



THE GUARDIAN

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Capt. Leanna Thomas, 187 Airlift Squadron, is greeted by members of her family at the Wyoming Air National Guard base after returning from a deployment Sept. 9, 2012. Airmen assigned to the 187th AS were deployed in support of Operation Enduring Freedom. (U.S. Air Force photo by 1st Lt. Rusty Ridley)

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



Col. Stephen E. Rader
153rd Airlift Wing commander

Here we go with the start of a new fiscal year. Many questions remain from last year: Will we lose our 187th Aero-medical Evacuation Squadron? Will there be sequestration? What effect will the budget crisis and elections have on our unit? It may seem crazy, but I am going to ask you all to forget about those things. Each of them is outside of our ability to control. To the extent that leadership can influence them, we will. In the meantime, the Wing needs all of you to concentrate on the things you CAN control. Things like training, medical readiness, fitness, Professional Military Education and job skills. Plus, we still have plenty of folks doing what

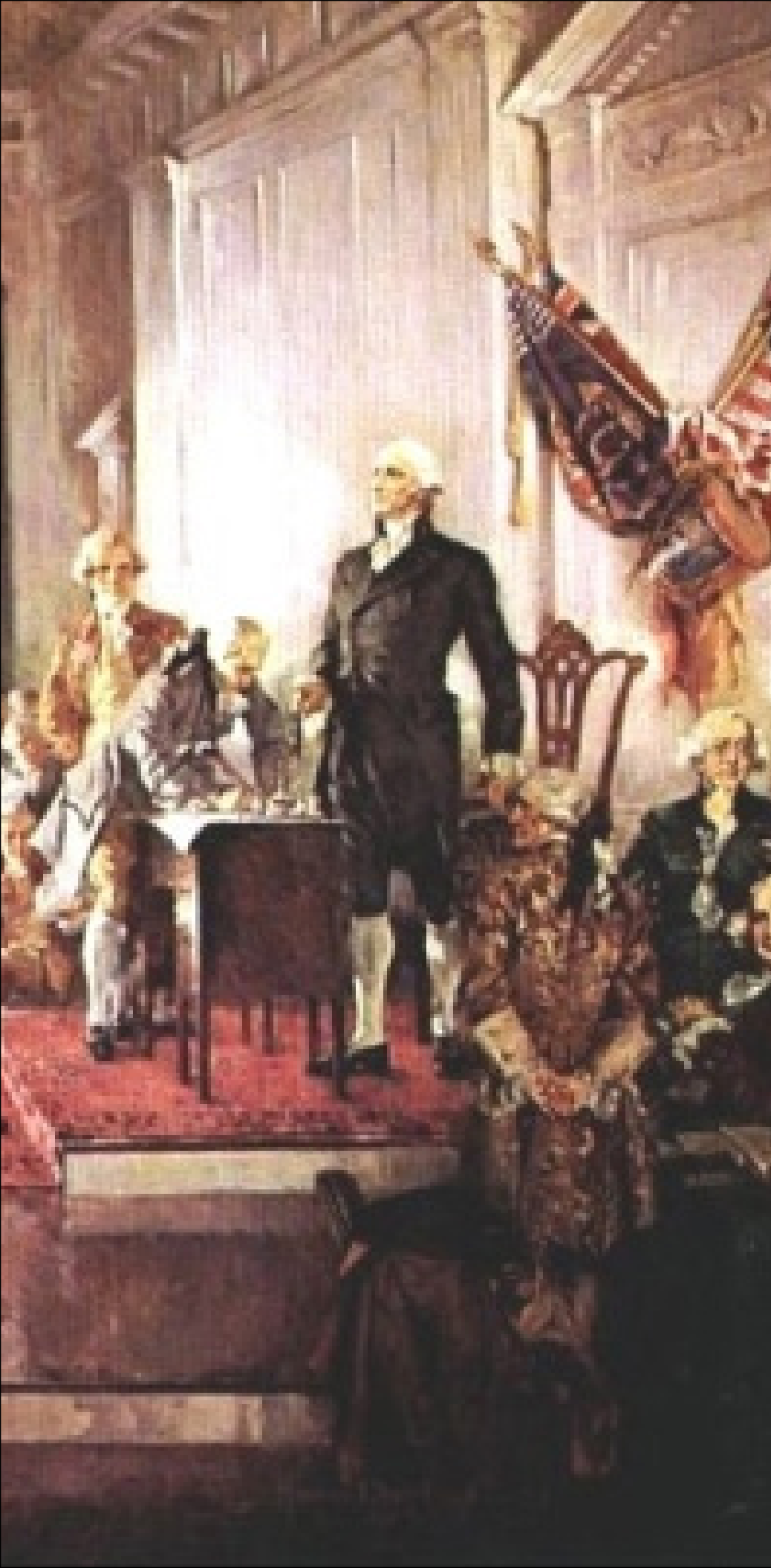
they do best as they continue their desert deployments. We did get to welcome back several groups from the 187th Airlift Squadron, 187th AES, and 30th Airlift Squadron recently. The governor came out each time. Where else but Wyoming would that happen? Speaking of the governor, the annual Governor's Reception is Saturday night of Drill. All master sergeants and above should have received an e-invite to the event. Maj. Gen. Reiner, our adjutant general, will hold an officer's call Saturday morning of drill in the Adrian Auditorium. All available officers are expected to attend. He also hosted his semi-annual "Town Hall" meetings, one per day, at 10:30 a.m. Oct. 1-3. Oct. 1, at Joint Forces Readiness Center, Oct. 2, in Guernsey, and Oct. 3, in our Dining Facility. All full-time personnel were required to be at one of the three meetings. Traditional members were welcome to attend as well. He discussed the results of last year's climate survey among other things. Those who have additional questions they want TAG to answer can email public affairs at ngwy.pao@ng.army.mil. The climate survey results were emailed. If you did not receive the email, please contact public affairs.

