



THE GUARDIAN

December 2012

A Publication of the Wyoming Air National Guard

Visit us on the web: www.153aw.ang.af.mil



The Guardian Staff

Col. Stephen E. Rader
commander

Col. Michael Taheri
vice commander

Chief Master Sgt. Nancy Breckenridge
command chief

Capt. Rusty Ridley
public affairs officer

Tech. Sgt. Natalie Stanley
public affairs specialist

Staff Sgt. John Galvin
still photographer

Senior Airman Cherron Vaden
broadcast journalist

Airman 1st Class Nichole Grady
public affairs specialist

Airman 1st Class Griffith Sea
knowledge operations manager



Airman 1st Class Jonathan Hubbard and Airman 1st Class Jeremy Buck, Wyoming Air National Guard, 153rd Maintenance Squadron, perform maintenance on a C-130 at the ISO dock, Nov. 3, 2012. The C-130 was used as part of this year's Modular Airborne Firefighting System missions. (U.S. Air Force photo by Airman 1st Class Nichole Grady)

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

I hope everyone had a great Thanksgiving with family and friends. We are here gearing up for the last drill of the year. As usual, we will have our semi-annual formation. It will kick off at 8:30 a.m. in the auditorium at Laramie County Community College. Buses will be running from the ANG to/from LCCC for the event. Most units will do roll call prior to heading over, so recommend you show a bit early to your squadrons on Saturday. We will also have the annual Christmas party Saturday night of drill at the Holiday Inn. I predict it will be the best one ever put on by the 153rd. Hopefully you bought your tickets early, because we are about sold out. Then on Sunday, the commanders will serve the holiday meal at the DFAC. December drill will be a great finish to a busy year.

Looking forward to 2013, we need to focus on two bit targets: The ORI and 100% manning! We should be very busy for at least the first half of the year with preparations for the ORI. In January, some of us will be off to Gulfport for the first of two OREs. Most units will

conduct their normal "Big Drill" ground training in either January or February. Then in April, we will have our full-blown ORE with all the principal players in Alpena. That should get us ready for the actual ORI, also in Alpena, which is scheduled for mid-June. As far as manning levels go, we currently sit at about 93%. We have got to improve on that number. NGB has made it possible for us to hire another two recruiters, one fulltime and one traditional. In addition, they are allowing each AFSC to be filled at 100%+4. So even if your shop is full, there may be room to have your civilian friends come in and join you. To get where we need to be, everyone will have to be a recruiter! Please help.

I'd like to wish each and every one of you a great holiday season. Please be safe. Enjoy your time with family and friends, and please take a moment to remember those we've lost this past year. Have a great drill and a Happy New Year! As always, thank you for making this the best Wing in the entire Air Force. We couldn't do it without you and your families. Peace!

WyANG says goodbye to one of our own



Senior Master Sgt. Heidi "Ann" Kimsey, 1968-2012

Heidi "Ann" Kimsey, 44, of Cheyenne, died Sunday, Nov. 18, 2012, at the Davis Hospice Center.

She was born on May 28, 1968, in Cheyenne and had lived here most of her life.

Ann was a first sergeant with the Wyoming Air National Guard's 153rd Airlift Wing and 153rd Operations Group. She was with the Wyoming Air National Guard for 19 years and with the Wyoming Army National Guard for five years prior to that. She had deployments to Iraq, Afghanistan, Germany, Korea, Puerto Rico, Qatar, and Kuwait. Ann was also in the Wyoming Girl Guard, Cowgirls of the West, Past Honor Queen with Jobs Daughters Bethel #8 in 1986. She was also a certified yoga instructor, and enjoyed camping. Most of all, her family was her life.

Ann is survived by her husband, Matthew Kimsey, whom she married on Dec. 24, 1988, in Laramie;

a son, Tyler James Kimsey of Cheyenne; a daughter, Michaela "Mikey" Kimsey of Cheyenne; her parents, Winfried and Sharron Liebe of Cheyenne; a sister, brother-in-law, and nephew, Diane and Devin Smith and their son Kyle, all of Cheyenne; and her parents in law, Barbara and Terry Kimsey of California.

Memorial services were held Saturday, Nov. 24 at 11 a.m., at Cheyenne Hills Church, with Pastor Roger Whitmore officiating.

