



# THE GUARDIAN

August 2013



Ambassador  
Jacob Walles  
U.S. Ambassador  
to Tunisia

A Publication of the Wyoming Air National Guard

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## The Guardian Staff

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Col. Michael Taheri  
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Chief Master Sgt. Michael Abbott  
command chief

Capt. Rusty Ridley  
public affairs officer

Capt. Cody Hawkins  
public affairs officer

Tech. Sgt. Natalie Stanley  
public affairs specialist

Staff Sgt. John Galvin  
still photographer

Senior Airman Cherron Vaden  
broadcast journalist

Senior Airman Nichole Grady  
public affairs specialist

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Mr. Jake Walles, U.S. Ambassador to the Republic of Tunisia, rides in a carriage in front of the Wyoming state capitol on July 25, 2013. Walles' visit is in conjunction with the State Partnership Program between Wyoming and Tunisia. SPP links a unique component of the Department of Defense - a state's National Guard - with the armed forces or equivalent of a partner country in a cooperative, mutually beneficial relationship. The parade was one of four parades during Cheyenne Frontier Days. (U.S. Air National Guard photo by Senior Airman Nichole Grady)

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



# Commander's Corner CHANGE



Col. Stephen E. Rader  
153rd Airlift Wing commander

This is my last *Guardian* article as your Wing Commander. I'd like to take a few minutes to reflect on some of our accomplishments. The last 25 months have flown by in a whirlwind of activity. The Wing has done some amazing things over this time period. We had a major Air Expeditionary Forces deployment to the desert. We went through the 2nd busiest Modular Airborne Fire Fighting System season ever. We conducted two deployed Operational Readiness Exercise and countless practice exercises in preparation for our Operational Readiness Inspection. We were able to receive credit for the ORI thanks to all of those exercises and the great job everyone did on their self-inspection checklists. We moved into our new operations building. We had to move out of our main building (Bldg. 16) and disperse ourselves all over the base while it undergoes a complete renovation. We built and dedicated a new Regional Operations Security Center building. We were approved for a new C-130

Simulator building that should start construction next year. We avoided possible or projected losses of our Aeromedical Evacuation Squadron and Air Traffic Control units. We went through our first ever selective retention board where 100 percent of our retirement eligible members met the board. We negotiated a new contract with the technician union. We dealt with Sequestration and are now dealing with the technician furlough. Those are just some of the highlights.

The change of command will occur on Saturday morning of Drill. Some may see this as a significant change for the WyANG as the Wing will transition to Col. Taheri who has spent the majority of his career outside of Wyoming. I want to remind you all that Col. Taheri was born and raised in Wyoming. He is a University of Wyoming graduate. He still has family living in the state.

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# 84th Civil Support Team: Response in a moment's notice



Story and photos by Senior Airman Nichole Grady  
153rd Airlift Wing Public Affairs

For the residents of Cheyenne, Cheyenne Frontier Days is a 10-day event filled with rodeos, concerts, and countless other activities. But for many fans of the 'Daddy of 'Em All' it's what they don't see that makes CFD a fun and safe event.

To make the world's largest outdoor rodeo safe, it takes a large team of security staff and volunteers, part of that group includes the Airmen and Soldiers of the Wyoming National Guard's 84th Civil Support Team (CST).

"We provide security to keep people safe," said Staff Sgt Katherine Hall, emergency management specialist. "You never know when something can happen. We provide people with a sense of comfort that they don't even know is going on

around them."

Created in 2005, the unit was designed to augment local and regional authorities, whose manning doesn't allow for the increased support needed in detecting and responding to potential or real threats that may involve weapons of mass destruction at a high-profile event. The CST team scans the entire CFD arena before and after all rodeos and concerts, and has capabilities to pinpoint nuclear threats in a large crowd.

Fortunately, radioactive rays detected in the stands normally involve various medical radiation treatments audience members might be undergoing. "We can usually tell what treatment someone is having by the reading," said Master Sgt. James Burghard, the informa-

tion systems analyst. "If we can't tell immediately, we have a scientist on the team who can give us the answer within seconds."

Among its many functions, the mission of the CST is to provide additional security when requested by events such as Frontier Days. The unit conducts security sweeps and constantly monitors locations throughout the event for potentially harmful substances.

"We're here as a preventative mode," said 1st Lt. Kyle Higgins, "What we're really looking for is a significant source or hazard. We're here because there's a large crowd, so hopefully we'd catch something on the front side."

In case of a suspected attack the unit then assesses the potentially harmful substance, advises civilian

responders on appropriate actions, and expedites the arrival of additional state and federal assets, if needed.

Over its eight-year history, the team has helped support numerous high profile events including the Democratic National Convention, Air Force Academy graduations and football games, National High School Finals Rodeo, Hurricane Ike relief and forest fire response missions.

The unit can deploy rapidly to a suspected or actual terrorist attack, conduct special reconnaissance to determine the effects of the attack, provide situational understanding to military command channels and technical consultation to local authorities. The unit also manages the effects of an attack and its potential

impact on the civilian population.

Each state, and several territories, has at least one CST with each unit consisting of 22 full-time Army and Air National Guard personnel.

