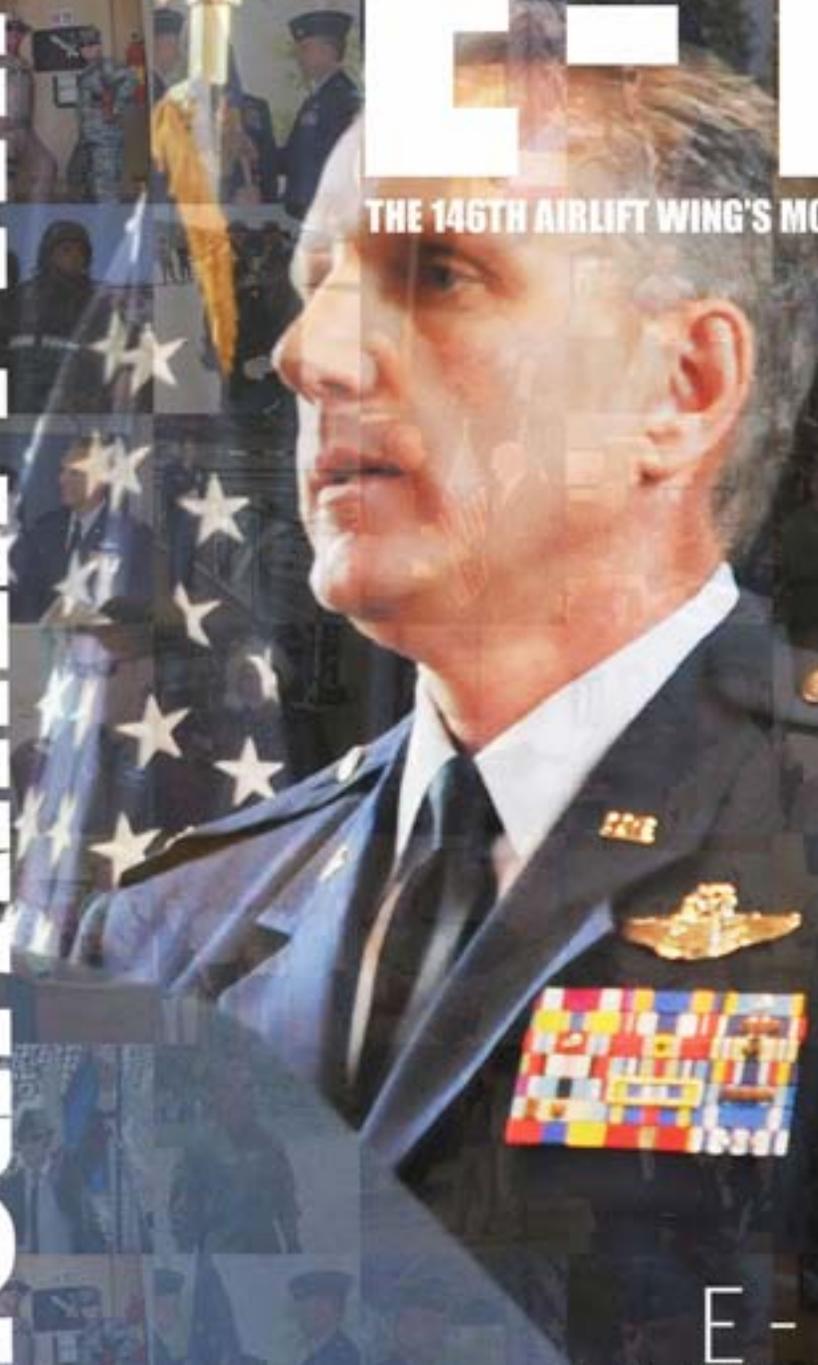


146th AIRLIFT WING

E-130

THE 146TH AIRLIFT WING'S MONTHLY ELECTRONIC NEWSLETTER



E-130 FEATURE

146th Airlift Wing honors Col. Paul Hargrove and welcomes Col. David Bakos as new Wing Commander

WATER SURVIVAL

Members of the 146th Raven unit team up with the 146th Life Support Squadron for critical training

RECRUITING MAKEOVER

146th Airlift Wing recruiters find success in their numbers with new storefront located in local Camarillo, Calif.



