



# THE GUARDIAN

January 2013

*A Publication of the Wyoming Air National Guard*

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U.S. Air Force photo by Staff Sgt. Stephany D. Richards



Lt. Gen. Darren W. McDew, 18th Air Force commander, shakes hands with Lt. Col. Nicole Chavez, 153rd Logistics Readiness Squadron commander, before touring Wyoming Air National Guard facilities in Cheyenne, Wyo., Dec. 17-18, 2012. (U.S. Air Force photo by Capt. Rusty Ridley)

# Commander's Corner



Col. Stephen E. Rader  
153rd Airlift Wing commander

Happy New Year!

Thanks again for a very busy and successful 2012. I sincerely hope everyone had an opportunity to take some time off to recharge your batteries and enjoy the holidays with friends and family. The wing holiday party was a huge success. We packed the house at the Holiday Inn. Many thanks to all who worked to make that party happen. This drill we will have our annual Officer/Soldier/Airman of the Year (OSAY) banquet on Saturday night. Please come out and help recognize our top people in each category for the Wyoming Army and Air National Guard.

Now it's time to focus on our priorities for 2013. Priority No. 1 is getting the wing ready for our ORI in June. We have two OREs scheduled; one in January, and one in April. In addition, we will do numerous tabletop exercises and targeted training events between now and June. Those of you who are scheduled to participate should already have been identified, and you should have notified your civilian employers of what dates you'll need to be released from work. There are many training requirements that must be completed prior to going. The sooner those CBTs are done, the better. Those of you who aren't scheduled to be a direct part of the ORI, expect to play a role in helping the rest of our personnel train, equip, and deploy. I have no doubt that with proper training and practice, we will easily pass the ORI. Until that time, we need everyone focused on getting ready.

Priority No. 2 is to improve our unit manning. We are currently sitting at about 92% manned. My goal for this fiscal year is to get to 97% by August. In order to get there, we need everyone to be a recruiter. Please get the word out on what a great unit we have here and the benefits of being a member. We are authorized to go to 100%

+4 in every AFSC. We also need to work on our retention. At December's Commander's Call I briefed that everyone over 20 years service would meet a retention board. This is not something new as it has been done for years. Only the process on how it works is being changed. There was a lot of confusion after my comments that day. Since then we had another meeting here with all available personnel on Dec. 6 to dispel some of those misunderstandings. Please know that we aren't looking to get rid of everyone as soon as they have 20 years in, nor are we saying that you can't remain in a single career field as a functional area expert well beyond 20 years. What we are saying is that there needs to be a path of progression for our superstars, both full time and part time, to make it to the higher grades before they retire. The bottom line is this: If you are conducting yourself according to the Air Force's core values (you know what they are), you have nothing to worry about. Do your job, and do it well. When an individual adds value to an organization, that organization tries to find a way to keep him or her. If anyone still has questions, please feel free to ask.

Wishing you and yours a happy, safe, and successful 2013. Thanks for all you do! 🇺🇸



[ SNAP SHOT ]

# Lt. Gen. McDew Visits 153 AW Airmen

Photos and story by Capt. Rusty Ridley  
public affairs officer

Lt. Gen. Darren W. McDew, 18th Air Force commander, met and spoke with Airmen of the 153rd Airlift Wing, Wyoming Air National Guard, during a visit here Dec. 17-18.

“The first thing I want to say to you is thank you very much,” McDew said at an all call during his visit. “At some point in your life you made a decision to do what you’re doing. I don’t care why you made the decision; I don’t even care why you continue to do what you do. The fact that you do it is significant,” he said.

The general also applauded the 153 AW’s role in hosting the Air National Guard’s first active duty associate unit, the 30th Airlift Squadron, starting in the summer of 2006.

“You are in a special unit in a special location,” McDew said. “You have set the standard for what Total Force Integration ought to be. And you should be proud of that.”

McDew also encouraged Airmen to be proud of

their Air Force heritage as well as what they have done to continue that proud legacy.

“Today’s Air Force is the best we’ve ever had. And the reason it is, is because you’re in it,” he said. “The reason you’re so good is because of what you have gone through for the last 11 years. You’re the most battle tested, battle hardened, experienced war fighters this Air Force has ever seen. Bar none.”

