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the Minuteman

THE NEW ELECTRONIC NEWSLETTER FOR THE 146TH AIRLIFT WING



MINUTEMAN FEATURE

146th Airlift Wing
mobilizes in support
of AEF deployment

AIRMAN OF THE MONTH

Check out this month's Airman of the Month from the 146th Medical Group

WOMEN OF CHARACTER

Capt. Christina Prejean from the Equal Opportunity Office pays tribute to Women's History Month with insightful stories and photos



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Cover photo courtesy of Ventura County Star, Richard Quinn

INSIDE THIS ISSUE ALWAYS ON GUARD



146th Airlift Wing mobilizes for deployment to various locations in support of AEF rotation



Tech. Sgt. Jeff DeGuzman of the 146th Medical Group is our spotlighted Airman of the Month



Capt. Christina Prejean shares insightful photos and stories in tribute to Women's history month



COMMANDER'S

VIEW

Hard to believe it is already March, isn't it? Two months into 2014 and we are clipping right along at a tempo that never really seems to slow down or provide many breaks. Such is life in this modern era Air National Guard.

The past couple of weeks have witnessed the deployment of Security Forces and the Maintenance/Operations package for our regularly scheduled AEF. The good news is they are safely in place and the countdown for their happy return has begun. I would like to take this opportunity to sincerely thank all of the folks who supported the deployment process. These deployments do not just happen...it takes a concerted and dedicated effort and many long months, days, and hours to plan, prepare, and send-

off our dedicated deployers. It is no small thing to do and I would be remiss in my duties if I did not take the time to personally recognize the efforts made to successfully accomplish this important task. The actual list of offices, shops, and individuals who actually made it happen is extensive. Many of the families who came out to see of their loved ones were effusive in their praise of the number of caring people they encountered. I personally heard many times how impressed they were with the dedication of everybody who showed at zero dark thirty to support the members, their families, and the overall deployment effort. I echo their sentiments. Our Family Readiness/Yellow Ribbon folks are the best in the business. Julie Morency and her team, including her new "buddy", retired CMSgt Debbie Thogersen, are deeply caring, motivated, and skilled advocates of all our folks. We are very, very lucky to have them on our team. It is truly impressive to witness Team Channel Islands working together to make significant events like this happen. Thank you!

"Despite the fact nearly 20% of the base is deployed at this time, this does not mean things will quiet down much around here at Channel Islands."

-Col. David Bakos

This leads me to another topic very near and dear to me....and it is making certain we are taking care of our deployers by doing all we can to take care of their loved ones while they are gone. This Guard family should be wrapping their collective arms around those left behind and be ready to help should the need arise. Whether it is a large group (as it is now) or an individual deployed is irrelevant... we do it because it is the right thing to do. I can personally attest, based on my previous experiences as a deployer, how impor-

tant it is. It provides a significant peace of mind for our overseas warriors. I am certain all of you can identify with and understand just how meaningful it is to do so. An occasional phone call to a “deployed” family for a simple “check-in” carries a lot of weight. We must take care of one another as it means the world to our brothers and sisters who are overseas and away from loved ones at this moment.

Despite the fact nearly 20% of the base is deployed at this time, this does not mean things will quiet down much around here at Channel Islands. A few items facing us include JRSOI, MAFFS, the new wing inspection program, as well as implementation of the new Wing Force Development council. These will keep most of us busy for the foreseeable future. We are also in the process of developing a wing program which will allow the entire wing to accomplish ancillary training all at once. The large amount of annual ancillary training bogging down each and every one of us has needed a solution for a long time. “Wing Block Training” is designed for the entire wing to complete the majority of training events during a drill period which will likely consist of two UTA's combined into one. In doing so, it should free up the remaining ten drills to focus on your specific AFSC training and implementation. Sound good? It is a good idea that is long overdue and one I believe will go a long way to fixing an inherent issue which has plagued us for many years.

