

THE GUARDIAN

A Publication of the Wyoming Air National Guard

December 2007

NEWCOMERS

153 CACS

Malcolm Cerv



153 CF

Melissa Mitchell



153 LRS

Gerald Cornwall

Anthony Perkins



153 SVF

Kristen Ryel



187 AES

Andrew Horgan

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Student flight receives new leader

By Staff Sgt. Rebecca Downey
Public Affairs
Wyoming Air National Guard

The Wyoming Air National Guard has a new student flight coordinator who is geared up and ready to go. Senior Master Sgt. Buckey Walters' background has been spread over 33 years of service in the Air Force on active duty, in the Air Force Reserve, and the Air National Guard.

"I wish there was a Student Flight in 1974, when I came in, to have a basic exposure; to build up their confidence in themselves," Walters said. "I wanted to make a difference, I am one of the old guys and I saw how it was back then, and how it has grown over the years."

Student flight is for members who have not gone to basic training and do not have prior service. They are working on pro-

cessing their files, such as waiting for security clearance. They are taken on tours and introduced to current members in offices and departments of those they need to work with now and will be working with in the future.

Walters understands that

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Senior Master Sgt. Buckey Walters speaks to the student flight about the importance of core values. (Photo by Staff Sgt. Rebecca Downey, Wyoming Air National Guard)

PROMOTIONS

153 CES

Jeffrey Edwards
Master Sergeant



153 CF

Nathan Robillard
Staff Sergeant



153 OG

Angela Bohr
Master Sergeant



153 CACS

Christine Gold
Technical Sergeant



187 AS

Trenton Lloyd
Technical Sergeant
Doug Peterson
Senior Master Sergeant



The Chaplain's Office has free Bibles for anyone who wants them. Stop by and pick one up and join us on UTA weekends for free cookies, coffee, conversation and encouragement.

The Chaplain's Office is located up the stairs next to the vending machines in Bldg 16.



Air National Guard Airmen can request changes and corrections to their military service dates online through the virtual Personnel Center - Guard and Reserve at <http://arpc.afrc.af.mil>.

If Airmen identify service date inaccuracies, they may request a correction by providing source documents. Change requests can include current grade, date of rank, pay date and date initial entry uniformed service. More information is available by calling the contact center at (800) 525-0102.

Are you a Clark Griswold wanna-be?



By Master Sgt. Aaron "Stoney" Smith
153rd Airlift Wing safety supervisor

Christmas lights are beautiful and much safer than candles, but all that electricity can cause problems if not used properly.

Christmas lights can get hot enough to burn or ignite other decorations.

The cords can fray, leading to a short.

Decorating with lights often requires the use of a ladder, and improper use could lead to an injury.

When you put up Christmas lights this season - or holiday lights during any season - be sure to follow these safety tips.

- Choose Christmas lights that have been tested and deemed safe by a reputable testing laboratory, (UL). Christmas lights listed as safe by these laboratories will note that on the packaging.

Here are the following safety tips:

- Try to use the cooler-burning "mini" Christmas lights as opposed to the traditional larger bulbs. The older style burns much hotter.
- Only use Christmas lights that have fuses in the plugs.
- Inspect each set of Christmas lights - old or new - for damage. Return or throw out any set with cracked or broken sockets, frayed or bare wires, or loose connections.
- Replace burned out bulbs promptly with bulbs of the same wattage.

GUEST COLUMN

- Never hang Christmas lights on a metal tree. The tree can become charged with electricity and shock someone. The tree can also short out the Christmas lights and cause a fire.

Want Christmas lights outdoors?

- Use outdoor Christmas lights. The packaging will note whether the lights can be used indoors, outdoors, or both.

- All outdoor electrical decorations should be plugged into a ground-fault circuit interrupter. You can buy portable units for outdoor use, or you can have them permanently installed by an electrician.

- Use extension cords properly. Outdoor cords can be used inside or outside. Do not overload extension cords - they can get hot and burn.

- Secure outside Christmas lights with insulated holders (never use tacks or nails) or run strings of lights through hooks.

- When you leave, or go to bed at night, turn off your Christmas lights.

- Never pull on a string of Christmas lights, it stresses the cords and can lead to fraying. Store them loosely wrapped for the same reason.

- Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging in the cord. Make sure to periodically check the wires - they should not be warm to the touch.

