



ANGEL'S WINGS

920th Rescue Wing, Patrick Air Force Base Florida

VOLUME 5, NO. 2

AIR FORCE RESERVE

FEBRUARY 2007

Joint & Combined



SAREX '07 highlights combined ops

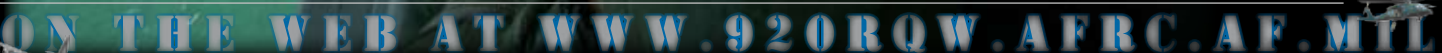
What's inside?

Page 4- 2007 Bosses' Day Form

Page 6-7 - SAREX '07

Page 9 - Outstanding unit

ON THE WEB AT WWW.920RQW.AFRC.AF.MIL



Proud to be an Airman

By Chief Master Sgt. Rodney McKinley
Chief Master Sgt. of the Air Force

Pride in being an Airman in the United States Air Force takes many forms--the way we wear our uniform, the effort we put into our jobs, the attitude we display and the respect we show for our fellow Airmen.

All of us, whether officer or enlisted, came into our Air Force after meeting rigid mental and physical recruiting standards, and being aligned with skills our service needed. Serving as an Airman is an honor that thousands of young Americans want, but do not attain; they are turned away for various reasons at recruiting offices. Those who make it through that door then train hard to develop skills that earn them the right to be called an "Airman."

Nowhere is this transformation more dramatic than Basic Military Training. Earning the title of "Airman" is commemorated with a coin ceremony and the chance to don the Air Force blue uniform for the first time. This emotional event gives the trainees an identity within our organization - they are now Airmen in the greatest Air, Space and Cyberspace force in the world.

The sought-after title of Airman is one that each of us has worked hard to earn. Why then do we sometimes refer to our fellow Airmen, both officer and enlisted, as "troops" or "kids?" Our level of professionalism must equal the immense responsibility each Airman carries as we continue to fight the Global War on Terror. We don't send "kids" into battle; we send highly-trained and motivated Airmen.

Today, more than 30,000 are deployed worldwide with many more



deployed in place, and more than 4,000 Airmen protecting America's skies. In the Global War on Terror, we fly more than 250 missions a day, 45 of which are strike missions against the enemy. We conduct vital airlift for equipment and fellow Airmen, Soldiers, Sailors and Marines with one mobility aircraft taking off every 90 seconds. We complete more than 450 satellite supports each day, providing vital data and links for wartime operations. In addition, we have more than 4,500 Airmen on the ground supporting Army taskings in detainee operations, convoys and as interrogators. If you couple that with our direct combat positions, search and rescue, medical and other combat support roles, it's clear to see our Airmen are heavily engaged in winning this war. As Airmen, we have much to be proud of.

You represent our nation and service well. I'm incredibly proud of your professionalism and commitment. Let's continue to respect our heritage and our future in this great United States Air Force by proudly calling each other "Airman."



Col. Steven Kirkpatrick
Wing Commander

1st Lt. Cathleen Snow
Chief of Public Affairs

2nd Lt. Jaime Pinto
Assistant Chief of Public Affairs

Master Sgt.
Raymond Padgett
NCOIC

Master Sgt. Chance Babin
Tech. Sgt. Shane Smith
Tech. Sgt. Shawn McCowan, 943rd RQG
Staff Sgt. Heather Kelly
Staff Writer

Staff Sgt. Jonathan Simmons
Editor

This authorized Air Force Reserve newspaper is published for the members of the 920th Rescue Wing, Patrick Air Force Base, Fla. Contents of Angel's Wings are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense or the Department of the Air Force. The editorial content is edited, prepared and provided by the Public Affairs Office of the 920th Rescue Wing, 740 O'Malley Road, building 559, Patrick AFB, FL 32925. (321) 494-0535. The deadline for submission is the Friday after the UTA for the next month's issue. All photos are the property of the U.S. Air Force unless otherwise indicated.