As always, I hope each and every one of you has a safe, productive and enjoyable UTA. Please keep the two-way communication channels open both up and down the chain so we can perform the best we possibly can. Communication and attitude are key to problem solving and effective operations in any organization...and it is critical to our success here at Channel Islands Air National Guard Station. Thank you once again for all you continue to do in your service to your community, state, and this great nation.

Blue Skies,

Colonel Bakos

“The only true disability in life is a bad attitude”



Security Forces Squadron off to Desert

Maj. Kimberly Holman
Photos courtesy of: Maj. Chris Lowe



Valentine's Day was bittersweet for many who had to bid farewell to Security Forces Squadron family members departing to the various locations in the Middle East. Deployers arrived before dawn to receive final briefings alongside their family members, and later boarded buses that took them to their civilian airline flights overseas.

More than 35 personnel left for a four-month deployment in support of Operation Enduring Freedom, providing aircraft flight-line security and air base perimeter defense.

Security Forces Squadron Commander Lt. Col. Mike Dugas was there to see his troops off, and was beaming with pride. "I did some calculating and came up with some impressive numbers. This group of deployed defenders comprise more than 550 years of combined Security Forces experience," he said. "The same composition of active-duty members would be



about one third that experience. I am so proud of what we can bring to the fight--the finest, top-notch Airmen—to help the mission succeed."

Senior Airman Guillermo Cazares and Tech. Sgt. Jesus Cazares are 27-year-old paternal twins who left together on this deployment. Their stepfather, Master Sgt. Bob Tinker, is a member of the Aircraft Maintenance Squadron and will also be deploying in just a few weeks' time. Tinker has been with the 146th since 1994.

"My wife is definitely not happy that all three of us will be gone at the same time, but she is very proud, especially of her boys," said Tinker. "We will all be staying in very close touch so she won't worry too much, and she has family here to support her."

One more family member arrived just a week after the twins left...Guillermo had a baby boy born just days after kissing his family good-bye. "He was able to be there in the delivery room on computer tele-conference, so he was there electronically," explained Tinker. "Both mother and baby are healthy and can't wait to see each other in person soon."

"I love those boys and am very proud of them both. I love their sense of humor, rugged spirit and sense of drive. They are very inspirational for me."

Just two weeks after the Security Forces deployment, an even larger contingency from Maintenance Squadron and Operations deployed for Kuwait. Four of the 146th's C-130Js and more than 130 personnel deployed Feb. 23 and 24. Local newspaper from the Acorn and the Ventura County Star were present to cover this significant deployment.





AIR NATIONAL GUARD MEMBERS LEAVE PORT HUENEME FOR KUWAIT

Story and photos courtesy of Ventura County Star
Written by: Anne Kallas
Photos by: Richard Quinn

Senior Airman Andrew Lampman and his girlfriend, Joanne Chan, created a circle of private sadness as they held each other close, saying goodbyes with tears brimming in their eyes.

Across the crowded conference room, Staff Sgt. Jesse Racey was saying goodbye to his wife, Ashley Racey, and daughter, Audrina Racey, who will turn 2 on March 15. Early Sunday and Monday, the 146th Airlift Wing of the Air National Guard deployed four C-130-J cargo planes to Kuwait for three months.

About 130 personnel made the trip to help support combat operations in the Middle East.

"I feel good about serving my country, but it's hard leaving these two behind," Jesse Racey said.

Lampman, on his second deployment, said that saying goodbye is hard but that he is proud of what he was doing.

"I'm grateful to be able to serve my country. I'll miss my loved ones, but this is an important job," Lampman said.

Col. David M. Bakos, who assumed command of the wing in November, said supporting the families of the troops going overseas was as important as supporting the personnel leaving on the planes.

"Part of what I want to do is tell these families that we will be taking care of their folks. I'll do whatever I can to help the family members," Bakos said. "The wing opens its arms around them. We have a system in place. I've told them: 'Here's my phone number, and I'm available 24-7. If you have questions about things you've seen on TV or heard — anything — give us a call so I can give you peace of mind.'"

