



# THE GUARDIAN

September 2013



*A Publication of the Wyoming Air National Guard*

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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

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

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



Col. Michael R. Taheri, right, accepts command of the 153rd Airlift Wing from Wyoming's Assistant Adjutant General-Air, Col. Dennis D. Grunstad II, during a ceremony Aug. 3, 2013, at Central High School in Cheyenne, Wyo. The passing of the guidon is a symbolic gesture in front of an entire unit to witness a new leader assume their dutiful position. (U.S. Air National Guard photo by Capt. Rusty Ridley)

# RESILIENT

Chief Master Sgt. Douglas Rhodes  
153rd Security Forces manager

Please take a moment to remember 12 years ago, when terrorists attacked Americans on U.S. soil. Individual memories of that day have brought us together as a nation. Together we remember the event and the resilience it prompted, unifying America under our principle of freedom while honoring those who sacrificed of themselves for our safety.

We will never forget the planes crashing into the World Trade Center's twin towers or the Pentagon burning. Images from that day ensure we remember the smoke and rubble and victims' tears. But we also remember the heroes of that day, uniformed and civilian: the firefighters and police officers who rushed into burning buildings to save the people trapped inside; the heroic passengers on Flight 93 who fought to retake their plane that later crashed near Shanksville, Penn., in an effort to save innocent lives. We do not forget the innocent people who lost their lives that day.

The Sept. 11, 2001, terrorist attack not only affected our nation, but changed the world and our relationships in it. Citizens of 90 countries were among the nearly 3,000 victims. The attacks united us with our fellow democratic nations against an ideology of radical extremism. As we reflect on the horrific day that marked the beginning of our struggle to better secure the world from these threats, we honor the unwavering courage of the men and women in our armed forces in their continuing fight against terrorism.

After 12 years of sustained combat operations, we as the Wyoming Air National Guard remain resilient. Service members and their families bear the enormous burden of war's difficult toll. And, by defending our nation when our leadership asks, they also do what is right.

Caring for our Airmen and their families remains a priority for the wing. This commitment will ensure we retain the best-qualified Airmen and sustain the quality of services for you and your families. At this convergence of prolonged conflict, ongoing fiscal distress, and federal resource constraints, resiliency becomes an increasingly significant priority for commanders, supervisors and wingmen at all levels. As wing members answer the call to serve, our effectiveness depends largely on the ability of our Airmen and their families to manage deployment-related challenges and bounce back from setbacks.

We do not forget those sacrifices of our men and women serving the Wyoming Air National Guard and our country. Knowing that their loved ones, friends, family and the American public support us provides the strength for us to remain resilient.

As we remember Sept. 11, 2001, we remember those who lost their lives that day and in the fighting that has followed. We remember our men and women in harm's way today fighting the extremists who plan and execute terrorist attacks. We as an Air Force and we as a nation must remain resilient and dedicated to protecting our nation and our fellow citizens. ✈️



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# A LIFE OF SERVICE

story by Tech. Sgt. James Williams

153rd Logistics Readiness Squadron vehicle maintenance technician

photos by Tech. Sgt. Natalie Stanley

153rd Airlift Wing Public Affairs specialist

It's 1969, Richard M. Nixon is in the Oval Office, "The Brady Bunch" is on television, the hippies are at Woodstock and Neil Armstrong is the first person to set foot on the moon.

In 1969, the men and women of the Armed Forces are at war in Vietnam while our nation is at war with itself, its civil rights and its identity. Across the country, be it college professors and their students, political leaders and their pundits or religious leaders and their flocks, thousands of ordinary Americans protest our involvement in Vietnam War and will rally at bases, ports and depots to personally insult,

mock and denigrate our service members on their return home.

But to thousands of other Americans the War in Vietnam is more than just a headline on the nightly news or a rallying cry for agents of national policy change. For many American families, the war in Vietnam is personal and it hits home.

In 1969, less than a year after graduating from Cheyenne's Central High School and leaving his home near Little Bear, less than six months after his 18th birthday and within weeks of beginning his first tour in Vietnam, Pfc. Dennis B. Farris is killed in action.



