



THE GUARDIAN

A Publication of the Wyoming Air National Guard

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

February 2010



Photo by Master Sgt. Paul Mann

Master Sgt. Syd Martin, quality assurance inspector with the 153rd Maintenance Squadron, completes a QA evaluation on work that has just been completed on this WyANG C-130. Done every 450 days, the inspection process covers every system of the aircraft. This is probably where the phrase “going over it with a fine-toothed comb” came from.

THE CHRONICLES OF ISOCHRONICALS

by Master Sgt. Paul Mann

153rd Base Public Affairs Manager

Most of us just walk on through the ISO-dock without really thinking about what our “maintainers” are do-

ing. If you happened to have walked through during January’s UTA, you probably saw our 8-bladed C-130 going through various mechanical states. This aircraft was undergoing an “Isochronical Inspection” better

known as an “ISO.”

Every 450 days each one of our aircraft (A/C) must undergo this inspection. Prior to its arrival in the ISO-dock all of the fuel is drained, similar to having liposuction I would imagine, but it is not because the A/C has to lose weight-safety is priority.

The A/C is then towed inside where the 153 MXS Airmen get to work inspecting every major system on-board. All major flight control functions, all landing functions and operations, every major system is inspected.

Taking up to 35 days, Air Guard and active duty Airmen, crawl under tires, over wings, into compartments, and around wires to ensure every system and operation of our C-130s work exactly how they are supposed to. For those of you who have not stepped onto one of our aircraft recently, I encourage you to take the time to do just that-step inside, look around, and appreciate all of the work that goes into keeping our aircraft flying and our assets safe.

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153rd Airlift Wing Family Readiness Program Contact Information

153 AW Family Readiness Office
217 Dell Range Blvd.
Cheyenne, WY 82009

DENISE RAMPOLLA
153 AW family readiness
coordinator
(307) 772-6063 OFFICE
(307) 772-2625 CELL

BILL BRECKENRIDGE
state family readiness
coordinator
(307) 772-5208 OFFICE
(307) 631-7537 CELL

CHAPLAIN DOUG ARENDSEE
state chaplain
(307) 772-5098 OFFICE

HADD

HERKS AGAINST
DRUNK DRIVING

Need someone to drive you
home? Call one of the wing
volunteers for safe and
confidential transportation.
Friday & Saturday, 1900-0300
Call: (307) 214-0662 or 214-1763

COULD YOU BE A KEY TO MISSION SUCCESS?

The 153rd Airlift Wing Family
Readiness Program is looking for
family members who want to vol-
unteer. Find out more by contact-
ing the Family Readiness office at
(307) 772-6063

SAPR or SARC?

by Lt. Col. Amy Olson

153rd Wing Executive Officer

Greetings 153rd Airlift Wing!
I am Lt. Col. Amy Olson,
the current Sexual As-
sault Response Coordinator
(SARC) for the wing. More
important than *who* I am, is
that you know the wing has
a SARC and that if you are a
survivor of a sexual assault
you can call (307) 421-7065
for assistance.



I was asked the other day, “Which
IS it? SAPR or SARC?” The answer
is both. SAPR is a program, SARC
is a person. The SARC is the man-
ager for the Sexual Assault Preven-
tion and Response
(SAPR) program.

The program ex-
ists primarily to as-
sist the survivor (of-
ten referred to as the
victim, but I prefer
the term survivor)
through the recovery
process. That is the
response piece of the SAPR pro-
gram. The secondary but also im-
portant component of the program
is PREVENTION. Prevention is
accomplished in many ways but the
cornerstone of prevention is educa-
tion. We are required by regulation
to be trained annually on the subject
of Sexual Assault as you well know
from attending Big Drill. Special-
ized refresher training on the subject
is also required prior to **ANY AND
EVERY DEPLOYMENT**. There is
no exception for “frequent flyers.”

The education piece is very im-
portant for many reasons. It edu-
cates us on what sexual assault is
by definition, morally and legally.


