



THE GUARDIAN

June 2013



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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 United States Air Force, the Wyoming Military Department or the Wyoming Air National Guard.



U.S. Department of the Interior Bureau of Land Management's Tyler Crofutt, of Billings, Mont., watches over a U.S. Air Force C-130 Hercules operated by the 153rd Airlift Wing, Wyoming Air National Guard, in Cheyenne, Wyo., as it prepares to launch for a Modular Airborne Firefighting Systems training mission May 8, 2013, from the Wyoming Air National Guard Base at the Cheyenne Regional Airport. The 153rd Airlift Wing, trains with the 145th Airlift Wing, North Carolina Air National Guard, to prepare for the upcoming fire season. The units train under the direction of and with the U.S. Forest Service, which owns the MAFFS. MAFFS are loaded onto C-130 Hercules cargo planes, turning the aircraft into aerial firefighting platforms. There are four Air Force units that fly MAFFS missions. The 146th Airlift Wing, California Air National Guard, and the 302nd Airlift Wing, U.S. Air Force Reserve Command, are the other two MAFFS units. (U.S. Army Photo by 1st Lt. Christian Venhuizen/Released)

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

Commander's Corner

EPRs for all ANG enlisted: WHY?



Col. Stephen E. Rader
153rd Airlift Wing commander

As many of you have heard over the past year or so, Enlisted Performance Reports are going to be required for all Air National Guard enlisted members. The first question I get from many people is: "Why?" There is no conspiracy going on here. It isn't active duty forcing us to do it. Active duty and Air Force Reserve Command have been doing annual EPRs for a very long time. Only the ANG has resisted.

Years ago, when an ANG member could reasonably expect to serve their entire career at their home unit, not having an EPR might have been acceptable. Now that many members compete for national awards or apply for tours at different locations, having EPRs makes sense. Think about it for a minute: Depending on your age or rank, you may have no interest in applying for a position outside of the WyANG right now. But one day you may see that rare four year statutory tour to Hawaii or Europe and change your mind. You will apply, as might your AD and AFRC counterparts. How do you think your application package will stack up against theirs when

they have years of EPRs attached and you have none? Will the board even know that because you are ANG you didn't have to have EPRs accomplished or will they think you purposely didn't include them because they weren't that good? Either way, it will seriously hinder your chances of being selected. That is one reason for having EPRs. The other more obvious reason is so that you have some record of your accomplishments and your performance. It should be combined with the performance feedback every Airman is supposed to be receiving annually.

So when does this take effect? It becomes effective for all starting May 1, 2013. That is when the rating period starts for your EPR. The ANG requirement will be to have an EPR completed every two years. Senior airman through staff sergeant will have an EPR written on them in their birth month in 2014, unless they were born between January-April, in which case it will be due in

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By Senior Airman Mackenzi Linde
The Rising 6 public affairs officer

The primary mission of the Cheyenne COMEA House is to provide a safe, secure and temporary shelter to the homeless. COMEA provides connections to employment opportunities, wellness centers, applications for disability, assistance getting IDs, education and different programs specific to the individual's needs.

"We help homeless individuals find the resources that will help them gain back their independence," said Robin Zimmer, COMEA's executive director.

In an effort to help individuals gain their independence, the COMEA compound provides a clean bed, dorms, hot meals, hygiene facilities, clothing and case-management.

Individuals find themselves homeless for a number of reasons, but at the top of the list are mental illness and addiction.

"We have found that probably 90% of the people that come through the homeless shelter have experienced some sort of trauma," said Zimmer. "The reason I think I'm so drawn to them is because I cannot imagine how difficult life must be having those not understanding how to gain control."

The COMEA shelter strives to assist the homeless gain control in the long-term by providing pro-

grams including: the emergency shelter, the 45 day journey program, the 90 day pay to stay program and the six months to two years transitional living program. Each of these is a different step with the flexibility to be as individual as the person who is sincere about changing their situation.

The COMEA shelter runs primarily through donations of time and money. "Our operating budget last year was \$265,000 which is minuscule for what we do," said Zimmer. "This year we had to bump it up over \$300,000, because we need to hire more staff."

Volunteers are important to the COMEA shelter's success and lend a helping hand to those in need. To volunteer at the COMEA shelter, call between 8 a.m. and 2 p.m. and ask for Krissy, Zimmer's administrative assistant. Also, the Rising 6 officers help serve hot meals every third Thursday of the month at 5:30 p.m. If you would like to donate your time serving your community, contact Tech. Sgt. Iris Honrado, Rising 6 president, at 307-772-6282, for more information.