In 1969 his mother, Berniece Farris, decided to honor her son's with a lifetime commitment to those affected not only by the current war but all wars. She has made weekly visits to the Cheyenne Veterans Affairs Hospital, where she delivers hand crafted tokens of compassion. These tokens are what she calls "comfort pillows" and for almost half a century Farris has lovingly fashioned approximately 9,000 pillows for American veterans of wars spanning an entire century. Veterans from the World War I to the Iraq and Afghanistan Wars, have been comforted by her compassion and kindness. They've

been consoled by her willingness to show her gratitude for their service by the giving of a small gift, a sincere hug or by simply being there. With the assistance of the Cheyenne VA's Voluntary Service Program Chief, Linda Brown, and Voluntary Service Specialist, Cindy Stockdale, Farris has garnered the help of likeminded patriots from throughout the region to help the healing process for service members and their families. Her devotion to her son's memory and the comfort brought to countless veterans over the years makes her a true American hero. 🇺🇸



# Pole Mountain Bivouac



► by Maj. Gabriel Herrera  
153rd Civil Engineer Squadron officer

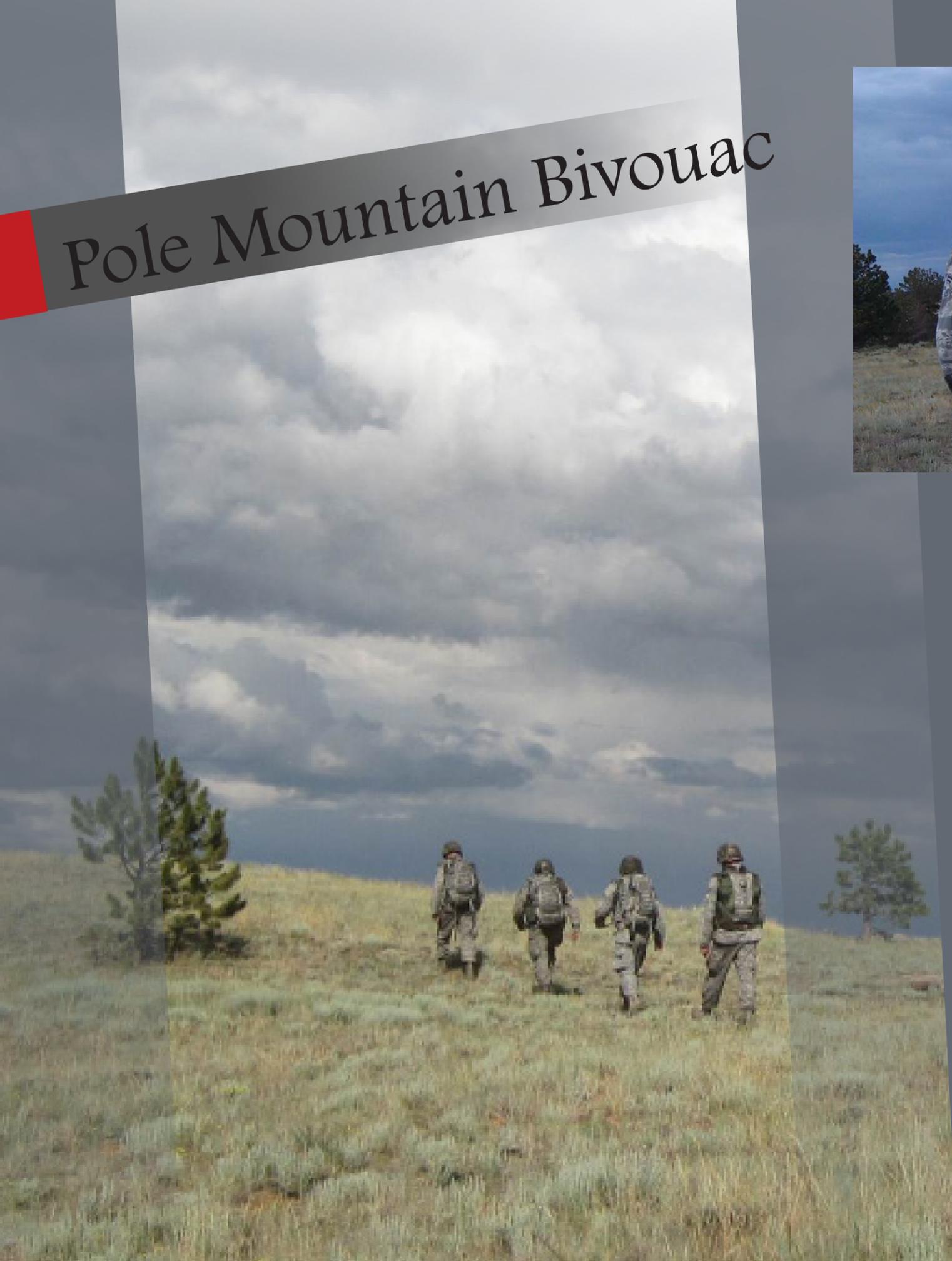
**W**hat happens when you combine the 153rd Civil Engineer Squadron, ruck sacks, flashlights and tents? **AWESOME COMBAT SKILLS TRAINING!**

