



# THE GUARDIAN

A Publication of the Wyoming Air National Guard

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October 2010

The year of inspections finally comes to an end...page 4.  
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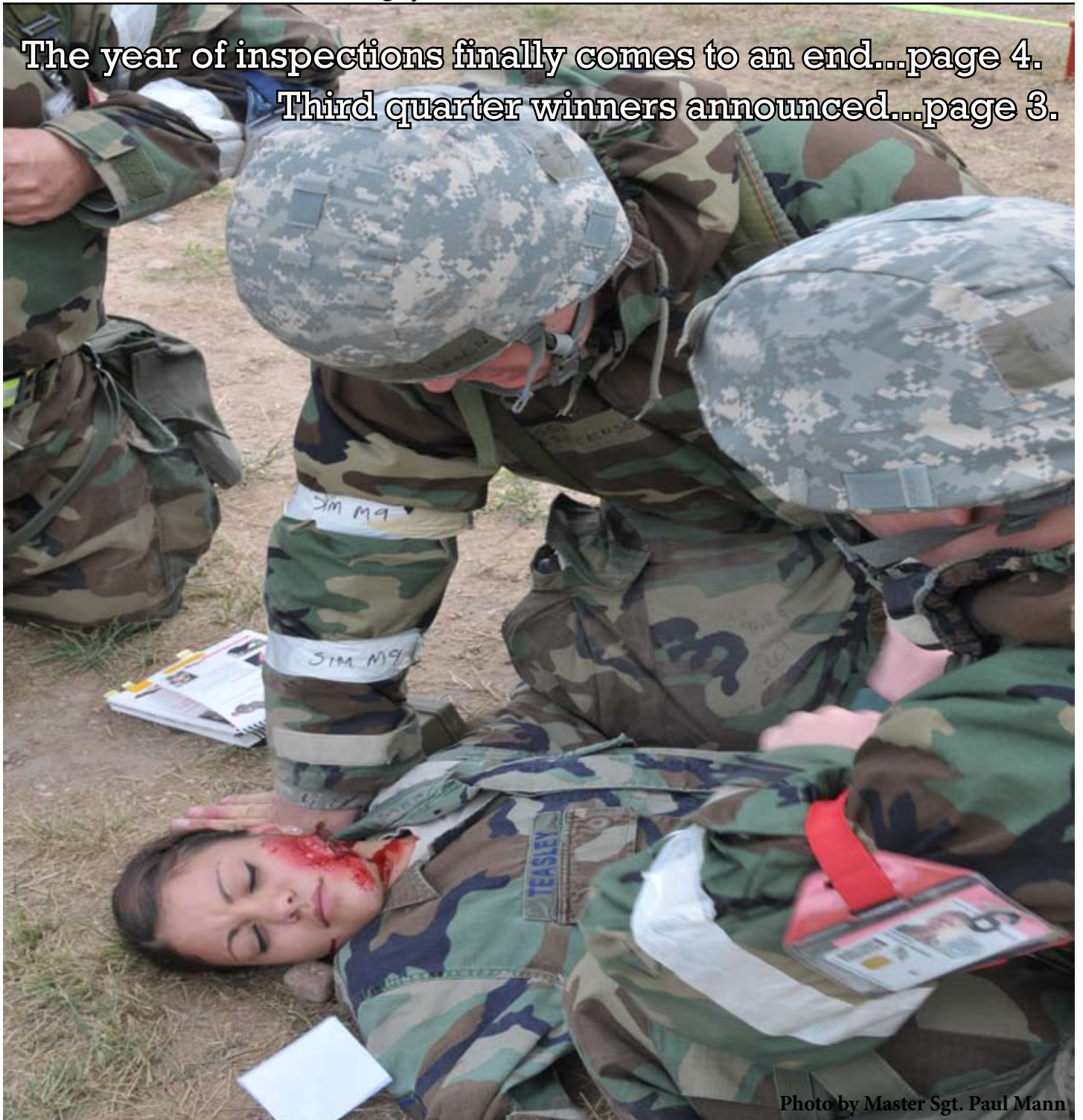


Photo by Master Sgt. Paul Mann

## Admiral Mullen on Leadership & Mentorship

by **Admiral Mike Mullen**

*Chairman of the Joint Chiefs of Staff*

“Leading in a time of change, is the toughest kind of leadership, because people like the status quo. They don’t like things to change. And when things change, they’re uncertain.” (June 11, 2009, National Defense University Commencement 2009, Fort McNair, Washington, D.C. )