"Volunteers are much appreciated, even if they bring their own ideas of what they would like to do," said Zimmer. 🍴



By Sarah Pflugrad, RD, LD

If you have ever thought about going meat free, summer would be the time to do it. Wonderful, in-season, local produce is going to line the paths of the farmers markets and we will all be politely, but purposefully, trying to make our way up to the best looking vegetables on the tables.

Going meat free is often thought of as a trendy diet, but a plant-based diet is not only healthy it is very easy to follow. A vegan diet does not allow for meat or fish of any kind, dairy, eggs, or honey. There are different types of vegetarians, with the most common being lacto-ovo-vegetarians (L-O-vegetarians). L-O-vegetarians do not eat meat or fish of any kind, but do allow for dairy, eggs, and honey. Plant-based diets offer a wide variety of benefits to include reducing the amount of saturated fat and cholesterol (assuming of course, that we're not all guzzling whole milk and eating six eggs per day).

Large published studies have shown that vegetarian diets reduce the risk of heart disease and cancer.

Vegetarian diets rely on increased amounts of fruits, vegetables, nuts, seeds, beans and whole grains, all of which provide countless vitamins, minerals, antioxidants and fiber. If you are ready for veganism, ensure your intakes of protein are adequate and you are obtaining vitamin B-12 from fortified foods or a supplement. Vitamin B-12 is only found in animal products and intake is essential to prevent anemia and nerve damage. L-O-vegetarians can obtain B-12 from dairy products, eggs, and fortified foods.

Vegans and vegetarians eat many of the same kinds of foods as conventional foodies, but are often more mindful of what they are putting in their bodies. They typically consume fewer calories and fewer processed foods and take in significantly higher amounts of nutrients.

If you're worried about starting new healthy eating adventure, seek out guidance from a nutrition professional. What have you got to lose, except maybe a few inches off that beach body? 🍴

Commander's Corner Continued

2015. Technical sergeant and above will have their EPRs written in their birth month in 2015. Once your initial EPR is written, you will be due again every two years.

So how do I write an EPR? There are many guides available. A good one to use is on the myPers website. Your friendly Force Support Squadron can also help identify resources to use in crafting EPRs. In addition, we have the luxury of having our active duty associate unit members here at the WyANG. Many of them are skilled and experienced EPR writers. Ask them for help and ideas. I personally recommend each individual, particularly traditional members, take a few minutes after each Drill or deployment to write down what they accomplished that month. Then when it comes time to write your EPR, sit down with your supervisor and give them the information so they have some specifics to reference on your EPR. The better your documentation, the better your EPR will turn out. Having specific data is important in writing a good EPR.

We know our personnel are doing great things on a regular basis, it's just a matter of capturing that information and getting it documented in an EPR so that they can be competitive with their active duty and AFRC counterparts when it comes to awards, decorations, assignments and job opportunities. 🍴

153 SFS: Guarding the Guard

by Staff Sgt. John Galvin and Senior Airman Nichole Grady
public affairs specialists



Think your job is tough? It's 3 a.m., the flight line is quiet, gate traffic has ended for the evening and there's not a soul in sight. For members of the Wyoming Air National Guard's 153rd Security Forces Squadron this is just another shift, in another day, in the life of these airmen. The hours are long, the weather can be brutal, but the security forces members embrace the challenges of their jobs with a "glass half full" mentality.

"I don't try to look for the difficult part to the job," said Senior Airman Jeff Castaneda, security forces member. "I get to see and talk to people at the gate for a little bit every day and that's always fun."

Security forces members are familiar with rigorous training and demanding physical requirements from the beginning.

Initial training for the airmen includes a 13-week technical school at Lackland Air Force Base, Texas, where they learn security basics, air base ground defense and weapons familiarization. Airmen receive initial qualification on

a variety of weapons to include M-4 carbine, M-9 pistol, M-203 grenade launcher, M-249 light machine gun and the M-240B machine gun.

Once assigned to home station, members contribute in security maintenance measures including: verifying members' identification upon arrival on base, maintaining flight-line security, and regular safety patrols.

As the face of the Wyoming Air National Guard changes so does the approach by security forces in keeping the base safe. Recent construction has amplified commercial vehicle gate traffic, significantly increasing security forces mandatory inspections. In addition, security forces Airmen are also responsible for maintaining traffic safety and enforcing wing parking procedures around construction zones.

Along with daily and training requirements, security forces airmen are also expected to adhere to a demanding and sometimes grueling physical standard.

