

THE GUARDIAN

A Publication of the Wyoming Air National Guard

July 2007

NEWCOMERS

153RD APF

Darren Osvoold



187TH AES

Jeremy Stegall
Shawn Graham



153RD MPF

Charles Fitzgerald



153RD LRS

Travis Gibson



153RD MDG

Nancy Winter



153RD CACS

Joel Fisher



PROMOTIONS

153RD CES

James Edwards
Senior Master Sgt.
John Kopper
Senior Master Sgt.



153RD MDG

Ronnie Broughton
Tech. Sgt.
Flo Beville
Senior Master Sgt.



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30th celebrates 1st anniversary

The first Active Association for AMC had its official activation ceremony July 8, 2006.

It's been a year since the first handful of active duty Airmen arrived at the 153rd Airlift Wing to create the 30th Airlift Squadron.

Now more than 100 Airmen are integrated into the wing's operations, maintenance and support groups, working side-by-side with Wyoming Air National Guard personnel.

"This past year has been very rewarding and challenging," said Maj. Jeff DeVore, director of operations and acting commander for the squadron.

"We have had to tackle issues which are shaping the way the entire U.S. Air Force, Air National Guard, and Reserves will conduct warfighting and training in the future. Every hurdle which has been overcome is a success story. It is a very humbling process to be a part of," he said.

Wyoming chooses C-130 names

LaGrange, Lander, Thermopolis, and Upton are the names of the Wyoming Air National Guard's four additional C-130s.

Gov. Dave Freudenthal randomly chose the winning towns from 12 finalists in the name a C-130 contest during his June 6 news conference.

"The Wyoming National Guard wants to thank the communities for their great support of the military, this is a small token of our appreciation for 12 of our towns around the state," Brig. Gen. Donald Haight, assistant adjutant general, Wyoming Air National Guard, said.

LaGrange received 1,744

votes. Lander received 23 votes. Thermopolis received 404 votes. Upton received 2,495 votes. Wyoming residents nominated 56 towns and cast a total of 7,405 votes.



Gov. Dave Freudenthal, left, reacts to pulling the name of this home city of Thermopolis out of the helmet of a Wyoming Air National Guard pilot on June 6, 2007 in the Governor's Formal Office. Behind him from left are Lt. Col. Jerry Champlin, Staff Sgt. Jason Meermans and Senior Airman Monte Medina. Photo courtesy of Gov. Freudenthal's office.

NEWCOMERS



153RD MXS
Michael Eastlund



153rd MXS
Jeremy Mullin



187TH AES
William Wright

Personnel due home

The majority of the personnel who deployed from the 153rd Airlift Wing at the end of May will return home in July.

Two rotations of personnel came home in June; three more homecomings are tentatively scheduled for July 19, 21 and 23.

Each arrival will occur at 4 p.m.

153rd SECURITY FORCES PERSONNEL SPECIALIST AFSC 3SOX1, E-6: This position is open to current TSgts and below and currently hold AFSC 3SOX1. Applicants must meet the following minimum qualifications: Sound judgment combined with a high level of reasoning and interpersonal skills. The person selected for this position will perform personnel duties as required by AFSC as well as: maintain rosters, continuity binders, files, forms and logs; individual will also need to complete additional duties as assigned. If required to retrain, member must attend the first available class. Application packages are due to MSgt Stoinski, 153 SFS/CCF by **COB 31 August** and must include but not limited to the following: (1) Cover letter requesting consideration, (2) Resume to include civilian/military experience, education and training, (3) Proof of PME completion. Duty related questions may be directed to Maj. Tweedy, ext. 6215 or SMSgt Abbott, ext. 6136.

Read Home Town releases and news releases at <http://www.wy.ngb.army.mil>

Wyoming Air National Guard

Are you ready for a tornado?

Tornadoes are the most erratic, most unpredictable and most violent of storms. They can happen anytime, anywhere, but are most common in Wyoming from May through September.

The tornado funnel may range from a few yards to nearly a mile in width. It may travel slowly or as fast as 60 mph. It may skip along or even make a U-turn. It may move along the ground a few 100 feet or several 100 miles.

Learn the difference between a Tornado Watch and a Tornado Warning

Tornado Watch indicates that conditions are right for a tornado to develop and that the sky should be watched. Be alert to changing weather conditions.