- Practice ladder safety when putting up or taking down your lights.



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. HAROLD REED

WING PUBLIC AFFAIRS OFFICER

LT. TIM LOCKWOOD

WING PUBLIC AFFAIRS STAFF

STAFF SGT. REBECCA DOWNEY

STATE PUBLIC AFFAIRS OFFICER

DEIDRE FORSTER

THE GUARDIAN, 217 DELL RANGE BLVD., CHEYENNE, WY 82009
(307) 772-5253/5229, 153.PA@WYCHEY.ANG.AF.MIL

Military OneSource provides assistance

Military OneSource is a free support service provided by the Department of Defense offering assistance and resources to service members and their families on many different issues. The following information will help you understand what the service is and how to use it.

What does Military OneSource do? Military OneSource, which supplements existing installation services, provides free help and information, by phone with a professionally trained consultant or online, on a wide range of issues that affect you and your family -- from budgeting and investing to relationships and deployment. It's available whenever you are -- 24 hours a day, 365 days a year. Whether you're single or married, a parent or not a parent, Military OneSource can help with the issues that are important to you. For service members and



families who live far from military installations, Military OneSource is especially useful. No problem is too big-- or too small. If we don't know the answer, we'll find it.

Why should I call Military OneSource? Military OneSource helps you save time and money by researching your questions; supplying solid, reliable information; and providing valuable services. Use Military OneSource to seek help early, before a minor problem turns into a major one. With the Military OneSource team of master's-level consultants,

you can deal with several issues at one time -- all within the privacy of your home. Consultants answer the telephone "live" and can also respond to e-mail questions. They also follow up to make sure

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Help children cope with holiday deployments

Taken from American Psychiatric Association/ Healthy Minds.org

For many children, the holidays are happy, fun and exciting times. However, the American Psychiatric Association (APA) notes that for some children, the holidays can also be stressful and confusing.

This year, many children are separated from parents due to ongoing military service.

"The holidays often remind children of what's changed and what's now different," says David Fassler, M.D., APA trustee-at large and a child and adolescent psychiatrist in

Vermont. For example, he explains, "A child whose parent is on active military duty may feel it's particularly unfair that her daddy or mommy needs to be away over the holidays."

Tips for parents to help children cope with holiday stress:

1. Discuss holiday plans well in advance, and include your children in the planning process.
2. Make sure kids get plenty of rest and limit the amount of time kids spend alone watching TV or playing video games.
3. Don't promise things you can't produce. Uphold and maintain family traditions.

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.



Scholarships available

Applications for the First Command Scholarship and the Warren Spouses Club Scholarship are now being accepted and must be post-marked no later than Feb. 15, 2008.

Applicants must be a military dependent of a military sponsor.

The applicant's military sponsor must be of active duty, guard, reserve, retired or deceased status from a United States branch of service and either assigned to F.E. Warren in active duty status or a resident of Laramie County.

For more information, visit <http://www.warrenspousesclub.com/welfare.html>.

Over the last four years \$54,000 has been awarded to 50 applicants.

153RD AIRLIFT WING FAMILY READINESS PROGRAM CONTACT NUMBERS



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

BILL BRECKENRIDGE
STATE FAMILY READINESS COORDINATOR
307.772.5208 OFFICE
307.631.7537 CELL

DENISE RAMPOLLA
153RD AW FAMILY READINESS COORDINATOR
307.772.6063 OFFICE
307.214.2625 CELL

CHAPLAIN DOUG ARENDSEE
STATE CHAPLAIN
307.772.5098 OFFICE

JOBS

AIR TRAFFIC CONTROL SPECIALIST, (TRADITIONAL) MASTER SERGEANT POSITION:

The commander of the 243rd Air Traffic Control Squadron is accepting applications for an Air Traffic Control Specialist, grade E-7. This position is open to: enlisted members of the Wyoming Air National Guard. Other minimum or special qualifications for this position: current qualification as AFSC 1C171. Please submit resume to Chief Master Sgt. Lee Villeneuve, ATC Superintendent, 772-6486 by **COB 30 Nov.**