He also stressed the importance of each individual’s contributions to the success of the mission regardless of their duty title.

“What we’ve learned over the last 11 years is that bold, innovative risk takers are agnostic to Air Force Specialty Code,” he said. “We have learned to appreciate that our Airmen who don’t fly airplanes are just as courageous, as talented and are as strong leaders. That’s what makes us more powerful today than before.”

The general also charged those in the audience to start thinking of ways to change how the Air Force

does business in order to make it better.

“You know what the right thing is,” he said. “You know what our Air Force ought to be. The culture we want our Air Force to be is up to you.”

Many of the Airmen in attendance took the general’s words to heart.

“He said we shouldn’t knowingly continue to operate in outdated or counterproductive processes and functions,” said 1st Lt. Anthony Muñoz, installation deployment officer. “He also said that we as individuals need to make changes to those things we do have control over and take ownership of the products and processes in our lane.”

Although the general put the audience at ease with some humorous observations, he noted it was his responsibility to represent Air Force leadership and address serious issues.

“There is an area in our Air Force culture we have not gotten right—sexual assault prevention,” he said. “I am convinced if we decide right now that it is

done—it’s done. We can fix this. We have to fix this. Nobody amongst us deserves to be treated that way—period.”

McDew also brought up the importance of taking care of each other during the holiday season. He said there are people who will feel more and more alone and more and more troubled even during what is considered to be a joyous time.

“What I want you to do is be more intrusive,” he said. “Stop a second when you ask ‘How are you doing?’ Delay long enough for someone to answer. And maybe you’ll follow up with another question.”

Finally, McDew closed his comments with a call to action for Airmen.

“Be bold. Don’t be afraid to take on something different,” he said. “That’s why you’re as good as you are. That’s why our Air Force is as good as it is. It’s because of bold, innovative, risk-taking Airmen—from our founders to the ones sitting in this room. You are going to chart a new course for our Air Force.”

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Lt. Gen. Darren McDew

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Lt. Gen. Darren W. McDew, 18th Air Force commander, visits with Airmen of the 153rd Airlift Wing, Dec. 18, 2012. The general also held an all call for Airmen where he addressed members of the wing and answered questions.


# Dangerous Detox Diets

By Sarah Pflugrad, RD, LD

**Y**ou probably have a friend who is planning “cleanse” before a big event, or to lose weight quickly. Perhaps you have even thought of doing one yourself. Everyone has their own idea of what a detox should be. Some websites and even “nutrition” companies suggest that you use laxatives and colon cleansers to rid your body of toxins. The truth is, our bodies have detoxification systems built in them. Our kidneys are constantly clearing the body of waste and toxins, and help regulate our sodium and potassium levels. The liver has its own detoxification process that removes harmful products from our blood.

Typical detox diets or cleanses that involve a restriction of food and advocate medications to rid your body of toxins could do more harm than good. Flushing the gut to remove bacteria will

backfire on you. 70% of our immune system is in our gastrointestinal tract and we need to keep those good bugs intact to remain healthy. Restricting whole food groups for 7-10 days could lead to protein deficiencies, anemia, diarrhea, and a host of other unpleasant side effects.

So, how do you get your body on the path to better days? Clean up your diet with food. Take 10 days and eat a diet based on fruits, vegetables, whole grains, and lean cuts of meat. Resist the urge to swing through the drive-thru and pick up a little grease. Maintain the fat in your diet by eating avocado, nuts, seeds, and olive oil. Hydrate your body with water instead of reaching for a soda or energy drink. You will begin to feel more energetic, your skin will look healthier, and your body will thank you. 



## 2013 finance changes

By Tech. Sgt. Natalie Stanley  
public affairs specialist

**N**ew hours, new faces, new numbers. These are just a few of the changes you'll see in the New Year at the 153rd Airlift Wing Finance office.

In an effort to better serve the members of the Wyoming Air National Guard, finance has extended its customer service hours from 7:30 a.m. to 4:00 p.m.