Tornado Warning indicates a tornado has been sighted or that radar indicates one has developed or could develop within minutes. Warnings will give the location of the tornado and the area immediately affected by the warning. When a warning is issued, move quickly to shelter.

The immediate threat from tornadoes is danger to life and property from violently whirling winds and debris hurled through the air by the winds. Wind speeds in tornadoes can exceed 250 mph.

Long-term risks include the possibility of building collapse, fallen trees

and power lines, broken gas lines, broken sewer and water mains, and the outbreak of fires. Agricultural crops and industries may be damaged or destroyed.

Here's what you can do to prepare for such an emergency:

Prepare a Home Tornado Plan

Pick a place where family members could gather if a tornado is headed your way. It could be your basement or, if you don't have a basement, a center hallway, bathroom (bathtub), or closet on the lowest floor. Keep these areas uncluttered. If you're in a highrise building, you may not have enough time to go to the lowest floor, pick a

place in the center of the building.

Assemble a Disaster Supplies Kit

containing the following:

- First aid kit and essential medications.
- Battery powered radio, flashlight, and extra batteries.
- Canned food and can opener.
- Bottled water.
- Sturdy shoes

Fujita scale ranks tornadoes by damage. Forecasters and researchers use a wind damage scale created by T. Theodore Fujita to classify tornadoes.

- F-0. Light damage. Wind to 72 mph.
- F-1. Moderate damage. Wind 73 to 112 mph.
- F-2. Considerable damage. Wind 113 to 157 mph. Roofs torn off; mobile homes demolished.
- F-3. Severe damage. Wind 158 to 206 mph. Most trees in forest uprooted.
- F-4. Devastating damage. Wind 207 to 260 mph. Houses leveled; cars thrown.
- F-5. Incredible damage. Wind above 261 mph. Houses carried considerable distances to disintegrate.

and work gloves.

Also include in the kit written instructions on how to turn off your home's utilities.

Conduct periodic tornado drills, so everyone remembers what to do when a tornado is approaching.

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
PUBLIC AFFAIRS OFFICER
LT. TIM LOCKWOOD

PUBLIC AFFAIRS STAFF
STAFF SGT. REBECCA DOWNEY
VISUAL INFORMATION
SENIOR MASTER SGT. BOB WATKINS

THE GUARDIAN, 217 DELL RANGE BLVD., CHEYENNE, WY 82009
(307) 772-6258/6740, 153.PA@WYCHEY.ANG.AF.MIL

Tips for reintegration after deploying

Courtesy of Military One Source

Coming home after a deployment can feel great, but it's also a time of adjustment. These tips can help.

Tell your friends and relatives how you'd like to celebrate your return. Communicate any changes to the return schedule.

Avoid a tight social schedule for the first few weeks. If married, understand it's normal to feel out of sync with your spouse, so spend time talking.

Ease back into intimacy. It's not easy to regain physical and emotional closeness after stressful situations.

Be patient with yourself. Loneliness, fatigue, anger, and sadness are normal parts of re-adjustment.

Talk about how you're feeling and encourage friends and family to do the same. People may wonder what you've

gone through, but may hesitate to ask you.

Focus on positive changes you see at home and let your family know you appreciate them.

Expect your children to test the rules and communicate with your spouse to come up with an approach you both agree on.

Be patient with yourself and with others. Remember that those who are close to you are also adjusting to having you home.

Make time for family activities.

Limit your use of alcohol. Overuse of alcohol can increase feelings of depression and loneliness. Watch your spending.

Know when to seek help. If you're feeling signs of stress, physical or emotional, it's important to seek expert help -- the earlier the better.



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 and up.

Call 772-6063 for information.

PICNIC IN JULY

This year's annual picnic will be held at Lions Park, July 7. Picnic favorites will be available for a minimal charge. A variety of activities are planned for all ages including a dunk tank, water balloon slingshot, lawn bowling, a jumping castle for the kids, along with many other games, as well as softball, horseshoes, etc for us "big kids". Festivities are slated to begin at 11:30 a.m. Food will be served until 1:30 p.m. Question, contact Lt. Sarah Haarer at ext. 6118.

CFD PARADES

This year's parades will be held Saturday, July 21; Tuesday, July 24; Thursday, July 26 and Saturday, July 28, at 9:30 a.m.