It educates us as to how
we can identify potential
predators, how we can
safely protect ourselves or
safely intervene. It educates us on
the importance and relevance
of the wingman concept. It
educates us that if the un-
thinkable happens, the Air
Force is there to assist, no
matter who, no matter where,
no matter what.

When I give a SAPR brief
my main take-aways are these: no
means no, keep your hands to your-
self, take care of your wingman, and
if assaulted--get help. Sensitive
though this topic is, there is no room

*“Wherever you
are, know help
is available
24/7.”*

for sugar coating.
This is serious stuff.
The Air Force is
100 percent behind
victim assistance
and has zero toler-
ance for perpetra-
tors. Wherever you
are, know help is
available 24/7. If a

SARC is not stationed there, any of
the first responders can contact one
for you and the offer for assistance
is available even when you return to
home station.

One assault is too many in my
book. Let’s work together, take
care of each other, and put the P in
SAPR. 

Please send *Guardian*
submissions to the 153 AW
Public Affairs Office at
153.aw.pa@ang.af.mil.



Keeping Your Marriage Strong

Recent years of marriage can all benefit from marriage enrichment programs. As life changes, with the addition of a child, experiencing a deployment or living far from home, couples are presented with new challenges and obstacles to overcome. Don't be afraid to seek out a marriage enrichment program to add a bit of "spark" to your relationship. Marriage enrichment programs are available through the services as well as local communities. Some programs are tailored to couples in crisis and others offer general tips for effective communication,

understanding money, and renewing your marriage commitment. Take some time to research programs and find a good match for you and your spouse or spouse-to-be. Service specific programs and community resources are available at: www.militaryfamily.org/your-benefits/marriage-divorce/marriage-enrichment/

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Snapshot: Aerial Port

by Tech. Sgt. Barton Allen

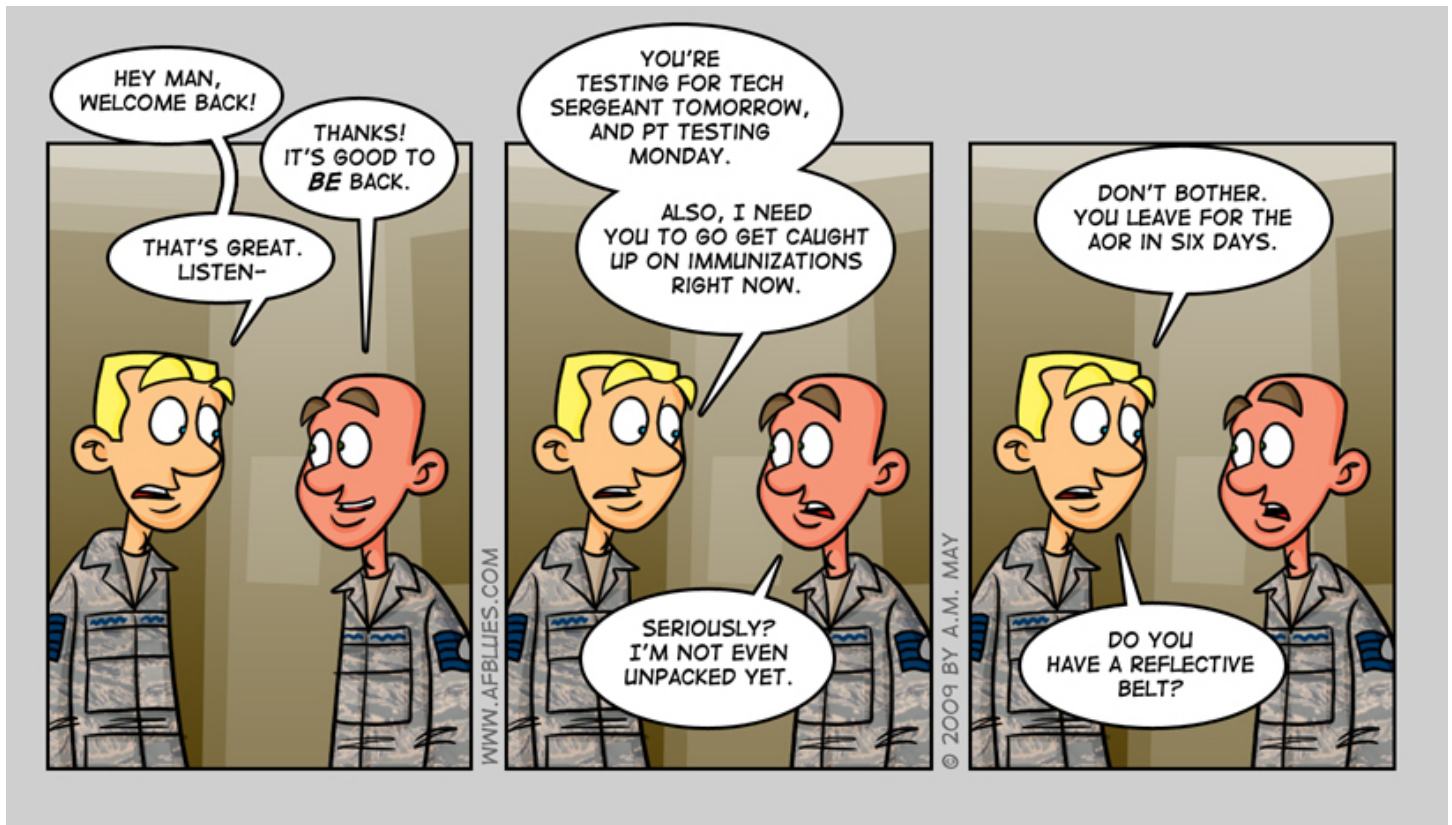
Aerial Port (or Small Air Terminal) is the name designating the Air Force organization which operates and provides military logistical functions including preparing/loading/unloading passengers, palletized cargo, and rolling stock for airlift in the De-

