



THE GUARDIAN

Visit us on the web: www.153aw.ang.af.mil

A Publication of the Wyoming Air National Guard

The Guardian Staff

Col. Stephen E. Rader
commander

Col. Paul Lyman
vice commander

Chief Master Sgt. Thomas Loftin
command chief

1st Lt. Rusty Ridley
public affairs officer

Master Sgt. Paul Mann
public affairs manager

Master Sgt. Cynthia Green
broadcast journalist

Staff Sgt. Natalie Stanley
public affairs specialist

Staff Sgt. Ann "Mike" Fitzgerald
still photographer

Staff Sgt. John Galvin
still photographer

Senior Airmen Cherron Vaden
broadcast journalist

Airman 1st Class Nichole Grady
public affairs specialist

Airman 1st Class Griffith Sea
knowledge operations manager



photo by Staff Sgt. Natalie Stanley

Master Sgt. Dana Durand, bioenvironmental engineering craftsman, 153rd Medical Group, conducts a gas mask fit test on Airman Elyse Fowler, 153rd Command and Control Squadron, Jan. 18, at the Wyoming Air National Guard base, Wyo. Fowler is just one of more than 1,200 Airmen that Durand and the 153rd Medical Group, have fit for the new M-50 mask since April 2011, tripling their usual numbers.

Please send *Guardian* submissions by COB the second Monday after UTA to:

153.aw.pa@ang.af.mil

Submissions that are not received by this date cannot be guaranteed inclusion.

Please feel free to submit article ideas, comments or corrections.

The Guardian is the unofficial newspaper published by the 153rd Airlift Wing Public Affairs Office for the members of the Wyoming Air National Guard. The opinions expressed herein do not necessarily represent those of the United States Air Force, the Wyoming Military Department or the Wyoming Air National Guard.



Commanders Corner

Wing headquarters and hangar to be renovated starting this spring

by Lt. Col. Pete Linde and Capt. Mike Pachel
153rd Mission Support Group

The most prominent building on our base is about to undergo an extensive renovation. Building 16, home to dozens of functions, hundreds of people, much of aircraft maintenance, and the Isochronical (ISO) Dock, will be gutted and rebuilt to correct life safety problems and provide for increased occupant comfort. This project has been talked about for a long time and much effort has already gone into making sure it is a success. Up until now much of the work has been behind the scenes, but we are at the point where every member of the 153rd Airlift Wing will have a part to play.

The civil engineers led a design working group consisting of representatives from every office within building 16, subject matter experts for security and communications, and the architect-engineer team. Last summer they completed an innovative design that met the Air National Guard's goal for energy efficiency and sustainable design. The design is also flexible enough that future changes in mission or manning can easily be accommodated by altering the wall systems. Utilities such as heating, ventilation, air conditioning, electrical receptacles and local area network drops are in the

floor, and can be easily altered to match any configuration with the walls. Once completed, the building will be a great working environment.

In late November we received funding for this project, the largest facility renovation the Air National Guard has ever done. It speaks volumes that the National Guard Bureau recognizes the importance of this project and has invested a huge amount of money in the future of the 153 AW. Col. Stephen Rader, 153rd Airlift Wing commander, announced at the December commander's call that the project was a go and that everyone could expect to be impacted in some way. Capt. Pachel has joked that he and his staff have given up trying to keep everyone happy and are now working to make everyone equally unhappy, and there is some truth to that. Even if you are not someone who will soon be moving out of building 16, it is very likely that your office will absorb some function of those moving. This inconvenience, over the next couple of years, will result in an excellent work environment for the next couple of decades.

The first offices to leave building 16 did so last fall when most of the operations group moved to the recently completed squadron operations building. Com-

story continued on page 8...

Free Tax Preparation Resources for Military Personnel

Information found on the
Air Force portal

There are several options for military personnel to file their 2011 taxes for free.

The military has a strong Volunteer Income Tax Assistance Program. Airmen, Soldiers, Sailors, Marines, Guardsmen, and their families worldwide receive free tax preparation assistance at offices within their installations. These VITA sites provide free tax advice, tax preparation, and assistance to military members and their families. They are trained and equipped to address military specific tax issues, such as combat zone tax benefits and the effect of Earned Income Tax Credit (EITC) guidelines. Most service members file their tax returns electronically at their tax centers and, by selecting direct deposit, receive their refunds in as little as one week. This combined effort ensures that service members receive free tax assistance from well-trained and equipped military tax preparers.

If you prefer to do your taxes yourself, there are several options to e-file your taxes online.