Also, Master Sgt. Trudy Woodcock recently left Public Affairs to join the finance team as the military pay supervisor. “As the new military pay supervisor I am looking forward to ensuring finance exceeds everyone’s customer service expectations in 2013,” said Woodcock.

Woodcock had several tips from the finance department to assist in a smoother pay process.


“Members need to check their MyPay monthly to catch problems with pay sooner,” said Woodcock. “Also, go into Defense Travel System to ensure the information in the profile is correct – such as direct deposit, address, credit number to include the expiration date, and

email.”

Another important finance issue is student flight member’s pay.

“If they are not drilling in student flight then they must either check in with student flight for pay purposes or the unit they are drilling with will need to complete 105s,” said Woodcock. “Writing legibly is highly recommended to ensure proper and faster processing of entitlements paperwork.”

These are just a few of the areas finance will be working on in 2013 to ensure timely pay and quality customer service to the WyANG. Finance members can be reached at the new customer service phone number, 307-772-6005, or at the following respective area numbers:

Comptroller - 6340  
Finance supervisors - 6301  
Travel - 6793  
Civilian pay - 6133  
Military pay - 6328  
Quality assurance - 6012  
Budget - 6135  
Accounting liaison officer - 6341 

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“I am looking forward to ensuring finance exceeds everyone’s customer service expectations in 2013.”

Master Sgt. Trudy Woodcock

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**Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

# Where is God?

By Chaplain (Capt.) Eli Dowell

153rd Airlift Wing chaplain

“And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper”  
(1 Kings 19:12 ESV).

As a dad to four sons I have to be strategic in instructing my boys. There a lot of them, and only so much time in a day. One of the tools we use for their spiritual fitness is a catechism written for young children. It is simple, but solid. Question 10 is, “Where is God?” The answer: “God is everywhere.” My 4-year-old likes to sing it loudly, and then he and his 7-year-old brother giggle while announcing things like, “He is sitting on your head,” or, “God is under the table.” As adults we know that God is omnipresent. As children, we believe it.

Not long ago I was talking with a chaplain friend about the difficulty of finding that quiet time of communion with no distractions, whether internal or external. It is hard to ignore the sovereignty of the to-do list long enough to sit with no agenda before the Sovereign of the Universe. As we visited I shared a mountain top experience I’d recently had with God. Quite literally, actually. I was fly-fishing the Big Horns and God’s presence was more tangible than the Oregonian with dreadlocks camping downstream. I didn’t audibly hear God’s voice, but I may as well have. I didn’t catch any fish that day and didn’t care. I came down the mountain feeling like the glowing-faced Moses.

It usually isn’t like that. Some of you have such a vibrant prayer life you don’t eat your oatmeal until you’ve connected with the Holy Spirit in a meaningful way. For most of us that practice would turn into a wildly successful weight-loss program. Just the other day, for

instance, my wife woke up with the stomach flu, the baby woke up with an attitude flu, the other three boys had to scarf some cornflakes and be chauffeured to school. Consequently I missed a prayer breakfast I’d planned to attend, missed my first appointment, and then the whirlwind really started, and didn’t quit. That is the normal pace of life. Where is God in all of that?

As I reflected on these themes with my chaplain friend I admitted my own struggle to regularly carve out those times of solitude with the Almighty. Towards the end of our conversation he said, “Maybe we shouldn’t. Maybe we need to learn to see God in the mundane.” Hmmmm. I chewed on that like a piece of last year’s venison jerky – I was pretty sure it tasted good, but it took a while to break down. That afternoon my 4-year-old climbed onto my lap and pulled off a sock to show me where a healed cut left the slightest scar on his chubby ankle. “Look!” he said, “God made skin grow back there!” And there it is. The sound of a low whisper through the boisterous faith of a child. God is everywhere. In the holiday festivities, in a healed relationship, in a conversation, a song, a story, forgiveness, quiet solitude in the car (just don’t close your eyes while you pray), and even cleaning up after the holiday festivities. God is everywhere, but we’ll only hear Him if we are looking for a deeper reality than earthquakes and fires. As you begin this new year I challenge you to train yourself to look for God in the mundane. It could change everything. 🙏

# Employment Assistance

By Ms. Carly York and Mr. Michael Bohn

employment assistance contractors



If you are looking for a new career, needing help on a resume, or seeking some interview tips, there is a program that can provide you with guidance. Employment Assistance, with Carly York, employment transition coordinator, and Mike Bohn, employment transition specialist, is available to all members of the Guard and Reserve in Wyoming as well as veterans, retirees and spouses. Since the inception of this Seven Seals program, Bohn and York have provided assistance to more than 150 service members, veterans, retirees, and spouses.