The unit is then broken down into six smaller sections that include command, operations, communications, logistics, medical, and survey. Training includes being able to provide a technical capability assisting incident commanders. Each member of the unit is trained to specialize in one section but can work in any area.

Every 18 months the unit undergoes an external evaluation that determines the unit's ability to perform in case of a real emergency. The 84th CST has been continually ranked among the nation's elite by National Guard Bureau. 🇺🇸



# WyANG MAFFS once again active

A Modular Airborne Fire Fighting System-equipped C-130 from the 153rd Airlift Wing prepares to take off in Boise, Idaho on July 28. Wyoming and North Carolina Air National Guard units are currently based at Boise in support of MAFFS missions. (U.S. Air National Guard photos by Tech. Sgt. Jeffrey Allred)

## Welsh meets with Wyoming's Airmen

by Senior Airman Nichole Grady  
153rd Airlift Wing Public Affairs

Air Force Chief of Staff Gen. Mark A. Welsh III and his wife, Betty, visited with Airmen of the 153rd Airlift Wing at the Wyoming Air National Guard Base here July 19.

During an Airman's call, Welsh applauded the 153rd Airlift Wing's role in hosting the Air National Guard's first active duty associate unit, the 30th Airlift Squadron, as well as their contributions to ongoing firefighting efforts.

"Thank you for the pride you take in doing the job right, thanks for how well you do it and for all that it means to the entire United States military," Welsh said. "Everywhere I go in the Air Force I meet people that have spent their entire career in a lifestyle that is difficult, supporting operations that are difficult, in places that are difficult to operate in. They've been doing it smiling and they've been doing it exceptionally well."

Welsh also addressed furloughs for full-time technicians, one of many important topics affecting Airmen.

"It affects a lot of people who are essential to every mission we do in the Air Force, in some cases they are the mission," said Welsh. "Their reward for that is losing 20 percent of their pay for the rest of the fiscal year. This is horrible, there's nothing good about it."

Welsh explained the difficult process of deciding

what areas of the defense budget are vital to primary mission success and what areas could experience cuts. In light of furloughs and sequestering, Welsh praised Airmen for continuing to push forward and continuing to provide airpower for the nation.

"We do things all over the world. The issue that never comes up is 'Can we get them there?'" said Welsh, regarding conversations he has with other services about the Air Force. "Nobody ever thinks about that but they expect it and it occurs because of you. You're really good at what you do and you take pride in getting it right. Thank you for that."

Welsh also added that efforts to prevent furloughs in the future are ongoing.

"We're going to keep working really hard to make sure we never have to face this again," said Welsh.

Welsh also welcomed questions directly from Airmen with topics ranging from sexual assault prevention and prosecution to professional military education and promotions.

The chief of staff concluded the open forum by encouraging Airmen to keep asking questions, continuing to seek new ways to improve their career and workplace in addition to maintaining their dedication to making the Air Force better every day. 🇺🇸



## Commander's Corner Continued

He has active duty experience and brings significant knowledge of how National Guard Bureau works. He also has many contacts that we have already leveraged to our advantage. I am confident that he will do a great job as your Wing Commander over the next couple of years. There will be several other squadron and group changes of command as well. Change equals opportunity. I hope that everyone will make the most of their opportunities to bring new ideas and energy to whatever challenges present themselves. Please support and guide your new commanders toward success as you have done for me.

Finally, I would like to take a moment to thank all of you for your hard work and dedication during my time in command. Your commitment to mission success is never more evident than when the 153rd participates in MAFFS, AEF, or to any other exercise or deployment. It has truly been a pleasure to represent such a fine organization full of professional Airmen. I wish each and every one of you good health and great success for the future. I look forward to continuing to serve with you from State HQ. Keep up the great work! 🇺🇸

Thanks again!

Col. Steve Rader



## WELCOME TO SUPERDAY

By Senior Airman Mackenzi Linde  
The Rising 6 public affairs officer

**S**uperday is an annual event at Lions Park, ran by the City of Cheyenne Parks and Recreation Department, for families to come out and enjoy bands, food, craft vendors, and the children's carnival.

Jade Grant, recreational specialist, headed the Children's Carnival section of Superday, June 22. Grant said, "The military has always been a huge help in supplying some volunteers for this event. I know for a fact without their help we honestly couldn't provide all our games and

have them run smoothly."

This year the Children's Carnival consisted of 25 games, from a zipline to skee ball, which were manned by 26 military members and family. Volunteers included personnel from the 153rd Airlift Wing and the 30th AS, organized by the Rising 6 Council.

To get involved in other Guard or community service events, contact Tech. Sgt. Iris Honrado, Rising 6 president, at 307-772-6282. Volunteers are always wanted and appreciated. 🇺🇸



## The Gut is a Powerful Thing!

By Sarah B. Pflugradt, RD, LD  
Clinical Dietitian, CRMC PACE

**P**erhaps you have thought about it, perhaps not, but your gut is a very powerful vessel in your body. It is one of the most fascinating areas of research at the moment and is sometimes termed the "microbiome".

