



THE GUARDIAN

A Publication of the Wyoming Air National Guard

April 2009

NEW MEMBERS

153 MDG
 FAROOQ DURRANI
 NANCY THURMAN
 ■
 153 CACS
 JUSTIN RIDDLE
 MATTHEW FREEMAN
 ■
 153 CF
 ROBERT LIVINGS
 ■
 153 LRS
 ROD SORTOR
 ■
 153 MXS
 JAY ORIN
 CLINT ROSS
 SYLVIA GOMEZ
 ■
 243 ATC
 NATHAN WOEHL
 ■

OF THE QUARTER INFO

The submissions for the next "of the quarter" awards must be sent electronically to Chief Master Sgt. Kris Mauer through section chiefs and/or first sergeants by April 15. The board will be held May 3.

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McCue fitness center opens

The halls were filled with excitement as members of the 153rd Airlift Wing and 30th Airlift Squadron participated in a ribbon cutting ceremony celebrating the opening of the McCue Fitness Area on March 7.

"This new facility was made possible by the efforts of many people," Col. Dennis Grunstad, 153rd Airlift Wing commander, said. "It symbolizes the importance placed on physical fitness and empowers members by providing them with the tools needed to take better care of themselves without having to go off base."

The idea for the McCue Fitness Area began in September 2006 when Chief Master Sgt. Robert Coughenour began the discussion with Wing leadership. Once approved, he immediately started researching space allocation.

In September 2007 Master Sgt. Michele Henning took over the project, spending approximately 120 man hours researching and purchasing equipment. After two years, more than 200 man hours of set up in a two day period by Maintenance personnel and \$100,000 worth of equipment, the fitness area opened.

The unstaffed fitness area consists of a weight and cardio room with free weights, weight machines, treadmills, elliptical machines, a

stair step and a recumbent bicycle.

The room is equipped with televisions and monitored safety cameras.

Day use lockers and a shower area are available in men's and women's locker rooms. To alleviate usage during peak hours, cardio equipment has also been placed in the maintenance, fire department and air traffic control building.

A Wii fitness room is currently underway. Also in the design phase is a half-mile dirt running track that is expected to be complete this summer.

For more information about the McCue Fitness Area contact Master Sgt. Michele Henning at 772-6160.



Chief Master Sgt. Sheryl Knight (foreground) and Master Sgt. Lynette Kelly, both of the 153rd Logistics Readiness Squadron, use equipment installed in the new fitness Center. (Photo by Senior Master Sgt. Bob Watkins)

MARCH MENU

SATURDAY: CHICKEN FRIED CHICKEN,
CHICKEN FRIED STEAK, MASHED
POTATOES, VEGETABLES, DESSERT.
SUNDAY: HOLIDAY MENU: BAKED HAM
AND ALL THE FIXINGS.

MEAL ITEMS ARE SUBJECT TO CHANGE.
OPEN FOR LUNCH FROM 10:30-12:30
ON UTA WEEKENDS. OFFICER AND
ACTIVE DUTY PERSONNEL \$4.25.



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.



PERSONNEL FACT SHEETS RELEASED

The Air Reserve Personnel Center released the 2009 Guard and Reserve Personnel Fact Sheets. This publication offers valuable information on a variety of subjects including pay charts, promotion and retirement information. Available at <http://www.arpc.afrc.af.mil/shared/media/document/AFD-090128-038.pdf>



McCUE FITNESS AREA

The McCue Fitness Area hours of operation are 0430 to 2300. Sign in so Services can track daily use. A spotter is required at all times when benching. Limit cardio use to 30 minutes if others are waiting. During peak hours (0430-0700, 1100-1300, and 1500-1800) is when this will be enforced. Re rack weights and use only one gym wipe on each machine. Bring in your own towel, and hand carry shoes when the weather is bad.

Wing's shutterbug retires

By 2nd Lt. Berlinda White
153 AW Public Affairs Officer

"I remove cinder blocks" was Senior Master Sgt. Robert "Photo Bob" Watkins promise when he was hired as the 153rd Airlift Wing base audio-visual manager in October 1992.

When Photo Bob interviewed for the position of base audio-visual manager he was asked why he should be hired over the other candidates.

Photo Bob said he received a puzzled look from the interviewer when he replied, "I remove cinder blocks."

He went on to explain that one day he was commuting from Colorado to Wyoming and traffic was horrendous.

As he approached the problem area, he noticed that there was a cinder block on the roadway causing cars to be forced to one lane.

He stopped and removed the cinder block from the road.

His promise was that he was willing to do whatever it takes to make work flow easier and get the job done.

Photo Bob kept his promise and has successfully managed the audio-visual office for more than 15 years, boasting of being one of only three managers since 1946.

