



THE GUARDIAN

April 2013

A Publication of the Wyoming Air National Guard

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second Monday after UTA to:
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*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
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or the Wyoming Air National Guard.*

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



Wyoming Air National Guard Staff Sgt. Daphne Randall, 187th Aeromedical Evacuation Squadron medical technician, prepares to administer an IV during in-flight training March 2, in Cheyenne, Wyo. Airmen of the 187th AES are comprised of flight nurses and medical technicians trained to support deployed and humanitarian medical missions. (U.S. Air Force photo by Tech. Sgt. Natalie Stanley)

Fellow Guard Airmen



Lt. Gen. Stanley E. Clarke III
Director, Air National Guard

Today General Frank Grass will preside over an Assumption of Responsibility ceremony for me as I formally take the reins as the Director of the Air National Guard (ANG). This is quite an honor and I am humbled at this opportunity to serve all of you. I actually arrived in Washington two weeks ago but the responsibility found me immediately! I arrived during a period of budget turmoil and uncertainty but I view this time as a period of opportunity as well. My commitment to you and your Adjutants General is clear... my staff and I will do everything within our authority to ensure our Airmen have clear policies, equipment, training, and resources to accomplish assigned missions.

We have a great organization and culture. We remain community based, team oriented, and experienced. The National Guard is unique—we reflect the history of our nation and the constitution as well. The dual role of supporting homeland operations and defending our national interests abroad is a noble and righteous duty. I know that all of you are passionate about being in the Guard, and it shows. Your families, employers, and state leadership should be rewarded for their unwavering support as well.

We operate as a part of the Total Force. Chief of Staff of the Air

Force, General Mark Welsh, always speaks in terms of the “690,000 Airmen.” We are an important part of the overall team; indeed, we are inseparable. We meet the same standards, we take the same inspections, and we are on the first string when it comes to operations. With this in mind, let me ask you to do something—continue to serve with distinction.

ANG Command Chief Jim Hotaling and I have the distinct pleasure in recognizing and honoring our best. But please make our job harder by driving up the competition to be acknowledged as the best. How you present yourself as a professional Airman could not be more important at this time. Extra resources aren’t required for this effort and your commitment to serve with distinction as an honorable and committed Airman will pay off in ways you can’t imagine. Not just for you personally, but for your unit, your state, the ANG, and the USAF. I hope you take this challenge seriously.

The National Guard has come a long way since I joined it over 20 years ago. But we can go farther, much farther. It has been a pleasure for me to be a part of the National Guard experience and journey. I am really looking forward to serving as the 15th Director of the ANG and serving all of you with inction. 

Commander's Corner



Col. Stephen E. Rader
153rd Airlift Wing commander

NO ORI!! By now the word should be out. The Wing has successfully asked for credit for our ORI based on our recent deployments and exercises. A few select individuals put together a top-notch package to submit for credit. It was granted by AMC/IG a couple of weeks ago. We should expect to be put into the cycle for whatever new inspection system that AMC/IG comes up with. My guess would be some kind of combined unit inspection (CUI) around the summer of 2015. In the meantime, we will continue with a home station ATSO and Phase 1 exercise from 13-15 April. We will do this because we are already geared up to get it done because of the expected ORE, and because we will have to show doing this type of exercise as part of our self-inspection processes for the CUI. Those that had already taken time off from work to be at the ORE have the option to stay on orders for the week and do local training, or return to work on the April, 16. Please communicate

these changes to your family and employers. My thanks to everyone for their hard work in preparing for the ORE/ORI.

Now that the ORI is no longer a priority, I've been asked what's next. We will switch focus to improving our unit readiness. Readiness focuses on three main aspects: training, equipment, and personnel. The reduction in flying hours has been lifted. We need to concentrate on AFSC training to get all of our personnel fully trained to do their jobs. Those who require technical schools should schedule those school dates as soon as possible. Units need to identify equipment shortages and submit requests for procurement. Expensive items should be put on an unfunded request for possible purchase with end of year funds. Finally, all members need to ensure that they are doing what's necessary to maintain their personal readiness. This means that they are ready for worldwide

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“Yet the LORD longs to be gracious to you; he rises to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him!”