You have a little colony of microbes living inside you and making themselves comfortable. Don't be too grossed out just yet. You want these fellas there, they are helping you every day fight off disease and ensuring you stay healthy. We all have our own individual balance of bacteria in our guts it is unique to us. When it is thrown out of balance we run the chance of infection and sickness.

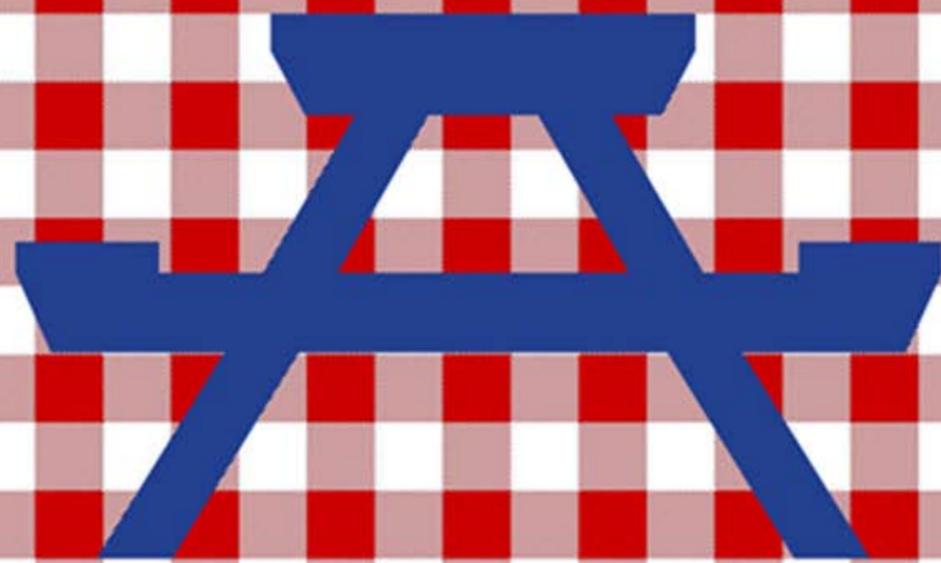
You might notice that those around you who eat a healthy, well-rounded diet do not get sick very often. Their diet might also include a little something called probiotics, you might have heard of it. It's a bit of a buzzword

in nutrition right now, but who really knows what a probiotic is?

The term "probiotic" does not have a legal definition, but refers to live microorganisms that, when consumed, benefit the host (that's you). Probiotics are helpful for everyone wanting to maintain good gut balance, but also for those who might have specific conditions, such as diarrhea, colic, and compromised immune function.

Those who are taking antibiotics will also benefit from the use of probiotics. Antibiotics are meant to kill all bacteria, not just the bad, so rebuilding the integrity of the gut is important.

The most common form of probiotics is in the form of yogurt with live cultures, most often named lactobacillus. You have to do some label reading-don't be fooled into thinking that all yogurt is good yogurt. Feel free to indulge in a bowl of lactobacillus today, your gut will thank you. 🇺🇸



# 2013 WING FAMILY PICNIC

**Saturday, Aug. 3 | 12 p.m. - 4:30 p.m.**

***Lions Park***

**Burgers, brats and games for the kids!**



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

# WyANG JOBS

<u>AFSC</u>	<u>Job Title</u>	<u>Closing Date</u>
X4N000	AC Aerospace MED SVC MGR	5 August 2013
41XX or 46XX	Medical Readiness Officer	9 August 2013
38P3	153 AW Equal Opportunity	15 August 2013
8F000	First Sergeant	Open until filled
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

Capt. Charles Harms  
Capt. Jodi Smith

## Retirements

Lt. Col. Donald Taylor  
Chief Master Sgt. Charles Engbretson  
Chief Master Sgt. David W. Harris  
Chief Master Sgt. Ralph 'Doug' Hensala  
Chief Master Sgt. Warren Whitman  
Senior Master Sgt. Edward Meza  
Master Sgt. Patrick Guillory  
Master Sgt. Tina Jacquot

## August 3 2013

- 0700 - Squadron roll call at Wyoming Air National Guard Base
- 0730 - Buses start between WyANG Base and Central High School
- 0845 - In seats at Central High School
- 0900 - Wing Commander's Call starts at Central High School (Includes awards ceremony)
- 1015 - 153rd Airlift Wing Change of Command
- 1100 - Return to WyANG Base via base shuttles
- 1200 - Released to Wing Picnic, Lions Park, Cheyenne, Wyo.

## **153rd Force Support Squadron helpful sources**

### Tools and templates

Tools and templates including the "153 AW EPR OPR Writing Guide" and "How to Print Your Individual Fitness Assessment" are on our SharePoint page. at <https://eis.ang.af.mil/org/153AW/MSG/FSS/Pages/Customer%20Support.aspx>

For those who are unable to access the SharePoint there are copies of the files available on DVD in the hallway of Building 15.

### Having writers block?

Having trouble with evaluation or awards bullets? Please check the 153 FSS reference book library in Room 112 or <http://www.afepbulletins.com>, <http://www.afwriting.com>, or <http://www.airforcewriter.com>. 153 FSS customer service can be reached at 307-772-6321 for further assistance.