“Our senior enlisted best understand our troops, the sources of their motivations and their hopes for the future. You may lead your units from a strategic level, but these professionals really run your units.” (June 11, 2009, National Defense University Commencement Speech 2009, Fort McNair, Washington, D.C. )

“Within the ranks of young officers lies the future of our military and the future of our security ... how we raise them and reward their creativity is the key to our success.” (June 11, 2009, National Defense University Commencement 2009, Fort McNair, Washington, D.C. )

“Responsibility of leaders in combat have been driven down to the very junior levels ... First Lieutenants, Sergeants and Staff Sergeants have performed incredibly well, and we ask them to be creative and dynamic and be innovative in some very complex battle space, and they have shown the way. I believe that keeping them around, retaining them, is key to leadership of the United States Military for the next 10, 20, 30 years.” (July 01, 2009, Interview w/ Washington Post)

“At a time when we’re asking young men and women to sacrifice their lives, which they are doing ... I need the best leaders, in the toughest spots.” (July 01, 2009, Interview w/ Washington Post)

“I believe the most important part of leadership and who we are, is the people side. Leaders, enlisted and officer, junior and senior, need to be so close to their people that they can pick off where there are signs, and get them help. And that takes a constancy of engagement and leadership that is absolutely mandatory right now.” (May 27, 2009, Military Times)

“We need to advance and execute matchless leadership. . . .we can have lots of greatness and lots of great equipment, but unless we make sure we have it right for our people and unless we treat every single individual we see as someone who has the potential to lead, I think we’re going to fall well short.” (October 23, 2007, Command and General Staff College, Fort Leavenworth, Kan.)

“Lastly, I would just want to say your leadership is absolutely critical. There are some areas we’re in a crisis in, I talk about suicide being one. I think longer term how we handle the fullness of these challenges and it takes people like you and believe me, from the bottom of our hearts, we are grateful for what you’re doing. Most important ingredient is leadership, aggressive, focused, listening leadership because at least it’s my experience throughout my career in the toughest of situations when nothing else seems to work, leaders can break through, leadership breaks through.” (August 02, 2010, National Guard Family Program Volunteer Workshop, New Orleans, LA )

“ And the last thing I just focus on briefly is leadership. Specifically that in the difficult times in my life and the most stressful parts of my professional career and in others as I’ve observed it, there’s nothing that will solve problems more effectively than leaders. And at the essence of this, this is a people organization and it’s who we are in every service. There’s no more important part of our organization than you and our families. And the leaders – leadership that is associated with that. And it’s not just about the brigade commander or me. This is about everybody in the room, everybody focusing on; mentoring those that are coming up behind us, making sure we are treating each other well, making sure people succeed, making sure the unit succeeds, putting the unit ahead of self, treating everybody with dignity and respect in a way that makes sure that this unit gets better every single day.” (August 09, 2010, Stryker Brigade Combat Team All Hands Call, Joint Base Lewis-McChord, Washington)

“ And I have a passion for people and a passion for the team, if you will. And so from a leadership perspective, I have always depended on my people. And in its simplest form, I try to take care of my people so that they will take care of me. And when I say take care of me, in a leadership position, a position where we have a job and we have a mission, and we do it together. And that is true literally to this day.” (August 25, 2010, Address to Chicago JROTC, Chicago, IL)

# “Airmen of the Quarter” selected for third Quarter FY 2010

by Master Sgt. Paul Mann

Wing PA Manager



Do you recognize this ribbon? What about the shield below? Both represent the Air Force’s 12 Outstanding Airmen of the Year and both could represent a member of the 153rd Airlift Wing at this year’s annual competition. Whoever is chosen at the Wing’s annual awards banquet will represent the Wyoming ANG and will compete against outstanding Airmen from all 54 states and territories.

The Outstanding Airmen of the Quarter selections for the third Quarter of FY 2010 are: Airman 1st Class Phillip Roybal, 243 ATCS, Tech. Sgt. Michele Torrez, 153 LRS, Master Sgt. Phillip Lopez, 153 CF. The Company Grade Officer of the Quarter is Capt. Eric Green, 153 CF.

These members are recognized for their contributions and accomplishments in the Wyoming Air National Guard. Their commitment to excellence and exemplary practices personify the future leaders of this great organization. Please congratulate these individuals when you see them this UTA.