Families interested in riding on the family float during any of the the parades are asked to meet by the parking garage located on Carey Avenue across from the State Capitol.

Spouse flight scheduled July 7

A Spouse orientation flight has been scheduled for Saturday, July 7.

All spouses who wish to attend must be pre-registered prior to the morning of the flight.

Please ensure you report to the operations section of Building 16 no later than 7:30 a.m. for an approximate 8:30 a.m. flight.

Mission requirements could cancel this activity at any time. If such a can-

cellation should occur, those who are registered for the flight will be notified as soon as possible.

Contact Denise Rampolla to reserve a seat for this wonderful opportunity to learn about the wing's C-130 mission. Seating is limited to 30 spouses.

Only spouses are permitted to fly. Service members can fly with their spouses, with their supervisor's approval.

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 DAVID HALL
ACTING STATE CHAPLAIN
307.772.5098 OFFICE

JOBS

OFFICER APPOINTMENT – PILOT

(C-130): Applications are being accepted for UNDERGRADUATE PILOT TRAINING, AFSC 11M2B. 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 AF148-123; 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. Applications must be received by **COB 8 July**. For application procedures contact TSgt Hondel, 153rd MPF, (307) 772-6457. For AFOQT info contact SMS Helart 153rd 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: LTC Lyman, 187AS/CC (307) 772-6360. Send application packages to TSgt Denise Hondel, 153AW/MPF, 217 Dell Range Blvd. Cheyenne, WY 82009-4799.

NETWORK CONTROL CENTER, E-7,

153rd COMMUNICATIONS FLIGHT: This position is open to: enlisted only. Other minimum or special qualifications for this position: Applications are being accepted for the Master Sergeant Network Control Center Position in the 153rd CF. This is a traditional position and is authorized through MSGt. This position entails supervising activities such as configuring and monitoring hardware and software for system operation, processing and control of data flow, and client-server multi user system support including network management. Applicants must forward a cover letter and current resume with civilian and military experience/education and PME completion status. Application packages are due to SMSgt Milissa S. Fowler, 217 Dell Range Boulevard, Cheyenne, WY 82009, 772-6339, not later than **COB 5 Aug**.

AIRCRAFT LOADMASTER – 187th

AIRLIFT SQUADRON, E-7. 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 CMS Mike Sorensen, 772-6278. Application deadline is the **COB 6 Aug**.

AIRCRAFT LOADMASTER – 187th

AIRLIFT SQUADRON, E-8. 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 CMS Mike Sorensen, 772-6278. Application deadline is the **COB 6 Aug**.

OFFICER VACANCY JFHQ-WY-PUBLIC AFFAIRS OFFICER:

Applications are now being accepted for the position of Public Affairs Officer (35P4). This is a traditional position located in the Joint Force Headquarters-Wyoming. 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 planning, budgeting for, executing, and evaluating effectiveness of public affairs programs. Trains full-time public affairs specialists and additional duty unit public affairs representatives and provides public affairs advice, counsel, and support for commanders and senior staff people. Analyzes military mission, unit policies, and relationship with population of local communities to determine requirements for communication. Schedules and assigns personnel to arrange photographic coverage of events in which Air Force personnel participate. Coordinates with appropriate agencies prior to contacting and releasing information to representatives of news media on conditions that might result in favorable or unfavorable public reaction, including releases and public statements involving news of national interest. Prepares public affairs annexes to operations plans. Develops plans and formulates policies to ensure public interest, attitudes, and reactions are determined and considered by personnel managing Air Force activities. Plans communication strategies to correct misunderstandings, problems, or friction that may develop. Applicants must forward a cover letter requesting consideration along with a resume describing their military and civilian knowledge, skills, and abilities commensurate with the duties and responsibilities of this position. 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. For application procedures, contact Lt. Col. Ron Lo Porto at 772-5199. Application packages are due to Lt. Col. Lo Porto, JFHQ-WY, 5500 Bishop Blvd. Cheyenne, WY 82009-3320 not later than **COB 13 Sept**. Selecting Official: Col. Pappas.