fense Transportation System (DTS). Most aerial ports are divided into specific duty sections such as Ramp, Cargo, Passenger Service, Air Terminal Operations Center (ATOC), Special Handling and Fleet. Of these sections, the ATOC is the nerve center. Here at the 153 LRS /

SAT, while our local mission is focused on rigging and maintaining training loads for aerial delivery, we still provide professional aerial port services for our aircraft, as well as transient birds. While supporting stateside and AEF deployments, our unit has sustained a reputation of steady excellence. Most recently, three members

returned from a successful tour at Al Sahra Army Airfield, Tikrit, Iraq. As evidenced by Senior Airman Kenneth Rupp, LOE excerpt: "Respectfully handled 4 HR msns--honored 9 fallen soldiers/civilian...assured successful ceremony/acft launch."

The secret to the success
See AERIAL PORT on pg. 8



Diversity Corner: MilitaryConnection.com

Submitted by Chief Master Sgt. James Branom

State Human Resource Advisor

Military diversity information is available on MilitaryConnection.com. Diversity in the military is abundant because the military is the largest diversity employer worldwide. If you're looking for information on military programs for diversity or military diversity issues, then this site can be a great resource for you. The site has information on education, leadership, minority opportunity for women, and black colleges.



you will find there is pride in the diversity in the military and in military diversity issues and military programs for diversity. The military has always valued education and leadership,

“The true intention of diversity in the military, or military programs for diversity, and military diversity issues is to help the military tap into the wonders of the cross-cultural world in which we live.”

We are living in a completely different world today, where military diversity is a force multiplier in the Global War on Terrorism. Regardless of the branch of service,

and has offered up every opportunity to all races, black, brown and white, men and women, minority or majority, high school

educated or college graduates.

The true intention of diversity in the military or military programs for diversity and military diversity issues is to help the military tap into the wonders of the cross-cultural world in which we live. Diversity presents a

receive in college or at a university, an opportunity to close the gap between black and white, minority and majority.

So if you are seeking information regarding military diversity, diversity in the military or information on military programs for the diverse, and military diversity issues, then look no further than MilitaryConnection.com. Remember, they also have information on education, leadership, minority opportunity for women and black colleges.