Airman 1st Class Phillip Roybal, 243 ATCS

Tech. Sgt. Michele Torrez, 153

Master Sgt. Phillip Lopez, 153 CF

Capt. Eric Green, 153 CF

**3RD QUARTERS WINNERS!**



*Wyoming Air National Guard*

*6th Annual  
Outstanding Airmen of The Year  
Banquet*

January 8, 2011

Guest Speaker:  
CMSgt Denise Jelinski-Hall  
Sr. Enlisted Advisor to Gen. Craig R. McKinley  
Chief, National Guard Bureau

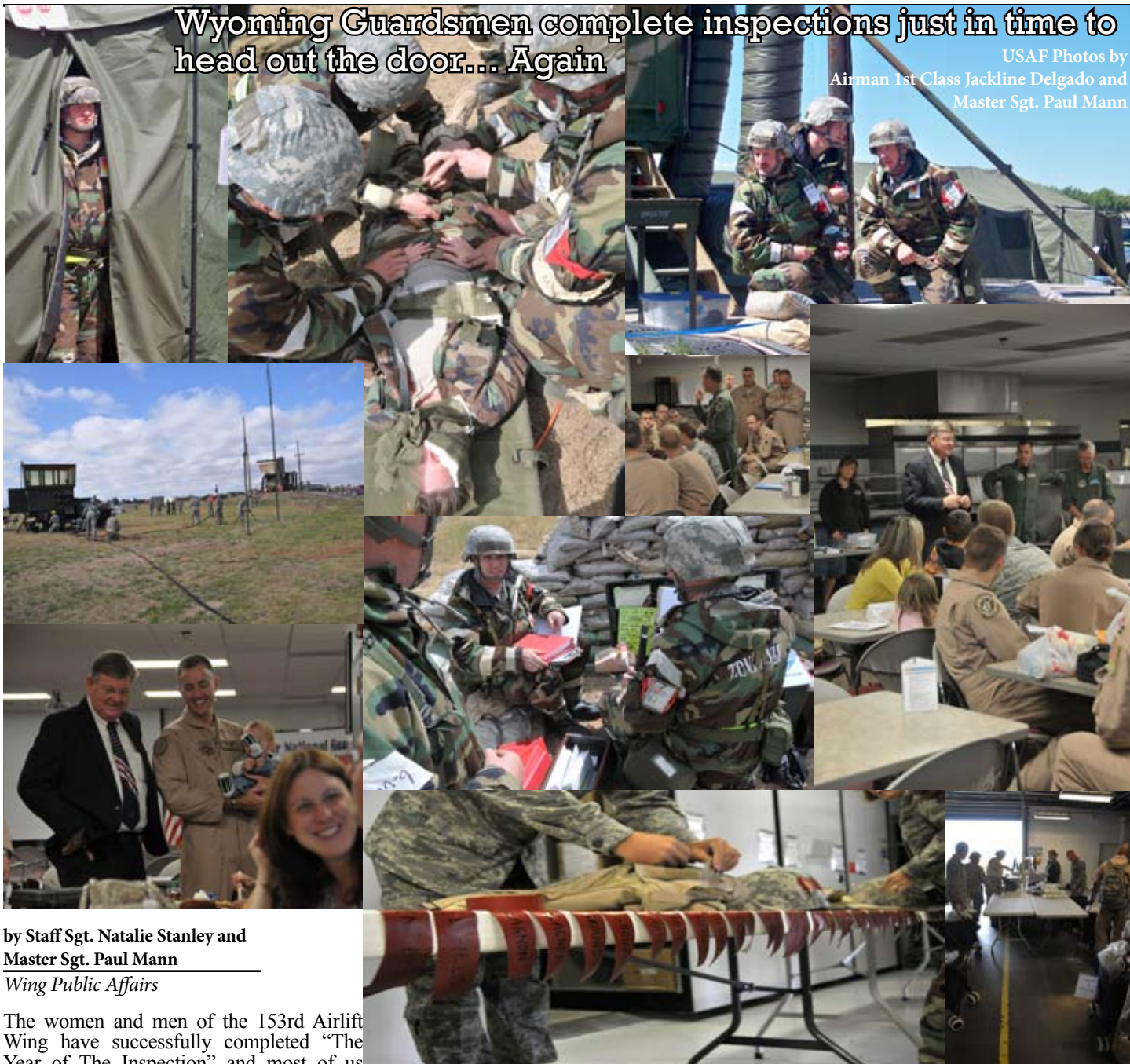
F.E. Warren Trail's End Club  
Cocktails: 1800 Dinner: 1900

