



THE GUARDIAN

July 2012



A Publication of the Wyoming Air National Guard

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Staff Sgt. Efren Enriquez, 30th Airlift Squadron propulsion craftsman, sprays the tail of a MAFFS-equipped C-130 on the flightline in Cheyenne, Wyo., July 3, 2012. MAFFS aircraft continue to operate in the Rocky Mountain region to assist with firefighting efforts. (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

COMING HOME



by Col. Michael R. Taheri
153rd Airlift Wing Vice Commander

Col. Rader kindly offered me his turn at the *Guardian* article for July so I could introduce myself, my family, and some of the things that I believe should be important to all of us. I will be a new face walking around base starting this drill.

I went to junior high and high school in Laramie (class of '85), and then stayed to graduate from the University of Wyoming and commission into the Air Force in 1989. After pilot training I was stationed and flew C-130s at Pope Air Force Base, Yokota Air Base, and Little Rock Air Force Base before going to the North Carolina Air National

Guard, in Charlotte, to continue flying C-130s while pursuing an airline career at FedEx. In 2004 I accepted a position at the National Guard Bureau, and since that time I have had the great opportunity to participate in long-range planning, command a C-130 squadron in Charlotte, establish the Air National Guard Force Development program, and most recently to work on the staff of the Chairman of the Joint Chiefs of Staff, in the Pentagon. All fun interesting jobs, and great experiences, but none as exciting to me personally as the opportunity to come work with the Guardsmen and Airmen of the 153rd Airlift Wing.

On the family side, I married my wife, Patti, in 1994 after meeting her while stationed at Pope —she graduated from UNC Chapel Hill, so she likes powder blue a lot, but I think she is going to grow to love brown and gold! My daughters Caroline, 15, and Kathryn, 12, are both excited to move to Cheyenne this summer. To date both Patti and Caroline have visited Cheyenne and both have been welcomed with open arms from everyone they met in the guard and the local community, and all look forward to getting to know you and your families as we get settled.

Foremost, I see my mission, as

your new vice wing commander, as supporting Col. Rader in effectively and safely accomplishing the diverse federal and state missions of the 153 AW. I report to Col. Rader and I will support him using every tool available to me, but I work for you—after all, it is you, the men and women of this wing that make the mission happen every day.

From a personal standpoint, I am passionate in my belief that we should always be grooming those who will replace us. You are professionals who comprise the best wing in the Air Force or the Air National Guard today, but none of us do this forever. So, when we do meet, expect me to ask the question—"As good as you are at your profession, what are you doing to make someone better than you to take your place one day?" It may be one of the most significant responsibilities any of us who wear the uniform may have, so I take it seriously and I will ask you to do the same.

Patti and I are excited to bring our family home to Wyoming, and I am personally humbled to have the opportunity to serve with each one of you. We look forward to working with you in supporting the mission today while striving to posture the 153 AW and the Wyoming National Guard for future opportunities and success. 🇺🇸



Lt. Col.
Paul K. Mikeal



Maj. Joseph M.
McCormick



MAFFS 7

July 1, 2012



Maj.
Ryan S. David



Senior Master Sgt.
Robert S. Cannon

*To the crew, family, loved ones and all our Airmen brothers and sisters affected by the loss of **MAFFS 7** our hearts are with you.*

WYANG MAFFS RESPONDS TO WILD FIRES



1.



2.



3.



4.

1. A Wyoming Air National Guard Modular Airborne Fire Fighting System-equipped C-130 Hercules assigned to the Wyoming Air National Guard's 153rd Airlift Wing lays a line of fire retardant June 27 against the Waldo Canyon Fire near Colorado Springs, Colo. (U.S. Air Force photo by Staff Sgt. Stephany D. Richards)

2. Tech. Sgt. Michael Konegni and Airman 1st Class Keith Hernandez, 153rd Maintenance Squadron, number a Wyoming Air National Guard C-130, equipped with a U.S. Forest Service Modular Airborne Firefighting System II, June 25, 2012, in Cheyenne, Wyo. (U.S. Air Force photo by Staff Sgt. Natalie Stanley)

3. MAFFS-equipped C-130's from the 153rd Air Expeditionary Group prepare to take off from Peterson Air Force Base, Colo., June 26, 2012. Crews made 20 drops delivering 52,000 gallons of retardant in an effort to suppress the Waldo Canyon fire. (U.S. Air Force photo by Airman 1st Class Nichole Grady)