*This article was taken from the “MilitaryConnection.com” website.



wonderful opportunity to the leadership to then provide education to all our men and women in uniform that they would not

The Guardian

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.

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2nd Lt. Berlinda White

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Staff Sgt. Ann 'Mike' Fitzgerald

THE GUARDIAN, 217 DELL RANGE BLVD., CHEYENNE, WY 82009

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AUTHORIZED HOTELS

Holiday Inn - \$53
204 W. Fox Farm Rd.
(307) 638-4466

Fairfield Inn - \$58
1415 Stillwater Ave.
(307) 637-4070

La Quinta Inn - \$52
2410 W. Lincolnway
(307) 632-7117

Crow Creek Inn - \$30.50-\$33
FE Warren AFB
(307) 773-1844

Military OneSource Tax Filing Services

TAXES

Military OneSource brings you H&R Block At Home (formerly TaxCut) online tax filing through the Military OneSource Web site and telephonic tax consultations by calling the tax hotline at (800) 730-3802. Prepare your 2009 state and federal taxes with this easy-to-use program. Provided by the Department of Defense, H&R Block At Home is free to active duty, National Guard, and Reserve service members and their families. Tax consultants are available 7 days a week from 5 a.m. - 9 p.m. by calling the Military OneSource Tax Hotline at 1-800-730-3802. Service members and families may also find out more about the program by visiting the Military OneSource Tax page: <https://www.militaryonesource.com>.

Military Children Get in the Swing

Beginning in the New Year, The First Tee will offer golf instruction combined with character and life skills education to military children and to children of geographically separated National Guardsmen and Reservists. The initiative is made possible as part of a two-year agreement with the Department of Defense. The goal is to welcome at least 6,000 school-aged participants from military families to The First Tee program at no cost to families. Prior golf experience and equipment are not necessary. Trained coaches and staff at more than 200 chapters of The First Tee offer a progression of lesson plans that create a fun and safe learning environment. The curriculum fosters curiosity about the game of golf and teaches how the positive values inherent in the game can be used at home, in school and in other areas of everyday life. New sessions start throughout the year and dates and times vary by location. Military families can sign up at The First Tee chapter in their community or download a voucher. For further information, chapter locations or to download a voucher, families should visit <http://www.thefirsttee.org>.



Do You Know an Award Winning Dad?

The National Fatherhood Initiative is looking for nominations for their 2010 Military Fatherhood Award™, presented by Lockheed Martin. Nominations are now open. They are only accepting the first 600 nominations so get yours in early. Visit the website at <http://www.fatherhood.org/gala/militaryaward/nominee-form.asp> to nominate your outstanding military father.

MAN ON THE STREET

Who do you think will win the Super Bowl? Who do you want to win? Why?



Ronald Schulte
Student Flight - 153 CACS

"The Colts--I'm not rooting for them though; I'm a Broncos fan."

Master. Sgt. Nate Cook
153 SFS

"Dallas Cowboys baby! It's time for the NFC to have the Cowboys rule!"



Staff Sgt. Joe Mullins
153 MXS

"I'm going for the Ravens. No. 2 defense and a pretty good offense."



Lt. Col. Douglas Arendsee
Wing Chaplain

"I would like Indianapolis to beat the Cardinals because I like certain people."



Senior Airman Darryl Gibbs
187 AS

"I would like the Vikings to win it. I want Brett Favre to get the ring. And I can't stand Dallas!"



Wyoming Air National Guard: Time Capsule



Do you know who is in this motley crew?
Send responses to 153.aw.pa@ang.af.mil

FEBRUARY LUNCH MENU

Saturday

Steak or lobster tail
Fettucini alfredo
Fried chicken/mashed potatoes
and country gravy
Sweet potatoes/corn
Salad bar
Assorted desserts

Short Order: grilled cheese/
grilled ham & cheese

Sunday

Stroganoff
Fish lemon pepper & rice
Pork crown chili
Tater tot casserole
Assorted desserts

Short Order: chili cheese dogs,
broccoli & carrots

The Airman's Creed

I am an American Airman.
I am a Warrior.
I have answered my Nation's call.