I had some great meetings just prior to last drill with both the Chief's Council and the Commander's Roundtable. It was good to discuss some of the topics that seem to concern many of our Airmen. We talked about fitness, promotions, manning, the upcoming Operational Readiness Inspection, and force development/force management. On that latter topic, I just want to let you know that you may be seeing

some movement of key personnel over the coming months and years. In the past, we have sometimes moved our problem people from one organization to another. In the future, we will deal with them in-place. In contrast, we will occasionally ask our best and brightest future leaders to accept career broadening opportunities here in the Wing, at headquarters, or even at National Guard Bureau or elsewhere. As we have become an operational reserve force, it has become increasingly important for our mid-level officers and noncommissioned officers to seek out a broad and varied depth of assignments to make them competitive for senior leadership positions. Times are changing and we need to keep pace.

It will continue to be important for everyone to remain focused on getting their training and other requirements completed in a timely manner. It's always difficult to do during the holiday season, but we have a lot of challenges facing us in the next nine months or so. The need to complete Big Drill training, two Operation Readiness Exercises, and our June ORI mean that Annual Training days will be at a premium. Make sure your supervisory chain is keeping you informed on what the expectations are for your participation in the upcoming months. Many of those who aren't identified as going to the ORI will still be asked to get involved with training, preparing and assisting in deployment of those who are going. We need everyone in the Wing focused on success.

Thanks for being a part of the team! Have a great month of October. Hope the kids enjoy Halloween. Stay safe!



From The Beginning

by Chief Master Sgt. Chuck Engbretson

153rd Logistical Readiness Squadron chief enlisted manager

I was recently engaged in a conversation about our oath of enlistment and how we as service members, guard members, swear an oath to “...defend the constitution against all enemies...” and how this person supposed that many folks don’t know what the constitution says or means. That bothered me, and as I thought about it, how many may not even know the origins of the guard, and the organization in which they work. I will attempt here to briefly apprise you of the humble beginnings of the Citizen Soldier.