4. An Airman assigned to the 153rd Airlift Wing marshals a MAFFS-equipped C-130 on the flightline at the Wyoming Air National Guard base in Cheyenne, Wyo., July 3, 2012. MAFFS aircraft continue to operate in the Rocky Mountain region to assist with firefighting efforts. (U.S. Air Force photo by Airman 1st Class Nichole Grady)



Tunisia

Wyoming Air National Guard partners with Tunisia for life saving training

by Staff Sgt. Natalie Stanley
public affairs specialist

Major Janice Weixelman and 1st Lt. Shane Ryan, 187th Aeromedical Evacuation Squadron flight surgeon and flight nurse, traveled to Bizerte, Tunisia, May 22-24 to participate in the Medlite 2012 exercise. The purpose of this exercise was to help the Tunisian medical military personnel train for aeromedical evacuation of large casualty events.

“The Libyan crisis really woke up the Tunisians to logistics of how to handle mass casualties,” said Ryan. “In Tunisia, the medical corps is it for life flights including water, desert and civilian rescues; they don’t have a civilian system in place like America does.”

The Wyoming National Guard and Tunisia have been partners in the National Guard Bureau’s State Partnership Program since 2004. Wyoming Air National Guard personnel have participated in a number of exercises and exchanges in Tunisia since the partnership began.

The three-day exercise consisted of lectures, round table discussion of mass casualty scenarios and a full scale exercise.

A variety of topics were covered during the first two days by both U.S. Air Force and Tunisian military participants. Weixelman and Ryan presented power point presentations on equipment utilized by aeromedical evacuation teams, duties of a flight surgeon in a combat environment, and the echelon of AE levels for a combat environment.

“It was very educational and worked out well, I still had all the regulations and (Air Force instructions) in my head from flight school this past August,” said Ryan.

The first two days also incorporated various demonstrations including; the aeromedical evacuation procedures of the Tunisian HH-3 helicopter, raising and lowering of both personnel and

littered patients into a hovering helicopter, and familiarization with equipment used to transport patients.

Military doctors, nurses and nursing students got hands-on training on day three with an exercise scenario involving a simulated airplane crash with 33 casualties, 13 dead and 20 injured.

Participants processed the exercise wounded and deceased through a casualty collection point and then to transport via helicopter to the Aeromedical Staging Facility.

The casualty collection point was set up to receive patients from the crash site. Doctors and nurses with four litter attendants were used to begin the assessment of severity and number of injured. Also, initial first aid and triage were accomplished; patients were placed in ambulances and transferred to the first aid station.

The exercise helped participants get a better understanding of the complexity that can occur with a disaster situation.

“The ability of personnel to interact with each other, as well as understand the role of the counterparts improves the capacity of a team to prepare for more than just their own sequestered role,” said Weixelman.

“The majority of participants had never had the experience of working in or around helicopters or C-130s” said Weixelman, “this exercise gave them an invaluable opportunity to understand the complexity and extent of aeromedical evacuation.”

“I definitely learned way more than I taught and it was an honor to be able to be a part of this exercise,” said Ryan.



YELLOW RIBBON REINTEGRATION PROGRAM

Policy for Yellow Ribbon Event Attendance



by Col. Stephen E. Rader
153rd Airlift Wing commander

The Yellow Ribbon Program is a valuable tool to educate members and their spouses on the many different family programs, assistance programs, financial aid programs, and information that is available to military families of deployed members. Many of these programs are available before, during, and after deployment.

Participation in the Yellow Ribbon Program is mandatory by law for those who are deploying for 90 days or more. These are usually in the form of events planned at the 30/60/90 day point after return from deployment. Based on comments from numerous members and their spouses from previous events, it was determined that a pre-deployment event was probably of equal or greater value to the individuals and their families.

This memo for record serves as notification that it is Wing policy that all personnel who are scheduled to deploy for 90 days or more will attend a Yellow Ribbon event prior to deployment unless an event cannot be scheduled and conducted within 120 days of their

departure. In addition, all personnel deploying for 45 days or more, and have not previously attended a Yellow Ribbon event, will also attend a Yellow Ribbon event prior to departure. Exceptions should only be granted for unusual circumstances such as short notice deployments. For all Yellow Ribbon events, participation by the member's spouse is highly encouraged. In addition, all members who deploy for 90 days or more will attend a post-deployment Yellow Ribbon event. This should be completed within the 120 days immediately following the end of their deployment order. Exceptions can be made for unusual circumstances, or for times when the Wing is unable to schedule and provide the required event.

