



THE GUARDIAN

August 2012

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Devonna Reiner, Pat Grass, Lt. Gen. Frank Grass, then deputy commander for U.S. Northern Command, Maj. Gen. Luke Reiner, Wyoming Adjutant General and Brig. Gen. Harold Reed, Deputy Adjutant General-Air, participate in Cheyenne Frontier Days activities July 22, 2012 in Cheyenne, Wyo. (U.S. Air Force photo/Staff Sgt. John Galvin)

Please send *Guardian* submissions by COB the second Monday after UTA to:

153.aw.pa@ang.af.mil

Submissions that are not received by this date cannot be guaranteed inclusion.

Please feel free to submit article ideas, comments or corrections.

The Guardian is the unofficial newspaper published by the 153rd Airlift Wing Public Affairs Office for the members of the Wyoming Air National Guard. The opinions expressed herein do not necessarily represent those of the United States Air Force, the Wyoming Military Department or the Wyoming Air National Guard.

Commander's Corner

by Col. (Dr.) John Ogle

153rd Medical Group commander



"Doctor, I have no complaints, problems or issues nor will I ever. Please sign my 1042, so I can go fly..."

The 153rd Medical Group is dedicated to your health and safety. We admire mission-oriented Airmen, but all of us encounter unique changes

over time. Most issues are incidental, self-limited or promptly correctable. Occasionally we require further work up, and some conditions are disqualifying. Your health comes first, and the sooner an issue is identified, the better. The MDG verifies your health, interprets and applies military standards, and we offer free and honest advice.

Personal anecdote: I just failed my depth perception (stereopsis) test during July UTA. I'll retest in August. Although disappointed with my eyeballs, I'm still amazed at the diversity of evaluations provided by the clinic. These exams generate Individual Medical Readiness (IMR) statistics--metrics that inform reports on worldwide readiness. You can see your "near real time" personal stats on the AF Portal (My IMR).

I think of IMR in six pieces: PHA, Dental, Immunizations, Laboratory, Vision, and Profile status.

1. PHA. We all complete Preventive Health Assessments (PHAs) every year. Every fifth year demands a "long PHA" which entails a face-to-face encounter with our friendly 153 MDG providers and dentist. For aircrew, this "long PHA" is every three years. We attempt to align audiograms, EKGs and specific occupational exams requirements when scheduling your PHA.

2. Dental. You need civilian care for cleaning and check ups. Your civilian dentist certifies (DD Form

2813) if you have no significant defects likely to cause problems within the upcoming year (Dental Class 1 or 2). If problems are found (Dental Class 3), you are non-deployable until corrected. Don't become Dental Class 4. This means your status is unknown to us (no exam on file within 12 months). Aircrew must also see a military dentist in addition to their annual civilian dental requirements.

3. Immunizations. Unit Health Monitors (UHMs) help us by accessing lists of who is due for what. If you already received a shot in the civilian sector, send documentation showing the immunization, date, manufacturer, and lot number.

4. Laboratory. All of us get an HIV test every two years. Most other tests are one-time blood draws. We'll review and discuss pertinent laboratory results with you. You have the right to your own test results-- share copies with your Primary Care Physician.

5. Vision and Medical Equipment. Eyes are examined and tested for near and distant acuity, depth perception, color vision, ocular pressure (glaucoma), visual fields, and motility. Bring prescription glasses and a fresh (within 11 months) civilian prescription. This allows us to order your gas mask inserts.

6. Profile. You are presumed ready for deployment, but problems or natural conditions (pregnancy) may arise that might interfere with daily duties, worldwide mobility status, fitness testing, and/or flying status. Profiles are medical restrictions intended to protect you. While profiled, you are restricted from Active Duty. Commanders determine how best to use your skills and may authorize continued Inactive Duty Training. If profiled, you must communicate your progress to the clinic monthly until resolution. MDG doctors try to help facilitate or expedite your civilian care. We make doctor-to-doctor phone calls on your behalf but our power to influence the timing and selection of external tests is limited.