Lt. Col. Bryan Allen, 50, of Ventura, pilot of one of the two cargo planes departing early Sunday from the base near Point Mugu, said he was especially proud because his son, Tech. Sgt. Jeffrey Allen, 28, was the load master for the other cargo plane leaving that day.

"We're lifelong residents of Ventura County.

It's really neat to see my son step up to put service before self," said Bryan Allen. "Jeff and I went to Afghanistan in 2010. It's really cool. This is family. As a kid Jeff played with the sons and daughters of these officers." As he finished loading the second cargo plane to take off Sunday, Jeffrey Allen said that working beside his father was fun, although they have to be on separate planes because they are family. But supporting troops on the front lines is even better, he said.

"I enjoy the special bond we have. You relate in a different way than just father and son," Jef-



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GUARD MEMBERS LEAVE FOR KUWAIT

frey Allen said. “But our objective is to support the Army guys. It’s hard to say goodbye to the family, but once we’re on the plane, we get excited about what we’re going to see over there.”

Bakos said the wing was unique because the planes serve internationally and support firefighters in California. In Kuwait the Air Guard members will transport personnel who are not critically wounded and provide other support for U.S. Central Command.

The rest of the 1,100-person unit will remain in Ventura County, ready to lend a hand to fight wildfires. Bryan Allen said enough are planes left to act as tankers to keep Californians safe from fire danger.

As the Racey family waved from the tarmac, wearing ear plugs handed out to dampen the sound of the engines, the first cargo plane slowly pulled out toward the runway.

Soon after, it reappeared, flying low over the small group, dipping its left wing in a goodbye gesture before heading off on its mission.



“Part of what I want to do is tell these families that we will be taking care of their folks. I’ll do whatever I can to help the family members,”
- Col. Dave Bakos



WOMEN'S HISTORY MONTH CELEBRATING WOMEN OF CHARACTER, COURAGE, AND COMMITMENT

Capt. Christina Prejean

American women have contributed to and molded every aspect of American culture. From Amelia Earhart, to Rosa Parks, to Sheryl Sandberg, Sarah Palin and Hillary Clinton, more women in our nation are breaking glass ceilings and cultural norms. The contributions of remarkable women in both our Air Force and our nation's history should not go unnoticed.

Major General Jeanne M. Holm

"I can say in absolute candor and honesty that we wouldn't have women in the Air Force without Jeanne Holm," said Brig. Gen. Jean E. Klick in the Oregonian newspaper. "She came up at a critical time, when there was a big move in the Air Force that wanted to do away with women altogether. She was the one person who was smart enough, shrewd enough and persuasive enough to handle that job."

Maj Gen Holm opened the doors for women in the military in countless ways. As the first woman in the Armed Forces to reach the rank of Major General and first female General in the Air Force, she fought for women's inclusion in every aspect—from allowing women to participate in ROTC and service academies, to allowing women to serve as pilots, and have greater combat roles. Today, the Jeanne Holm Center for Officer Accessions

and Citizen Development at Maxwell Air Force Base honors the life and legacy of Maj Gen Holm.

WWII

During WWII, women had a major impact on the United States' victory, allowing for the nation to continue running, while the men were away fighting the war on the front lines. Women fought the war on the home front through joining the labor force, and working in factories that supported the war; all while maintaining families as single parents. "Rosie the Riveter" soon became the nation's symbol of women who worked in manufacturing and the significant changes in women's roles in the United States. This month provides an excellent opportunity for us at the 146th Air Wing to celebrate Women's History Month and recognize the incredible fight that women have fought to be granted basic rights, such as voting, participating in the military, and having equal opportunities in all aspects of life. It is important to never forget the immeasurable sacrifices, resilient leadership, and remarkable contributions of women. Let's celebrate the legacy that these women have left on our nation, and appreciate gender equality, diversity, and inclusiveness. For more information, visit www.womensmemorial.org or www.nwhp.org.