Isaiah 30:18

By Chaplain (Capt.) Eli Dowell
153rd Airlift Wing chaplain

To wait is to be human. What is it you are waiting for? Medical test results, academic test results, fiscal decisions that will impact your career, federal tax return... waiting is what we do. Waiting stinks. Waiting hurts.

If we knew what the test score would be, waiting wouldn't be so bad. Would it? It's the not knowing that bothers us so much. But, God knows. He saw the score before the test was taken. He already sees the fiscal year 2014 department of defense budget. Not only does he know, but His plan is intimately woven into those things we wait for, and each of them develops into our ultimate good (see Romans 8:28). He will be gracious, He will be compassionate, and He will be just. While we ... we will wait.

Six years ago I wanted to be an active duty Air Force chaplain so badly I could taste it. I knew no other career would satisfy my hunger for purpose, duty and ministry. The only problem was I was wrong. God used the messenger of the military “hurry-up-and-wait” doctrine to communicate His plans to me. The message was, “Wait. Serve in another capacity until your résumé is beefy enough to get the job.” The part of the message I didn't get at that time was, that in waiting I would learn that I don't really want the active duty chaplain gig. My passions don't match what that job requires. A civilian pastorate and the Air National Guard is a much better fit for me. So, my path took a different turn than I expected, but it was the one God

was waiting for me to grow into all along. How blessed I am to have waited!

This verse becomes even more powerful when placed back into its context. Isaiah 30:8-17 paints a picture of a rebellious people, “children unwilling to hear the instruction of the Lord” (verse 9). Sometimes the reason God waits to pour out His blessings is simply for our maturation, like in James 1:2-3. Other times, like in this text, He waits for the purpose of our obedience. You may be in one place or the other, struggling with either sin or spiritual immaturity. The thrilling part is if you are His child, whatever the reason for His delay, what waits on the other side is God's manifold blessing. Not only that, but He is longing for the day when that blessing will be revealed!

Imagine, the God with an inexhaustible storehouse of blessings gets butterflies in His stomach when He thinks of the day He opens that storehouse for you! In your waiting, by all means, examine yourself to see if there is some sin or immaturity blocking God's blessing. But, don't lose sight of God's longing for you, his eager anticipation of what He will unfold in your life.

You will wait. That is a guarantee. Wait well for the God who rejoices to show you compassion. Not as some distant benefactor, but as a Father who delights in his child's embrace. You will wait (and wait some more), He will give, you will be blessed. This is the rhythm of life. God invites you to dance to it well. “Blessed are all who wait for him!”

SNAP
SHOT



187 AES Save Lives in Sky

Story by Tech. Sgt. Natalie Stanley and
Airman 1st Class Nichole Grady
public affairs specialist

Photos by Tech. Sgt. Natalie Stanley
public affairs specialist



“I’ve been in the military for 20 years, in a different branch of service and this is by far the most rewarding job.”

Capt. Melissa Stevens

A C-130 Hercules serenely flies high above the snowy prairies of Wyoming on a typical chilly March morning. Inside, the aircraft is a hive of activity as flight nurses and medical technicians of the 187th Aeromedical Evacuation Squadron start IVs, monitor a burn victim, and don aircrew oxygen masks - all as part of vital lifesaving training.

The members of the 187 AES continually train so they are prepared for their essential role in wartime and humanitarian operations. AES units are tasked to transport injured personnel from Operation Iraqi Freedom, and Operation Enduring Freedom, as well as to respond to humanitarian missions such as Hurricane Katrina relief.