As traditionals, we are eligible for subsidized insurance. My wife and I enroll in TRS and Tricare Dental, and you too should consider these options. If you have questions, don't hesitate to call us at the 153 MDG, 307-772-5348. Stay healthy!

WyANG EM technicians expertly prepared for duty

by Staff Sgt. Natalie Stanley
public affairs specialist



U.S. Air Force photos/Staff Sgt. Natalie Stanley



The Airmen of the 153rd Civil Engineer Emergency Management team work hard to ensure the members of the 153rd Airlift Wing and the surrounding communities are trained and prepared in the event of a hazardous material incident.

Emergency Management career field members go through extensive and continuous training throughout their careers.

First, they attend a 16-week technical school at Fort Leonard Wood, Mo., which includes: Air Force Disaster Preparedness Program, organization and responsibilities; readiness disaster response planning; and chemical, biological, radiological, nuclear and high-yield explosives training. During training, students also go through a live-agent chamber.

“We need to be able to stand in front of a class and tell them that we have been exposed to live agents

and that we are living proof that the gear that they are wearing and the things we are teaching actually work,” said Master Sgt. Ingvar Ingvarsson, 153 AW Installation Emergency Management superintendent.

Emergency Management technicians learn to respond to hazardous material incidents from the lowest level, hazmat awareness - identifying the problem, to technician level - identifying the problem and responding accordingly. During the technician level class, EMs receive training on self-contained breathing apparatus and the Level A Suit - a fully encapsulated suit that provides the highest level of protection against vapors, gases, mists and particles.

Once back at home station, members accomplish a great deal of in-house training and work one-on-one with their supervisors to stay up to date in a changing career field and

learn how to convey that knowledge to the base populous.

Master Sgt. Kelly Bouquet, emergency management technician, trains the Airmen in the emergency management shop and helps them develop a teaching style that works for them.

“We want these guys to be so familiar with the information that it just flows,” said Bouquet. “We get the Airmen to develop their own teaching style so that they’re comfortable and a slide show doesn’t become a crutch to them.”

Many EM members were recruited for the career field based on expressed desire to instruct and teach and the career field takes only those with a high Armed Services Vocational Aptitude Battery test score.

“I have an associate’s in teaching and being able to be an instructor is what drew me to this career initially,” said Senior Airman Erin

Swingholm, emergency management technician. “I like teaching something nobody wants to do, put on or deal with, and try making it fun.”

Training the base populous for wartime is just one aspect of the EM technician’s job. They also oversee the regulations for base emergency management plans, act as first responders for hazmat incidents and both state and local responders use their expertise when needed.

“Emergency management is a full-spectrum operation,” said Ingvarsson, who has been in the emergency management career field since 2000 and joined the 153 CES in February 2012. “The civil support team will go in and either deny or confirm the presence of a chemical and that’s as far as they’ll go, but emergency management goes beyond that; we do comprehensive emergency management.”

Although the training is intense and the hours can be long, the eight members of the EM shop find it important to focus on coming together and developing the team’s morale on and off duty.

“We see our shop as a close-knit family,” said Swingholm, who has been an EM technician for more than four years. “If there’s anything going on, everyone is comfortable with sharing that with at least one person, if not the whole shop. We all pull together and support one another.”

Ingvarsson and Bouquet credit the success of the 153 CES Emergency Management Office to the hard work and talent of the Airmen.

“When I came here I wasn’t expecting the quality of emergency managers this shop already had,” said Ingvarsson. “I couldn’t be prouder of our crew and their capabilities.”

AROUND THE WYANG

1. Col. James P. Moffett, 153rd Maintenance Group commander, rides in the Cheyenne Frontier Days parade Cheyenne, Wyo., July 21, 2012. Moffett is the Contract Acts Chairman for CFD (U.S. Air Force photo/Staff Sgt. John Galvin)



1.

2. Lieutenant Colonel Greg Moseley, Thunderbird 1, commander/leader, taxis in after performing a practice show at Cheyenne, Wyo., July 23, 2012. (U.S. Air Force photo/Staff Sgt. Larry E. Reid Jr.)



2.