Price: E-6 & Below -- \$15  
All Other Pay Grades/Civilians -- \$20  
Attire: Military: Mess Dress or Semi-Formal  
Civilian: Formal or Business Attire  
Menu: Sirloin/Chicken Breast Combo or Vegetarian Lasagna

Go to <https://einvitations.afit.edu/2010OAY/anim.cfm>  
For registration and payment information  
POC: MSgt Diana Fast at 307-214-8071

## Wyoming Guardsmen complete inspections just in time to head out the door... Again

USAF Photos by  
Airman 1st Class Jackline Delgado and  
Master Sgt. Paul Mann



by Staff Sgt. Natalie Stanley and  
Master Sgt. Paul Mann  
*Wing Public Affairs*

The women and men of the 153rd Airlift Wing have successfully completed “The Year of The Inspection” and most of us couldn’t be happier. Wing leadership has praised the efforts of all Airmen assigned to the Wyoming Air National Guard, thanking us all time and again for a job extremely well done. The question we’re asking ourselves now is “What’s next?” Well, we actually knew the answer to that question before it was asked—we are deployed or deploying to Southwest Asia...again.

Every member of the unit went above and beyond in preparing for each of the seven inspections we saw, all while knowing that in August and September of this year many of our Airmen would be taking C-130 flights across the Atlantic Ocean, not for a vacation but to test what we had just been inspected on. No rest for the weary.

In support of Operation Enduring Freedom, Kevlar helmets, flak vest, and gas masks were just a few of the items Airmen of the WyANG were issued for their deployment. While some members have become all too familiar with the deployment process others are experiencing it for the first time.

With the Air Guard’s nonstop deployment tempo many members have come to recognize the sacrifice they must make to be part of this unit. Airman 1st Class Josh Pennock, from the 153rd Aircraft Maintenance Squadron, who has volunteered to go out the door for the first time in his three year career, said he understands deployments are part of the deal. Born and raised in Cheyenne, he joined the WyANG for the benefits and cohesion but is ready and willing to do his part in support of the mission. He said he is “excited, nervous, and just ready to go”. However excited he is to go he says his fiancée “knows it’s expected in the military” but she is sad to see him leave.

Deployments can be as stressful for the families left behind as it is for the deploying member. Senior Airman Ben Gonzales, also from the 153 AMXS, will be leaving behind his wife and 5-year-old daughter for his second deployment. He says his daughter doesn’t understand overseas yet so she just thinks “daddy is going to Texas to work on planes” and his wife is supportive but “bummed” by him leaving again. Gonzales is ready for the deployment saying it’s “like a really long camping trip.”

We’ve practiced like we’ve played, we’ve gone through the routines time and again to make sure we know how to do our jobs blindfolded, and now we’re being put to the test. Airmen of the 153rd Airlift Wing work hard and play hard and are THE BEST at what we do. Good luck deployers, we’ll do our best to not let you down.

## Are you ready for a Yellow Ribbon homecoming?

by **Roxie Arnold**

*Yellow Ribbon Support Specialist/  
MPSC Contractor*

The Wyoming Air National Guard Yellow Ribbon Program will host a day of fun and learning Saturday, Nov. 13, from 8:30 a.m. to 4:30 p.m., for parents and children as we prepare to welcome home those that have been deployed.

Parents will have an opportunity to experience an interactive session on de-stressing, planning a successful homecoming and relaxation with Mrs. Marianne Fisher, professional relaxation specialist, who will provide helpful tips on how to relax and feel more refreshed.

Children ages 5- 11 will enjoy special crafts and activities instructed by Mrs. Paula Johnson and Mrs. Kathleen Edick, renown authors of the children's deployment and reintegration books "We Serve Too" and "We Serve too! 2". Children will discuss the stories and make a special homecoming box to share with their deployed Mom or Dad upon their return.

Tweens and teens ages 12-18 will participate in special activities at the Fall Hall Community Center located at F.E. Warren Air Force Base. The morning will include such favorites as laser tag, pool, video games, ping pong, air hockey and more. The group will then return to the 153rd Airlift Wing Dining Facility for lunch and an afternoon session featuring the "Ultimate Career Guide for Young People" instructed by Ms. Robin Gorsuch, Wyoming state youth coordinator. This curriculum is a wonderful starting point for students of all ages to begin their plans for a successful career path. Materials to be provided will inspire great ideas that last long after the class is over.