I am an American Airman.
My mission is to Fly, Fight, and Win.
I am faithful to a Proud Heritage,
A Tradition of Honor,
And a Legacy of Valor.

I am an American Airman.
Guardian of Freedom and Justice,
My Nation's Sword and Shield,
Its Sentry and Avenger.
I defend my Country with my Life.

I am an American Airman.
Wingman, Leader, Warrior.
I will never leave an Airman behind,
I will never falter,
And I will not fail.

UPCOMING EVENTS

2010 Enlisted Leadership
Symposium
March 7, 0700 - 1130
LCCC Conference Center

Annual Wing Easter Egg Hunt
March 27

Strong Bongs Marriage
Enrichment
June 11-13

UTAs
Feb. 6-7
March 6-7
Apr. 10-11
May 1-2



You guessed it!!!

Col. Stephen Rader, vice wing commander, was the first to identify last month's Wyo. Air National Guard's *Time Capsule* photo. Pictured are Chief Master Sgt. Jan 'Too Tall' Arnold and Senior Master Sgt. Wayne 'Waco' Welsh.

If you have pictures you would like to see in the next edition of *Time Capsule*, send them to **153.aw.pa@ang.af.mil** And if they are soooo old and not electronic, bring them to public affairs/visual information to be scanned and included!





Photo by Master Sgt. Paul Mann

Senior Airman Amber Bahrenburg, Staff Sgt. Robert Padgett, Senior Airman Stephen Ford, and Staff Sgt. Hanni Rowicki all services craftsmen with the 153rd Force Support Squadron, Wyoming Air National Guard, prepare more than 1,100 box lunches in preparation for a Wyo. ANG road trip. During the January 2010 unit training assembly Wyo. ANG personnel used the multi-purpose room of the Laramie County Community College for an all day training event. The box lunches were provided to ensure no one went hungry.

WYO. AIR NATIONAL GUARD 2010 ENLISTED LEADERSHIP SYMPOSIUM

Date: Sunday - March 7

Time: 0700 - 1130

Location: Laramie County Community College (LCCC) Center for Conferences

0700 - Sign In

0715 - Opening Comments

0730 - Performance Feedback

0745 - Health/Wellness

0830 - Benefits – (PME/Education/Incentives/GI Bill)

Break 0915 - 0930

0930 - Force Development

1015 - Leadership

1100 - Recognition

1130 - Conclusion/Dismissal



Location at LCCC for Enlisted Leadership Symposium





Photo by Master Sgt. Paul Mann

Chief Master Sgt. Christopher Muncy (center), command chief of the Air National Guard, was on hand January 9, 2009 to help recognize the Wyoming Air National Guard Outstanding Airmen of the Year. Senior Airman Steven Baptiste, Maj. Ryan Hendrickson, Tech. Sgt. Micah Weeks, and Senior Master Sgt. Craig Helart were each selected as the best of the best for 2009.

J O B S

153 CIVIL ENGINEER STAFF OFFICER: The commander 153 Civil Engineer Squadron is accepting applications for the position of Civil Engineer Staff Officer, AFSC 32E3G. This is a traditional officer position with a maximum grade of Major. After selection member must possess or be eligible for assignment to Air Force Specialty Code (AFSC) 32E3X. This position is open to all officers, or those eligible for commissioning. Applicants must meet one of the following: (A) Completion of a 4-year professional engineering curriculum leading to a bachelor's degree or higher in engineering in an accredited college or university; (B) Must have graduated from a service academy with a major in engineering; (C) Currently possesses Air Force Specialty Code (AFSC) 32E3X. Application packages must include, but are not limited to, the following: (1) Cover letter requesting consideration; (2) Current resume to include civilian and military education, and work experience, for enlisted applicants also include (3) AF Form 24 (4) AFOQT scores (5) Certified Transcripts (6) letters of recommendation are optional. Submit packages not later than **COB 7 March**. Nominating/selecting official is Lt. Col. Roy W. Hockenberry, 153 CES.