The need for a standing militia was first recognized when colonists tried to push British Parliament to abandon its abusive powers. The British wanted to maintain their tyrannical rule over the colonials in the new world, thus a fight ensued. The British had a long standing, trained, professional Army, obviously the colonists did not, so they went out with a call for help. Then Gen. George Washington told the New York Provincial Congress: “When we assumed the soldier, we did not lay aside the citizen; and we should most sincerely rejoice with you in that happy hour when the establishment of American liberty, upon the most firm and solid foundations, shall enable us to return to our private station in the bosom of a free, peaceful, and happy country”. When the reluctant Washington first observed his “troops” he called them a “mixed multitude” and “a heterogeneous hodgepodge of independent minded men from many different colonies”. He goes on to describe them as “14,500 rustic farmers, city dwelling craftsmen, and shopkeepers”. Washington further described his Army to the President of Congress, John Hancock, stating: “He had the materials for a good Army, a great number of men able bodied, active, zealous in the cause, and of unquestionable courage”.

So the citizen soldier was born out of necessity. Standing up the militia was one thing, training them and equipping them was another. There was no big budget, many had no weapon, and most had no uniform. Thousands didn’t have boots or shoes. Fast forward to the winter of 1777 -1778. Washington marches his troops to Valley Forge. History shows that the winter weather hovered around the low teens before the wind chill and humidity. A journal entry from a Connecticut private read as follows: “The army is now not only starved but naked; the greatest part were not only shirtless and bare-foot, but destitute of all other clothing, especially blankets. I procured a small piece of raw cowhide and made myself a pair of moccasins, which kept my feet (while they lasted) from the frozen ground, although, as I well remember, the hard edges so galled my ankles while on a march that it was with much difficulty and pain that I could wear them afterwards. But the only alternative I had was to endure this inconvenience or go barefoot as hundreds of my companions had to, till they might be tracked by their blood upon the rough frozen ground...”

These were your predecessors: tough, honorable and courageous men. Men from different regions, different backgrounds, each with different skills—none being military. Men who “took the distinctions of colonies and laid them aside, so that one and the same spirit may animate the whole, and the only contest be who shall render, on this great and trying occasion, the most essential service to the great and common cause in which we are all engaged”.

Be proud of where we came from, and what we do now. Many suffered long, or died slow defending what they believed right, that is, their right to be free. The same freedom you are charged today with defending.

153rd LRS commander receives award

by Tech. Sgt Natalie Stanley
public affairs specialist



**“I love my job, I love being a commander, but to give back, for me, is to truly have full completeness.”
Maj. Nicole Chavez**

The Wyoming National Guard can add another Latina Style Meritorious Service Award recipient to its ranks, one who exemplifies the following characteristics:

- A service member who embodies the qualities at the core of the service's mission
- A person well respected by their superiors and peers as leaders and upstanding service members
- A person who displays exceptional character and treats the Hispanic community with dignity and pride

These are qualities Wyoming Air National Guard's Maj. Nicole Chavez embodies and was nationally recognized for during the 9th Annual Latina Symposium in Washington, D.C., Sept. 6.

The theme of this year's symposium was "Honoring Our Heroes at Home and Abroad," with the purpose of ascertaining, through round-table discussions, as well as in-depth surveys, the status of the Latina professional working woman in the United States military.

The Latina Style 2012 Meritorious Service Award recognizes military personnel throughout the military and Department of Defense who, through their service, have

enhanced the roll of Latinas in their organization.


"This is a very big deal," said Chavez, 153rd Logistics Readiness Squadron commander. "You're competing against every Hispanic female out there in the Guard and this is a very important aspect of diversity."

The award encompasses a member's performance at work and their involvement in their community.

"The community service is what I am most proud of, it's what fills my heart," said Chavez. "I love my job, I love being a commander, but to give back, for me, is to truly have full completeness."

Chavez's volunteer work includes: participating in Kiwanis and the National Guard Association, for both Wyoming and the United States.

Lt. Col. Kimberely Derouen was selected for the award in 2008 while working as the Wyoming Military Department's equal employment manager and as a equal opportunity officer for the Wyoming Army National Guard.

"We should continue to nominate people," said Chavez. "We have great people at the Wyoming Air National Guard who are very deserving, much more deserving than me." 