Cremation has taken place at Cheyenne Memorial Gardens under the direction of Wiederspahn-Radomsky Chapel.

Friends who wish may contribute to the Memorial Fund for Ann Kimsey, c/o Cheyenne Laramie County Employee Federal Credit Union, 4523 Driftwood Drive, Cheyenne, Wyoming 82009. (Originally ran as a paid obituary in the Wyoming Tribune Eagle.)

Commanders call

Time: 0830-1000

Location: Laramie County Community College

Buses will be available, details to follow via unit distribution channels.

153rd Airlift Wing command is pleased to announce the following personnel moves...



Lt. Col. Barb Ketcham - Wing Inspector General

Maj. Michelle Mulberry - commander, 187th Aeromedical Evacuation Squadron



SNAP
SHOT



153 MXS Post MAFFS Maintenance

by Tech. Sgt. Natalie Stanley
Public Affairs specialist

The 153rd Maintenance Squadron performs maintenance on a C-130 at the ISO dock, Nov. 4, 2012. The C-130 was used as part of this year's Modular Airborne Fire fighting System missions. (U.S. Air Force photo by Tech. Sgt. Natalie Stanley)



Airman 1st Class Jonathan Hubbard, 153rd Maintenance Squadron, performs maintenance on a C-130 at the ISO dock, Nov. 3, 2012. The C-130 was used as part of this year's Modular Airborne Fire fighting System missions. (U.S. Air Force photo by Airman 1st Class Nichole Grady)

With the end of a highly visible Modular Airborne Fire fighting System season comes the not so visible, yet highly mission critical, aircraft maintenance phase.

During the 2012 fire season, Wyoming Air National Guard C-130s and crews contributed more than 2 million gallons of fire retardant dropped on wild fires throughout the United States.

Recently, while performing corrosion prevention, the 153rd Maintenance Group discovered the new MAFFS system—which releases retardant through a special nozzle in the paratroop door on the side of the aircraft—had deposited retardant on the elevator tail at the rear of the aircraft, requiring the unit to be replaced.

With the task laid out for the Airmen of the 153 MXG, the behind the scenes maintainers started organizing their operations to get the aircraft back to flying status.

“The only way to get the job done is by working as a team,” said Master Sgt. Roger LaBarr, 30th Airlift Wing ISO dock supervisor.

This particular project involved multiple shops throughout the array of maintenance operations including: isochronicals, flight line, sheet metal, metals technician, repair and reclamation and even supply.

“Supply is part of our team,” said LaBarr, “we couldn't do the job without them.”