On the Cover:



Master Sgt. Roy Brown, Jr., 39th Rescue Squadron loadmaster, scans the waters off the coast of Key West, Fla., during a combined U.S. and Canadian search and rescue exercise there. The SAREX is planned to be a semiannual event (Photo by Tech. Sgt. Robert Grande).

UTA *Schedule*

Next UTA: Feb 3-4

March 3-4

April 14-15

May 5-6

Deploying from the desert; deploying from the sea

By 1st Lt. Cathleen Snow &
Tech. Sgt. Shawn McCowan

Rescue Wing Public Affairs
DAVIS-MONTHAN AIR FORCE
BASE, Ariz. – Nearly 70 Airmen of
the wing's 943rd Rescue Group here
deployed to Afghanistan Jan. 3.

Area family members gathered
in the 943rd Maintenance Squadron
hangar to say "good-bye" to their
loved ones during final departure
preparations.

The deployed Airmen are scheduled
to be gone for various durations of
time in support of Operations Iraqi
Freedom and Enduring Freedom, and
some Airmen will be gone as long
as four months as part of a planned
Air Expeditionary Force (AEF)
deployment.

Although individual squadrons
in the 943rd have deployed before,
this marks the first deployment of
personnel since the unit became a

PATRICK AFB, Fla. – A contingent of
a dozen of medical professionals from
the 920th Rescue Wing Aeromedical
Staging Squadron deployed to various
locations in Southwest Asia today in
support of Operation Iraqi Freedom.

The group consists of nurses,

group.

As their AEF mission began,
Lt. Col. Steven White, director of
operations for the 305th Rescue
Squadron, will take control as the
deployed commander of the 305th
Expeditionary Rescue Squadron
(ERQS). As the Airmen prepared to
leave, he spoke with them all once
more at their home station.

"Leaving everyone behind isn't
easy. I know that no one wants to
go halfway around the world into
harm's way. But we've been all over
the country and all over the world to
do search and rescue. Let's do our
job safely, and right, and come back
home," said Colonel White.

The reservists shared expected sad
good-byes with their families, but
they were thankful to be leaving now
instead of before the holidays.

"Of course I'm happy it's afterward,
I like to spend the Christmas with my

aerospace medicine technicians, a
physician, life skills and medical
services corps officers.

While they'll be heading to three
different locations in the Central
Command area of responsibility, these
dedicated professionals will ensure

family," said Senior Master Sgt. Mike
Flake, a flight engineer with the 305th
Rescue Squadron. His family might be
used to seeing him leave, but they say
it never gets easy.

The deploying Airmen have been
preparing for months for this day, but
Col. Robert Dunn, 943rd Rescue Group
commander, says his Airmen have
really been training for this kind of
mission throughout their career.

"These men and women are every
bit as thoroughly trained as their
active-duty counterparts. That means
they train to do more in much less
time. Their commitment as citizen
Airmen is proven in their selfless,
volunteer dedication. They leave
behind their families, their jobs and
their friends to protect the freedoms
of every American. I'm very proud
of each and every one of them," said
Colonel Dunn.

patients are prepared clinically and
administratively for flight, care for
them and carefully load them onto
aircraft to deliver them to definitive
care or home base.

Some will serve in direct support
of the Air Force Theatre Hospital
at Balad Air Base, Iraq, accepting
patients straight from the battlefield.

Others will serve at a contingency
aeromedical staging facility (CASF)
where the primary goal is to stabilize
the patients for further care.

Still others will be part of a critical
care air transportation team (CCATT)
where they'll serve the critically
injured overseeing and caring for
them from the battlefield to their final
destination of care.

Members of the wing's ASTS
recently earned an excellent rating for
their participation in an Operational
Readiness Exercise.