OFFICER APPOINTMENT – NAVIGATOR

(C-130): Applications are now being accepted for UNDERGRADUATE NAVIGA-

TOR 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 AF148-123; 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 TSgt Hondel, 153rd MPF, (307)772-6457, for AFOQT info SMS Helart 153rd 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: LTC Lyman, 187AS/CC (307) 772-6360. Send application packages to TSgt Denise Hondel, 153AW/MPF, 217 Dell Range Blvd. Cheyenne, WY 82009-4799.

SUPERINTENDENT – COMPUTER OPERATIONS SYSTEMS:

The 153rd Command and Control Squadron is now accepting applications for Superintendent, Computer Operations Systems. This is a traditional position with the authorized rank of SMSgt. All MSGts are welcome and encouraged to apply. Applications must include a cover letter, a current resume with civilian and military experience/education, a current RIP (VMPF is acceptable), a current fitness assessment reflecting a score of 70 or above, and proof of a current SECRET clearance. Upon selection, the applicant must complete SF 86 for TOP SECRET clearance. Duties and Responsibilities: Supervises and performs Communications-Computer Systems operations and executes associated information systems support programs. Performs network management, control, and administration on DoD local, metropolitan, and wide area networks, and command, control, communications, computer and intelligence systems, Defense Message Systems (DMS), command and control, and functional area systems. Must possess managerial, leader-

Continued on page 5

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

Continued from page 4

ship, and good communication skills. Questions about this position should be directed to CMSgt Mills, chief of operations, 153rd CACS at 773-2878. Applications should be sent to CMSgt Mills, chief of operations, 153rd CACS, 773-2878 or allen.mills2@warren.af.mil.

243rd 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 CMSgt. These positions are open to any enlisted member of the WyANG. Cross-trainees are welcome. Applicants may contact SMSgt Greg Wheeler at ext. 6290.

SUPERINTENDENT – RADIO OPERATIONS SYSTEMS: The 153rd Command and Control Squadron is now accepting applications for Superintendent, Radio Operations Systems. This is a traditional position with the authorized rank of SMSgt. All MSgts are welcome and encouraged to apply.

Applications must include a cover letter, a current resume with civilian and military experience/education, a current RIP (VMPF is acceptable), a current fitness assessment reflecting a score of 70 or above, and proof of a current SECRET clearance. Upon selection, the applicant must complete SF 86 for TOP SECRET clearance. Duties and Responsibilities: Operates, deploys, and sustains radio transmitters, receivers, and ancillary equipment for line-of-sight, air-to-ground, and satellite communications (SATCOM). Provides multiple spectrum (HF, VHF, UHF, SHF, EHF) communications in fixed, tactical, environments. Configures antenna and radio equipment for efficient operations. Establishes and maintains communications links with distant stations. Operates terminal control consoles and monitors system performance indicators. Implements operational directives. Manages communications facilities and activities. Supervises operations of radio and SATCOM systems, computer terminals, secure voice encryption equipment. Questions about this position should be directed to CMSgt Mills, chief of operations, 153rd CACS at 773-2878. This position will be advertised until filled. Applications should be sent to CMSgt Mills, chief of operations, 153rd CACS, 773-2878 or allen.mills2@warren.af.mil.

CACS OPPORTUNITIES: The 153rd Command and Control Squadron located on FE Warren AFB 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 MSgt Priest at 773-6715 or a WyANG recruiter at 772-6333.

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.

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

Patience

By Chief Master Sgt. Sheryl Knight
153rd Logistics Readiness Squadron

Patience means to overcome difficult situations by systematically working through them. Patience is a virtue.

Do what you can. You cannot control circumstances, results, or people. Often, the only things you can directly change are your perspective and responses. You cannot change circumstances, but you can control your responses. Most days bring opportunities to practice patience.

When a situation seems impossible, you will feel frustrated, but your response can make all the difference in your future success.

Five keys to building patience:

Keep your Cool. Be flexible when you encounter difficulties. Keep your goal in mind and deal with each roadblock as a matter of course. Angry outbursts never further your cause. Whatever the subsequent developments, maintain your composure by refocusing your energies on your original vision.

Use the Right Process. It is very easy to become frus-

trated – especially when particular steps seem completely unnecessary. Yet these processes often have built-in safeguards that help to protect the integrity of the project. Establish sound procedures, and avoid cutting corners or skipping steps without thorough consideration.

