



THE GUARDIAN

May 2013

A Publication of the Wyoming Air National Guard

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



Members of the Wyoming Air National Guard fire department recently conducted live fire training evolutions and vehicle extrication. The WyANG firefighters continuously train to meet the challenges of providing high quality fire protection to its members. (U.S. Air Force photo by Senior Airman Kelsey Raile)



From the Chief



Chief Master Sgt. Michael Abbott
153rd Airlift Wing
command chief

Mission success! What does that mean and how does that apply to each of us in our roles here at the wing? We each have our own personal goals and ambitions, but how do we manage those goals, meet mission needs and ensure our Airmen are taken care of?

Chief Master Sgt. James W. Hotaling, Air National Guard

command chief, recently sent down some guidance in three key focus levels, which I agree with. First, renew our commitment to the profession of arms through development of our Airmen using all available tools: Performance Reviews, Community College of the Air Force pursuit, Professional Military Education, auxiliary training and the “little brown book” AFI 36-2618. Hotaling had a great quote, “Our status may be different, but our standards are the same.” Second, a renewed focus on the health of the force through safety, family readiness programs, resiliency, Sexual Assault Prevention and Response program and technology. Third, continue to recognize our accomplishments by telling our story, understanding how we each fit in the mission and ensuring internal and external recognition.

I think at times the whirlwind of our daily duties, and the so called “daily fires,” can get in the way of meeting or focusing on these key areas. So where do we start? We rely on each other’s experiences and backgrounds, focus on developing our own character and leadership and strive to meet the ultimate

goal—mission success. Each of us has a responsibility to help those who may be struggling. We do this by lending a hand with PME, physical fitness, professionalism, family issues and readiness.

This is certainly not an easy task considering all the many levels of responsibility we each hold. We are currently going through many changes externally and internally in our organization. This is the time to focus on developing each other as Airmen, finding new and creative ways to address tough issues, and achieving excellence in all we do. If each of us maintains our commitment to these areas, I believe at the end of the day our own goals and aspirations will be achieved and we will ensure mission success.

We are Guard and Active Duty Airmen coming together to meet our nation’s needs, day and night. Our diversity is one of our greatest strengths and there are many things we can learn from each other. I ask for your help, suggestions, support, ideas and leadership as we go forward as a wing. I am humbled to be your new command chief and it is an honor to serve with each one of you. 🇺🇸



Firefighters Conduct Training

By Senior Airman Kelsey Raile
firefighter

The Wyoming Air National Guard fire department had the opportunity to conduct live fire training evolutions and vehicle extrication training over the past few drills. Firefighters have to be versed in many different skill sets to include aircraft emergencies, structural fires, medical emergencies, vehicle accidents and hazardous materials responses; just to name a few. The opportunity to train in a live fire situation is invaluable to preparing them to operate in hostile conditions.

During training the firefighters were broken into teams and practiced positive pressure attack, utilizing forced air to ventilate the structure increasing visibility. High-capacity positive pressure ventilation fans were used to pressurize the building and a ventilation opening was made once the seat of the fire had been located.

They also conducted extrication

training on two vehicles provided by Bud's Wrecking. The vehicles were staged on their roofs and sides to simulate a real-world situation. Firefighters were equipped with tools to stabilize the vehicles including pneumatic air bags and wooden chocks. Once the vehicles were stabilized, they made entry into the vehicle doors that were inoperable or inaccessible, by cutting through with hydraulic tools, pneumatic tools, and hand tools. This equipment makes cutting hardened metals easy and allows the firefighters to gain access to trapped occupants quickly.

Continuous training occurs to prepare firefighters to perform their duties quickly and safely enabling them to achieve their overall goal-saving lives. The WyANG firefighters will continue to train hard to meet the challenges of providing high quality fire protection to its members. 🇺🇸



DO YOU?

By Sarah Pflugradt, RD, LD

You've heard about it, know someone on it, or maybe even tried it yourself, but what do you really know about the paleo diet?

The paleo movement was started around 1988 and advocates tout the holistic foods and simplicity of the foods of our ancestors. Who are these so called ancestors who ate so well? Could they be the cave man, or perhaps a population in Africa or the Middle East, or maybe they mean the earliest of the "hunter-gather" types?