“We provide the tools for success and teach service members and spouses the skills necessary to gain employment and maintain career progression,” said York.

Bohn and York work closely with local employers, as well as other agencies such as Wyoming Workforce Services and Department of Labor, to provide the maximum number of opportunities to customers. They disseminate information on job fairs, employment resources, and vacant positions. They also keep sample questions, information guides, and are available to host a two-hour workshop for military and civilian interview preparation.

“Though interview skills are important to securing a job, our most common request is resume assistance. As candidate screening has become highly competitive in today’s job market, we assist in translating military experience to civilian skills in order for our candidates to get a job interview. We keep templates for private sector and government style resumes,” said Bohn.

Bohn and York additionally have a strong working relationship with the Wyoming Military Department Human Resources Office and can provide guidelines and resume suggestions to those applying for full-time technician jobs.

“Our goal is to assist service members and spouses in articulating their valuable skills and experience to the workforce. Mr. Bohn and I take every opportunity possible to remind civilian employers of the unique and valuable skills that military members and spouses possess,” said York.

If you would like to contact the employment assistance section, please call 307- 772-5055 or visit Bohn or York in the JFRC Family Readiness Office.

Other Links:

Facebook.com/Wyo7SealsJobs  
<http://h2h.jobs>

<i>AFSC</i>	<i>Job Title</i>	<i>Closing Date</i>
9E000	153rd Airlift Wing Command Chief Master Sgt.	Consult full-time vacancies via web
92T0	Undergraduate Pilot Training	24 January 2013
X4N071	Senior Medical Technician (E-7)	6 February 2013
8F000	153rd Airlift Wing First Sgt (E-8)	6 February 2013
8F000	Mission Support Group First Sgt (E-7)	6 February 2013
8F000	Air Traffic Control First Sgt (E-7)	6 February 2013
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 for 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.

#### 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. Michael Pachel  
 1st Lt. Christine Rippel  
 Senior Master Sgt. Max Duran  
 Master Sgt. Benjamin Kaufman  
 Tech. Sgt. William Chapin  
 Tech. Sgt. Scott O'Malley  
 Tech. Sgt. Jared Schinzel  
 Staff Sgt. Jeffrey Jackson  
 Staff Sgt. Thomas Nelson  
 Staff Sgt. Travis Normington-Mellin  
 Staff Sgt. David Peek  
 Staff Sgt. Gabriel Ramirez  
 Staff Sgt. Michael Simmons  
 Senior Airman Nikolai Retzlaff

### Retirements

Lt. Col. Julie Resheske  
 Maj. Scott Volk

### Newcomers

Capt. Charley McNelley  
 Tech. Sgt. Brandon Huston  
 Staff Sgt. Ted Skaff  
 Staff Sgt. Adam Styers  
 Senior Airman Karen Janicek  
 Senior Airman Ryan Winter  
 Stefanie Cruz-Aristud  
 Zachary Jenkins  
 Jeanneth Warren-Cortez



courtesy photo

Members of the Rising 6 Council assist in the construction of three compost recycling bins for the Laramie County Community College's community garden Nov. 18, 2012. The composting systems are essential to build up nutrients in the soil and promote healthy plant growth and will provide a place for local gardeners to raise vegetables, fruits and herbs. The major goals of the community garden are to foster community togetherness with gardening and to assist local non-profit organizations with fresh produce, benefiting all community members of Cheyenne. Specifically, LCCC is setting a portion of the garden aside for local charities such as Cheyenne Comea Shelter, Needs, and Meals on Wheels. 🇺🇸