It is the responsibility of the squadron commanders, working in conjunction with the Yellow Ribbon Coordinator, to ensure their members are aware of and in compliance with this policy. Questions or requests for further guidance should flow through the normal chain of command. 🇺🇸

Meet your new 153rd Airlift Wing ground safety manager



by Tech. Sgt. Robert Gregory
ground safety manager

I am from Tusculumbia, Ala., a small town in the northwest corner, with a population of approximately 9,000 residents. It borders the Tennessee River and that is where I like to spend most of my free time.

I joined the Army in 1983 while

I was still in high school. When I graduated, I went to Fort Dix, N.J., for basic camp, then to Fort McClellan, Ala., for Nuclear, Biological and Chemical (NBC) school and finally to Fort Hood, Texas, my permanent duty station. I learned two things while in Texas: I loved the weather and everything is not bigger (rivers).

In December 1986, I was sent to Berlin, Germany, which was still an occupied city. I was assigned to the 43rd Chemical Detachment on arrival but 1st Sgt. Bernard Smith from Fox Company 40th Armor had me reassigned to his unit. That turned out to be the best thing that could have happened for me. While I was there, I got to experience a little history when the Berlin Wall fell. That was a site to see and I did.

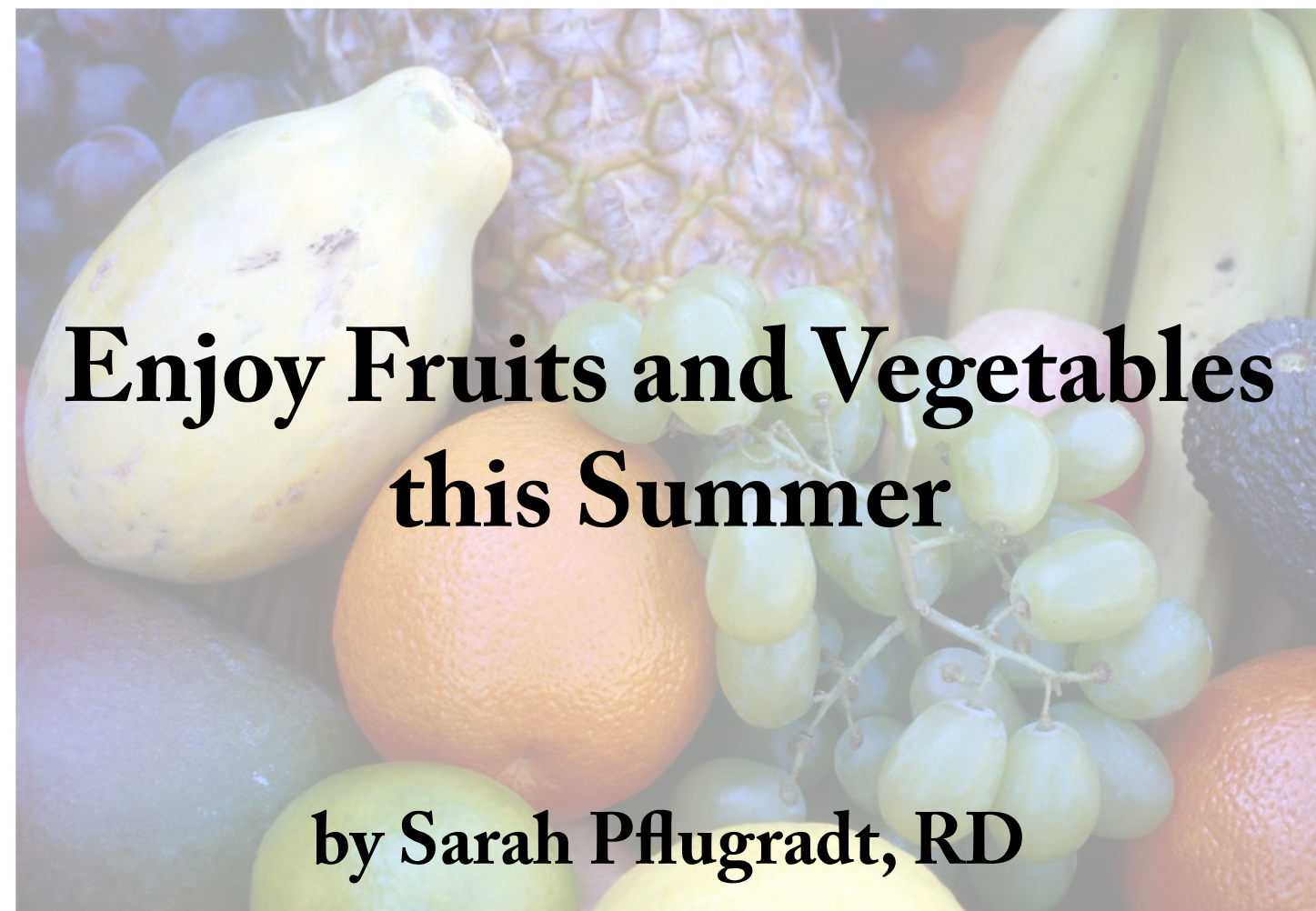
I got out of the military in 1990 and went back to school to become an underwater welder. I went to