During his tenure at the Wyoming Air National Guard, Photo Bob has taken hundreds of thousands of photos and has had the

opportunity to interact with many interesting people.

Photo Bob has remained committed to customer service and selflessness.

His biggest display of selflessness occurred in 2007 when he learned that a childhood friend was on dialysis awaiting a kidney donor.

Photo Bob volunteered to donate one of his kidneys and went through with the process in February 2007.

He received the Hero's Among Us award that year. When asked why he did it, he said because he wanted to do something profound in his lifetime.

As we bid him farewell and good luck in his retirement, we remain certain that Photo Bob's legacy will live on at the Wyoming Air National Guard.

Photo Bob's retirement ceremony will be at 1400 on Saturday, April 4, in the Dining Facility.



Wyoming Gov. Dave Freudenthal jokes with flight engineer, Chief Master Sgt. Roger Woolington, during an orientation flight using night vision goggles. (Photo by Senior Master Sgt. Bob Watkins)

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.

WING COMMANDER

COL. DENNIS GRUNSTAD
STATE PUBLIC AFFAIRS OFFICER
DEIDRE FORSTER

WING PUBLIC AFFAIRS OFFICERS

2ND LT. RUSTY RIDLEY
2ND LT. BERLINDA WHITE

THE GUARDIAN, 217 DELL RANGE BLVD., CHEYENNE, WY 82009
(307) 772-5253/5935, 153.PA@ANG.AF.MIL

FAMILY MORALE CARE PACKAGES AVAILABLE

The Wing Family Readiness Program offers a Family Morale Care Package Program for all military members to help deployed Airmen stay connected to children.

Items such as picture pillowcases and photo buttons, special Air Force bears, disposable cameras, journals, recorder pens, and other items can be provided to children 6 years old and up.

Call 772-6063 for information.



153RD AIRLIFT WING FAMILY READINESS PROGRAM CONTACT NUMBERS

153 AW FAMILY READINESS
OFFICE
217 DELL RANGE BLVD.
CHEYENNE, WY 82009

DENISE RAMPOLLA
153 AW FAMILY READINESS
COORDINATOR
(307) 772-6063 OFFICE
(307) 214-2625 CELL

BILL BRECKENRIDGE
STATE FAMILY READINESS
COORDINATOR
(307) 772-5208 OFFICE
(307) 631-7537 CELL

CHAPLAIN DOUG ARENDSEE
STATE CHAPLAIN
(307) 772-5098 OFFICE



DoD awards family support

For the second time in three years, the Wyoming Air National Guard's 153rd Airlift Wing received the prestigious Department of Defense Family Support Award. The award was presented in Washington, D.C., on Feb. 13. The award was celebrated with (left to right): Dr. John Winkler, principal deputy assistant secretary of defense for reserve affairs; Landon Strapko military liaison for Rep Cynthia Lummis; Maggie Jasman; Shauna Hensala; Roxie Arnold; State Command Chief Master Sgt. Doug Hensala; Demise Rampolla; Brig. Gen. Stephan Pappas; Col. Dennis Grunstad; the Honorable Craig W. Duehring, assistant secretary of the Air Force for manpower and reserve affairs; Maj. Gen. Buddy Titshaw, special assistant to the director Air National Guard; retired Vice Admiral Norbert Ryan, MOAA president.

Strengthen your marriage - attend PREP

The next Marriage Enrichment event is scheduled for Estes Park, Colo., May 15-17, or in Thornton, Colo., June 19-21.

Both events are geared to Wy-ANG participation, as this will be after the conclusion of the AEF deployment cycle.

Additional events will be added pending available funding.

Service members will be responsible for submitting orders request for both themselves and their spouse through their respective unit orders clerk.



Program gives parents a break

Give Parents a Break is a program that provides free childcare for ANG members on Title 10 orders and active duty Air Force members and their spouses who are undergoing stress due to recent PCS, deployment, etc.

Contact your first sergeant, commander, chaplain, the Wing Family Readiness Office or the F.E. Warren Airman and Family Readiness Center for referral.

JOBS

FIRST SERGEANT VACANCY 153

SFS - Applications are now being accepted for the First Sergeant position (AFSC 8F000) in the 153 SFS. This Master Sergeant position is open to any enlisted member in the grade of Technical Sergeant who is immediately eligible for promotion IAW ANGI 36-2502 or any Master Sergeant. Applicants must meet all requirements outlined in AFI 36-2113, Chapter 10, meet AS-VAB requirements prior to interview, score a minimum of 75 on the fitness assessment, and applicants overall image must exceed standards. Mandatory service commitment is three years from the date of assignment for the 8F000 SDI and will not exceed six years from the date of the First Sergeant Academy graduation. Duty related questions may be directed to Col. Henson at ext. 6186, or Chief Master Sgt. Pollard at ext. 6308. All applications packages are due to the commander, 153 SFS by **COB April 2**, and must include a cover letter, resume, RIP, and fitness assessment.