Childcare is provided for children ages infant to 4. Childcare will be at the state-licensed day care, Hope Development Center, 611 E. Carlson. Each parent/guardian will be required to complete a permission agreement with Hope Development Center prior to leaving a child. Children can be dropped off at 8 a.m., and picked up no later than 5 p.m.

Are You Ready? Please email, [Roxie.arnold.ctr@ang.af.mil](mailto:Roxie.arnold.ctr@ang.af.mil), or call Roxie Arnold at (307) 772-6349 to register for the "Are You Ready Yellow Ribbon Activity" on Nov. 13. Registrations will be accepted through Oct. 31.



## The Guardian Staff

Col. Dennis Grunstad  
153 AW commander

Col. Steve Rader  
153 AW vice commander

Chief Master Sgt. Thomas Loftin  
153 AW command chief

2nd Lt. Rusty Ridley  
public affairs officer

Master Sgt. Paul Mann  
public affairs manager

Master Sgt. Cynthia Green  
broadcast journalist

Staff Sgt. Natalie Stanley  
public affairs specialist

Staff Sgt. Ann "Mike" Fitzgerald  
still photographer

The Guardian, 217 Dell Range Blvd.  
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[153.AW.PA@ANG.AF.MIL](mailto:153.AW.PA@ANG.AF.MIL)

*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.*

Please send **Guardian** submissions by COB the second Monday after UTA to: [153.aw.pa@ang.af.mil](mailto: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.

## **Airman and Family Readiness Information and Programs for service members and their families**

### **2010 Operation Guardian Angel**

The Wyoming National Guard Family Readiness Program would like to help make the holiday season brighter for children of Wyoming National Guard members and our active duty personnel who might need some extra assistance during the holiday season due to financial hardship, deployment and other unforeseen circumstances. The OPERATION GUARDIAN ANGEL program provides for anonymous gift giving, allowing children the opportunity to enjoy a gift they would otherwise not see.

If you know of a Guard/active duty family who could use the help of an ANGEL this holiday season, please contact Mrs. Denise Rampolla, at 307-772-6063 or by email at [denise.rampolla@ang.af.mil](mailto:denise.rampolla@ang.af.mil). All information is kept in strictest confidence, and the child(ren) is/are identified only by a number system. This number is applied to an ANGEL which details each child's needs or wishes.

Individual/units/organizations are also needed to sponsor our angels in need. Angles may be picked up from the 153 AW Airmen and Family Readiness Program Office at 217 Dell Range Blvd. Please contact Mrs. Rampolla for details.

### **Second annual Halloween Haunted Halls**

Be on the scene with Halloween at the wing with a program sponsored by the 30th Airlift Squadron and the Airman and Family Readiness Program. Come one, come all and prepare to have a ball. Dress to express your Halloween spirit and show off your favorite costume. Be on the scene for Halloween at the 153 AW on Oct. 29 from 1300-1600. Bring your trick or treat bag. Two hallways will be decorated for children to trick or treat. A hallway with ghouls and goblins and a second hallway for younger children and those who may appreciate a milder version will be available.

This event is not intended for the general public. Participants are welcome from all units of the 153 AW, 30 AS and 153 CACS. Participants will be treated to refreshments, Halloween snacks, party games and fall arts and crafts at the dining facility after haunting the halls for tricks and treats.

Please contact Denise Rampolla at 307-772-6063, [denise.rampolla@ang.af.mil](mailto:denise.rampolla@ang.af.mil), Heather Mayheu at 307-287-4028, [heather.mayheu@bresnan.net](mailto:heather.mayheu@bresnan.net) or Paula Simpson at 501-606-1275, [hercchick@aol.com](mailto:hercchick@aol.com) with any questions and to RSVP no later than Oct. 25. Please note that your timely RSVP will help us ensure there is enough candy, arts and crafts supplies and food to cover all who wish to participate.

### **Fifth annual Children's Holiday Party and Lunch with Santa**

The annual Children's Holiday Party and Lunch with Santa will take place on Dec. 11, at the 153 AW dining facility, from 1100-1400. Tickets go on sale starting Oct. 1. Tickets will be available for \$5 a person (both parent and child). Tickets can be purchased from the 153 AW Family Readiness Office 307-772-6063 or through Master Sgt. Dawn McDonnell, in the wing commander's office. Special complimentary tickets will be available for immediate family members of those deployed from Dec. 1-25. Please contact Denise Rampolla, at 307-214-2625, or contact your unit key spouse/s if you qualify to obtain the complimentary tickets.