MISSION SUPPORT GROUP COMMANDER - 153 AW/ MSG:

Applications are now being accepted for the 153 Mission Support Group Commander (AFSC 30C0). This position is open to all line and rated (rated officers CANNOT be on flying status while occupying this position) officers in the WY ANG. This is a traditional officer position with a maximum grade of Col. Lt. Cols. eligible for immediate promotion to O-6 may apply. Squadron command, flight command, or Director of Operations experience required. Application packages must include, but are not limited to the following: (1) cover letter requesting consideration; (2) current resume to include civilian and military education and experience; (3) letters of recommendation (optional) (4) fitness test (PT) score, (5) RIP. The selecting official is Col. Dennis Grunstad. Applications are due to Master Sgt. Denise Hondel no later than **COB 8 Feb**. Facsimiles and electronic submissions **WILL** be accepted.

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.

AERIAL PORT

continued from page 3

of our Aerial Port rests squarely on the Senior NCOs, who set the standard to "get the job done," no matter what the barrier.

One outstanding example of a true leader is Master Sgt. Steve Johnson. I can personally attest that any success I have had in developing as an NCO or "Aerial-Porter" directly reflects his influence and the other professionals that have raised the bar for the other aerial ports in the world to follow.

Thank you for taking the time to take a glimpse into the vital role that the Aerial Port plays in not only the success of the Wyoming Air National Guard, but the Air Force airlift mission worldwide. 🇺🇸

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

LOGISTICS READINESS OFFICER, 153 LRS: Applications are now being accepted for the Logistics Readiness Officer, Military Position (AFSC 21RX). This position is open to all members in the WY ANG who meet the requirements to become an Air Force officer. This is a traditional position with a maximum authorized grade of Major. Application packages must include, but not limited to the following: (1) cover letter requesting consideration; (2) current resume to include civilian and military experience; (3) letters of recommendation (optional); (4) certified transcripts; (5) AFOQT scores; (6) AF Form 24, required for enlisted personnel only. Nominating official is Maj. Nicole Chavez. For application procedures contact Master Sgt. Denise Hondel at (307) 772-6457. Applications are due no later than **13 Feb**.

cont. on next page...

OFFICER VACANCY – 153 MEDICAL GROUP: Applications are being accepted for the position of **HEALTH SERVICES ADMINISTRATOR (41A3)**. This is a traditional officer position and maximum authorized grade is Major. This position is open to all members of the WY ANG (officer or enlisted) who are able to meet the following minimum requirements. Applicants must possess: A graduate degree in health care administration, hospital administration, public administration, business administration or management, information systems management, or equivalent; or an undergraduate academic major in accounting, business administration or management, computer science, information systems, economics, finance, health care administration, marketing, public administration, clinical or health systems engineering, or other related business field. Application packages must include, but are not limited to the following: (1) cover letter requesting consideration; (2) current resume to include civilian and military education and experience; (3) letters of recommendation (optional), (4) GRE/GMAT scores (must have scored a minimum of 500 tested within 5 years) (5) applicant essay answering two questions (a) Why do I desire to become and MSC Officer? (b) What do I have to offer the AF/ANG Medical Service? Essay is to be only one page (6) EPR/OPR (if applicable) (7) all college transcripts. Please submit packages no later than **COB 7 March**. Nominating/Selecting official – Col. Stanley D. Bruntz, 153 MDG. For questions concerning the MSC position please contact Capt. Trish Curry at (307) 772-6058.