“There is nothing like taking out a soldier, airman or Marine that has been wounded or sick,” said Capt. Melissa Stevens, flight nurse. “Taking those guys out

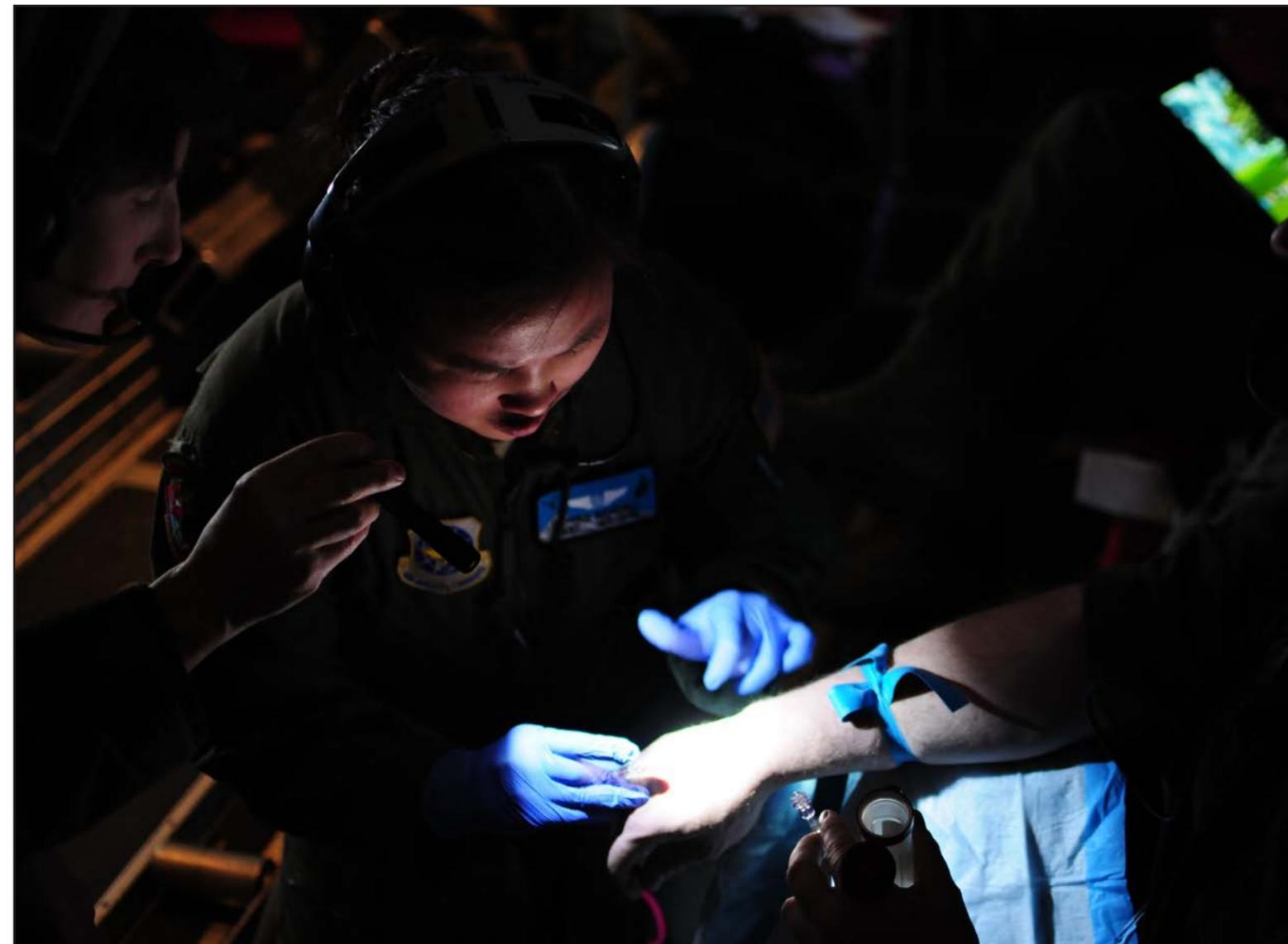


is important. I’ve been in the military for 20 years, in a different branch of service and this is by far the most rewarding job.”

The approximately 80-member squadron utilizes a variety of training scenarios to maintain mission readiness. Their role as air evacuation airmen is to provide medical care for patient movement, which is accomplished by maintaining their individual aircraft qualifications and medical qualifications.