AFTER 90 YEARS: OLYMPICS TO INCLUDE WOMEN SKI JUMPERS IN 2014



Capt. Christina Prejean
Photo courtesy: New York Times

The world's best women ski jumpers will finally be able to show the Olympics that they belong. This year will be the first Olympics allowing women to participate in the Ski Jumping competition, 90 years after their male counterparts. This is a major victory for women, and was a 10 year battle fought by Lindsay Van, and 15 other women ski jumpers who lobbied the International Olympic Committee. In 2008, Americans Lindsey Van and Jessica Jerome led an unsuccessful court case against the Vancouver Olympic organizers, to participate in the 2010 Olympics in Canada. Finally, in 2011, thanks to the efforts of these courageous women, the International Olympic Committee opened the 2014 Olympics to women ski jumpers.

Lindsey Van, not to be confused with Olympic skier Lindsey Vonn, became the first world champion in ski jumping in 2009, and

made history when she competed among the starters on Feb 15, 2014, in Sochi, Russia. Her journey in the fight is shown in the documentary "Ready to Fly," where she says "women deserve to compete at the highest level: in the Winter Olympics."

Not Over Yet

This 2014 Olympic competition in Sochi, Russia only allowed women to compete on the normal hill, and only awarded one set of medals. These bold women will continue to fight to be able to ski jump on the large hill and have a team competition, as their male counterparts. Canadian ski jumper Atsuko Tanaka said "our women's ski jumping community has gotten stronger and stronger, and we're ready to show the world what we have."

RETHINKING THE PT TEST

Andrea McGovern DPH
Photo courtesy: Dave Buttner



By now, many of you may be trying to forge ahead with your New Year's Resolutions. Maybe one of those resolutions is to pass the PT test. We all know it's every Airman's responsibility to maintain the standards set forth in the AFI 365 days a year. The backbone of the Air force Fitness Program is Command driven physical fitness training and motivation. This is an integral part of the requirements of the mission. However, your command can't make you want to succeed. Your own resolution to succeed in this arena is more important than anything else.

Obviously, staying fit gives you the strongest edge to hold onto your stripes and/or careers by not failing PT. However, there are numerous other positive effects from maintaining an active lifestyle of regular exercise and healthy eating that are hard to ignore. It is these other benefits that this article will focus on, which will hopefully provide extra inspiration and motivation to stay fit. This will make it likely that the PT test will no longer be faced with dread, but rather an eagerness to prove to yourself that you can do it, and better yet, want to do it! "It is exercise alone that supports the spirits, and keeps the mind in vigor."

-Marcus Tullius Cicero, Statesman

Reduce Stress. Probably the most common and best benefit of exercise is that it can reduce mental and physical stress. It improves blood flow to your brain, bringing additional sugars and oxygen that may be needed when under stress, while, at the same time, removing built up toxic waste products that can cause foggy thinking.

Elevates Mood. Exercise releases a chemical called endorphins. These give you a feeling of happiness and positively affect your overall sense of well-being. Research shows exercise alleviates symptoms of depression and anxiety. In some cases, it can be just as effective, or better, than taking antidepressants. Just 30 minutes a few times a week can instantly boost your mood.

RETHINKING THE PT TEST



Additionally, regular exercise can sharpen our memory and our ability to learn new things.

Addictions. Did you know regular exercise can help control our addictions? It can be used as a distraction from the cravings and, for some people, replace the dependency on the substance to which they are addicted. Also, since addictions are often triggered by stress and/or depression, exercise has you covered on that end as well, since we now know that exercise helps us to manage those uncomfortable feelings.

Improve Sleep and Relaxation. For some people, a moderate workout can act as a sleeping pill – even for those individuals who suffer with insomnia. Regular exercise can help you fall asleep faster and help you to sleep more deeply. Nothing like a good workout to put your body into a relaxed state.

Be More Productive. Research shows that workers who take time for exercise on a regular basis are not only more productive, but more creative, and have more energy than those who don't partake in an exercise program. Being sedentary for long periods at a time can lead to sluggishness, mentally and physically.

Remember, you joined the Air Force to be part of something bigger than yourself. Not only do you benefit yourself by becoming fit and healthy, you benefit the entire force.

