
JessieHinton, Maintenance
Boddie Weston, Maintenance
Victor Hixson, Maintenance
Amanda Gast, 214th RG
Josh Hegemann, Maintenance

To Airman First Class

Kyle Pearson, Student Flight
JacksonHurd, Student Flight

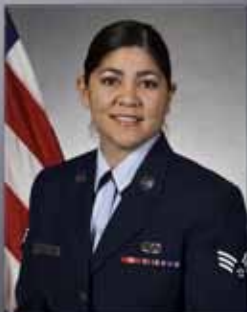
Births

Staff Sgt. Daniel Dominguez, fuel shop, and his wife Loyda welcomed their newest Son, Nathaniel, April 18; 6 pounds, 7 ounces.

Staff Sgt. Jordan Jones, public affairs, and his wife Rachel welcomed their daughter Merry Beth Jones, June 6; 9 pounds, 6 ounces, 21 inches.

Wing Quarterly Award winners: 1st Quarter 2010

Read about their accomplishments at 162fw.ang.af.mil/quarterlyawards.



SrA Veronica Ornelas-Barbosa
162FW Airman of the Quarter
Jan - Mar 2010



TSgt Melissa Gonzalez
162FW NCO of the Quarter
Jan - Mar 2010



SMSgt Teresa Campbell
162FW SNGO of the Quarter
Jan - Mar 2010



Lt Col Matthew Ward
162FW Officer of the Quarter
Jan - Mar 2010



Official commuting distance policy change

by 2nd Lt. Angela Walz
Public Affairs

New changes to the official commuting distance for which 162nd Fighter Wing Guardsmen may be reimbursed for travel entitlements took effect June 13. The changes are in accordance with public law, DoD directives and federal regulations.

Brig. Gen. Greg Stroud, 162nd Fighter Wing commander, established the commuting distance as a three tier system for all personnel with travel entitlements. Under the new system, entitlements are based upon the active or inactive duty status of the unit member, and the home location from which the member regularly commutes to and from work on a daily basis.

Travel entitlements include lodging, mileage and per diem, and are requested through the 162nd Fighter Wing Financial Management (FM) Office according to a unit member's duty status and location tier.

FM defines active duty status as including duty performed on the following types of days: annual training; special training; military personnel appropriation (MPA); active duty operational support (ADOS); or temporary Title 10 mobilization orders.

Note that active guard reserve (AGR) status at home station does not qualify for travel entitlements.

Inactive duty status includes duty performed during unit training assemblies, aircrew flight training periods (AFTPs), proficiency training (PT) and unit training prep-period assembly (TPPA) days.

TIER ONE

Personnel with a home in Tucson,

Catalina, Cortaro, Green Valley, Marana, Oro Valley, Sahuarita or Vail will NOT receive travel entitlements. Under this tier, members are considered to be within corporate city limits. Tier one is defined as the greater Tucson area serviced by mass transit or local carriers or in which the commuting public travels during normal business hours on a daily basis.

TIER TWO

Tier two includes the cities of Amado, Benson, Oracle, Sonoita/Elgin, Red Rock and St. David. Active duty status personnel with a home in one of these cities will receive one round trip mileage claim per order, while inactive duty status personnel receive no entitlements. Tier two is within commuting distance and, under this policy, is defined as the area outside the corporate city limit area but with a daily commute of less than 12 hours in one work day, including travel time and work shift.

TIER THREE

Any city located outside of a Tier Two city is considered outside the commuting distance and falls into the Tier Three category. Active duty status personnel who fall into this category receive lodging, mileage and per diem entitlements. Inactive duty status personnel receive lodging entitlements only.

Air Technicians with legal residence in Tier Two or Tier Three, who commute to Tucson on a daily basis, will be limited to one round trip mileage claim per order while in an active duty status. No per diem or lodging is authorized for ATs in active or inactive duty status.

Lodging accommodations must still be requested through the 162nd Fighter Wing Lodging Office. For questions regarding the commuting distance policy, contact FM at 295-6175 or 295-6177.