The Military OneSource Tax Program is once again offering a free, electronic tax filing service. If you are eligible under the Military OneSource program, you can complete, save, and file your 2011 federal and up to three state returns online free with the H&R Block At Home® tool. If you have questions about this tax service or about preparing your own tax returns, please call 1-800-342-9647

and ask to speak with a Military OneSource tax consultant. Trained tax consultants are available seven days a week from 7 a.m. to 11 p.m., EST. For online assistance with questions about deductions, exemptions, and filing deadlines, send inquiries to TaxQuestions@militaryonesource.mil. H&R Block At Home® is free to active duty, National Guard, and Reserve service members and their families.

TaxSlayer.com offers free e-file of federal and state returns for active duty military using their classic edition. The U.S. Defense Department considers Active Duty Military for the 2011 Tax Year to be those personnel whose W2s contain one of 12 EINs. The EIN (Employer ID Number) is the number in Box 'b' of the W2 form. Reserve and National Guard personnel who are classified as permanent 'Active Duty' by the Defense Department will have a W2 containing one of the EINs. This offer applies to those active duty military personnel who received a 2011 W-2 form.

TurboTax Freedom Edition offers free online federal tax preparation and e-filing for Active Duty, Reservists and National Guard personnel. To qualify, you must have a 2011 W-2 form from the military and have an Adjusted Gross Income (AGI) of \$57,000 or less in 2011.

IRS Free File is available to taxpayers with an Adjusted Gross Income of \$57,000 or less in 2011.



(US Air Force photo by Staff Sgt. Natalie Stanley)

Members of the 90th Security Forces Group take aim at their targets while firing the new weapons qualification course, Jan. 24 at FE Warren Air Force base, Wyo.

New weapons qualification course

How will it affect you?

by Staff Sgt. Natalie Stanley

153rd Airlift Wing public affairs specialist

The next time you go to the firing range for qualification, things will be significantly different.

The Air Force implemented a more intensive weapons training qualification course Dec. 1, 2011. However, the Air National Guard has a waiver to start on Aug. 1, 2012, with the 153rd Security Forces Squadron being the first to fire the new course during July drill, said Tech. Sgt. Clifford Johnson, combat arms noncommissioned officer in charge.

The new course incorporates target acquisition, threat discrimination, multiple-threat engagement, and surviving weapon malfunction and stoppages.

There are now three skill assessments, or tables, in which some Airmen will participate.

Table 1 encompasses the positions currently in the rifle qualification course. Table 2 involves new movements and short-range marksmanship. Table 3 involves night firing and is primarily for career fields where Airmen require advanced weapons training, like security forces.

Johnson said, “The new course is not necessarily harder, it’s just different.”

“Try something new and have fun with it, don’t make it such a stressful thing,” said Johnson, “You’re getting paid to shoot someone else’s ammo, someone else’s gun; so have fun and enjoy it.”

Getting prepared prior to firing may assist some people in feeling more comfortable once out on the range.

“Knowing your stuff before you

come to range is always nice,” said Johnson, “one of the recommendations that I’ve come up with is, take the weapons computer based training on the advanced distributed learning service, it gives you your weapons nomenclature and helps you prepare before coming to the range.”

The new requirements change how to qualify, but will not change how often.

“Most everybody will still do just in time training for deployments,” said Johnson, “the only exceptions would be those with home station requirements, such as air crew and cops.”

The article, “Air Force rolls out new rifle qualification course”, by Tech Sgt. Joseph Sanchez, 37th Training Support Squadron, contributed to this story)



Fitness...

Did you know?

by Maj. Debra Walker
153rd Medical Group

Did you know...?

...that the fitness assessment you take every year was designed back in 1968, by Dr. Ken Cooper (founder of The Cooper Institute) while he was serving in the military conditioning America's astronauts for space? And that the tests we use are under continued study at the Cooper Institute, The College of Sports Medicine and The Centers for Disease Control?

...that the definition of fitness is the condition of the body which enables an individual to use his/her body in activities requiring strength, muscular endurance, cardio-respiratory fitness, flexibility, coordination, agility, power, balance, speed and accuracy- without undue experience of fatigue and exhaustion? WOW!

...that the 1.5 mile run isn't to see if you are a great runner, but to test your cardio-respiratory fitness? Obtaining the level of fitness required to pass, requires getting your heart rate up to 70 - 85 percent of your maximum heart rate (220-age) for at least 30 minutes/day for at least five days/week. The walk test does it too, but it gets deeper into the specifics of the measurement, and

can be difficult to pass if you're not fit. They both measure your body's ability to convert oxygen into energy efficiently.