3. Maj. Eric Greens gets dropped into the dunking booth during the 153rd Airlift Wing Annual picnic, July 14, 2012. (U.S. Air Force photo/Staff Sgt. John Galvin)



3.

4. The U.S. Air Force Air Demonstration Squadron "Thunderbirds", perform the Delta Opener during the Frontier Days Air show, Cheyenne, Wyo., July 25, 2012. (U.S. Air Force photo/Staff Sgt. Larry E. Reid Jr.)

5. Laura Hensala, the wife of Master Sgt. Michael Hensala, 187th Aeromedical Evacuation Squadron, is presented the National Guard Bureau Family Programs 2012 Region 8 Volunteer of the Year award during July Formation, July 14, 2012. (U.S. Air Force photo/Staff Sgt. John Galvin)



4.



5.



6.

6. Staff Sgt. Raymond LeBlanc, Thunderbird 8 dedicated crew chief, observes Denver Broncos cornerback Roland "Champ" Bailey, as he connects his flight harness for his Thunderbird F-16 Fighting Falcon flight, Cheyenne, Wyo., July 23, 2012. (U.S. Air Force photo/Staff Sgt. Larry E. Reid Jr.)

7. Denver Broncos cornerback Roland "Champ" Bailey, prepares for his Thunderbird F-16 Fighting Falcon flight, Cheyenne, Wyo., July 23, 2012. (U.S. Air Force photo/Staff Sgt. Larry E. Reid Jr.)



7.



U.S. Air Force photo/Staff Sgt. John Galvin

CONSTRUCTION CORNER



by 2nd Lt. Rebecca Ogden
deputy base civil engineer

As the season flies by, every month promises to be more crowded and busy than the last. We are on schedule for Building 16 with demolition in full swing on the first floor. Soon CH2MHill will begin drilling 180 environmental wells along Dell Range Blvd, adding to the congestion. We thank everyone for their patience in the efforts to re-arrange parking in what was already too small an area and for your understanding in the midst of occasional utility interruption. Rather than list off more details of what the wrecking crews are up to, we are leaving space for photos to satisfy the curious. Enjoy.



Photos courtesy of 2nd Lt. Rebecca Ogden



<i>AFSC</i>	<i>Job Title</i>	<i>Closing Date</i>
IS071	Ground Safety Technician	8 August 12
38F3	Force Support Officer (O-4)	27 August 12
38F3	Force Support Officer (O-5)	27 August 12
3S051	Personnel Craftsman (E-6)	27 August 12
3S071	Personnel Craftsman (E-7)	27 August 12
3S091	Personnel Craftsman (E-8)	27 August 12
3D171	Client Systems Craftsman	Wed after Sept UTA
44M3	Internist	Open Until Filled
48R3	Residency Trained Flight Surgeon	Open Until Filled
48R3	General Medical Officer	Open Until Filled

please visit link below for a detailed jobs listing
<http://wyomilitary.wyo.gov>

All applications must be submitted by the closing date listed on the advertisement to
 Master Sgt. Denise Hondel
 153 AW/FSS
 217 Dell Range Blvd.
 Cheyenne, WY 82009-3320
 307-772-6457

The Wyoming Military Department is an equal opportunity employer. Selection for all positions will be made without regard to race, religion, color, national origin, sex, political affiliation or any other non-merit factor. This applies to ALL vacancies within the Wyoming Military Department.

Job announcements must be sent directly to FSS, not to the Public Affairs office. The format must include, Position Title, Grade, Officer/Enlisted (both), other special qualifications. The requested announcement may be sent to Master Sgt. Denise Hondel or Tech. Sgt. Victoria Lopez for submission. Questions on posting job announcements may be directed to Master Sgt. Denise Hondel
 307-772-6457.

We Salute

Promotions

Senior Airman Ashley Burt
 Staff Sgt. Jeremiah Knutson
 Staff Sgt. Daniel Simonson
 Tech. Sgt. Chandra Gillott
 Lt. Col. Stephen Mellott

Retirements

Senior Master Sgt. Michelle Scheel

Wyoming Air National Guard
 217 Dell Range Blvd.
 Cheyenne, WY 82009