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AEROSPACE MAINTENANCE CHIEF - 153 AIRCRAFT MAINTENANCE SQUADRON: Applications are now being accepted for an Aerospace Maintenance Chief (2A300) position. This position is a traditional position with a maximum authorized grade of Chief Master Sgt. (E-9), based upon unit availability. Applicant must have completed the SNCO Academy Course, and meet all other promotion requirements IAW ANGI 36-2502. Specialty Summary: Manages maintenance and staff activities engaged in maintenance planning, inspecting, repairing, and servicing aircraft, and aerospace equipment. Duties and Responsibilities: Plans and organizes aircraft maintenance activities. Analyzes reports and maintenance plans. Coordinates with supply, operations, and other support activities to improve procedures and resolve problems. Directs aircraft maintenance activities, prioritizes maintenance and repair functions. Supervises preparation of records and forms for aircraft maintenance. Inspects and evaluates aircraft maintenance activities. Interprets inspection findings, and recommends corrective action. Performs aircraft maintenance management functions. Ensures funds and resources are projected to support and maintenance effort, and are managed to optimize mission accomplishment. Experience: For award of AFSC 2A300, qualification in and possession of AFSC 2A590 is mandatory. Applications submitted to FSS by **COB 7 March**. For questions, please contact Master Sgt. Denise Hondel at (307)772-6457.

COMMANDING OFFICER VACANCY – 153 CIVIL ENGINEER SQUADRON: Applications are being accepted for the position of squadron commander for the 153 Civil Engineer Squadron (CO32E3G). This position is open to full-time and drill status guardsmen in the rank of O-5. Maximum authorized grade is Lt. Col. Applicant packages must include but are not limited to the following: (1) cover letter requesting consideration and (2) current resume to include civilian and military education and experience. Letters of Recommendation are optional. The nominating official is Col. Debbie L. Henson. For application procedures, contact Master Sgt. Denise Hondel at (307) 772-6457. Applications are due to Master Sgt. Hondel at 153 FSS, no later than **COB 11 March**.

153 CACS OPPORTUNITIES: The 153 Command and Control Squadron located on F.E. Warren Air Force Base, has immediate openings for anyone with a desire to work in a fast-paced environment while going to college. The squadron welcomes all cross-trainees from several career fields and all branches of service. For more information contact Master Sgt. Priest at (307) 773-6715 or a recruiter at (307) 772-6333.



COMMANDERS' CALL - Commanders' Call for all group commanders, squadron commanders, and first sergeants on Saturday mornings of UTA is from 0630 - 0700.

CHAPEL SERVICE - Held from 0730 - 0800 on UTA Sunday. The non-denominational service is held in the civil engineering classroom. For other needs, please call ext. 6060 or 6061.

PASS & REGISTRATION



In order to register a vehicle with the 153 SFS Pass & Registration, you must have your military ID (dependents need their ID), vehicle registration and current proof of insurance. Civilian employees without a military ID must have a Wyoming Military Department Employee ID.

Due to change in the DoD vehicle registration database, we now need to have a copy of the vehicle registration for each of your vehicles registered with us, before we can update registrations on your vehicles.

In accordance with AFI 31-204, AIR FORCE MOTOR VEHICLE TRAFFIC SUPERVISION, "a person need not own the vehicle to register it; however, they must have a lease agreement, power of attorney, or notarized statement from the owner of the vehicle granting them permission to use the vehicle and specifying the inclusive use dates."

As a reminder, Pass & Registration's hours are 0700-1630 Monday through Friday (including Fridays before UTAs). UTA hours: Saturday 0830-1630 and Sunday 0800-1600.

We Salute



Promotions

Staff Sgt. Adam Coulon
Master Sgt. Diana Fast
Senior Airman Branden Gregory
Master Sgt. Phillip Lopez

Master Sgt. Mario Lujan
Senior Airman Alyssa Penaflo
Staff Sgt. Meredith Sookbang
Master Sgt. Thomas Turner Jr.

Staff Sgt. Romie Villescas
Staff Sgt. Scott Wardle
Master Sgt. Brandon York

Newcomers

Arnaud Arross, 153 CACS
Ashley Davis, 187 AS
Jennifer Foote, 153 CES
Kelsey Herzfeld, 187 AS
Grace Levine, HQ
Lisa Mayer, 153 CACS

Kelsey Raile, 153 CES
Nikolai Retzlaff, 153 CACS
Hannah Richardson, 153 MXS
Alex Rooney, 153 CACS
Matthew Thorp, 187 AS
Christine Yontz, 153 MXS

Wyoming Air National Guard
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Cheyenne, WY 82009