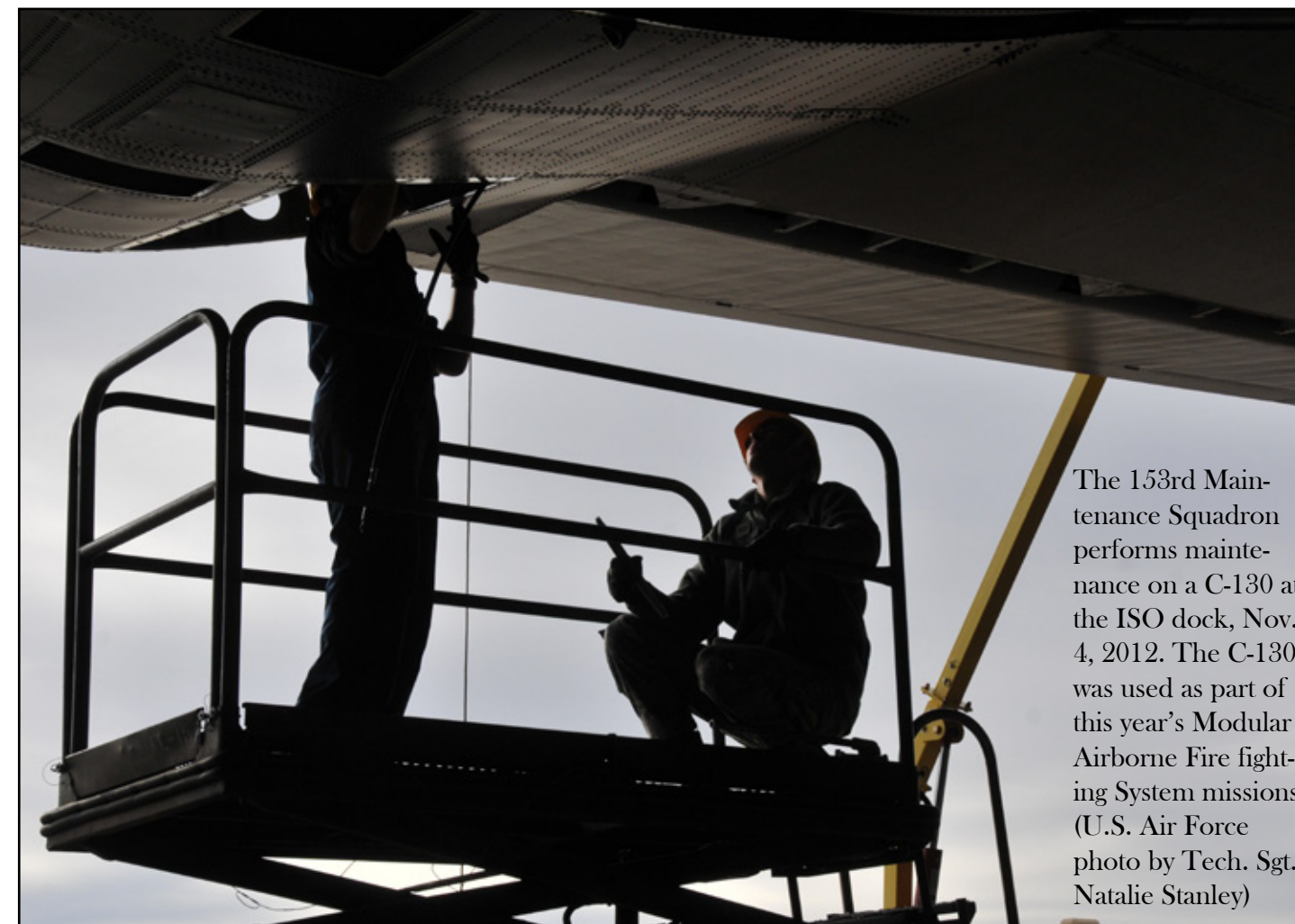
Over the course of a week quality assurance took pictures of the corrosion, supply ordered necessary parts, and repair and reclamation operated the Omni arm to remove and install the new tail.

Having so many entities to coordinate takes continuous and detailed planning.

“Section chiefs from each shop, along with plans and schedules, coordinate how the work is going to get done,” said LaBarr. “They meet two times a day to go over the workload.”

The installation of the new elevator tail was accomplished thanks to the team members from all aircraft maintenance aspects.

“This was an intense process,” said LaBarr. “We hadn't done this type of project in a long time and we couldn't have done it without teamwork.”



The 153rd Maintenance Squadron performs maintenance on a C-130 at the ISO dock, Nov. 4, 2012. The C-130 was used as part of this year's Modular Airborne Fire fighting System missions. (U.S. Air Force photo by Tech. Sgt. Natalie Stanley)



To be or not to be... Gluten-free

by Sarah Pflugrad, RD, LD

Gluten free is all around me lately. Posts on Facebook, articles in magazine, and ads on TV indicate that the gluten free diet is becoming more and more popular.

So what is gluten? Gluten is a protein that is found in wheat, rye, barley and a host of other grains. Some individuals must go gluten free and others choose to follow this lifestyle.

Those who must follow the diet have celiac disease (CD), an autoimmune disorder. When these individuals eat gluten, it damages the lining of the small intestine. Since that is where the majority of our nutrients are absorbed, people with CD have nutrient deficiencies.

Some people choose to go gluten free because they believe this to be a healthier way to eat. Yes and no.

For those who do not have celiac disease, going gluten free will help you eat healthier by eliminating processed foods, increase your consumption of fruits, vegetables, seeds, and nuts, and make you a healthier consumer by reading food labels.

Like any diet that eliminates certain foods, you must educate yourself to ensure that you are getting the most out of what you eat.