## Extra-Extra read all about it!

The 2011 OAY Banquet is fast approaching!

**Volunteers needed!**

Come one come all. Airman Basic to Chief Master Sergeant, Second Lieutenant to General. The First Sergeants Council is looking for volunteers to help us make the 2011 Outstanding Airmen of the Year banquet our best banquet ever. We will be holding "auditions" during December's UTA for a national anthem singer, two narrators and one proffer. The proffer will need to have skills in standing, grace and confidence, coupled with excellent hand-to-eye coordination. Narrators will be reading from a script and will be judged on voice clarity, projection, speaking skills and pronunciation. Singers will need to perform the national anthem and possess clear and precise note skills. We are looking for outgoing and energetic personalities who will add energy and excitement to the banquet. The OAY Banquet is a great opportunity to support all of the exceptional Airmen who have been selected as quarterly winners. Dress requirements are Semi-Formal or Mess Dress. All selected volunteers will have their dinner ticket provided to them free for the OAY Banquet. Please send requests for auditions to Master Sgt. Cary Lambert at [james.lambert@ang.af.mil](mailto:james.lambert@ang.af.mil), by Nov. 5, or call him at 307-256-2587. Please help us make this a great and enjoyable evening.



## Keep a watchful eye

by 1st Lt. Matthew P. Nansel

*Chaplain*

As the deployments come and go many are finding it harder to deal with the current stresses of life. In Cheyenne, Wyo., there have been 21 suicides since January 2010, and the number keeps rising. It is time for each member of the 153rd Airlift Wing to keep a watchful eye. If you see any constant abnormal behaviors from someone you know, talk to them, and don't be afraid to ask if they are thinking about suicide. It is better to ask and be told no, then to not ask and potentially lose a friend forever. If you or someone you know is struggling or thinking about suicide contact Trish Bannon at 307-772-5279, cell 307-256-2571, or the chaplains office at 307-772-6061.





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.

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.

**SENIOR NCO VACANCY – 153RD MEDICAL GROUP:** Applications are being accepted for the position of Master Sergeant, AFSC 4T071. This is a traditional Senior Noncommissioned Officer position and maximum authorized grade is MSgt (E7). Plans and organizes medical laboratory activities. Composes local medical laboratory regulations. Advises superiors regarding status and adequacy of equipment, supplies, personnel training, and operating efficiency. Coordinates with other activities, agencies, and organizations. Cross-trainee packages will be accepted. RIP and resume required. Letters of recommendation optional. Please submit packages to CMSgt Kristin Maurer, 153 MDG, 217 Dell Range Blvd, Cheyenne, WY 82009-4799, 772-6426 not later than close of business, 7 NOV 10. Nominating/Selecting Official – Col Stanley D. Bruntz, 153 MDG.

**SENIOR NCO VACANCY, 243RD AIR TRAFFIC CONTROL SQUADRON:**

AFSC 3D176 is a MSgt/E-7 traditional position. This position will be the assistant NCOIC of the Airfield Systems shop and is responsible for overseeing functions of the shop, to include: prioritizing maintenance jobs to ensure completion, maintenance documentation, and parts requisitioning. This position is will also help oversee programs dealing with personnel development, equipment accountability, all facets of deploying, equipment and ancillary training, and other duties as assigned. Member is required to become a member of the WYANG and must be qualified on AN/TRN-26C, AN/MSN-7, and/or AN/MPN-14K1. 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) fitness test score; (4) RIP; letter of recommendation is optional. Please submit packages to MSgt Brian Brown, 243 ATC, 217 Dell Range Blvd, Cheyenne, WY 82009-4799, 772-6168 not later than close of business, 7 NOV 10.

**OFFICER APPOINTMENT - NAVIGATOR (C-130):**

Applications are being accepted for a C-130 Navigator, AFSC 12M3B. This position is located in the 187th Airlift Squadron. This position is open to anyone who wants to become a C-130 Navigator and who qualifies to become a member of the WY ANG, or is already a member of the WY ANG. It is also open to currently qualified C-130 navigators wishing to become a member of the WY ANG. Applications must be received by **COB 30 Nov. 2010**. For application procedures contact Master Sgt. Hondel, 153 FSS, (307) 772-6457. Application packages must include: 1. cover letter requesting consideration, 2. resume to include civilian and military education and experience 3. AF Form 24 (enlisted and civilian applicants only) 4. College transcripts 5. AFOQT Scores (UNT applicants only) 6. Letters of recommendation. Send application packages to Master Sgt. Denise Hondel, 153AW/FSS, 217 Dell Range Blvd. Cheyenne, WY 82009-4799.