153 welcomes new commander

Lt. Col. Maki Thomas Livesay

153rd Force Support Squadron commander

I would like to thank everyone who attended the 153rd Force Support Squadron Assumption of Command ceremony. I know a lot of work goes into putting together such an event, and I am very appreciative of the support. I would also like to thank Cols. Rader, Taheri and Linde for allowing me the opportunity to lead the FSS. I am proud to be part of the 153rd Airlift Wing and supporting the mission to provide peacetime and combat airlift for the State of Wyoming, the Air National Guard and the United States Air Force.

As most of you may know, I am new to Wyoming but I am glad to be here. Most recently, I served on the Joint Staff at the Pentagon, in Washington, D.C. The perspectives there are quite different, with a focus on resources and the scale of impact of the actions taken at the strategic level. Budget issues that drive our Department of Defense dominate much interest and discussion on a daily basis.

Decisions that are made at National Guard Bureau and the Air National Guard Readiness Center, Joint Base Andrews-Anacostia, potentially affect all of the 106,700 members of the ANG. Because the impact of what happens in D.C. can affect so many, it was crucial to coordinate, coordinate, coordinate... there is no such thing as over-coor-



dination.

And because "knowledge is power," keeping up-to-date on national and international news as well as DOD and ANG events through the many available websites is key. I encourage you to regularly spend a few minutes with these resources and to apply them to our mission at the 153rd. Our deployments, fire-fighting efforts and training events all provide support to our national and global interests.

Regardless of the differences, we all work together and that means that relationships are very important. In Washington, D.C., these are developed primarily through emails, telephone calls and online presence

to include LinkedIn, Twitter and Facebook. In Wyoming, people look you straight in the eyes and a handshake truly means something. Also, as with most things in life, the most benefit comes from putting in the time to do things right, continue learning, taking care of friends and family and having fun.

On that note, I wanted to highlight some of the things I like already about Cheyenne and Wyoming. The wildlife is abundant here, to include antelope, jackrabbits and black-billed magpies. The high altitude, low humidity and clean air is refreshing. Driving anywhere in town takes no more than 20 minutes or so...

and there are no traffic jams to speak of! Despite being the least populated state in the country with only 568,158 residents, Cheyenne has a nationally renowned library, symphony orchestra and genuinely polite people (by comparison, the Washington, D.C. metropolitan area alone has more than 500,000 people).

The current ANG slogan is "Now More Than Ever." With that in mind, I will be engaged in finding ways to help maximize our success. I will focus on taking care of our people and on our upcoming Operational Readiness Inspection.

Thank you again for the warm Wyoming welcome!





WHAT TO EAT NOW

Sarah Pflugrad, RD

I'm often asked what foods should be eaten to maintain optimum health. The truth is, a large variety of foods should be consumed every day to keep your health at peak performance. Gone are the days of fad dieting and diet pills. Research shows that gimmicks do not work in the quest to lose or maintain your weight. If you're stuck in a nutrition rut, the following are some powerful foods that can be added to your diet.

- **Quinoa:** This unbelievable whole grain is a complete protein, supplying all eight essential amino acids, in addition to iron, folate, magnesium, phosphorus and fiber. Get more bang for your buck with quinoa. Use it in place of couscous, pasta, or rice. Add a little olive oil and roasted vegetables for a perfect dinner. And yes, quinoa is gluten-free.

- **Eggs:** The most inexpensive complete protein you will find. Eggs are loaded with B vitamins, choline, and lutein. Unless you struggle with high cholesterol, eggs are a perfect low calorie, high protein choice.

- **Beans:** These little beauties are the perfect choice if you're trying to scale back on meat. They are a good source of protein and fiber. One serving of cooked beans is 1/2 cup and if you're substituting for meat, 1/4 cup of cooked beans is equal to 1 oz. of meat, poultry, or fish. Be sure to add some whole grains to make this a complete protein!