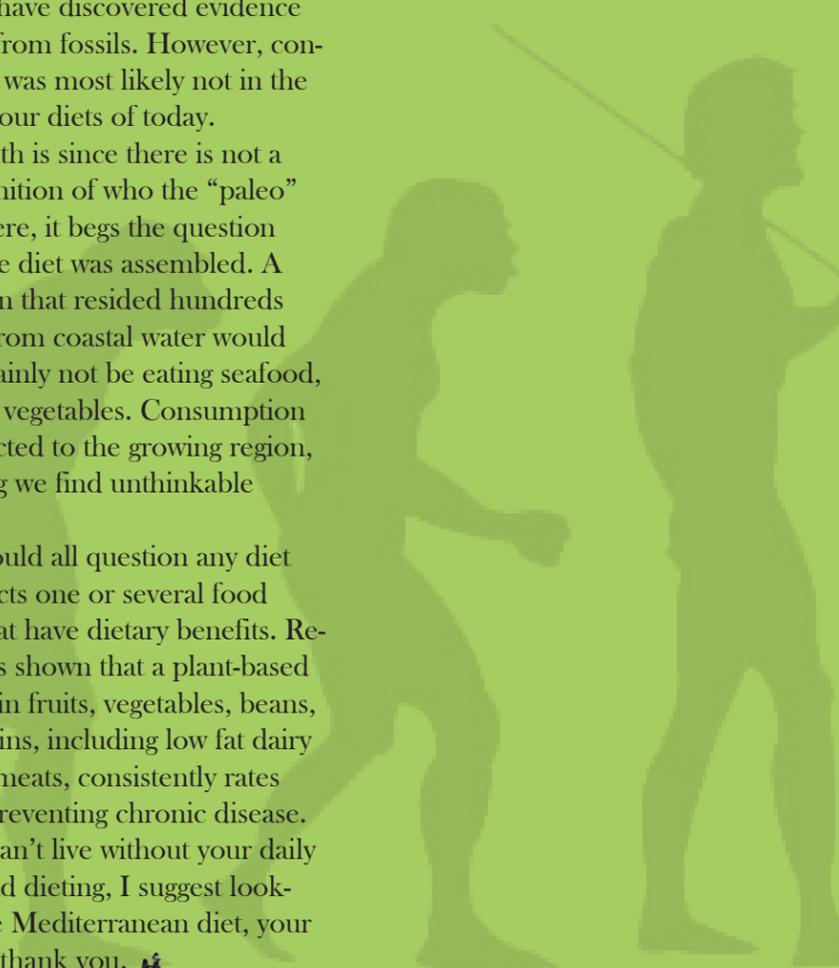
Paleo diet supporters shun typical Western diets and how the food supply has evolved. The basis of the paleo movement includes a diet of meat, vegetables, fruit, and nuts. Dairy, all grains, legumes, oils, and sweets are excluded. While the paleo diet is rich in vitamins C and B-12, potassium, fiber, and many other vitamins and minerals, it is also high in cholesterol and fat. It lacks calcium and vitamin D, which are essential to chronic disease prevention. There is no supplementation for the paleo enthusiasts, I'm

afraid our ancient ancestors did not have tiny pills. The absence of whole grains in early civilization is a fallacy; scientists have discovered evidence of grains from fossils. However, consumption was most likely not in the excess of our diets of today.

The truth is since there is not a clear definition of who the "paleo" people were, it begs the question of how the diet was assembled. A population that resided hundreds of miles from coastal water would most certainly not be eating seafood, fruits and vegetables. Consumption was restricted to the growing region, something we find unthinkable today.

We should all question any diet that restricts one or several food groups that have dietary benefits. Research has shown that a plant-based diet, rich in fruits, vegetables, beans, whole grains, including low fat dairy and lean meats, consistently rates high on preventing chronic disease.

If you can't live without your daily dose of fad dieting, I suggest looking up the Mediterranean diet, your heart will thank you. 🇺🇸



Choice

*“There is a way that seems right to a man,
but its end is the way to death”*
Proverbs 14:12

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

You may never be what you want to be. But, who you become, that's entirely up to you. One of the most devastating assumptions is the common notion that “you can be anything you want to be.” Really? We only have one president at a time, and every kindergartener I've ever met wants to grow up to be him/her. Guess what? More than a few of them will never be able to check “President of the United States” off their bucket list. Many would-be pilots have poor eyesight, and many aspiring artists and actors wait tables. Let's be honest with one another; maybe life isn't fair after all.

Or, maybe we just need nobler goals. Maybe what is not nearly as important as who. Maybe status should be subordinate to character, achievement secondary to inner quality, title of less importance than excellence. On April 12, National Public Radio ran a story on Daniel Hodd, a 17-year-old concert pianist who gave up a prestigious music scholarship in order to join the Marine Corps. Shortly before deployment he broke his finger and was given the options of treatment, which would prevent him from deploying, or amputation, which would allow him to go with his unit. In his words, “I had a couple dozen junior Marines who expected certain things of me... And I was like, 'Cut it off,' because ... I made a promise. I had to deploy.”

If life were fair, a patriotic, servant hearted, musician would keep all his necessary digits to have a glorious career as a concert pianist after his Marine days were through. Life isn't fair. Rather, life is better than fair.