Tig Bits

JJF Scholarships

162nd Fighter Wing members, retired members of the wing and their immediate family are eligible to apply for Jimmy Jet Foundation scholarships from now until July 30. Visit 162fw.ang.af.mil/resources to download scholarship application procedures and forms. Chief Master Sgt. Mary Minter, 295-6466, is the unit point of contact for the JJF scholarships.

Medical Group has the need to know

The 162nd Medical Group reminds wing members of their obligation to report medical issues for their medical files. Each Guardsman is tasked with ensuring that he or she is "fit to fight" and deployable. This requires everyone to have accurate and current medical information. According to AFI 48-123, the medical group must know about changes in a member's health that include pregnancy, procedures or surgeries, new or worsening medical conditions, and any medications. Medical group's goal is to keep members on the job, whether traditional Guardsman or technician. Wing members must provide the group with documentation from any health care provider seen, for any reason.



July

SATURDAY

Herbed Baked Chicken *
Barbecue Ribs
Mashed Potatoes
Rice Pilaf
Brown Gravy
Corn on the Cob
Cauliflower
Green Beans
Strawberry Shortcake
Apple Cobbler

SUNDAY

Swedish Meatballs
Roast Turkey *
Buttered Noodles
Mashed Potatoes
Chicken Gravy
Peas & Carrots
Summer Squash
Broccoli
Peanut Butter Cookies
Marble Cake w/
Chocolate Frosting

August

SATURDAY

Honey Glazed Baked Chicken *
Stuffed Peppers
Rice Pilaf
Oven Glo Potatoes
Chicken Gravy
Steamed Carrots
Southern Style Green Beans
Succotach
Strawberry Chiffon Pie
Chocolate Macaroon Cake

SUNDAY

Roast Beef
Baked Fish *
Mashed Potatoes
Macaroni n Cheese
Brown Gravy
Broccoli & Carrots
Corn
Cauliflower
Jell-o Cake / w
whipped cream topping
Chocolate Chip Cookies

September

SATURDAY

Shredded Beef
Chicken Enchiladas *
Mexican Rice
Refried Beans
Calabasitas
Green Beans
Mexicorn
Salsa
Tortillas
Carrot Cake w/
Cream Cheese Frosting
Sugar Cookies

SUNDAY

Roast Pork Loin
Baked Chicken *
Rice Pilaf
Mashed Potatoes
Mushroom Gravy
Fried Cabbage
Steamed Cauliflower
Green Beans
Chocolate Cake w/
white frosting
Fruit Pie

SHORT ORDER & STANDARD ITEMS EACH MONTH

Grilled Hamburgers/Cheeseburgers
Hot Dogs
Grilled Chicken sandwich
Chicken Strips
Special ITEM TBD
Tuna Sandwich
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.

* "CHECK IT OUT PROGRAM" is an Air Force wide nutrition education program implemented in Air Force-operated food facilities. This nutrition education program will consist of providing healthier food choice items for our patrons.

The menu is based on availability and is subject to change without notice. Try our recorded menu at 295-6460.

2010 UTA Schedule

January 9-10
February 6-7
March 13-14
April 10-11
May 1-2
June 5-6

July 10-11
August 7-8
September 11-12
October 2-3
November 6-7
December 4-5





Welcome home security forces!



Tech. Sgt. Ernesto Marquez



Tech. Sgt. Michael Royval



Staff Sgt. Boradel Medrano



Senior Airman Leticia Torres



Staff Sgt. Melissa Ballesteros



Staff Sgt. Jonathan Morpew



Senior Airman Francisco Rodriguez



Tech. Sgt. Michael Royval



Staff Sgt. Patricia Pacheco



1st Lt. Ben Swope

Family and friends celebrated the return of 29 security forces Airmen assigned to the 162nd Fighter Wing at Tucson International Airport, June 6-7. The Arizona Air Guardsmen were deployed to Iraq on a five-month tour.

Photos by Maj. Gabe Johnson

162ND FIGHTER WING
ARIZONA AIR NATIONAL GUARD
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