- **Tomatoes:** Tomato season is at its peak and at only 32 calories a cup, feel free to indulge. Regard-

less of variety, they are an excellent source of vitamins A and C. Canned tomatoes contain a higher amount of lycopene, which studies show can have a protective effect against prostate cancer and cardiovascular disease. So, add a little extra marinara to your pasta.

- **Yogurt:** Approximately 70 percent of your immune system is in your gut, so you want to do everything you can to keep it healthy, right? Yogurt contains live cultures, which are actually bacteria that help keep your gut healthy. Greek yogurt is high in protein and the sugar in plain greek yogurt comes from lactose, milk sugar. Beware of yogurt with high amounts of added sugar. Plain greek yogurt can be substituted for mayo and sour cream to add a boost of nutrition to your meals.

- **Hops:** These little plants look like little green pinecones and have roots in medicinal purposes for relaxation. Hops contain essential oils which may aid in pain relief. Some research suggests that hops may contain powerful antioxidants, which have a protective effect against cancer. So, grab a hoppy IPA and reap the benefits of hops.

There are so many "superfoods" that we have access to in our grocery stores. If you are already eating the foods listed, good job. If you aren't, do your body a favor and try one or all of them. Good nutrition is more accessible today than it has ever been. Put these nutrition powerhouses on your list and eat your way to good health.

Wing Family Readiness upcoming events



HALLOWEEN BOO BASH

Dress to impress and show off your favorite Halloween costume on Oct. 31 from 1 - 4:30 p.m. at the Wyoming Air National Guard dining facility. Participants are welcome from all units of the 153rd Airlift Wing and the 30th Airlift Squadron, Please RSVP no later than Oct. 22.

THERE WILL BE NO TRICK OR TREATING DUE TO THE CONSTRUCTION AROUND BASE.

HOLIDAY SEASON HAPPENINGS

2012 OPERATION GUARDIAN ANGEL

The Wyoming National Guard Family Readiness Program would like to help make this holiday season brighter for military children of service members who may need extra assistance during this special time of year. Operations Guardian Angel provides for anonymous gift giving, allowing children the opportunity to enjoy gifts they may not otherwise receive due to family hardships. Participating families will receive a Christmas food basket and a turkey. Service members who are interested please contact your first sergeant, commander, supervisor or the 153 Family Readiness center. (All information is kept in strictest confidence.)

2012 WING CHILDREN'S HOLIDAY PARTY AND LUNCH WITH SANTA

The party will take place Dec. 8 at the WyANG dining facility from 11 a.m. - 2 p.m. Tickets will be available for \$5 and each parent and child requires a ticket. The cost covers a visit and picture with Santa, a gift, treat bag, holiday candy, craft projects and lunch.

for more information on upcoming events contact
Dante Rampolla at 307-772-6063 or email: dante.rampolla@ang.af.mil



<i>AFSC</i>	<i>Job Title</i>	<i>Closing Date</i>
44M3	Internist	Open Until Filled
48R3	Residency Trained Flight Surgeon	Open Until Filled
48R3	General Medical Officer	Open Until Filled
5R051	Chaplain Assistant	Open Until Filled
5J071	Paralegal Craftsman	Open until Filled
5J071	Paralegal Craftsman	Open Until Filled
3M071	Services Craftsman	Open Until Filled
3S071	Personnel	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

Lt. Col. Nichole Chavez
 Maj. Michael Pachel
 Maj. Cynthia McCumbers
 Capt. Daniel Pontoriero
 Capt. Grant Olsen
 Capt. Rusty Ridley
 Capt. Berlinda White
 Chief Master Sgt. Jack Goeken Jr.
 Master Sgt. Amanda Inman
 Tech. Sgt. Kenneth Bohr
 Tech. Sgt. Sierra Cunningham
 Tech. Sgt. Tyler Enfield
 Tech. Sgt. Andrew Flores
 Tech. Sgt. Kevin Hoke
 Tech. Sgt. Christopher Yetmar
 Staff Sgt. Matthew Bowen
 Senior Airman William Brown
 Senior Airman Kyle Bybee
 Senior Airman Matthew Torres

Retirements

Master Sgt. Richard Cripe