INSIDE THIS ISSUE CHANGE OF COMMAND

146TH PUBLIC AFFAIRS/ VISUAL INFORMATION STAFF

146th Public Affairs Officer Major Kimberly Holman
Kimberly.Holman@ang.af.mil

146th Public Affairs Superintendent Master Sergeant David Buttner
David.Buttner@ang.af.mil

CONTRIBUTING ARTISTS

Graphics Senior Airman Nicholas Carzis
Master Sergeant David Buttner

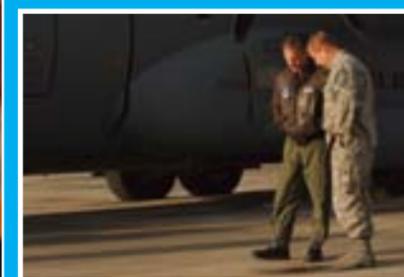
Photogs Master Sergeant David Buttner
Senior Airman Nicholas Carzis

CONTRIBUTING WRITERS

Writers Major Kimberly Holman
2nd. Lt. Arelis Cuyan
Senior Airman Ashley Moore
Senior Airman Nicholas Carzis

Managing Editor Master Sergeant David Buttner

Photo Editor Senior Airman Nicholas Carzis



Col. Hargrove's final
Commanders view; his
thoughts and hopes for
the future of the 146th.

Page 4



Water survival training
with the 146th RAVENS/
Life Support.

Page 8



146th Recruiters find
success in new store
front location in Camarillo

Page 12



COMMANDER'S

The Change of Command will be on Saturday 2 November at 1000 and this will be my final Commander's View as the 146th AW Wing Commander. This last edition from me will discuss your new Wing Commander, the government shutdown, the status of TFI and the simulator project. Welcome to the November 2013 drill.

After a nationwide search for the new 146th AW Wing Commander, we found my replacement right here at home and his name is Col Dave Bakos. Col Bakos joined the Air National Guard in 1986, when our unit was located in Van Nuys. He started in maintenance as an enlisted airman and was quickly commissioned, then sent to pilot training at Laughlin AFB in 1988. He was hired by American Airlines in 1991 and is still employed by them today. He has deployed

numerous times in support of Operations Iraqi Freedom and Enduring Freedom. Col Bakos was the Maintenance Group Commander from 2009 to 2012 and then took over as the Operations Group Commander in early 2013. He is married to his lovely wife Susan and has two young sons Jack and Cole. I will leave Channel Islands ANG with the full confidence that you are in great hands.

The United States Congress failed to pass a budget by 1 October, so the government effectively shutdown for 16 days. We initially had to furlough most of our full time employees, but received "excepted activity" exemptions for MAFFS and the upcoming deployment for Operations and Maintenance groups. However, several were kept on furlough until a budget deal was finally reached on the 16th of October. During the shutdown, we had to postpone the October drill and decided to attach a day in the November drill and the December drill. We will have a Friday thru Sunday drill in these months. I realize the stress and hardship the budget problem caused many personnel and their families, but unfortunately we all are at the mercy of our current dysfunctional Congress. I sincerely hope that this needless chaos in Washington DC comes to an end very soon and the future budgets become more stable.

Lt Gen Stanley Clarke, the Director of the Air National Guard, came to visit us on September 10th and gave some insight to his vision of the Total Force Initiative (TFI). This is the initiative that would bring an Air Force active duty Operations and Maintenance Squadron to Channel Islands ANG and work with us. Currently, the Air Force is not planning on bringing aircraft with them, but only personnel. The Air National Guard is requesting an additional four C-130Js be part of

VIEW

"I will leave Channel Islands ANG with the full confidence that you are in great hands."

-Col. Paul Hargrove

COMMANDER'S VIEW

the agreement and Lt Gen Clarke agrees with this request. He thinks that the TFI may not take place without the extra aircraft and he will not support the proposal with only personnel. The TFI is scheduled to be in place by FY 2017, the same year the simulator was to be built. The simulator is on an unfunded list of projects to be completed, but with the budget problems the Department of Defense has felt through sequestration, the simulator is in serious peril today. Ironically, the simulator is actually a money saving project to save flying hours on the aircraft and may find its way to reality due to this angle. I know that Col Bakos will be working in the future to bring this project to Channel Islands and I sincerely hope he is successful.