Take steps to get healthy now and take the stress out of the PT test! Commit to that new step by telling yourself you're willing to change – or be willing to identify why you're choosing to sabotage your own success. Creating new habits can be difficult, but, the alternative is to stay stuck in old patterns that keep you from being your best. Good luck!

Improve Self-Confidence. Regardless of a person's age, size, weight or gender, exercise can boost a person's perception of his or her own attractiveness. This generates feelings of self-worth and boosts self-esteem. Exercising outdoors can elevate your mood even more. We can all probably use a little extra Vitamin D from the sun. Additionally, exercise can put a spark back into your sex life. Being too tired and out of shape to enjoy intimacy with your partner, can be a problem. So hop on that treadmill or elliptical!

Prevent Cognitive Decline. Engaging in exercise, between the ages of 25 and 45, boosts chemicals in the brain that support and prevent degeneration of the hippocampus – an important part of the brain for memory and learning. Cardiovascular exercise can create new brain cells and improve overall brain performance, developing capacities for decision making, higher thinking and learning.

DFAC MENU

Saturday

- **Broccoli Cheese Soup**
- **Beef Tenderloins with Mushroom Demi**
- **Honey Dijon Tarragon Chicken**
- **Garlic Mashed Potato**
- **Rice Pilaf**
- **Asparagus**
- **Mixed Vegetables**

Sunday

- **Broccoli Cheese Soup**
- **Chicken Cordon Bleu**
- **Creole Rice Pilaf**
- **Carrots**
- **Corn**

Welcome new 146th Airmen!

Airman 1st Class Michael Bartock
 Airman 1st Class Richard Paz
 Airman 1st Class Adam Bowers
 Airman 1st Class Irene Guerrero
 Airman 1st Class Madeleine Richards
 Airman 1st Class Alex Yee
 Airman 1st Class Oscar Reyes

Senior Airman Aaron Ellison
 Senior Airman Terence Brown

Staff Sgt. Justin Wise
 Staff Sgt. Mia Harris
 Staff Sgt. Michael Fairbourn

TELL YOUR STORY

We would love to hear about it. Did you know that the 146th Public Affairs shop is always looking to highlight it's airmen on the job. We want to hear from you the readers! If you know of a great story that you think should be published in our monthly newsletter, we'd like to hear it! Supervisors! Do you have an airman that goes above and beyond the normal expectations? Let us help you bring recognition to your best and brightest.



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AIRMAN OF THE MONTH



This month we are spotlighting Technical Sergeant Jeff DeGuzman as our March 2014 Airman of the month.

DeGuzman is a member of the 146th Medical Group and is highly regarded by his peers and leadership. He works full-time as the Public Health NCOIC. He has been keeping busy lately, as he recently vetted more than 200 personnel (at about 20 minutes each) to ensure they were prepared for their overseas deployment. He reviews medical record qualifications, runs cognitive memory and reaction skills tests, and even briefs members on what to expect where they are going in regards to disease, foods, weather issues and other health concerns.

“That’s what I like best about what I do—the confidence of knowing that I am ensuring that we are sending people to the desert fully qualified, and

that they are safe and fully prepared,” he said.

DeGuzman has been in the unit now for four years after transferring from three years active duty at Laughlin AFB. He joined the Guard so that he could go to school and become a nurse, which he did in 2010.

A resident of Culver City, He spends much of his off time with his two kids who are nine and seven years old. The kids are very active in sports, baseball and basketball in particular.

“I plan to stay in the Guard and retire, and I love to travel and see the world,” he said. “But as much as I love to travel a part of me loves to stay home as well with my kids.”

Thank you Tech. Sgt. DeGuzman for helping our troops get out of town safely, and for all your hard work for the wing!

PICTURE SECTION

More pictures from this month's events



Say
Some
thing

"I enjoy the special bond we have. You relate in a different way than just father and son."

-Jeffrey Allen



Photo by: Richard Quinn, Ventura County Star





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!