Those who eliminate gluten run the risk of vitamin deficiencies, since many of our foods are fortified with thiamin, niacin, folate, riboflavin, iron, calcium, and fiber. They also run the risk of actually consuming more calories in the form of simple sugars, since many

gluten-free products are made with rice flour, instead of wheat flour.

If you want to give it a try, do it and see how you feel, but follow a few simple steps:

1. Read the labels on everything, gluten lurks in the strangest places...check your ice cream.
2. Ensure you are still getting all the vitamins you need by being a smart consumer and if you are worried, a multivitamin is good health insurance.
3. Be aware of the amount of sugar, fat, and sodium that gluten-free foods contain. Some have more than their gluten containing counterparts.

As always, with any new diet comes many questions and it can be very helpful to seek out the advice of a registered dietitian to help navigate the store shelves. A healthier you is just around the corner, whether or not that corner is gluten friendly or not.

As always, with any new diet comes many questions and it can be very helpful to seek out the advice of a registered dietitian to help navigate the store shelves. A healthier you is just around the corner, whether or not that corner is gluten friendly or not.

Grains with gluten	Gluten-free grains
Barley	Amaranth
Bulger	Brown Rice
Durum	Buckwheat
Farro	Kasha
Graham	Corn
Kamut	Millet
Rye	Oats
Semolina (white pasta)	Sorghum
Spelt	Quinoa
Wheat	Teff

Prescription drugs random drug testing – and you

Maj. Debra Walker

Health promotions manager

There is a pretty simple concept and process in place regarding medications and your military career. When you are placed on a new medication, it is your responsibility to report it to the clinic. Some medications, especially pain medications, depression and mood drugs, and drugs for attention deficit, require special consideration and possibly a waiver. Waivers can take time, so it needs to be addressed prior to possible deployments or travel to schools.

Now take that one step further. In order for the military to control the member's use of drugs that can easily and frequently fall into the category of "drugs of abuse," we are all subject to the random drug testing program. As you know this occurs on Saturday morning of drill. If you are legitimately on one of these potential drugs of abuse, and you have reported it to the clinic in a

timely fashion, no problem. However, if you haven't reported it and it is found during a random drug test, it can jeopardize your career.

Members will be tested on a random basis or by command direction for drugs of abuse.

The appropriate method of medication notification is to bring a copy of the prescription or the bottle with the instructions on it to the clinic. If you live locally bring it in during the week. For those coming in for drill weekend, bring it to the clinic Saturday afternoon during walk-in clinic hours. Documentation has to be on file in your medical record in a clinic prior to the urine sample being shipped on Monday.

An alternative is to have your medical provider fax a copy of the medication and the clinic notes of the visit to: 307-772-5075.

Family Readiness HOLIDAY SEASON HAPPENINGS

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.

PLEASE CONTACT DENISE RAMPOLLA AT 307-772-6063 BY CLOSE OF BUSINESS DEC. 2 FOR TICKETS.





153 SFS train for active shooter

by Airman 1st Class Nichole Grady
153rd Airlift Public Affairs

“The importance of cooperation is the survival of all involved; standing up to an active shooter could be the difference between life and death,”

Tech. Sgt. Adam Coulon

Expect the unexpected.” To some that is just a catchy saying, but for the Airmen of the 153rd Security Forces Squadron it’s more a way of life.

Over the years, active shooter incidents at Columbine High School, Colo., Virginia Tech, Va., Fort Hood, Texas and the theater in Aurora, Colo., have made the need for prevention and preparedness essential to saving lives and ensuring mission success.

Master Sgt. Matthew Wombaker and Tech. Sgt. Adam Coulon, 153 SFS, recently traveled to Lackland Air Force Base, Texas, where they attended a 10-day training course, specializing in active shooter training. This course provided Wombaker and Coulon the knowledge

they needed to train the members of the 153 SFS for the worst-case scenario.

“The course gives you a different perspective on how the bad guys will think,” said Coulon.

The newly implemented course is part of an Air Force-wide movement to provide consistent training techniques to first responders, including active duty and Guardsmen, ensuring cohesion among units.

The training featured several exercises including simulation runs, behavior of active shooters, history of active shooters, and baton and taser instructor certification.

The course also encouraged teamwork. Security forces Airmen had to educate each other on how to approach an active shooter.