I will be going back to United Airlines on November 11th and will change to traditional status working at the State Headquarters in Sacramento. I will be initially working in the A3 office, Operations, which will deal with operational issues in the four wings in California. It has been an honor to serve as your Wing Commander and I thank you all for the great work the last five years. I will visit the 146th AW every chance I get and will hopefully see you soon,

Paul Hargrove, Col
146th AW/CC





RAVENS GET TRAINING HELP IN WATER SURVIVAL FROM LIFE SUPPORT

Story and photos by Senior Airman Nicholas Carzis
146th Airlift Wing

Phoenix Raven, the elite security forces program that provides top-notch security for military aircraft in the world's most dangerous and vulnerable locations, often focuses its training on physically demanding scenarios to include unarmed self-defense techniques, baton training and advanced firearms training. However, during a training exercise this November at the Naval Station Port Hueneme's water survival station, the Ravens for the first time received one-on-one training with members of the 146th Airlift Wing's Aircrew Flight Equipment (AFE) shop, formerly known as Life Support, and learned valuable techniques on how to survive out in the middle of the ocean.

Under the instruction of AFE's Tech. Sgt. Enrique Lopez and Staff Sgt. Robert Kincaid, aircrew members and members of the

Raven team along with a few apprentices learned essential skills such as how to operate water survival equipment, canopy procedures (how to swim safely out from underneath the parachute canopy in the water), and the proper ways to safely climb onto and stay afloat in a large scale life raft that supports more than 20 people.

Master Sgt. Julio Rodriguez, a member of the Raven team, appreciates and understands how valuable and hard the experience and training is to receive for these types of scenarios. "We really need this training because we fly so often," said Rodriguez. "We see the value of having these skills, but this type of training is not available to us a lot of the time." said Rodriguez

RAVENS TRAINING CONT.

In order to maximize training and expertise, the AFE Squadron and the Ravens incorporated exercises that would benefit both groups. They cooperated to develop a plan, and combined the training to produce a unique and valuable exercise. "We contacted AFE asking for help. We knew some of them they wanted to do some security forces training, so we were able to exchange training in order to fulfill both of our needs," said Rodriguez. In a time of severe budget constraints, the Ravens and the AFE shop demonstrated how to successfully meet training needs, and created a blueprint for future cross-functional training opportunities.



RECRUITERS FIND SUCCESS WITH NEW LOCATION IN CAMARILLO

Story and photos by Master Sgt. Dave Buttner
146th Airlift Wing

If you've ever passed through the wing headquarters building on a weekday and noticed that the recruiters never seem to be there, well you would be partially right. In February of this year they opened new off-base offices in Camarillo, located in the Mission Oaks Shopping Center at 5021 Verdugo Way, across the parking lot from the Roxy Theater. Their wing building offices are still open on drill weekends and to perform enlistments, but most of their time during the week is now spent in the new offices.

"Community exposure was an important reason for the move," said Tech. Sgt. Jaime Gomez, a recruiter at the 146th. "Finding a location that had a lot of foot traffic was an important part of the formula for success, and this shopping center gets a lot of that," said Gomez.

The move was directed by the National Guard Bureau, and there have been many side benefits, he said. Tech. Sgt. Monica Roberts another recruiter has found that potential recruits find it easier to just stop in without front gate security issues. "Recruits seem less intimidated, and they don't have to interact with the security on base for their first visit with us. And the new office provides a more intimate atmosphere; the parents feel more relaxed as well," said Roberts. "There is also more privacy here which makes it easier to communicate with the recruit."

Exposure to new recruits was greatly increased as well due to the new offices' ideal lo-

cation across the street from Adolfo Camarillo High School. Students come over for the movies, Jamba Juice, Starbucks and other stores and then hang out in front of the office.

"The store front location allows for an expanded awareness of the 146th Airlift Wing, and more opportunity for walk-ins," said 146th Recruiter Staff Sgt. Nazareth Garcia. "We are always building relationships with the community," added Roberts. "When we first opened the office in February we made it a point to walk around the shopping center and introduce ourselves to the people working in the stores."

You can contact the recruiting office at 805-484-1984, however the numbers in the Outlook address book will forward through to the new office number. Their office hours are 0900 to 1800 Monday through Friday, and they will be here on base during UTA weekends.

The recruiters have a number of volunteer opportunities coming up and they would appreciate your help. On Nov. 7 they are holding a Career Fair at Buena High School, 5670 Telegraph Road, Ventura, from 1800 to 2100. For more information about this event and how to volunteer for this and other events please call the recruiters office at 805-484-1984.