work on the oil rigs in Louisiana for a few years and on a trip back home to Alabama I met my wife, Annette. She didn't want to leave her home at that time, so I moved back home and never went back to diving. I accepted a job with the state of Alabama and spent the next 18 years in law enforcement, as a correctional officer and police officer. Annette and I have three children, Kerra, Ravyn and Caunr.

I joined the Air Force Reserves in 2002 at the recommendation of a friend and I wished many times I would have done it sooner. I went to Munitions School where I worked several years and deployed twice. I got the opportunity to change my career field and safety is what I chose. Now, safety has led me to the 153rd Airlift Wing, in Cheyenne, Wyo., to be the wing's ground safety manager and I want to thank you all for this opportunity. Have a great day and Roll Tide! 🇺🇸



WYESGR wants to say thank you to the 153rd AW and all the individuals who worked so hard to support our Bosslift to Camp Guernsey and made it such a success.



Enjoy Fruits and Vegetables this Summer

by Sarah Pflugrad, RD

Welcome to the Fitness Corner. Please follow us on a regular basis as we bring you great nutrition and training tips. Sarah Pflugrad is a registered dietitian who will be providing our nutrition column. Please contact Maj. Debra Walker, 153 MDG for special requests.

Summer is a time for basking in the sun, spending long hours at the pool, and enjoying vacations with family. Summer is also a time to enjoy the freshest and most delicious fruits and vegetables (F/V). What could be better than biting into a juicy, sweet, fresh Georgia peach? Perhaps the unmistakable earthy taste of a home grown tomato is the only thing that tops it for me. F/V are at their best when they are in season and for most fruits and veggies, that season is summer. Some of the most popular summer F/V are the following: corn, strawberries, bell peppers, cherries, tomatoes, plums, radishes, peaches, summer squash, and watermelons.

Your reasons for providing your body with the goodness of F/V should not be based on taste alone, but on the health benefits they provide. A study on the effect of F/V intake and diabetes showed that plasma vitamin C levels (abundant in F/V), and the consumption of

F/V showed an inverse relationship with developing diabetes. If you're looking to lose weight this summer, increasing your F/V intake may finally help you shed those unwanted pounds. Much research has been done to prove that a plant based diet will lower blood pressure, lower your risk of some cancers, stroke, and heart disease.

Most Americans know that they should be getting more F/V in their diet, but how much? The Academy of Nutrition and Dietetics recommends 2 cups of fruit and 2 ½ cups of vegetables per day for adults, older kids, and teens. If you're not sure where to start on eating more delicious fruit and veggies, look no further.

- Buy fruits and vegetables in season. They are usually cheaper and taste better
- Drink your veggies! Put your F/V in a juicer. A good rule is 3:1 veggies to fruit
- Make fruit your dessert

Getting enough fruits and vegetables in your diet isn't about eating raw celery day in and day out, but about enjoying the luscious gifts that we've been given to keep us healthy. Love the food that you eat and know that what you put in your body is helping you stay strong. 🍌



Five members of the 187th Aeromedical Evacuation Squadron take a break from "bag drag" for a photo with Capt. Marilyn Burden, from the 153rd Logistical Readiness Squadron, at Manas Transit Center, Kyrgyzstan. Capt. Melissa Stevens, 1st Lt. Jodi Smith, Tech. Sgt. Bryce Bishop, Senior Airmen Collin Randell and Daphne Ma, all transited through the Transit Center on their way to Afghanistan. The members of the Wyoming Air National Guard enjoyed a couple meals and a few laughs during their short time at Manas.

Burden is serving 120 days as the sexual assault response coordinator at Manas Transit Center. Having deployed alone she said, "It was great to see some familiar faces from home." 🍌

Generational Differences

by Senior Master Sgt. Alan Stoinski
Wing Human Resource Advisor

Members of the 153rd Airlift Wyoming Air and Army National Guard met with Jennifer Landis, director of organizational Development for Black Hills Corporation, last month, for the first of several training sessions designed to help bridge generational differences in the workplace.