1st Lt. David Gonzales, a pilot with the 943rd Rescue Group's 305th Rescue Squadron, gave his son, Ben, one last hug before boarding a bus just before a deployment. About 70 members of the 943rd Rescue Group deployed to Afghanistan in support of Operation Enduring Freedom.



2007 Bosses' Day is set for June 2

Today is your chance to...

Register now!

Rescue Wing members are encouraged to invite their civilian bosses to the 2007 annual Bosses' Day. This is a great opportunity to strengthen your civilian employer's commitment to your Reserve service and to help them understand that the reservists they employ are also American heroes. The event includes a flight and some face-to-face time with the Wing Commander, Col. Steve Kirkpatrick. The itinerary is being finalized.

Annual Bosses' Day nomination form

June 2, 2007

(Please print or type information legibly)

Reservist's Information

Reservist's Name/Rank: _____ Home Phone: _____

Reservist's Mailing Address w/ Zip Code: _____

Reservist's Email Address: _____

Squadron: _____ Civilian Work Phone: _____

Employer's Information

Employer's Name: _____ Bus Phone: _____

Title: _____ Company Name: _____

Complete Business Mailing Address w/ Zip Code: _____

Employer's complete email address: _____

Guidelines:

1. You may nominate a civilian employer.
2. Return your nomination to the Public Affairs Office as soon as possible, but **no later than May 6**.
3. Fill out and mail this page to 920 RQW/PA, 740 O'Malley Rd., Suite 101, Patrick AFB, FL 32925.

Bosses will receive a letter of invitation, including the day's itinerary. More details will follow. For more information please contact Public Affairs at (321-494-0535). Or submit information electronically to Cathleen.snow@rescue920.patrick.af.mil.



Merging worlds, smarter ops; a better team

By Staff Sgt. Jonathan Simmons
Rescue Wing Public Affairs

In the age of leaner, smarter operations the aircrew support arena is no exception.

The Aircrew life support (1T1X1) and Survival Equipment (2A7X4) career fields are set to merge into a single career field Air Force wide. In the 920th Rescue Wing they'll now fall under one squadron as well.

Specialists in the new 1P1X1 Aircrew Flight Equipment Air Force Specialty Code will fall under the 920th Operations Support Flight which will become the 920th



Senior Airman Alex Carrasquillo, 308th RQS, survival equipment specialist

Operations Support Squadron. "As we go from 44 people to 108, it just gets better and better," said Lt. Col. Julio Lopez, Operation Support Squadron commander apparent.

Colonel Lopez isn't the only one charging forward to the future of the new AFSC.

"It's high stakes," said Senior Airman Alex Carrasquillo, survival equipment specialist from the 308th RQS. "I'm motivated about it and excited to see what will happen."

Presently, 920th RQW aircrew are supported by an array of different functions, in four different squadrons. When this merger is completed, they'll largely be under one roof and working together under one name.

While most can see the long term benefit of the merger they realize that actually getting there will be a challenge.

"It'll be tough getting everyone spun up with their training," said Tech. Sgt. Jose Nievestorres, 308th RQS rigger. "But I think it'll be good for the unit and the Air Force as a whole."

"It's kind of like being born," said Tech. Sgt. Wade Hurst, 920th Maintenance Squadron survival equipment specialist. "It's awkward at first, but we have a lot to look forward to."

Sergeant Hurst says he looks forward to learning more, broadening his mind, having more people working closely as a team and volunteering for great tour of duty opportunities.

"Now aircrew will have a one-stop shop for support of their contingencies and requirements," said Master Sgt. Tommy Vawter, Aircrew Life Support superintendent. "Statistically this shop will be one of the largest of its kind in AFRC."

All Operations Support Squadron assets including Airmen with the new combined AFSC will be housed in the current Aircrew Life Support facility.

"We're expanding the building by 3,000 square feet to make room for everyone," said Colonel Lopez, OSF commander.