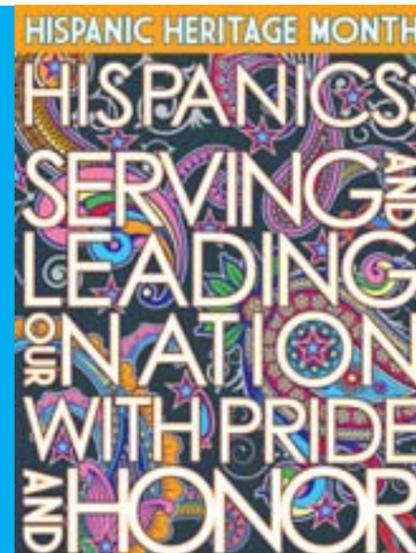
DOMESTIC VIOLENCE AWARENESS MONTH

Story and photos by Andrea McGovern
146th Airlift Wing DPH

Someone you know
needs help.

Due to drill weekend being cancelled last month, the October C-130 Newsletter did not get circulated. October is designated as Domestic Violence Awareness Month. We want to draw attention to this widespread problem in our November issue. Domestic violence is defined as “a pattern of abusive behavior in any relationship used to establish power and control over another person with whom an intimate relationship is or has been shared through fear and intimidation, often including the threat or use of violence.” Emotional abuse, such as, extreme jealousy, intimidation, humiliation, isolation, are other cruel types of abuse that fall under the name of domestic violence. This also includes verbal and sexual abuse. It is important to shift peoples’ understanding, that domestic violence is not just a physical assault. One of the most insidious and stressful aspects of abuse for the victim, is not the obvious fear and painful reactions to yelling, chronic criticism, name calling and even physical violence. It’s the constant feeling of “walking on eggshells” around the perpetrator to try and keep him or her from becoming abusive – again. The negative effects from living this way, can result in anxiety and constantly sec-

ond guessing themselves to the degree that they feel they have lost their entire identity. While males can also be victims of abuse from their female perpetrators, the abuser is most often male. Every 9 seconds, a woman in the U.S. is assaulted or beaten. Domestic violence cuts across all races, age groups and social classes. The effects on children who witness domestic violence can be numerous and extreme. Severe behavioral problems, depression, low self-esteem, substance abuse, anxiety, sleep disturbances, suicidal thoughts and behaviors, PTSD, and learning disorders are among the many possible outcomes for children who witness abuse. If you are a victim of domestic violence, or a perpetrator who wants help, you can call the 24 hour hotline: 805-656-1111 which will put you in touch with The Coalition for Family Harmony located in Oxnard, CA. They provide counseling, support groups, parenting classes, anger management and more. Their services are confidential and they offer a slide in scale for cost. Additionally, please don’t hesitate to contact me, Andrea McGovern, Wing DPH for further assistance: 805-986-7549



Hispanic Heritage Month

Our nation observes National Hispanic Heritage Month September 15th to October 15th. During this time we celebrate and acknowledge the histories, cultures and contributions of Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. This year’s theme is Hispanics: Serving and Leading Our Nation with Pride and Honor. As military members we have seen first-hand how generations of Hispanics have, and continue, to honorably serve in our military. This drill weekend, take a closer look around you and take the time to raise your awareness of the unique Hispanic cultures here at the 146th. Talk to your fellow airmen, share personal experiences and knowledge, and encourage others to do the same.

As President Barack Obama stated in his Hispanic Heritage Proclamation, “Hispanic Americans represent an array of distinct and vibrant cultures, each of which enriches communities in valuable ways”. What better way to enrich our 146th community than by observing and acknowledging the unique talents and capabilities of our diverse force. This month provides an excellent opportunity for us to recognize the honorable service, immeasurable contributions, and strong leadership made by our nation’s Hispanic-Americans; while at the sametimereflectingondiversityandinclusiveness.



ADDITIONAL INFO

2013 Veteran's Day Free Meals and Discounts (Restaurant chains advise calling ahead to specific locations, because they warn that not all franchises honor the specials offered by their parent.

FREE FOOD

Applebees -- All veterans and active-duty military eat free from a limited menu on Veterans Day.

Chili's -- Veterans and service members can dine for free from a special six-item menu on Veterans Day.

Golden Corral -- Military Appreciation Monday includes a free dinner, Nov. 11, from 5 p.m. to 9 p.m. for military retirees, veterans, and current service members.