Pursue While You Wait: When faced with unavoidable delays, find other productive activities or look for ways to improve procedures. Finding ways to remain productive will put you in a stronger position when the difficulties are resolved.

Accept Reality: Some things should change, some things should not change, and some things require time and effort to change. Recognize your situation, discern what should change, and be willing to start the process, even if you do not see immediate results.

Try Again: Do not become discouraged when you seem to be getting nowhere. Reestablish that your vision is worth pursuing, and stay the course. The process of waiting and working develops the character you will need to see your dreams come true.

Grand peaks can look like molehills when seen from an airplane. Similarly, life's challenges will appear much less daunting when viewed from a higher perspective.

Remember, even small steps can help you move in the right direction, even though the goal still seems far away.

CHIEFS' COUNCIL CORNER

Do you have high cholesterol? Are you at risk for heart disease?

By Capt. Kevin Schrank
Physical Assistant

You may be one of 65 million Americans with high cholesterol and have no symptoms. In fact, high cholesterol directly contributes to your risk for heart disease, the No. 1 killer of men and women in the U.S. A little bit of "TLC" can reduce your cholesterol and decrease your risk for heart disease.

GUEST COLUMN

TLC or Therapeutic Lifestyle Changes, involves dietary changes, exercise, and weight management. Reducing your intake of trans fats, saturated fats and cholesterol can reduce your LDL (low-density lipoproteins or the "bad" cholesterol) by 8-10 percent. Increasing your physical activity by brisk walking for 30 minutes per day for at least five days per week can increase your HDL (good cholesterol) and lower your LDL. Even just 10 pounds of weight loss can decrease your LDL by 5-8 percent, according to published National Institute of Health data.

Do you know your cholesterol? The main goal in treating high cholesterol is lowering your LDL to below 130 for most people. Total cholesterol should be below 200, and triglycerides should be below 150.

If you have high cholesterol or are worried about someone with high cholesterol, there are many resources available. The clinic offers a simple group education session quarterly on Saturday morning. Individual counseling is available, as well.

A changing ESGR mission doesn't mean less support for military members

By Janet Cowley
State Chair
Wyoming ESGR Committee

Have you tried to find your favorite TV or radio program lately? Did they change the time or even the network where you used to find it? Change, it's everywhere. It's at work, it's in the grocery store, it's on our TV and radio. Change is inevitable.

Changes in our ESGR world are numerous right now.



Larry Bartelbort is off and running as the new executive director of the Wyoming Veterans Commission. Our new Program Support Specialist is Laura Mead. Laura has stepped up to the plate and worked hard since the first day when we sent her off to Fort Lewis to provide ESGR assistance to the returning members of the 2-300th. She hasn't had a weekend off since!

ESGR is needed now more than ever. With all the recent deployments, civilian employers are again feeling the burden of deployed employees.

WY ESGR is committed to obtaining Statements of Support and maintaining the "essential alliance" between the civilian employers and the military members. Nominations for Patriot Awards are strongly encouraged. These awards are given to the military member's employers and co-workers as well as spouse employers and co-workers.

Without the continued support of the employers across our state, the Airmen, Soldiers and Sailors we serve, can't and won't be able to continue their military service.

The Wyoming Field Committee has set a goal of 119 Statements of Support for fiscal year 2007.

If you know of an employer who is interested in signing a Statement of Support, have them contact Ms. Laura Mead at (307) 772-5376 or by email at laura.mead@us.army.mil.

Statements of Support are not legally binding in any way. It is simply a way to communicate support of those people in an organization who also serve our country by being in the military.

Statements of Support are our ESGR mission now and since we have the best volunteers working with the best military units, we might as well get the best civilian employers on our team, right?

Thank you for riding out this new wave of change. Thank you for your service!

BOSSLIFT NOMINATION WINDOW OPEN

Nominate your employer for the next Wyoming ESGR Bosslift.

The Bosslift will introduce WyANG employers to the wing personnel's wartime mission by visiting Gulfport, Miss., during the Operational Readiness Exercise, Sept. 11-12.

To nominate your civilian boss, pick up a nomination from your commander or first sergeant, or contact Wyoming ESGR at (307) 772-5376 or laura.mead@us.army.mil by COB of August's UTA.

Nominated bosses will receive a formal invitation from Wyoming ESGR complete with all the pertinent details in August.