“We are trained on multiple fixed-wing aircraft (C-130, KC-135, C-17, KC-10, and C-5) as well as conducting training with our Army counterparts on rotary wing,” said Senior Master Sgt. Julie Swearingin, non-commissioned officer in charge of in-flight training.

Medical qualifications vary between flight nurses and medical technicians. Flight nurses are required to earn a bachelor’s degree in nursing prior to joining the unit,



while medical technicians learn their job once they are enlisted.

“Most of our nurses are critical care nurses, particularly in this unit,” said Stevens. “They bring a huge amount of medical knowledge to the table.”

Once in the unit, flight nurses are responsible for providing comprehensive nursing services and in-flight management during aeromedical evacuation flights.

Medical technicians receive their medical training upon joining the unit. These airmen attend technical training where they learn their job skills including: licensed practical nurse, independent duty medical technician and aeromedical evacuation technician.

Once trained, flight nurses and medical technicians work together in teams of five during flight. Each team consists of two flight nurses and three aeromedical evacuation technicians, with the option of adding two

additional personnel to the team when patient or mission requirements dictate the need.

“We make sure our airmen have the tools, skills and knowledge to give the best possible care to our wounded warriors and all patients,” said Swearingin.

In recent years, the 187 AES has applied their skills in real world operations to the Democratic Republic of the Congo, where they participated in teaching air evacuation to the Congolese medical military, and to state missions, where they provided support during flood and fire disaster operations.

“Whether the missions require simple transport of stable patients or more intensive care to ensure the patient arrives to a higher echelon of care alive, the airmen wouldn’t be able to do their job without a team effort,” said Stevens as she returned to the hive of activity while flying through the skies of Wyoming. 🇺🇸

Commander's Corner Continued

deployment. Personal readiness includes being current and qualified in your AFSC. It means being medically qualified to deploy and do your job (no waivers or restrictions), and having a current fitness assessment. Complete your PME and/or CCAF in a timely manner so that you are ready when a promotion opportunity presents itself.

Our other priority will be increasing overall unit manning. We have been hovering around the 92 percent overall manning level for more than a year. We recently moved the recruiting staff back under the Wing. They are re-energized and I think our numbers will start improving soon. The other part of manning is retention. Please ensure that our members are given productive and meaningful work to do when they come for drill. If you are feeling as if your time is being wasted during drill, speak up. Let your supervisor know that you want to be more involved. CBTs and administrative paperwork are a part of the military, but we must ensure that the rest of our time is used effectively to train to our AFSC's.

Finally, I'd like to mention that we have a lot of position moves coming up this summer. Chief

Master Sgt. Michael Abbott has already been working as the new Wing Command Chief. On June 1 Lt. Col. Rodney Simpson will hand off the 30th Airlift Squadron to Lt. Col. Blair Kaiser. Many of the other moves will occur during August drill. To accommodate, we have moved our annual Wing Family Picnic and sit-down formation from July to August. During August drill I will hand over command of the Wing to Col. Michael Taheri. Col. Paul Lyman will assume duties as the Vice Wing commander. Col. Peter Linde will assume command of the 153rd Maintenance Group from Col. James P. Moffett. Col. Shelley Campbell will take command of the 153rd Mission Support Group from Linde. Moffett and I will be moved to Headquarters. Also during August drill, Chief Master Sgt. Ralph Hensala will hand off the duties of State Command Chief to Chief Master Sgt. William Whipple.

As the weather turns warmer and we all start planning our summer vacations, I hope that you are all able to take an opportunity to spend some quality time with friends and family. Thanks for all that you do. Be safe! 🇺🇸

Clinic to offer Friday PHAs

Senior Master Sgt. Darlyn Tucker

Medical Administration
Superintendent

Good Morning All,

We took a poll of our clinic members over March drill and our members agreed to support Friday Physical Health Assessments once a quarter with the first one being May 3. Tentative future dates are Aug. 2 and the Friday prior to November and February drills. Col. Stephen Rader and the group commanders fully support this additional option to get your members current. I would like all unit commander's to support their Unit Health Monitors in ensuring all members make their scheduled appointments. The medical appointments are mandatory military appointments once scheduled by the UHM.