Famous Dave's -- Offers for free or discounted meals on Veterans Day vary by location.

Hooters -- All veterans and service members get 10 free wings with the purchase of a drink.

Krispy Kreme -- A free donut is available for all service members, retirees and veterans.

McCormick & Schmick's Seafood Restaurants -- participating McCormick & Schmick's Seafood Restaurants are offering a complimentary entree to vets from a special menu on a space-available basis. Online reservations are highly recommended.

Outback Steakhouse -- Outback will offer veterans and military a free Bloomin' Onion and beverage

Subway Restaurants -- Free six-inch sub or flatbread available to military vets on Veterans Day.

Texas Roadhouse -- Free meals available to veterans from opening until 4 p.m. on Veterans Day.

T.G.I. Friday's -- Veterans and service members can buy one meal and get another free.

UNO Chicago Grill -- UNO is offering a 19.43 percent discount on food and non-alcoholic beverage beverages to vets and military. The chain explains that 1943 was the year UNO invented the deep dish pizza.

Abuelo's Mexican Food -- Offers vary by region.

Buca di Beppo Italian Restaurants -- Special offers for vets on Veterans Day.

Amazon.com -- A free downloadable MP3 album includes 12 songs performed by Military bands and ensembles from now through Veterans Day.

The Dollar General -- Veterans, service members and their immediate families can receive a 10-percent discount with a Veterans Day coupon.

Home Depot -- Offers a 10 percent discount to all veterans on Veterans Day.

Home Depot offers a 10 percent discount year-round to active duty military and retirees.

Lowe's -- All veterans receive the 10 percent discount for purchases of up to \$5,000. A 10 percent discount is available year-round to active-duty military and retirees.

Sam's Club -- Sam's Club will give away collapsible Hugo Canes on Veterans Day to military veterans who need them.

Seven-Eleven -- On Nov. 11 from 11 a.m. to 7 p.m., veterans can get a free small Slurpee.

Cabela's Outdoor Store -- Employee discounts are being offered to all veterans, active-duty military and reserve-component troops, along with law-enforcement, fire and emergency-management personnel. Discounts vary from 5 percent to 50 percent, depending on item.

Build-a-Bear Workshop -- Members of the armed services, including the Coast Guard and ROTC, receive a 20 percent discount on any one transaction at the workshop.

Fashion Bug -- Offering 20 percent off all plus-size and misses clothing purchases with a copy of military ID or spouse's military ID.

Sports Clips Haircuts -- Offering free haircuts to active-military and veterans.



REGISTER BY: 8 NOV 2013

*144FW Fresno Air National Guard
Hosting the Yellow Ribbon & TAP Event*

*November 23, 2013
Fish Camp (Yosemite), CA*



Who can attend?

Members who will have 90 consecutive days of Title 10 or 32 Active Duty other than for training FY 12/13

Purpose: Provide information to members and families on the all aspects of Deployment and the challenges of reintegrating back into the workplace, their social circles, the community and their families.

Registration Links

Pre Deployment:

<https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=F7D50617-29ED-4D71-940A-A57176141B6C>

Post 30:

<https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=61752460-90BD-44ED-8002-9A4FFB167DDF>

Post 60:

<https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=B4426296-BD61-415B-A88A-7DA8FDA13BCE>

Military members will be placed on Special Training (ST) orders.

Members will be allowed 2 Invitational Travel Orders (ITO) for dependents who reside over 50 miles from event.

Dress Code: Business Casual

All Workshops will be held on-site

Friday, 22 Nov: Travel Day for Yellow Ribbon

Saturday, 23 Nov: Yellow Ribbon 0700-1600

Sat/Sun, 23-24 Nov: Corresponding Travel Day home as per JFTR policy

Margarita Jimenez
YRRP Specialist
(909) 455-8925
margarita.jimenez@us.af.mil

ADDITIONAL INFO

Veterans Get FREE Haircuts through End of Year

Spread the word about free haircuts for all active or retired military through the end of 2013. Great Clips, the world's largest hair salon, is launching its "Thank a Veteran" promotion on Veteran's Day this year. On November 11, active or retired military members can walk into any U.S. Great Clips and get a free hair cut OR pick up a free haircut card they can redeem for a free haircut through the end of 2013. Or customers can say "thank you" to veterans by giving a free hair cut card to a veteran. How It Works:

- * Customers come into any area Great Clips salon on Nov. 11 and, with the purchase of a service, receive a free haircut card to give to a veteran.
- * Limit one card per customer.
- * The free haircut cards are redeemable by veterans at any Great Clips throughout the U.S. from Nov. 11–Dec. 31, 2013 with proof of service. The promotion applies to veterans only.
- * Veterans who visit a Great Clips salon anywhere in the U.S. on Nov. 11 receive either a free haircut that day or a free haircut card to redeem by Dec. 31. After Nov. 11, veterans must have a free haircut card to get the free haircut.