The training covered topics such as understanding and appreciating generational differences, learning



how to help members from each generation better communicate, and how to support and appreciate one another.

"It's difficult to bridge the gap in communication between the old hats and the younger generation,"

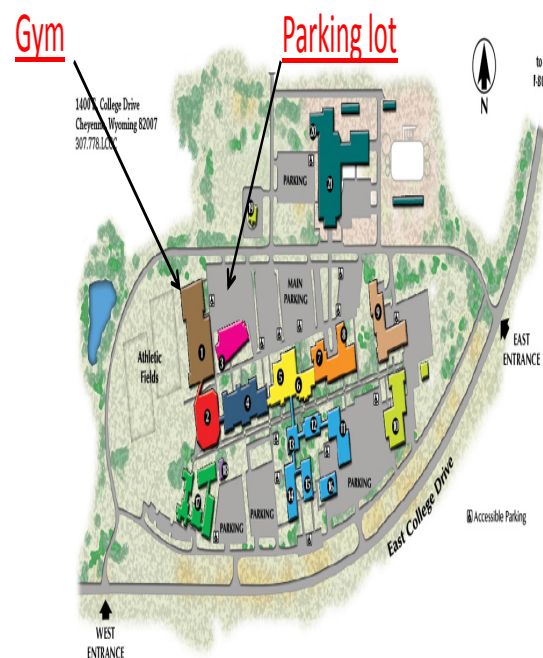
said Col. Dennis Grunstad, assistant adjutant General - Air. "Training like this helps us to understand the differences we have, and how we all think to make us a better unit."

Landis discussed leadership insights for working with and leveraging the strengths of each generation. The training also explored how different organizations are tackling multi-generational workforce challenges and succeeding. 🍌

JULY FORMATION

WHAT? July Formation
WHERE? Laramie County Community
 College large gym
TIME? July 14 at 8:30 a.m

Transportation will be available from the dining facility starting at 7:45 a.m. This will not be a shuttle service, four buses will be available, with the last one departing at 0810.



2012 Wing Family Picnic

Saturday, July 14
1100-1630

Burgers, brauts, games for the kids

Lions Park



<i>AFSC</i>	<i>Job Title</i>	<i>Closing Date</i>
38F3	Personnel Officer	10 July 12
2F091	Fuels Management Superintendent	11 July 12
11M2B	Undergraduate Pilot Training (UPT)	16 July 12
8F000	Mission Support Group First Sergeant	18 July 12
46F/N3	Aeromedical Evacuation Squadron Commander	18 July 12
3D171	Client Systems Craftsman	18 July 12
3D171	Client Systems Craftsman	18 July 12
3D173	RF Transmission Craftsman	18 July 12
3D173	RF Transmission Craftsman	18 July 12
3D173	RF Transmission Craftsman	18 July 12
3D173	RF Transmission Craftsman	18 July 12
3D090	Cyber Operations Superintendent	18 July 12
3D190	Cyber Systems Superintendent	18 July 12
IS071	Ground Safety Technician	8 August 12
44M3	Internist	Open Until Filled
48R3	Residency Trained Flight Surgeon	Open Until Filled
48R3	General Medical Officer	Open Until Filled

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

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

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

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

We Salute

Promotions

Senior Airman Anthony Derzay
 Senior Airman Chelsea Nelson
 Senior Airman Jonathan Otto
 Senior Airman Hannah Richardson
 Staff Sgt. Nickelas Johnson
 Tech. Sgt. Jon Peterson
 Tech. Sgt. Richard Tygret

Retirements

Master Sgt. Richard Cripe
 Master Sgt. Cynthia Ford

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



Change of command

Col. Dennis D. Grunstad II assumes command of the Wyoming Air National Guard on June 2, at the Cheyenne Civic Center, Cheyenne, Wyo. Grunstad, who will be promoted to brigadier general at a later date, will assume the duties of the Assistant Adjutant General - Air, from Brig. Gen. Donald A. Haught.

Haught retired from the WyANG during a ceremony on June 2. He is the president and owner of a mechanical systems firm in Torrington.

"I am confident Col. Grunstad will carry on the excellent work of Brig. Gen. Haught and that the Wyoming Air National Guard will continue to be prepared to meet whatever may come our way," said Maj. Gen. Luke Reiner, Wyoming's adjutant general. (photo by Staff Sgt. John Galvin)