"Physical training for us is very important,

especially when we deploy," said Senior Airman Amber Adams, security forces member. "If you aren't able to keep up here, then when you deploy it will be very difficult."

SFS's training and day-to-day work prepares them for a high-tempo deployment schedule. The squadron is currently in the Air force expeditionary force cycle with more than 10 members presently deployed for up to eight months. It is also common for numerous members to volunteer for various deployments and temporary duties.

Daily tasks, deployments and training serve not only as an operational function but also provide the opportunity to build cohesiveness as a squadron.

"We do a lot of training together so we know what each other will do in different situations," said Castaneda. "It gives us the opportunity to know each other better. If you're in a real-world scenario you're with someone you've worked with, have done the exercises with then you know they can take care of the job." 

MAFFS training 2013



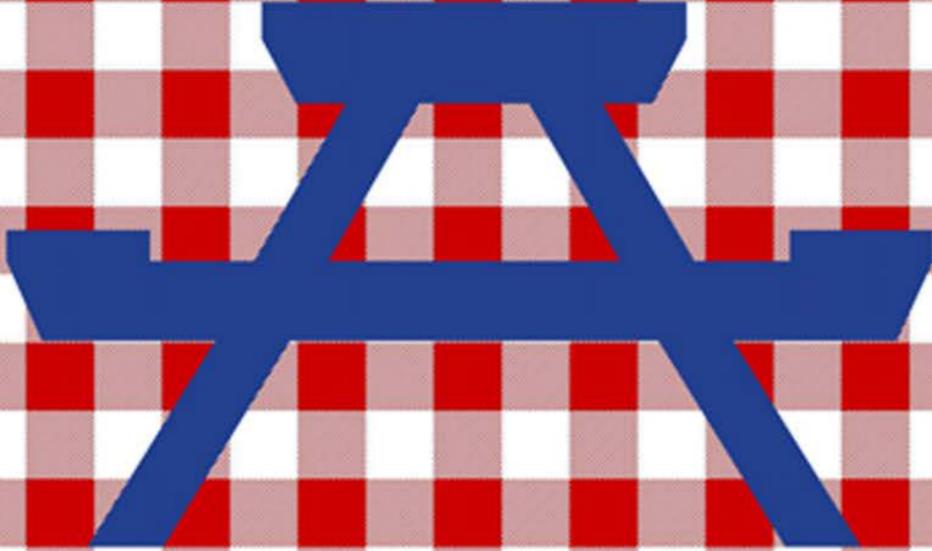
photo by Capt. Rusty Ridley



photo by Tech. Sgt. Patricia Findley



photo by Capt. Rusty Ridley



2013 WING FAMILY PICNIC

Saturday, Aug. 3 | 11 a.m. - 4:30 p.m.

Lions Park

Burgers, brats and games for the kids!

POC: 1st Lt. J. Terry Park ~ (734) 635-0755



AFSC *Job Title* *Closing Date*

14N4	Intelligence Officer	29 May 2013
2F071	Fuels Craftsman	2 June 2013
3D190	Superintendent, Cyber Maintenance	2 June 2013
3D090	Superintendent, Cyber Operations	2 June 2013
2A590	Quality Assurance Specialist	3 June 2013
2A672	Quality Assurance Specialist, AGE	3 June 2013
3N0X1	Public Affairs Craftsman	3 June 2013
3S091	Personnel Supervisor	3 June 2013
3D071	Knowledge Operations Craftsman	3 June 2013
1P091	Life Support Supervisor	5 June 2013
1A191	Flight Engineer Examiner	5 June 2013
1P071	Survival Equipment Journeyman	5 June 2013
X4N000	AC Aerospace MED SVCD MGR	5 June 2013
3E290/3E940/3E090		7 June 2013
	Heavy Repair Facilities Infrastructure Superintendent	
14N	Intelligence Officer	19 June 2013
14N	Intelligence Officer	19 June 2013
3S171	Military Equal Opp Craftsman	14 July 2013
11M3B	C-130 Pilot	27 June 2013
12M3B	C-130 Navigator	14 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

Senior Master Sgt. Jeffrey Carlson
 Senior Master Sgt. Wonda Lambert
 Senior Airman Ronald Bahre
 Senior Airman Jeremy Buck
 Senior Airman John Cirincione
 Senior Airman Patrick Gibson
 Senior Airman Michael Goodell
 Senior Airman Seth Neckermann
 Senior Airman Aaron Richards
 Senior Airman Jose Tremols
 Senior Airman Wayne Wheeler

Newcomers

Staff Sgt. John Parker
 Senior Airman James Diefendorf
 Airman 1st Class Nathan McCarthy