187 AES TRADITIONAL POSITIONS: The commander of the 187th Aeromedical Evacuation Squadron is accepting applications for a Medical Service Corps Officer. This is a traditional position with the authorized rank of Major. Applications must include but are not limited to the following, a cover letter requesting consideration, a current resume with civilian and military experience/education, a current RIP (VMPF is acceptable), a current fitness assessment. Applicants may direct questions to Maj. Williams at ext. 6195; packages to Master Sgt. Denise Hondel, 153AW/MPF, 217 Dell Range Blvd., Cheyenne, WY 82009-4799 by **COB April 5**. Nominating official is Lt. Col. Hofmann.

AIRCRAFT LOADMASTER, 187 AS: Maximum authorized rank is Master Sergeant. Individual selected must possess AFSC 1A271 and be immediately promotable upon selection for the position. Application packages or questions concerning the vacancy need to be forwarded to Chief

Master Sgt. Mike Sorensen, 772-6278. Application deadline is the **COB May 4**.

INFORMATION TECHNOLOGY

POSITION: Applications are being accepted for a traditional 3A071 position in the Joint Force Headquarters – Wyoming. Authorized grade is Technical Sergeant. This position is open to all enlisted members of the WyANG. If required to retrain, member must attend the first available class. Applications should be sent to Senior Master Sgt. Jana Keune, JFHQ-WY/HRS, 5500 Bishop Blvd., Cheyenne, WY 82009. If you have questions contact Senior Master Sgt. Keune at (307) 772-5293. Open until filled. Nominating official: Brig. Gen. Stephan Pappas.

PERSONNEL POSITION: Applications are being accepted for a traditional 3S071 position in the Joint Force Headquarters – Wyoming. Authorized grade is Master Sergeant. This position is open to all enlisted members of the WyANG. If required to retrain, member must attend the first available class. Applications should be sent to Senior Master Sgt. Jana Keune, JFHQ-WY/HRS, 5500 Bishop Blvd., Cheyenne, WY 82009. If you have questions contact Senior Master Sgt. Keune at (307) 772-5293. Open until filled. Nominating official: Brig. Gen. Stephan Pappas.

187 AES TRADITIONAL POSITIONS: Want to start an exciting career focusing on Homeland Defense with possible overseas deployment opportunities? Become a radio operator with the 187 AES. Perks include a short six week technical school, fascinating training, promotion opportunities and possibly a bonus for up to \$15,000. Learn to operate the latest in radio technology including high frequency transmissions and satellite communications. If interested direct questions to Maj. Williams at ext. 6195.

OFFICER APPOINTMENT – NAVIGATOR (C-130): Applications are now being accepted for UNDERGRADUATE NAVIGATOR TRAINING, AFSC 12M3B. This position is located in the 187th Air-lift Squadron. Applicants must be able to enter training prior to age 30; qualify on

the Air Force Officer Qualifying Test; meet medical requirements in AFI48-123; possess a bachelor's degree or have at least 90 semester hours with a minimum 2.3 GPA; and meet security clearance requirements. This position is open to all applicants that meet the above minimum requirements. For application procedures contact Master Sgt. Hondel, 153 MPF, (307)772-6457. For AFOQT info Senior Master Sgt. Helart, 153 MPF (307)772-6104. Application packages must include: 1. Cover letter requesting consideration, 2. AF Form 24 (enlisted and civilian applicants only), 3. Resume to include civilian and military education and experience, 4. Official college transcripts (enlisted and civilian applicants only), 5. Two letters of supervisory references, 6. AFOQT scores, 7. Any private flying paperwork. Send application packages to Master Sgt. Denise Hondel, 153AW/MPF, 217 Dell Range Blvd., Cheyenne, WY 82009-4799.

243 ATCS TRADITIONAL MAINTENANCE POSITIONS: The commander of the 243rd Air Traffic Control Squadron is accepting applications for Airfield Systems Maintenance; Supply Management; Heating, Air, Ventilation; Power Production; and Ground Radar Maintenance. These are traditional positions with some authorized ranks through Master Sergeant for qualified candidates and ultimate potential for Chief Master Sergeant. The positions are open to any enlisted member of the WyANG. Cross-trainees welcome. Applicants may contact Chief Master Sgt. Greg Wheeler at ext. 6290.

153 CACS OPPORTUNITIES: The 153rd 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 773-6715 or a WyANG recruiter at 772-6333.

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.

New Wing Web site debuts

The Wyoming Air National Guard's 153rd Airlift Wing has a new public Web site.