Course instructors encouraged cooperation by non-first responders, and emphasized interaction with an active shooter should be left to trained first responders.

“The importance of cooperation is the survival of all involved; standing up to an active shooter could be the difference between life and death,” said Coulon.

Not long after attending the training, Coulon and Wombaker shared their knowledge with their fellow Airmen of the 153 SFS by conducting an active shooter-training course during October drill.

Just like the training attended by Wombaker and Coulon, the squadron participated in realistic scenarios, gaining hands-on experience in performing clearing movements

through buildings, rooms, and barricades.

Tasked with responding quickly to any threat, the Airmen practiced entering the training facility, clearing the building, and eliminating the threat.

“It lets you know what your weak areas are,” said Staff Sgt. Jason Chapins, 153 SFS, “and it helps with tactics.”

In addition to being a crucial element to security forces operations, the training also provided the squadron the opportunity to train as a team.

“Being Guardsmen, we only spend a few weekends a year together,” Chapins said. “When we get to spend a lot of hours out here together, it’s a blast.”



<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
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.

It is now The Guardian's policy to print obituaries and legal notices of active service members. Retirees obituaries are printed in the agency retiree news letter.

IAW AFI 34-244

The Commander, 153rd Airlift Wing, regrets to inform personnel of the death of Senior Master Sgt. Heidi "Ann" Kimsey, 153 AW. Any persons having claims against or in behalf of SMSgt Kimsey should present same to the Summary Courts Officer, Maj. Eric Green, 153rd Communications Flight, 307-772-6800.

We Salute

Promotions

Maj. Andrea Seefeldt
 Capt. Jennifer Gripp
 Capt. Jason Kinder
 1st Lt. Anthony Munoz
 Chief Master Sgt. Leroy Rusk
 Senior Master Sgt. Ingvar Ingvarsson
 Senior Master Sgt. Kathleen Kennedy
 Senior Master Sgt. Darby Whitesell
 Master Sgt. Gail White
 Staff Sgt. Jacqueline Carlson
 Staff Sgt. Erin Swingholm
 Senior Airman Joshua MacDonald
 Senior Airman Justin Riddle
 Senior Airman Matthew Pawley

Newcomers

Maj. Thomas Banker
 Maj. Daniel Courtright
 1st Lt. Susan Hall
 2nd Lt. Jeffery Loveless
 Tech. Sgt. Joshua Fitch
 Staff Sgt. Cody Callies
 Staff Sgt. Trevor Petsch
 Senior Airman Kory Lindbom
 Carey Flournoy
 Hanna Rainey

Retirements

Col. James Demers
 Chief Master Sgt. James Edwards
 Senior Master Sgt. Craig Helart
 Senior Master Sgt. Augustus Schliffke
 Master Sgt. Mark Gwin
 Master Sgt. Stephen Latham
 Master Sgt. Daniel Lyon
 Tech. Sgt. Gerald Cornwell
 Tech. Sgt. Flynn Dillon
 Tech. Sgt. Steven Mobley
 Staff Sgt. Narvell Hunt

Reenlistments

Chief Master Sgt. Michael Abbott
 Chief Master Sgt. Gregory Wheeler
 Chief Master Sgt. Roger Woolington
 Senior Master Sgt. Raymond Arnold
 Senior Master Sgt. Darlyn Tucker
 Master Sgt. Shawn Compton
 Master Sgt. Paul Boltz
 Master Sgt. Rick Broberg
 Master Sgt. Catherine Green
 Master Sgt. William Kirkman
 Master Sgt. Mario Lujan
 Master Sgt. Timothy Merritt
 Master Sgt. Kenneth Teasley
 Tech. Sgt. Douglas Benton
 Tech. Sgt. Jennifer Davis
 Tech. Sgt. Joshua Henning
 Tech. Sgt. Robert Kramer
 Tech. Sgt. Douglas Mikowski
 Staff Sgt. Jennifer Coryell
 Staff Sgt. Christopher Gibbs
 Staff Sgt. Narvell Hunt
 Staff Sgt. Bradley Kechter
 Staff Sgt. Ronald Mills
 Staff Sgt. Leslie Moore
 Staff Sgt. Vince Russell