This new concerted effort is not only about collocation. All 54 Airmen involved in the merging career fields will go through a regiment of cross-utilization or CUT training to become proficient in all aspects of the new AFSC. Most of CUT training will be on the job, and only square parachute preparation will be handled by a one-week tech school class.

Eventually the technical training schools at Sheppard AFB will also be combined.

"The merger will provide more flexibility in aircrew support," said Sergeant Vawter.

"We'll have a bigger pool of people in one place and more flexibility to focus more attention on any given mission. The ultimate result will be leaner ops."

Combination efforts began Jan. 1 and those who will be a part of the new AFSC are expected to begin moving together this month. The merger will be official in October.



Senior Airman Steven Sasser, 39th RQS aircrew life support specialist

Photo Illustrations by Staff Sgt. Jonathan Simmons

The sky's the limit: SAREX highlights

By Master Sgt. Chance Babin
Rescue Wing Public Affairs

KEY WEST, Fla. -- In today's military joint and combined training is a current reality that seems to only be becoming more and more essential during the Global War on Terrorism. Not only must we learn to train and fight with the forces of our sister services, but also with the forces of friendly nations.

The Airmen of the 39th Rescue Squadron, Patrick Air Force Base, Fla., have taken this issue head on as they have formed a twice-a-year training endeavor with our friends from the north, the 435th Transportation and Rescue Squadron, Royal Canadian Air Force, Winnipeg, Canada.

This year's event, dubbed SAREX 07, took place here January 4-7 and "part two" is scheduled for Calgary in May. The key theme is to train hard while forming a sense of camaraderie.

"I think esprit de corps and camaraderie are the most important ingredients in the cohesion of any fighting unit," said Lt. Col. Dan Byers, 39th RQS navigator. "Primarily because units that have a high degree of camaraderie function better at the local training level and then do so in the theater, which is ultimately why we train."

Colonel Byers went on to say that the relationship maintains coalition at a grass roots level.

"Just as units have cohesion, coalitions having cohesion leads to better effectiveness," he said.

The SAREX training that takes place in Florida is primarily maritime based search and rescue while the Canadian portion that takes place in the summer is mountainous SAR, which gives the host unit an opportunity to provide training in their native environment.

"We started this in the summer of 2004," Colonel Byers said. "We sort of stumbled on the 435th. We went on an exercise with them and it created a fraternity with them. We are doing more with less these days and joint (and combined) operations are becoming a focus. We are able to get good ideas and learn different techniques from one another, while forming unit cohesion."

"It goes a long way in improving the relationship with the two



Staff Sgt. Dan Morgese, 39th Rescue Squadron loadmaster, scans in the middle of a run in to drop a loadmaster-directed parashute to a survivor in the water during the Key West search and rescue exercise for 2007.

ights mission without borders

Photos by Tech. Sgt. Robert Grande

countries,” said Maj. Jean Bernier, 435th TRS SAR operations officer. “Seeing each other’s SAR procedures we learn from each other.”

After flying a mission with the 39th RQS, Major Bernier said it’s amazing to see the minor differences during training.

“In the end you have the same goal and the job gets done,” he said. “The exchange that goes on is great, not only the flying portion but the camaraderie is worth a lot as well. We always work together with the U.S., so the relationship goes a long way. Just knowing you can pick up the phone and call them to do a mission makes things easier.” The SAREX is broken down into two parts, a maritime rescue and a rodeo-style skills competition.

The maritime rescue simulated two USAF fighters in a mid-air collision during air-to-air operations IVO Key West. Both pilots ejected successfully, but no contact had been made since the ejection.

“We subsequently launched three C-130s to find and recover the two pilots,” Colonel Byers said. “They were each in a one-man life raft, but had no signaling devices. We gave the HC-130s a 320 nautical-mile search area apiece to find the survivors.”

Two boats in the search area acted as “Coast Guard” coordination. Once the rafts were found, the crews deployed MA-1 survival kits and other equipment to the survivors.