OFFICER VACANCY 153 AW Public Affairs Officer: Applications are now being accepted for the position of Public Affairs Officer (35P4). This is a traditional position located in the 153rd Airlift Wing. The maximum authorized rank is Major. The position is open to enlisted members and officers currently assigned to the Wyoming Air National Guard. Duties include, but are not limited to creating copy for "The Guardian," schedules and assigns personnel to arrange photographic coverage of events in which Air Force personnel participate, coordinates with fulltime public affairs staff to release information. Application packages must include, but are not limited to the following: (1) A cover letter requesting consideration; (2) AF Form 24, (enlisted only); (3) Current resume to include civilian and military education and experience; (4) College transcripts from an accredited 4 year college or university (enlisted only); (5) Letters of recommendation (optional); (6) a copy of the Air Force Officer Qualifying Test (AFOQT) scores for candidates applying for initial commission. Application packages are due to Col. Harold Reed, 153 AW/CC, 217 Dell Range Blvd., Cheyenne, WY 82009, by **COB 14 Dec.**

INSPECTOR GENERAL VACANCY: Applications are now being accepted for the Inspector General of the 153 AW. This is a traditional position with the authorized rank of Lieutenant Colonel. Applicants must be a commissioned officer at time of selection. Applications must include a cover letter stating interest in the position, a current resume with civilian and military experience/education, a current RIP (VMPF is acceptable), and a current fitness assessment. All applications packages are due to Col. Harold Reed by **COB 6 January.**

OFFICER APPOINTMENT – NAVIGATOR (C-130): Applications are now being accepted for UNDERGRADUATE NAVIGATOR TRAINING, AFSC

12M3B. This position is located in the 187th Airlift 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 Tech. 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. Nominating/Selecting Official: Lt. Col. Lyman, 187AS/CC (307) 772-6360. Send application packages to Tech. 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, AFSC 2E1X2; Supply Management AFSC 2S0X1; Heating, Air, Ventilation AFSC 3E1X1; Power Production AFSC 3E0X2; and Ground Radar Maintenance AFSC 2E0X1. These are traditional positions with some authorized ranks through MSgt for qualified candidates and ultimate potential for Chief Master Sergeant. These positions are open to any enlisted member of the WyANG. Cross-trainees are welcome. Applicants may contact Senior Master Sgt. Greg Wheeler at ext. 6290.

AIRCRAFT MAINTENANCE SQUADRON VACANCIES: The Aircraft Maintenance Squadron has traditional positions available in aerospace ground equipment, aircraft ECM/EW, aircraft crew chiefs, aircraft electro/environmental, aircraft pneudraulics, aircraft propulsion, aircraft repair and reclamation, aircraft COMM/NAV, aircraft avionics, and aircraft ISO Dock. If you have questions or would like more information please contact Chief Randy Wilkison at 772-6778, Chief Doug Hensala at 772-6401, or Chief Jan Arnold at 772-6035.

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. CACS currently has openings in: 3E451-Utilities Systems, 3M071-Services, 2T351-Vehicle Maintenance, 2E151-Satellite, Wideband, and Telemetry Communications Systems, 2E271- Computer, Networking, Systems, and Cryptographic Systems, 2E153-Ground Radio, 3C051-Communications-Computer Systems, 3C151-Radio Operation Systems, 3C251-Communications-Computer Systems Control. For more information contact Master Sgt. Priest at 773-6715 or a WyANG recruiter at 772-6333.

NCO VACANCY – 153td Medical Group: Applications are being accepted for the position of Public Health Technician, Staff Sergeant, AFSC 4E0X1. This is a traditional Noncommissioned Officer position and maximum authorized grade is SSgt (E5). Organizes and assists in communicable disease prevention and control programs. Controls disease transmission through patient interviews, epidemiological investigations, and patient education. Advises professionals on control measures. Updates and completes associated records and forms. Investigates disease outbreaks. Collects and compiles epidemiological data. Identifies, evaluates and reports trends. Provides administrative oversight to the PIMR program. Gathers data, produces rosters and reports for Primary Care Management Teams, Unit personnel and both medical and line leadership. Provides immunizations policy input to the Population Health Function and produces rosters and reports for healthcare provider teams and line unit personnel.

Completion of high school courses in Algebra II, physics, chemistry, biology, and English composition is desirable. 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, 2 Mar 08.** Nominating/Selecting Official – Lt Col Stanley D. Bruntz, 153 MDG.