We currently have 50 members that are overdue for their PHAs and a total of 144 members that are overdue for some medical requirement. And this does not include those members that are in their 90 days window so these numbers can go up or down at any time.

Just a reminder that we offer non-fly short PHAs during the month for full-time members. If you have any questions on this please let me know. 🇺🇸



By Sarah Pflugradt, RD, LD

If you keep up with nutrition, you know that the buzz for the past couple of years has been about vitamin D. Research is finding that vitamin D plays a preventative role in many common diseases including: cancer, diabetes, heart disease, and multiple sclerosis. If you live in the northern part of the United States (hint: Wyoming), you may be at risk for vitamin D deficiency. The northern third of the United States has been known as the “rickets belt” or the “MS belt”. Rickets is a bone disease, mainly found in children when vitamin D status is extremely low. Multiple Sclerosis is an autoimmune disease that attacks the central nervous system. Several studies have found that individuals with MS also have dangerously low vitamin D levels.

The current recommendation for vitamin D is 600IU (International Units) per day for adults and children older than 1. Research published in the American Journal of Clinical Nutrition suggests that our current Recommended

Dietary Allowances (RDA) are too low and recommend 1,000IU/day for adults and children older than 9, who live in northern climates or who do not get adequate sunshine in the summer.

In summer months, direct sun exposure of as little as 5-30 minutes per day from 1,000-1,500 hours can lead to adequate vitamin D synthesis. Dark skinned individuals have a more difficult time making their own vitamin D and may require longer sun exposure or a supplement. Foods fortified with vitamin D, such as milk, cereals, and yogurt all provide between 40-100IU of vitamin D per serving. Additional good sources include salmon, tuna, shrimp, liver, and egg yolks.

Vitamin D status can be determined by a simple blood test and if you are concerned, contact your doctor to check your vitamin D levels. In the meantime, enjoy the outdoors and get some good old-fashioned, natural vitamin D to stay healthy! 🇺🇸

<i>AFSC</i>	<i>Job Title</i>	<i>Closing Date</i>
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2A675	Aircraft Pseudraulics Systems Specialist, E-724	April 2013
8F000	153AW First Sergeant	9 April 2013
1A271/91	Aircraft Loadmaster, E-8	17 April 2013
9G100	Operations Group Superintendent	17 April 2013
17DX	Communications Maintenance Officer	19 April 2013
21RX	Logistics Readiness Officer	19 April 2013
3NOX1	Public Affairs Craftsman	24 April 2013
2T271	Master Craftsman, Air Transportation Specialist	24 April 2013
4A2X1	Biomedical Equipment Journeyman	24 April 2013
3E290/3E490/3E0900	Heavy Repair/Facilities/Infrastructure Superintendent	24 April 2013
31PX	Security Operations Officer	26 April 2013
2S091	Chief of Supply	8 May 2013
44M3	Internist	Open Until Filled
48R3	Residency Trained Flight Surgeon	Open Until Filled
48R3	General Medical Officer	Open Until Filled
3M071	Services Craftsman	Open Until Filled

please visit link for detailed jobs listing

<http://wyomilitary.wyo.gov>

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

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

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

We Salute

Promotions

Lt. Col. Kevin Harriger
 Tech. Sgt. Terry Creekmore
 Staff Sgt. Kelly Cooper
 Staff Sgt. Robert Mills
 Staff Sgt. Greg Rotert
 Senior Airman Amber Adams
 Senior Airman Amber Armijo
 Senior Airman Kirsten Luebrecht

Retirements

Capt. Paul Moore
 Senior Master Sgt. Keith Wilkins
 Master Sgt. Robert Farnham
 Master Sgt. Patrick Guillory
 Master Sgt. Michele Lyster

Newcomers

Maj. Douglas Summerfield
 Staff Sgt. Darla Nuss
 Senior Airman Patrick McNeil
 Senior Airman Nathan Schreiber