Bosslifts are a great way to educate and inform civilian employers of the training and skill set military members receive while performing military duties.

Space is limited on Bosslifts, so be sure to tell your nominated boss to return his or her RSVP form as soon as possible after receiving the invitation in August.

Questions? (307) 772-5376.

Enlisted development through the Air Force Portal

By Senior Master Sgt. Susan Nagel
Human Resource Advisor
153rd Airlift Wing

The Air National Guard's Enlisted Development/Mentoring Program is now available through the Air Force Portal.

With the DoD's information security upgrades, the mission driven mentoring software program, Colaboro, is no longer accessible. All Active, Guard and Reserve members are authorized to login to the AF Portal, and civilians as guests, at <https://www.my.af.mil/>.

It is there you will find, with ease, the Enlisted Development Plan (EDP) under the "Featured Links" and then "Top Viewed: Careers" column under the message from our leaders. It only takes a few minutes to register; access is available from both the base and home.

I encourage all enlisted leadership at the Wyoming Air National Guard to become active members. It is important to note Airmen cannot request guidance from potential mentors, unless they have created their own EDP accounts.

CACS wins Cheyenne Trophy

The 153rd Command and Control Squadron recently was deemed the best unit in the Wyoming Air National Guard when it received the Greater Cheyenne Chamber of Commerce Military Affairs Committee Cheyenne Trophy.

"It is a distinct honor for the squadron to be recognized as the 'best' unit in the Wyoming Air National Guard for 2006," said Lt. Col. Robert C. Korte, squadron commander. "The men and women of the 153rd Command and Control Squadron have set the standard for continued "Outstanding" performance for this critical and unique mission."

The focus of the EDP is to maximize performance of our Airmen through positive career developments and mentoring relationships. It is broken down into three separate modules; Education and Training, Leadership, and Job Experience.

GUEST COLUMN

Although we recognize mentoring happens both formally and informally in each organization, the EDP allows Airmen to develop professional goals, draft a plan to achieve those goals, and track their progress in their personal journal with an embedded calendar to keep them on task.

Mentors will be able to view the mentee's progress and add comments for guidance. Data is linked to the Virtual MPF, however, other members authorized to view your plan will not have access to any Privacy Act information.

The EDP has direct links to appropriate AFI's, Air Force doctrine, and other information required for career development.

For instance, you can locate the minimum requirements for promotion to the next rank and outline the appropriate steps to prepare for promotion.

As mentioned above, in order to effectively develop goals and a career plan for your Airmen, supervisors and mentors must register an EDP on the Air Force Portal. There you can work towards achieving personal goals and career objectives for the ANG as well as your civilian occupation.

Once enrolled, supervisors and mentors can participate in all phases of an Airman's development.

Although some sections of the EDP are geared primarily towards active duty members, NGB is actively working on creating more suitable options for ANG members.

They are also working to develop a similar plan for the officer corps in the future.

Questions regarding the EDP, ANG mentoring, and other relative programs can be directed to the office of the Human Resources Advisor, base ext. 6185; through email at: susan.nagel@wychey.ang.af.mil or by calling (307) 772-6185.

The wing goal is 10 percent by December 2007.

You can reach out to your supervisor as well to participate; I challenge each of you to develop a plan for your future.



Denise Rampolla, wing family program coordinator, and her sons pose for a photo with Wyoming's U.S. senators, Craig Thomas, left, and Mike Enzi, right, during the Presidential Volunteer Service Awards ceremony in Washington, D.C. Rampolla was among those recognized for volunteer service. Courtesy photo.

PASS & REGISTRATION SECURITY CLEARANCES

In order to register a vehicle with the 153rd 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.

ITEMS OF NOTE

Physical Health Assessments (PHA) are conducted Saturday of the UTA, 0830 - 1130, and Short PHAs on Wednesdays from 0800 - 1100 hours. Once per quarter, we will offer Friday PHAs, 0830 - 1130 (Dec, Mar, Jun, and Sep drills).

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 0830 - 1130.

REMEMBER, the member MUST be on status (UTA/AT/PM) to be eligible for the vaccination. Personnel who will be attend-

ing school, TDY, or out-processing for any other reason, MUST out-process on Saturday of drill.

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 0730-088 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