Thank a veteran with a free haircut
Great Clips awards customers with free haircut cards to give veterans through 2013

Newly Promoted

Master Sgt. Luis Armas
Master Sgt. Michael Doucet
Master Sgt. Nathaniel Gardner
Tech. Sgt. John Fratangelo
Tech. Sgt. Leroy Willie
Tech. Sgt. Kenneth Rhodes
Tech. Sgt. Janesel Thompson
Tech. Sgt. Kevin Everett
Staff Sgt. Carlos Puga
Staff Sgt. Zachary Rude
Staff Sgt. Jonathan Vaughan
Senior Airman Chloe Bayne
Senior Airman Haley Martinez
Senior Airman Cris Panoringan
Senior Airman Matthew Kromka
Senior Airman Melissa Myers

Newly Enlisted

Master Sgt. Barry Rutstein
Tech. Sgt. Delicia Rubio
Staff Sgt. Sylvia Garcia
Senior Airman Pedro Pescador
Airman 1st Class Arthur Quintans
Airman 1st Class Sharae Sharp
Airman 1st Class Rebecca Flores

Retirements

Master Sgt. Kevin Flynn
Tech. Sgt. David Easterling
Tech. Sgt. Lisa Blass
Tech. Sgt. Raymond Everette

Religious Services

Sunday

**1100 Catholic mass
1230 Protestant service**

**All are welcome to attend inside
building #119 in the
commander's conference room.**



EM MONTHLY



October of 2013

ARE YOU READY?

Question: *What is the "Are You Ready" campaign?*

Answer: "Are You Prepared" is a locally run emergency preparedness program to help ensure you and your family are prepared to deal with emergency situations as they may arise.

Question: *What should I do in the event of a nuclear explosion?*

Answer: **GET INSIDE! STAY INSIDE! STAY TUNED!**

Get Inside – Sheltering in place is the safest action you can take no matter where you are.

Stay Inside – You will avoid dangerous radioactive fallout by staying inside the nearest solid structure and off the roads.

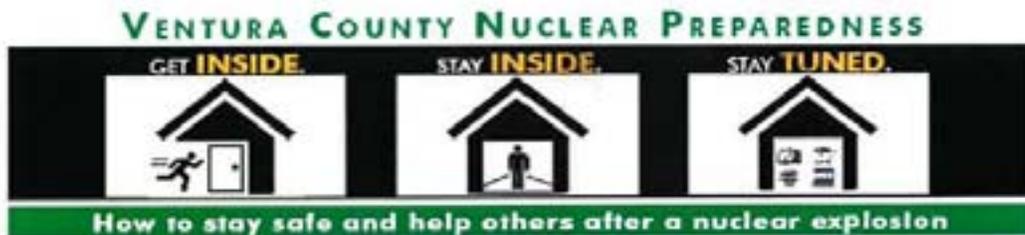
Stay Tuned – For up-to-date information and instructions, listen to emergency communications to find out when it is safe to return outdoors.

Question: *What station should I tune my radio to for up-to-date emergency information & instructions?*

Answer: In Ventura County there are three radio stations that participate in the Emergency Alert system, all of whom will broadcast emergency information and instructions as it becomes available. Those radio stations are: KVEN 1450 AM, KHAY 100.7 FM and KMLA 103.7 FM (Spanish).

Question: *How else can I prepare for this and other disasters that I may face?*

Answer: The Emergency Management flight has free brochures that provide guidance on how to prepare for various emergencies. You can pick one up during normal office hours or anytime during a drill weekend. You can also visit ReadyVenturaCounty.org for additional free emergency preparedness planning tools and information.



This pdf is available on the 146AW public website, www.146aw.ang.af.mil and is updated monthly. This is an electronic news product which anyone can print from any computer, anywhere, and is full of the latest important wing information from your commanders and first sergeants! Check it out from home before you come to drill!