The 153rd CES utilized July unit training assembly to complete their home station combat skills training requirements with an action packed bivouac to Pole Mountain. The training was organized by Staff Sgt. Christian Lowe and Tech. Sgt. Terry Creekmore, with help from Staff Sgt. James Brown, Staff Sgt. Brad Catron, Staff Sgt. Brad Kechter, Staff Sgt. Robert Parrish and Staff Sgt. Justin Watt.

The squadron set up tents, snugged their boots tight and spent four days hiking and navigating through the terrain in their combat gear, avoiding aggressors, booby-traps, simulated Improvised Explosive Devices and the occasional group of locals. The training teams covered the expansive terrain between convoy, land navigation and night navigation training scenarios.

The training courses culminated in a day-long exercise taking them over the hills, through the woods, around beaver ponds, through creeks, across the prairie, over the sagebrush and up the mountain to the top of Eagle Rock. After calling in a simulated air strike from the peak, each team navigated back to base camp, defended against a chemical attack, conducted an Unexploded Ordnance sweep and declared the base once again safe for a celebratory barbeque.

While a few suffered from sunburn and several suffered from foot blisters, those who have been with the unit long enough concluded this was the best training they've had in 16 years. 🇺🇸





## 153rd Maintenance Group earns award

by Staff Sgt. John Galvin and Senior Airman Nichole Grady  
153rd Airlift Wing Public Affairs specialists

**A**irmen of the Wyoming Air National Guard's 153rd Maintenance Group were the recipients of the Air National Guard's 2012 Maintenance Effectiveness Award in the medium category. The award was presented Aug. 3.

The group was selected out of submissions from the 89 flying wings across the country. Effectiveness awards are presented annually and are determined based on the number of aircraft and personnel assigned.

"For the members to be recognized with a national level award is exciting," said Col. James "Pat" Moffett, former 153rd Maintenance Group commander. "It validates the many long hours and tremendous efforts they display here at home and in deployed locations."

Moffett said he attributes the award to a broader effort of support.

"We provide aircraft in support of our fire-fighting mission, which was one of the most robust seasons in a number of years, and we still provide aircraft for our state missions," Moffett said. "I couldn't be prouder of this outstanding group of people and what they accomplish day in and day out and I am thrilled they were recognized at the national level."

Brig. Gen. James Witham, deputy director of the Air National Guard, said, "The maintenance group that earns this award demonstrates superior ability to accomplish the mission with effective use of resources and innovative management. I am truly proud to have this outstanding organization as part of our Air National Guard team." 🇺🇸

## Raise a healthy eater this school year

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

**T**he school year is just beginning for many kids and parents alike. Parents worry about their child's nutrition, how to fuel them properly for school and how to get quick meals on the table during the busy school year. Not to worry, every parent struggles with the chore of ensuring their kids eat healthy. Use these tips as a guide to help you through the school year.

### General Tips:

- Ensure kids and parents are eating breakfast. It's just as important for parents to be on their toes during the school year. Kids need energy first thing in the morning to keep them going until lunch.
- If kids eat hot school lunch, talk to them about making healthy choices. School lunches are still struggling to meet healthy guidelines, but there are better choices available.
- If snacks can be sent to school, include one fruit or vegetable each day.
- If your child packs a lunch, include them in the lunch making process and always send a source of dairy and a fruit/vegetable. Protein and fiber will also help to keep them full for the rest of the school day.
- It's always good practice to wash hands before eating for children and adults. Those beginning of the school year germs are going to make it home.
- Teach children to pay attention to their internal signals of when they are full. Overeat-

ing could lead to napping in an afternoon history class.