SENIOR NCO VACANCY – 153rd Medical Group: Applications are being accepted for the position of Public

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.

JOBS CONT

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Health Craftsman, Master Sergeant, AFSC 4E0X1. This is a traditional Noncommissioned Officer position and maximum authorized grade is MSgt (E7). Organizes and assists in communicable disease prevention and control programs. Controls disease transmission through patient interviews, epidemiological investigations, and patient education. Advises professionals on control measures. Updates and completes associated records and forms. Investigates disease outbreaks. Collects and compiles epidemiological data. Identifies, evaluates and reports trends. Provides administrative oversight to the PIMR program. Gathers data, produces rosters and reports for Primary Care Management Teams, Unit personnel and both medical and line leadership. Provides immunizations policy input to the Population Health Function and produces rosters and reports for healthcare provider teams and line unit personnel.

Completion of high school courses in Algebra II, physics, chemistry, biology, and English composition is desirable. 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, 2 Mar 08. Nominating/Selecting Official – Lt Col Stanley D. Bruntz, 153 MDG.

NCO VACANCY – 153rd Medical

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you've received the help you need. Here are just a few of the issues Military OneSource can help you with:

Personal and relationship issues. Military OneSource can help with issues including depression, addiction and recovery, stress, grief and loss, relationships, or issues related to deployment. In addition, free face-to-face counseling sessions can be arranged in your local community (in the continental U.S., Alaska, Hawaii, and Puerto Rico).

Child care and parenting issues. Specialized consultants can help you locate licensed child care providers in your area, as well as help with other parenting issues, such as ways to help your children succeed with homework or how to help your children adjust to a move.

Deployment and reunion issues. Through both the Web site and the toll-free number, you can locate information for service members and their families about dealing with deployment. You'll

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Group: Applications are being accepted for the position of Education and Training Manager, Technical Sergeant, AFSC 3S2X1. This is a traditional Noncommissioned Officer position and maximum authorized grade is TSgt (E6). Conducts education and training (E&T) tasks for medical, medical readiness operations, and support training; education services; curriculum development; and instructor activities. Develops, delivers, and evaluates E&T programs and oversees E&T supervisor activities. 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, 2 Mar 08. Nominating/Selecting Official – Lt Col Stanley D. Bruntz, 153 MDG.

OFFICER VACANIES – 153d MEDICAL GROUP:

Applications are now being accepted for two Medical Service Corps Officer (41A1) positions. These positions are both traditional officer positions with a maximum authorized grade of Maj (O-4). These positions are open to all Wyoming Air National Guard personnel (enlisted & officer) who are able to meet the following minimum requirements of AFMAN 36-2105; possess a graduate degree in health care administration, hospital administration, public administration, business administration or management, information systems management, or equivalent and be commissioned before their 47th birthday; take the GRE or GMAT test (unless enrolled in a Master's Degree program); meet medical require-

find information on staying connected with your children while you're deployed, or information for Guard and Reserve members returning to work after a deployment.

Education. Information about education issues of special interest to military families is available on the Web site and by phone. You can also arrange for individual consultations with trained specialists in the following areas:

K-12. Help locating a school when you move, understanding school ratings, finding homeschooling resources, or evaluating public and private schools.

College. Assistance with college applications, plus information and resources on financial aid, scholarships, and obtaining credit for military experience.

Special needs. Help with issues related to relocation when you have a special needs family member, information on available educational services, and help finding a local advocate.

Spouse training, education, and ca-

ments in AFI 48-123; and meet ANG security clearance requirements. Application packages must include, but not limited to, the following; (1) cover letter requesting consideration; (2) AF Form 24 (enlisted applicants only); (3) resume to include civilian and military education and experience; (4) college transcripts from an accredited 4 yr college/university (enlisted applicants only); (5) letters of recommendation (optional). Please submit packages to CMSgt Kristin Maurer, 153 MDG, 217 Dell Range Blvd, Cheyenne, WY 82009-4799, 307-772-6426 no later than close of business, 2 Mar 08. Please direct any questions to CMSgt Kris Maurer at DSN 388-6426 or Comm 307-772-6426. The nominating/selecting official is LTC Stanley Bruntz, Commander, 153 MDG.

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

reer. Our consultants can help military spouses focus on a career path that uses their strengths, identify work that travels well, find training and education, find jobs, move to a new career area, and develop their interviewing and resume-writing skills.