...that the benefits of muscular fitness development include increases in lean body tissue, bone mineral density, connective tissue strength, anaerobic power, low-back health, and self-esteem?

...that your muscular fitness, both strength and endurance, is tested by doing timed push-ups and sit-ups? It would be impractical to test every muscle in your body, but those two tests combined target the major muscle groups that are involved in muscular fitness.

...that the abdominal circumference isn't about how well you fit into your uniform, but whether you are at a greater risk for the diseases of obesity, including metabolic syndrome, diabetes, and heart disease... all contributing to early illness and death? The fat we store around our middles is even a different kind of fat than that found other places in our body. "Brown Fat," as it's called, has been correlated over and over again by the Centers for Disease Control, to be associated with

increased morbidity and mortality (illness and death)! And no matter how fit you are otherwise, if your abdominal circumference is bigger than it should be, your health is compromised by excess weight.

...that it all really comes down to 2 things:

1. A personal desire for healthy living.
 2. A determination to remain in the Wyoming Air National Guard.
- The Wyoming Air National Guard never said it was for wimps, and it didn't promise it would be easy, so get out there and get healthy.

You are welcome to come to the Healthy Living Class, offered every Saturday of drill, in the CE classroom. There is good information about fitness, nutrition and the behavior change required to make the necessary changes to get fit and to pass the fitness test. And if you're already a "fit for life" person, I welcome you to come show off and share your secret for success. Many of us don't understand the importance of fitness or believe it's worth the time, but think of this program as a way to help you see the light. 



There are all kinds of reasons to nominate your civilian employer for a Patriot Award.

- Outstanding support of your military duty
- Including the family in the company picnic while you were deployed
- Making up the difference between your military pay and your civilian pay
- Providing military leave
- Fellow workers taking your shifts so you can make it to drill on time
- Spouse and family members' employer very supportive during military duty times

INVITATION TO PARTICIPATE IN UPCOMING 2012 BOSSLIFTS!

It's a very busy year for the 153rd. You may have to be away from your civilian job more than usual and educating your employer and co-workers is a great way to help them understand.

The Patriot Award can be presented in a formal setting with the company president and the Wing commander. It can also be presented by you in a very informal way. No matter the format, this is a great way

to say thank you to those who support you.

The Wyoming ESGR committee is working on the plans for the 2012 Bosslift. If your employer has been curious about what you do or what an Airlift Wing really is, or why that extra training for the ORE is necessary, this is your opportunity to offer them a once in a lifetime experience.

But there is another category of employer who needs to be invited to participate on a Bosslift. Those employers or supervisors or co-workers who just don't seem to understand why you need to be away from your job once a month and more for training...those are the ones we want to take along. The experience can answer their questions and help them understand better what you do.

Please let us know who you would like to be invited for this year's Bosslift. We will share the details of what we have planned in the very near future but you can be assured, it will be a great learning experience.

Contact us at: WY ESGR
 Janet Cowley, 772-5376, 307 630-9502,
 janet.cowley@us.army.mil



Congratulations

2011 Outstanding Airmen of the Year winners



Airman 1st Class
 Rachael Martel



Staff Sgt.
 Ken Cerreta Jr.



Master Sgt.
 Jeremy Nash



Master Sgt.
 Gearold Crouse



Capt.
 Carl Johansen

Commanders corner continued...

mand post and intel/tactics will also move to squad ops very soon, thus emptying out half of the first floor in building 16. The sequence for the remaining moves is based on several factors; which area of the building needs to be turned over to the construction contractor, which offices have a place to go that is available, which offices have other scheduled items—such as deployments—that we need to accommodate, how 153rd Civil Engineer Squadron and Communications Flight can work together to minimize impact to the affected offices? The civil engineers have briefed many iterations of the relocation plan; this has been going on almost as long at the design process. They have established a relocation working group, and will meet weekly throughout the moves. As with any working group, the product is only as good as the effort that goes into it. It has been heartening to see the way everyone has come together to solve problems and make this work.

The next unit to move will be the 187th Aeromedical Evacuation Squadron to building 39. This move will be underway during February UTA. While this is going on, CE will be upgrading the electrical systems in the Nose Dock (building 22), to allow it to be used for aircraft maintenance. Other spaces used by maintenance will be the Corrosion Control Hangar (building 35), STARBASE (building 32), and trailers for breakroom, computer lab and latrines. Temporary home of the maintenance operations center will be in building 34, near avionics.