For the skills competition, the three C-130 crews left Key West Naval Air Station for Cape Canaveral to perform multiple high-altitude jumps with the Canadian search and rescue technicians called SARTECHs and our pararescuemen, or PJs.

The crews competed in crew skills competitions to include landing and airdrop accuracy. Once complete, the average yards from the target per crew determined the winner.

“Each year we raise the bar,” Colonel Byers said. “The scenarios become more difficult therefore the skill level needed is increased for the crews to meet the challenge.”

Colonel Byers said the exercise was

100 percent successful and all events went off as planned.

In all, 63 Americans with two HC-130s and 18 Canadians with one C-130 participated in the exercise and the 435th TRS, Royal Canadian Air Force, took home the trophy.

Unfortunately the Canadians arrived a day late as several members of their crew were called upon for a real world rescue mission.

Master Corp. Dwayne Guay, 435th TRS SAR, search and rescue technician, was one of the people involved in a rescue in Yellow Knife, Canada, late Jan. 3.

He was part of the search that saved one of four passengers from a downed Cessna 182. Three of the passengers were dead on the scene and the survivor who was in critical condition was taken to the hospital.

When the Canadian group arrived Corporal Guay told the group of his heroic actions and he received a huge ovation from the members of the 39th RQS.

For Major Bernier, this was his first SAREX in Florida, but if it’s up to him, it won’t be his last.

“I loved the experience here,” said Major Bernier. “We definitely need to carry on the exchange.”

High Speed



Airmen of the Year



Master Sgt. Christina Garland
943rd Rescue Group
Senior NCO of the Year



Staff Sgt. Clote White
943rd Rescue Group
NCO of the Year



Staff Sgt. Crystal Carter
308th Rescue Squadron
Airmen of the Year

Airmen of the 4th Quarter



Senior Master Sgt. Pete Callina
308th Rescue Squadron
Senior NCO of the 4th Quarter



Staff Sgt. Clote White
943rd Rescue Group
NCO of the 4th Quarter



Senior Airman Crystal Carter
308th Rescue Squadron
Airmen of the 4th Quarter

Airmen of the 3rd Quarter



Master Sgt. Christina Garland
943rd Rescue Group
Senior NCO of the 3rd Quarter



Tech. Sgt. Matt Roche
308th Rescue Squadron
NCO of the 3rd Quarter



Senior Airman Tracy Stotts
943rd Rescue Group
Airmen of the 3rd Quarter

Promotions



Master Sgt.
Carl Johns, MXG
Nicholas Mccaskill, 943rd RQG
Jeffrey Ragonese, MXG
Hector Villasenor, 943rd RQG



Tech. Sgt.
Robert Butler, MXG
Thomas Cowan, MXG
Scott Davison, ASTS
Joshua Donnelley, 943rd RQG
Yolando Esparza, 943rd RQG



Staff Sgt.
Danny Brown, MXG
Robert Farrell, MXG
Erik Gifford, 943rd RQG
Patrick Gonzalez, MXG
Heather Kelly, RQW
Steven Kerlin, ASTS
Nicole King, ASTS
Ulyses Ojeda, 943rd RQG
Jessica Pabon, ASTS
Jonathan Simmons, RQW



Senior Airman
Marcus Torbert, MSS



Airman 1st Class
Michelle Cruz, 39th RQS
Joshua Johnson, ASTS



Airman
Christien Diaz, MXG
Andrew Melvin, MXG
Rudolph Panacci, 39th RQS

Wing stands out for 3rd year in a row

By Master Sgt. Raymond Padgett
Rescue Wing Public Affairs

Five pararescuemen from the Wing's 304th Rescue Squadron rescued an injured skier off a glacier on the longest hauling glacier rescue mission ever to be accomplished on Mount Hood earlier this year in May.