Elder care issues. Finding help caring for a parent or grandparent can be a challenge for many service members. Specialized consultants can help you understand the kinds of elder care available and locate elder care in your community. With Military OneSource, you also have access to information on Medicare and Medicaid, dependent care costs, prescription drug assistance, medical insurance, and Social Security.

Money matters. The Military OneSource financial team can help with budgeting, debt reduction, credit issues, and tax preparation. Financial planners are available by appointment for more detailed financial concerns.

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Wyoming Air National Guard continue to be focused as team on success

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Doug Hensala
Command Chief Master Sgt.
State of Wyoming

You all are familiar with the old adage that the only thing constant is change. Well since September 11, 2001, we have been living out that saying.

Looking back it is obvious that we are not the same organization in many regards as we were before that fateful day. To that end I have heard a lot of discussion about how we are losing our Guard culture or that our identity has changed.

Not sure that I follow that thought process or necessarily agree. Let's look back at the past year and all that the Wing accomplished:

- 4100 Flying Hours, 775 in Combat
- 2011 Sorties, 796 in Combat
- 2800 Tons of Cargo
- Multiple Deployments to Joint Forge, Coronet Oak, OIF and OEF
- 88.7% Mission Capable Rate (Standard is 75%)

And that is just Maintenance and Operations!

ATC and CACS underwent higher HQ inspections and passed with flying colors while still meeting mission tasking.

The Clinic completed an HSI as well as an overseas training exercise and deployed in support of the AEF.

Air Evac supported the AEF as well as numerous other deployments.

Security and Aerial Port are

maintaining a demanding deployment schedule and home station support with limited resources.

None of these accomplishments would be possible without the support of the members of Comm, Finance, MSF, Services and the entire Mission Support Group.

And by the way we added an Active Duty Squadron to our Guard family.

Our unit has been nationally recognized on numerous occasions for their outstanding accomplishments. In late October we were visited by Rep Duncan Hunter of California to thank

the members of this Organization for their efforts in fighting the wildfires that plagued not only his district but his home.

Look at who we are and what we do. I joined this unit in 1979 and during my time here I have witnessed an organization that continually sets the standard for all others to achieve. We have always been the first to raise our hand when people are in need. We do things better, faster and cheaper than anyone else.

We exemplified the Air Force core values long before someone chose to adopt them as standards for all to live by. To me that is our culture, our identity and what sets us apart from the rest.

Change is constant and I ask each of you to evaluate what our culture and values truly are, continue to adapt and help us to move forward to future challenges and maintain our stature as the premier unit in the Air National Guard.

he has an opportunity to help the new recruits coming into the Wyoming Air National Guard. "I want to prepare them for basic training, but more for a career in the Air Force," he said. "To give them a dose of reality and what the career is really about."

The training and education the student flight members receive is not just how to fold laundry and how to march properly. The students rotate in and out of the Heritage room to learn about the Wyoming Air National Guard History and what the guard is all about. When they are not working on their files, Walters is training them on military life and what will be expected of them.

"I am a supervisor and I will take care of them. If you take care of your people, they will take care of you," he said. "These students are our future leaders and I wanted to be a part of developing good leaders. We, the military, talk about core values but do we actually do the right things."

"I am looking forward to a team vision, from beginning to end. I am training them as if they are going through basic training, and so if you see them locked up on the walls, please realize they need this and respond accordingly," Walters said. "There is a big future for these students in their education and leadership schooling. They need to respect rank; we cannot be complacent with them. If you see them around base and they are out of line, correct them and let me know. I cannot fix what I do not know."



The Web site provides additional financial resources, including calculators for loans, debt reduction, and budgeting.

Legal issues. Depending on your service branch, Military OneSource legal services are provided as a supplement to your installation's Legal Assistance Office. The Military OneSource legal team includes licensed attorneys who can provide legal information and education.

Violence and trauma. Military OneSource consultants can help you talk with your children about issues of war and violence. We also provide information, resources, and counseling on issues related to emergencies and natural disasters, including planning and preparedness.

Relocation. Military OneSource also can help you make a smooth move to a new duty station. As you settle into your new community, use Military OneSource to find an apartment, locate child care providers, find gyms, find music lessons for your children, or find a quality summer camp. Military OneSource consultants can provide information on your new installation, as well as neighborhood reports on your new community.