Beyond that, the sequence is still

a work in progress, although the locations are now solidified. The former squadron operations trailers (building 15) will be the temporary home for the command suite and much of the wing staff, the force support squadron personnel office and the finance office. Military equal opportunity, wing mental health, and the chaplain's office will move to building 25 in the space recently vacated by the recruiters, who have moved to building 9, formerly Petroleum, Oil, & Lubricants (POL) operations. Wing safety will move to the new squad ops building, setting up shop in the operations group conference room on the second floor. The Installation Deployment Office (LGRR) will move to the Small Air Terminal side of building 37. We tried to keep assembly areas intact and available for all to use. This will take some effort to schedule, but all offices will have access to classrooms and computer labs.

We wanted to keep everyone on base to the maximum extent possible however, absorbing everyone into existing spaces has proved to be a tall order. Our friends in the Army National Guard graciously offered up space in the recently vacated Adjutant General Office building on Bishop Boulevard. Some offices have space allotted in the Joint Forces Readiness Center including: the Judge Advocate General, Public Affairs, and Contracting.

Some functions will stay in place until the summer, when the Regional Operations Security Center (ROSC) addition to building 31 is complete. Since the northwest end

of building 16 needs to be kept open to support the ROSC, we have the added benefit of delaying the move of the communications flight and the clinic. When we are able to vacate the remaining areas in building 16, the clinic will move to Bishop Boulevard. The ROSC and local servers will move to the new ROSC building and the balance of the communications flight, including the mail room, will move to the area vacated by life support in building 34.

The main goal of the relocation plan is to minimize money spent on temporary accommodations, since the funds would have to come out of the building 16 renovation project. That is to say, the more we spend on temporary facilities, the less we can spend on the permanent facility. The Wing has been able to justify keeping several temporary facilities in anticipation of this project. These temporary facilities along with absorbing offices into existing facilities and having off base space at the JFRC and the former AGO will allow us to vacate building 16 inexpensively, thus maximizing the benefits we will get once the renovation is complete.

This article is meant to be an overview to give all personnel a look at where we are and where we are going. If you have questions or concerns, please work them through your representative on the Relocation Working Group. We will provide updates throughout the relocation and construction. Again, a big "thanks" for helping your 153rd Mission Support Group and 153rd Civil Engineer Squadron continue to make this renovation a success. All of this would not be possible without the flexibility, patience and participation of the great men and women of the 153rd Airlift Wing! 



<i>Announcement Number</i>	<i>Job Title</i>	<i>Closing Date</i>
----------------------------	------------------	---------------------

46N3	Clinical Nurse	4 MAR 12
3E000	Civil Engineer Enlisted Manager	5 MAR 12
12M3B	Qualified C-130 Navigator	2 APR 12
Immaterial	NCOIC of Student Flight	5 FEB 12
11M3B/11M2B	C-130 Pilot	30 JAN 12
46N	Clinical Nurse	8 FEB 12
Medical Field	Medical Group Commander	8 FEB 12
1A071	Loadmaster Chief Enlisted Manager	8 FEB 12
31PX	Security Forces Commander	12 FEB 12
44M3	Internist	Open Until Filled
48R3	Residency Trained Flight Surgeon	Open Until Filled
48R3	General Medical Officer	Open Until Filled

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

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

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

Job announcements must be sent directly to FSS, not to the Public Affairs office. The format must include, Position Title, Grade, Officer/Enlisted (both), other special qualifications. The requested announcement may be sent to Master Sgt. Hondel, Tech. Sgt. Lopez, or Maj. Bennett for submission. Questions on posting job announcements may be directed to Maj. Rachel Bennett, 307-772-6320.



Everyone's doing their part for WyANG recruiting... Even the Wing Commander

Col. Stephen E. Rader, 153rd Airlift Wing commander, gives the oath of enlistment to his daughter, Katrina Rader, Jan. 9, at the Wyoming Air National Guard base, Wyo. Katrina will be joining the 187th Aeromedical Evacuation Squadron.

You too can do your part to help grow the Wyoming Air National Guard. Are you helping to recruit new Airmen in your community? If you are, or want to start, check out the new Air National Guard Referral Rewards Program. Learn more at [www.facebook.com/Air Recruiting](http://www.facebook.com/AirRecruiting).

We Salute

Promotions

Staff Sgt. Travis E. Wollison
Staff Sgt. Randi L. Carpenter
Senior Airman Kathrin L. Ryan
Senior Airman Charles L. Landgraf

Retirements

Lt. Col. Thomas Hofmann
Chief Master Sgt. Kenneth Emery
Master Sgt. Cynthia Green

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