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. Hondel, Tech. Sgt. Lopez, or Maj. Bennett for submission.

The submission must be received in advance of the deadline required by Public Affairs each month to allow time for review and accuracy before publishing.

Questions on posting job announcements may be directed to Maj. Rachel Bennett, (307) 772-6320.





# Chaplains Corner

by 1st Lt. Matthew P. Nansel  
Chaplain

During the past century there has been a great movement to remove God from the government and the public school system, but at what cost? How many can remember when the Bible was taken out of the public school system? I am sure for many the concept of the Bible being taught in the public school system is foreign, but it did take place for a long period of time. How about when the first Ten Commandments display was taken down? We live in an ever changing culture, but sometimes we change without looking at the consequences of our actions. Take the Ten Commandments for example. Not many would argue that the Ten Commandments come from the Bible. Although I wonder how many see the contradiction by which the Ten Commandments were removed. If one is to remove the Ten Commands from a court room because they are too religious, should they not also remove the same Commandments from our current laws? I think it is hard for people to realize that many of our laws and rules were based off of the Bible, hence bringing us back to the religious convictions of our founding fathers. Once we separate God from society we then enter into a dangerous slop of subjective truth. In God We Trust is the motto that is found on our money and it is only through God that we can gain an ultimate truth that is not constantly being moved by the wind.



<u>SATURDAY</u>	<u>SUNDAY</u>
Baked Chicken	Baked Chicken
Chicken Alfredo	Lemon Pepper Fish
Pork Chops	Steamed Rice
Scalloped Potatoes	Corn
Carrots	Broccoli
Green Beans	Short Order:
Short Order:	Grilled Chicken Sandwich
Grilled Chicken Sandwich	Hamburgers, Hotdogs,
Hamburgers, Hotdogs,	French Fries, Onion Rings
French Fries, Onion Rings	& Potato Bar
& Potato Bar	



## 153rd Airlift Wing Family Readiness Program Contact Information

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

**DENISE RAMPOLLA**  
153 AW Airmen and family  
readiness program manager

(307) 772-6063 OFFICE  
(307) 772-2625 CELL

**BILL BRECKENRIDGE**  
joint family director

(307) 772-5208 OFFICE  
(307) 631-7537 CELL

**Lt. Col. Dave Hall**  
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 volunteer. Find out more by contacting the Family Readiness office at (307) 772-6063

### YELLOW RIBBON CAMPAIGN

**ROXIE ARNOLD**  
Yellow Ribbon Support Specialist/  
MPSC Contractor  
(307) 772-6349

# We Salute



## Retirements

Master Sgt. Martin Dixon  
 Master Sgt. Terry Tschacher  
 Lt. Col. Barry Deibert

## Promotions

Senior Airman Shawna L. Anthony, 243ATCS	Staff Sgt. Myron E. Taylor, 153 AW
Senior Airman Phillip J. Roybal, 243ATCS	Tech. Sgt. Dustin M. Houghton, 153 OG
Senior Airman Spencer W. Northrup, 187 AS	Tech. Sgt. Jeffrey C. Dietzel, 187 AS
Staff Sgt. Misty M. McMullen, 153 OSF	Tech. Sgt. Justin C. Dykes, 153 CES
Staff Sgt. Megan N. Patterson, 153 LRS	Tech. Sgt. Gary M. Warren, 153 CACS
Staff Sgt. Kenneth L. Paul, 153 SFS	Master Sgt. Frank H. Wilson Jr., 153 SFS
Staff Sgt. Emma N. Simental, 153 LRS	1st Lt. Daniel O Pontoriero, 153 MDG

## Newcomers

Melody Barr, 153 CACS	Valerie Hodgson, 187AES
Jon Blew, 153 CF	Adam Rentz, 187 AES
Gary Foster, JFHQ	Joseph Rusch, 153 CACS
Zachary Havel, 153 AMS	Kris Schexnayder, 243 ATC
Adrian Herrer, 153 AMS	Lori Skeen, 153 MDG

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