The site features news, photos and WyANG specific information using a standard U.S. Air Force template.

The address is <http://www.153aw.ang.af.mil>.

The site's primary designer, 2nd Lt. Rusty Ridley, wing public affairs officer, has been working diligently to gather content.

www.153aw.ang.af.mil

"There are some obvious benefits," he said. "Information on pages can be easily found because navigation is similar (to other unit sites), addresses of all (unit) sites are standard; and information and news sharing can happen more rapidly."

Ridley also said he encourages WyANG members to visit the site and provide feedback and suggestions via the site's "Contact Us" link.

You don't have to be "one of to stand with"

By Chief Master Sgt. James Branom
State Human Resource Advisor

As leaders in the Air National Guard, we are privileged to be strategically situated at the cross-roads of change and hope for our Airmen.

We are fortunate to be involved in an ANG that is fundamentally about betterment: betterment of oneself as well as others.

We have a chance to be involved with our Airmen when they are undergoing the process of change in their journey of self-discovery.

We are given the gift of exerting some influence on the future of our Air National Guard. We are given a chance at leadership.

As an Air National Guard we should all feel the crushing burden of our moral responsibility to lead by example and focus on developing Airmen competencies and creating a productive culture, which we define as one that respects individuals and their differences, fosters teamwork, promotes flexibility and supports a balance between personal and professional lives.

DIVERSITY CORNER

Diversity and the Air National Guard encompass a wide range of behaviors expected of every Airman, at every level, including treating all with dignity and respect, integrating ideas and collaborating with others, exhibiting behaviors that reflect a high degree of integrity and ethics, and building effective working relationships.

We all have a part in the efforts to maximize a diverse ANG that demonstrates the moral courage to realize that you don't have to be "one of to stand with".

Chief Master Sgt. Branom can be reached at (307) 772-5293 or james.branom@ang.af.mil.

Find technician and AGR jobs at:
<http://www.wy.ngb.army.mil/HRO/default.asp>

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) 220-7961 or 220-7962

DID YOU KNOW...

You can nominate your employer and your spouse's employer for a Patriot Award? Log onto www.esgr.mil to complete the Patriot Award nomination form.



**WYOMING ESGR
5500 BISHOP BLVD.
CHEYENNE, WY
82009**

**Ms. LAURA JEFFREY
PROGRAM SUPPORT
SPECIALIST**

**(307) 772-5376
LAURA.MEAD@US.ARMY.MIL**

AUTHORIZED HOTELS

Holiday Inn 204 W. Fox Farm Rd. (307) 638-4466 \$53	La Quinta Inn 2410 W. Lincolnway (307) 632-7117 \$52
Fairfield Inn 1415 Stillwater Ave. (307) 637-4070 \$58	Crow Creek Inn FE Warren AFB (307) 773-1844 \$30.50 - \$33

Contracted prices shown

Guardian submissions are due by COB of the Monday after UTA weekend. Submit information to Deidre Forster, state public affairs officer, at deidre.forster@us.army.mil

PASS & REGISTRATION SECURITY CLEARANCES

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 a 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.

Address all Pass & ID questions to Master Sgt. Nate Cook at 772-6192.

The 153rd Security Forces Squadron Personnel Security office is open Monday-Friday 0700-1630, Phoenix Fridays prior to UTAs, and on UTAs from 0700 – 1530 for assistance with security clearances. First preference will be given to new members who live out of town. Please address all security clearance questions to Mr. Dave Smith at 772-6145.

CLINIC INFO

Physical Health Assessments (PHA) are conducted Saturday of the UTA, 0830-1130 and once per quarter, we will offer Friday PHAs, 0830 - 1130 (Dec., March, June, and Sept. drills).

The 30 AS Flight Surgeon Office is now open 0700-0900 every duty day.

Please contact your unit health monitor to set up your PHA appointments. Immunizations are given in the Clinic on Fridays (quarterly) and Saturdays of drill weekend and during weekday duty hours between the hours of 0700-0900.

REMEMBER, the member MUST be on status (UTA/AT/PM) to be eligible for the

vaccination. Personnel who will be attending school, TDY, or out-processing for any other reason, MUST out-process on Saturday of drill.

The clinic is open Sunday of drill from 0800-1000 hours for administrative purposes only, but this does not include out-processing.

Health Promotion classes, Fitness and Cholesterol, have now been combined and will be held at 0900 in the mezzanine, Saturday of drill. You will be scheduled through your unit health monitor following failure of Fit Test or through the clinic, following abnormal test results receipt. If you have any questions please call ext. 6329, 6251, or 6426.

ITEMS OF NOTE

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.

WYOMING AIR NATIONAL GUARD
217 DELL RANGE BLVD.
CHEYENNE, WY 82009