With daring feats like that an everyday occurrence for 920th Rescue Wing Airmen, it's no wonder the Wing earned its third consecutive Air Force Outstanding Unit Award at the Air Force Reserve Command



level for the period of October 1, 2005 – September 30, 2006.

“This is a great wing with outstanding people,” said Col. Steve Kirkpatrick, 920th RQW commander.

The wing qualified for the AFOUA by standing out with measurable service which increased the Department of Defense and Air Force's abilities to optimally perform their peacetime and wartime missions.

When it comes to the wing's peacetime mission, the wing's involvement in daring rescues over the last year has the makings a several Hollywood cliffhangers.

In July the wing's 943rd Rescue Group from Arizona saved the life of a sailor more than 300 miles off the

coast of California. In October Airmen here found and saved a man from the Atlantic Ocean who had been missing at sea for more than 28 hours.

“In addition to preparing for and performing solidly in several inspections including and operational readiness inspection, you can all be proud of your day-to-day accomplishments that have made this wing a success,” said Colonel Kirkpatrick.

The 920th RQW is equipped with five HC-130 P/N “Hercules” aircraft and 14 HH-60G Pavehawk helicopters supporting search and rescue operations around the globe.

Wing Airmen began the award period while in the response mode to Hurricane Rita. Aircraft quickly responding and deploying to Randolph AFB, Texas, launched the first search and rescue operations approximately nine hours after the storm made landfall in east Texas and Southwest Louisiana and flew 17 sorties for a total of 70.6 hours saving 6 lives.

Maintenance teams maintained and supplied wing aircraft for an accomplishing an extremely

uncompromising operations schedule with the most aggressive HC-130 flying hour allotment in combat rescue bringing home their fourth consecutive Headquarters Air Force Reserve Command Maintenance Effectiveness Award in the consolidated aircraft maintenance category.

In response to the deaths of 8 local teens killed in automobile accidents in 2005, the 920th Rescue Wing teamed up with the community and created and hosted Operation NOW (Not on our Watch) to better prepare approximately 3,000 local high school seniors to be more aware and responsible drivers.

Other unit accomplishments included flawless support to numerous NASA and Space Command missions including the first Space Shuttle Endeavor's launch since the Columbia tragedy, and hosting an International Search and Rescue Exercise with the 435th Air Transport and Rescue squadron from Winnipeg Canada.

“Our mission of saving lives is crucial and it's apparent we are the best at what we do. Everyone of you is responsible for the wing's resounding success. I applaud you for your dedication and support.” said Colonel Kirkpatrick. “These things we do that others may live.”



Photo by Tech. Sgt. Robert Grande

BRIEF**and to the point...****RESERVE TIME LIMIT LIFTED**

The cumulative limit for Reserve deployments to Iraq and Afghanistan has been lifted. Formerly, reservists could only be deployed to participate in these operations for 24 cumulative months. This is no longer the case, although the limit for a single Reserve deployment remains 24 consecutive months.

FREE TAX SOFTWARE

Military OneSource is offering free tax preparation software again this year. The software, TaxCut Basic Online by H&R Block, is available to active duty, Guard, and Reserve servicemembers and their families.

Military OneSource also offers free tax preparation consultation at 1-800-730-3802. Users must be registered with Military OneSource; registration is provided at no cost by the Department of Defense.

Military OneSource: <http://www.militaryonesource.com>

CRT3 LOOKING FOR MEMBERS

If you are a Senior NCO with a deep sense of mission, who would like to help the local community, and serve your fellow Airmen, then you should join the Combat Rescue Top Three (CRT3). A membership social will be held March 3 at Picnic Point at the base Marina at 5:00 p.m. For more information contact SMSgt. Lacy at 4-4823

MANDATORY 3A0 TRAINING

The following training classes are mandatory for all 3A0XX personnel.