Transition to civilian life. With Military OneSource, you can access information about life after the military -- including retirement calculators, education and career opportunities, and travel.

Healthy habits. Military OneSource offers information on health and related issues, including relationships, infertility, and mental health. The Web site offers articles related to specific issues, including how to stay healthy and help for children with special needs.

Consumer issues and travel. On the Military OneSource Web site, you'll find information to help you become a better consumer, along with links to discounts for service members and their families.

Translation assistance. Through Military OneSource, you can have written documents translated or you can facilitate a three-way phone call with an interpreter to ensure communication between you and a third party. All translated documents will be notarized and accompanied by a certificate of authenticity.

Face-to-face counseling. A Military OneSource consultant can refer service members or eligible family members to licensed professional counselors in the local community for six sessions per issue at no cost to the service member or family member (available in the continental

U.S., Alaska, Hawaii, and Puerto Rico). Face-to-face counseling is designed to address short-term issues dealing with relationships, grief and loss, adjustment to deployment, stress management, parenting, or combat stress. For more information, call Military OneSource at 1-800-342-9647.

How do I use Military OneSource? Using Military OneSource is easy. Services are available to you through a toll-free number and online.

Dial 1-800-342-9647. A Military OneSource consultant will listen, discuss your needs and concerns with you, and help you assess the situation. Most consultants have military experience and all have been trained on military culture. When you talk with a consultant, the consultant will read a privacy statement to you which will explain the limits of confidentiality. Depending on your situation, a Military OneSource consultant may:

- help you make a plan to resolve your issues or concerns
- provide customized research
- refer you to a self-help or support group
- guide you to helpful resources in your community
- refer you to a specialist or local counselor for short-term counseling
- send you helpful educational materials

Remember, your privacy is assured and no one knows you reached out for support unless there is a threat of harm to yourself or others.

Visit the Web site. On the Web site (<http://www.militaryonesource.com>), you'll find resources on topics ranging from parenting to elder care, from moving overseas to buying a home. You can view materials on the site, or you can order or download materials free of charge.

Prepare and file your taxes using an online tax-filing program, sign up for newsletters, find military resources and links, download podcasts, or view military-related news through real-time data feeds. Much more is available through the Military OneSource Web site.

Who's eligible for Military OneSource? Military OneSource extends the military's existing family support system at no cost to service members. Our programs are especially helpful to service members and their families geographically separated from installation services, or to those who can't seek assistance during traditional working hours. People eligible for Military OneSource include:

Active-duty service members in the

Air Force, Army, Marine Corps, and Navy, and their immediate family members.

National Guard and Reserve members -- regardless of activation status -- and their immediate family members (includes members of the Individual Ready Reserve).

Retired and separating service members and their immediate family members for up to six months following their separation.

Other people eligible for Military OneSource include extended family members who are seeking assistance on behalf of the service member and some qualified DoD civilians. For specific information, contact a Military OneSource consultant.

What about customer service? Military OneSource is committed to delivering the highest levels of customer satisfaction. We ensure the quality of our services by:

Following up with callers. Consultants call customers back -- usually within a week to ten days -- to make sure they're satisfied with the outcome of their call.

Reviewing customer surveys. Customer surveys help Military OneSource identify and meet the needs of service members and their families. You may be asked to complete a survey when you use Military OneSource -- your comments will help us adapt our services to fit your needs.

Customer recovery. If a customer's comments are less than satisfactory, Military OneSource contacts the customer and works to resolve the issue. This process helps ensure that Military OneSource consistently meets the needs of service members and their families.

How do I contact Military OneSource? Contacting Military OneSource is easy -- whether you're in the U.S. or overseas. Military OneSource services are available 24 hours a day, 365 days a year. Visit our Web site at <http://www.militaryonesource.com> or call one of the following phone numbers:

Stateside: 1-800-342-9647 or Overseas: OCONUS Universal Free Phone: 800-3429-6477 (Use applicable access code before dialing the toll-free number. Codes can be found online.)

Collect from overseas: 484-530-5908. (Please call the international operator first and provide this number. The operator will connect you to Military OneSource.)

En español llame al: 1-877-888-0727 and TTY/TDD: 1-800-346-9188

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