Good nutrition is extremely important in the development of a child. Teaching a child about good nutrition is also as important. Make family meal times a priority. With busy schedules during sports seasons, it can be difficult to sit down as a family and eat a healthy dinner. Eating is as much a nourishing benefit as it is a social benefit. Children learn early from adults how food is often involved in social situations. Family dinners have proven to foster good relationships between children and parents, enhance academic achievement, promote a healthy weight and prevent behavior problems at school. Plan your meals ahead and have quick healthy go-to options during your busiest nights of the week. Aim for 3-4 nights at home for family dinners and get in a habit.

The Academy of Nutrition and Dietetics recently released a new position paper on the link between nutrition and chronic disease. Chronic diseases like hypertension, heart disease, and diabetes are developing early and can be seen now in children.

Parents have the power to shift their children's eating habits in the right direction with little effort. These changes, to include providing less access to processed food and excess sugar, increasing fruit and vegetable consumption and limiting portion sizes could make a huge difference to parent and child. 🇺🇸



## Online Personnel Services: myPers website... For your online personnel services

by myPers-Total Force Service

The Air Force online personnel services website, known as myPers, is a total force source for personnel information and services. As a RegAF, Guard, Reserve or civilian employee, use myPers to get your questions answered and conduct personnel business online when it's convenient for you. The myPers website has informative articles on personnel programs such as promotions, reenlistments, benefits, and transfers. Online services available include requesting your service verification letter, reviewing your current retirement points, accessing your official military personnel records, or nominating a member for a Federal award.

Upon entry there is a personalized home page just for you. Sections like "I Would Like To,"

"Most Viewed Articles," "Announcements for Airmen," and a search function make it easy for you to stay up-to-date and allow you to access the virtual Personnel Center – Guard/Reserve, or vPC-GR, and other applications. If you are not already a myPers user, visit the website from any computer, anytime, at [mypers.af.mil](http://mypers.af.mil). You can log in using your common access card or a login name and password.

If you need assistance, you can reach the myPers-Total Force Service Center by selecting the "Contact Us" link from the myPers webpage. You can select the "Email Us" link to correspond electronically, or choose the "Other Contact Information" link to find the toll free 800 number and other options available for reaching the myPers-Total Force Service Center. 



The Wyoming Air National Guard received a new C-130 load trainer Aug. 19, 2013. It will be provide a versatile platform to allow a multitude of training to be accomplished without affecting operational readiness. The trainer will be primarily utilized by the 153rd Airlift Wing, but will be made available to other units. (U.S. Air National Guard photo by Staff Sgt. John Galvin)

# WyANG JOBS

<u>AFSC</u>	<u>Job Title</u>	<u>Closing Date</u>
3S000	Personnel, Chief Enlisted Manager	17 September 2013
2T271	Master Craftsman Air Transportation Specialist	16 September 2013
17D4B	Chief Communications Officer	15 September 2013
3D190	Supervisor, Cyber Maintenance	15 September 2013
3D090	Supervisor, Cyber Operations	15 September 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

Lt. Col. Nancy Weisenhorn  
Chief Master Sgt. Exie Brown  
Chief Master Sgt. Douglas Rhodes  
Master Sgt. Elizabeth Alacca  
Master Sgt. Barton Allen  
Master Sgt. Brian Bowen  
Master Sgt. Jesse Fox  
Master Sgt. Carrie Galaz  
Master Sgt. Justin Hale  
Master Sgt. Jonathan Hays  
Master Sgt. Robert Kramer  
Master Sgt. Michael Pafford  
Master Sgt. David Pickard  
Tech. Sgt. Kelly Barker  
Tech. Sgt. Thomas Kidder  
Staff Sgt. Benjamin Escobedo  
Staff Sgt. Amy Espedido  
Staff Sgt. Matthew Freeman  
Staff Sgt. Michana Jones  
Staff Sgt. Michelle Ramirez  
Senior Airman William Heffron  
Senior Airman Montasha Labelle  
Senior Airman Justin Morris  
Airman 1st Class Andrew Beitz

## Retirements

Chief Master Sgt. Steven J. Herman  
Senior Master Sgt. Gary Foster  
Master Sgt. Dana Durand  
Master Sgt. Czerna G. Richardson

## Quarterly Award Winners

### **Airman:**

Senior Airman James Terrell 30th Airlift Squadron

### **Noncommissioned Officer:**

Tech. Sgt Bryan Dietz 30th Airlift Squadron

### **Senior noncommissioned Officer:**

Senior Master Sgt. Anthony Diede 30th Airlift Squadron