Classes will be held at two separate times 9:00 a.m. and 1:00 p.m. in Bldg. 561 in the commanders conference room. Classes are open to all military and civilian personnel and are scheduled as follows:

- Processing Mail, Document Security--3-Feb-07
- Privacy Act and FOIA--4-Mar-07
- Document Imaging--3-Apr-07
- Electronic Records Management--

5-May-07

Air Force Records Management --
2-Jun-07

Information Security--7-Jul-07
Staff Assistance Visit (SAV)
Training--4-Aug-07

Pubs and Forms Development--8-Sep-07

Please call (321) 494-7789 to schedule your participation.

FREE THEME PARK ADMISSION

Anheuser-Busch theme parks have extended their "Here's to the Heroes" program through 2007. The program provides a single day's free admission to any one A-B theme park for the servicemember and as many as three of his or her direct dependents. Any active duty, Reserve servicemember or National Guardsman is entitled to participate in the program. He or she need only register, either online at www.herosalute.com or in the entrance plaza of a participating park, and show a Department of Defense photo ID. (No federal endorsement implied)

19

This month in history

66

The men in maroon berets

The wear of the distinctive headgear for Pararescue personnel became effective 26 Feb 1966.

Only fully qualified pararescue personnel, assigned to Aerospace Rescue and Recovery Service and AF rescue reserve squadrons were authorized to wear the beret. Students of the Pararescue Technician Training School were awarded their beret upon successful completion of the school.

"This item is clear evidence of the distinctive achievements and

unique capabilities of pararescuemen. It should be worn proudly, and in keeping with the high traditions of the ARRS and the United States Air Force," said Gen. John McConnell, former Air Force chief of staff.

For the first time a group of Airmen were authorized to wear distinctive headgear. This honor went to the highly-trained pararescuemen 25 February 1966 who have performed extremely hazardous duties demanding the very highest mental and physical discipline. The distinctive attire consists of a maroon beret, bloused trousers with combat boots, and special

badge which may be worn both on and off base. Heretofore, the Air Force has permitted distinctive uniforms to be worn only on base by special units.

According to General McConnell, this distinctive uniform was authorized in tangible recognition of the outstanding service pararescuemen are performing.

To perform their mission, these men are required to be expert parachutists, SCUBA-divers, mountaineers, and survival specialists and to be exceptionally well-qualified medical corpsmen. (Information courtesy of 920 RQW/ HO)

ALL IN A DAY'S WORK



Photo by Staff Sgt. Jonathan Simmons

I BELIEVE YOU CAN FLY-- Senior Airman Josh Yarbrough, 920th Maintenance Squadron survival equipment specialist, expertly folds a square parachute and prepares it to be used by pararescuemen and combat rescue officers on training and real-world missions.



Photo by 1st Lt. Cathleen Snow

LIFT & THROW-- Senior Master Sgt. Omar Rivera, 301st flight engineer, rigs up Pararescueman Staff Sgt. Kacee Holmes, on a Pavhawk hoist during a war game operation at Avon Park.



Photo by Staff Sgt. Jonathan Simmons

FIT TO FIGHT! -- Col. (S) Chris Hannon, 301st Rescue Squadron commander (right), motivates Airmen during a group physical training session near the finish line of the 1.5 mile run. Lt. Col. Timothy Pfeifer, 301st RQS pilot, hustles to keep up with the commander's brisk pace and motivation.

ARMED FORCES DAY IS COMING TO A STADIUM NEAR YOU

March 8 is Armed Forces Appreciation day at the Washington Nationals spring training game.

Where: Space Coast Stadium

When: 1:05 p.m.

What you'll see: As the Nationals and the Houston Astros clash on the field, the game will have a distinctly military feel! Colonel Steven Kirkpatrick will throw out the first pitch, Patrick Honor Gurard will post the colors, a reservist will sing the National Anthem, a parachute and pararescuman display will be set up, and possibly much, much more...

A limited supply of discounted tickets will be available. Stay tuned to your email for more

information from
920 RQW/
PA.