Life provides a constant series of choices that allow us to become who we want to be. What we do with those choices is immeasurably more important than what title eventually graces our office door. God handed Staff Sgt. Hodd a gift more precious than status, fame, or achievement could ever provide. He had the opportunity to be a man of outstanding character, and he took it.

In the book of Deuteronomy, God gives his people a choice between doing what is right and doing what is easy. He says, “See, I have set before you today life and good, death and evil” (Deuteronomy 30:15). Similarly, another Scripture says, “There is a way that seems right to a man, but its end is the way to death” (Proverbs 14:12). “Death” and “evil” may sound a bit extreme, but the reward of choosing good so outweighs the consequence of the easy, selfish path, it takes strong language to communicate the difference.

Set your eyes on a goal and move towards it, but don't ever sell your inner character for the cheap thrill of outward success. There is a kindergartener out there who will one day be the president. There are a million more who won't be, but their character is just as valuable, their story just as inspirational, their potential just as world-changing. You don't know what you will become, but who you become – that is entirely up to you. When God brings you to your next intersection, take the high road. I know you will. You've made a promise and by God's grace, you will keep it. 🐣

Family Readiness Program

*The 153rd Airlift Wing, Wyoming Air National
Guard*

*Airman and Family Readiness Program
Key spouse team*

*Requests the honor of your presence at the
153 AW military spouse appreciation brunch*

Time: May 18 from 10:00 a.m. - 12:30 p.m.

Location: F.E. Warren Air Force Base Trails

End Club

Main Ballroom

Pease R.S.V.P. to Denise Rampolla

Office: 307-772-6063 or Cell: 307-214-2625

email: denise.rampolla@ang.af.mil

JUST FOOD, FUN and FRIENDSHIP



April...month of the military child

By Amy Wilson
WYNG child & youth programs

Month of the Military Child began in 1986 and since that time the Department of Defense has teamed with various partners to recognize the sacrifices, and to applaud the courage, of military children. More than 1.7 million American children under the age of 18 have at least one parent serving in the military. Approximately 5,000 of these children and teens live in Wyoming, residing in every county in the state. The intent of this observance is to honor and empower military children and youth as an important part of our Nation's future and raise community awareness about the unique sacrifices and accomplishments of military children. The entire month of April is dedicated to military children in our communities and to recognize and thank children for being strong and supportive of their parents when they need them the most.

Over the last few years the Wyoming National Guard Child & Youth Program, along with Operation Military Kids (OMK), 4-H, and County Extension, have put together several events that will bring meaning to the month dedicated to military youth. This year we started with a kickoff event on March 28 at the Romero Community Center in Cheyenne, with several community resources and vendors along with fun activities provided by STARBASE. In collaboration with the 4-H community there were several "day camps" in communities around the state. The goal of the 4-H program is to bring kids together for educa-

tional activities and to receive a little extra support from their peers. OMK provided a mass mailing to all of the school-aged military children in the state. This mailing included resources for families, a letter of recognition to the child, and also a couple of activities.

The first and second week of April, the WY National Guard Child & Youth Program coordinated a Proclamation signing in every county of Wyoming declaring this month as Month of the Military Child. The County Commissioners were honored and committed to signing this proclamation. The signings were done in each county to try and spread recognition of military youth across the state, where many communities have only a few military children living in them. On April 3 another signing occurred, this time in the Capitol Building and by our Governor, Matt Mead. Governor Mead read the proclamation, stated his sincere appreciation and recognition for Wyoming Military Children and signed the Proclamation declaring April as Month of the Military Child for the State of Wyoming.

A great effort was put forth by WY National Guard Child & Youth Programs, OMK, 4-H, and County Extension to show support of our military youth. We hope that in the years to come there will be even more support from our communities and military families so that we can be successful in our mission to provide resources, and training, and to establish local community support for military youth.



AFSC Job Title Closing Date

2A5X1	Aircraft Mechanic, repair and reclamation section	8 May 2013
2S091	Chief of Supply	8 May 2013
2A6X2	Aerospace Ground Equipment Mechanic	8 May 2013
14N4	Intelligence Officer	29 May 2013
2F071	Fuels Craftsman	2 June 2013
2A590	Quality Assurance Specialist	3 June 2013
2A672	Quality Assurance Specialist, AGE	3 June 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

Tech. Sgt. Benjamin Ward
Staff Sgt. Tiffany Creel
Staff Sgt. Brian Feldt
Senior Airman Amanda Cirincione
Senior Airman Nichole Grady
Senior Airman Harold Steimer
Senior Airman Katharine Taylor
Senior Airman Janelle Ward

Retirements

Chief Master Sgt. Mark Trujillo
Master Sgt. Brian Brown

Newcomers

Tech. Sgt. Debra Nelson
Staff Sgt. Joseph Biernacki
Senior Airman Peter Boneburger
Airman 1st Class Stephanie Hykes
Airman 1st Class Shawn Smith