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



Construction crews are working hard on building 16 to beat the winter weather and move construction to the interior before the harsh winter weather arrives, Cheyenne, Wyo. The Sustainment, Renovation, and Modernization project is estimated to save \$ 18 million as renovations versus new construction. Read Col. Shelley Campbell's Commander's Corner for more details. (U.S. Air National Guard photo by Capt. Rusty Ridley)

Commander's Corner

Building 16



by Col. Shelley Campbell
153rd Mission Support Group
commander

One of my first duties as the new 153rd Mission Support Group commander was to write an article for The Guardian. As I searched for ideas, I asked my hard-charging Executive Officer, Maj. Rylan Charlton, for his thoughts. Without hesitation, he said, "How about an article on Building 16 construction?" What a great idea to talk about one of the largest elephants in the room, the biggest and most visible projects on our base. This project, incidentally, probably causes the most day-to-day frustration as many organizations are displaced, everyone on base has to navigate the construction obstacle course, and it seems like forever before it will be completed.

Many of you probably drive through the front gate of the airlift wing, look at Building 16 and think something similar to Will Ferrell talking to his mother in the movie "Old School": "I don't even know what they do back there!" Or, maybe you look at the extent of the renovation and think it couldn't possibly have been cheaper to renovate that old hangar than to just tear it down and build a new

one. Believe it or not, that's not true. The project is classified as Sustainment, Renovation, and Modernization (SRM), and it's the largest project of its kind in National Guard Bureau history. Despite its price tag, the Building 16 renovation project saved approximately \$18 million as a renovation versus new construction. According to Darrel Miller, project construction manager, assigned by NGB, "It's basically just the envelope of the building that we've kept." That "envelope" translated into huge savings in resources and man hours. All of the foundation and structural work needing reconstructed was already there. After that, it's essentially a brand new building.

Currently, construction crews are working hard to beat the weather and move construction to the interior before the harsh winter weather arrives. They were stalled by devastating rains that hit Colorado and Wyoming, but are working vigorously to complete the roof and exterior. The exterior of the building basically needs to be

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Commander's Corner continued...



sealed before crews can begin working entirely inside.

The next major milestone along the timeline of this construction project is February 2014 when the maintenance section is scheduled to move back into the building. The remaining base organizations that will make Building 16 their home will move in mid-2015. This new home will be a drastic improvement from the old home and a welcome upgrade to the make-shift dwellings the air wing currently uses to complete its mission. Among the major upgrades the maintenance section will see are two free-standing jib cranes in the main hangar. These cranes are capable of pulling the entire power plant off the C-130, and eliminate the need to operate the single, diesel-powered crane inside that maintenance previously used for their heavy lifting.

The 153rd AW will also be operating more efficiently and more environmentally friendly in the new building. The old building used a "deluge" system as a means of fire prevention in the maintenance hangar. This outdated system leaked chronically. By switching to the new system the wing is already saving hundreds of thousands of gallons of water per month. The new building carries a Leadership in Energy and Environmental Design (LEED) rating of "Silver". This means the renovations meet strict national standards for air quali-

ty, lighting, green space, recycling centers available within the building, percentage of locally made and recyclable material used in construction and the amount of material recycled when it leaves the job after demolition. Finally, unlike the 1940s era construction the wing was required to complete its mission with, the new building will have state-of-the-art secure zones for handling classified information and communications. These secure zones fully comply with strict national and Department of Defense standards, a luxury not necessarily available in the old building.

Not only will the building be up to modern standards, but the renovation makes it more readily changeable with mission and technology changes in the future. Should the wing's mission change or be modified, the building can easily be retrofitted to meet the new need. The last remodel was in 1986. The current renovation will easily extend the life of the building beyond that provided in 1986; likely another 30 years. Building 16 has come a long way from the 1940s hangar it used to be. Next time you drive by, try to consider the improvement and upgrades the 153rd AW will get when we move in, and hopefully you'll imagine something more like these pictures than an active construction site.

Maj. Ryan Charlton contributed to this article 🇺🇸

How to maximize your workouts

Workout fuel

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

Energy drinks, protein bars, gels, jelly beans? The market is flooded with hype that promises to give you the best body and the most fuel for your workout.

If you are a novice exerciser, you have everything you already need at home. If you are an endurance athlete, you probably already know what works for you. Gym rats come in many forms. There's the cardio enthusiast who can go for 90 minutes on the elliptical machine, the runner logging 6 miles on the treadmill and the weight lifter who makes his voice known when he lifts his max.

Do all of these people require the same nutrition? Probably not, but the basics remain the same. Our bodies use carbohydrates for energy, which is converted to glycogen, which fuels our body during exercise. Protein helps with muscle repair after intense workouts, but will not make you stronger just by eating it. This is why increasing the protein in your diet without proper exercise will only make you gain weight.

Sports drinks and gels which are high in carbohydrate are meant for intense exercise lasting 90 minutes or longer. For some individuals these types of products can cause digestive

upset, due to the high amount of sugar. Staying hydrated before, during, and after exercise is vital to maintaining electrolyte and fluid balance. If protein levels are high, maintaining proper hydration will also help to maintain good kidney function.

If you are a one hour a day exerciser, these simple tips can keep you on a path to reach your goals:

Pre-exercise:

- Maintain good hydration prior to exercise
- 2-3 hours prior, eat a small snack consisting of carbohydrate and protein.

Post-exercise:

- Drink water if intense exercise was less than 90 minutes. For exercise longer than 90 minutes, a sports drink can help aid in the loss of fluid and electrolytes
- Rebuild your glycogen stores by eating a snack or meal within 15-60 minutes that contains a mix of carbohydrate, fat, and protein.

Maintaining good nutrition pre and post exercise will help your body recover faster and help maintain a strong and healthy metabolism. Eat right! 🇺🇸



Communication

by Senior Master Sgt. Jeremy Nash
153rd Medical Group



“There is only one rule for being a good talker- learn to listen.”
Christopher Morley

Communication. Most of us have been through formal classes that touch on the subject or even go in depth. For those of you who have not been to a formal class on communication, not to worry, your turn at Airman Leadership School or Squadron Officer School is coming soon. The word communication more often than not will be combined with the words effective, poor or electronic. In our Air Force world, communication is essential in order to get the job done. Having the right mindset for effective verbal and non-verbal communication is paramount in order to deliver the right message.

“Any problem, big or small, within a family always seems to start with bad communication. Someone isn’t listening.” - Emma Thompson

Whatever family you are part of, this statement certainly holds true. Bad communication leads to misunderstandings, inaction or incorrect actions or even negative feelings. Good communication will therefore have the opposite effect: clarity, effectiveness and mutual understanding.

With verbal communication there are three distinct parts to successful communication. First, the message must be sent. This can be done in a variety of ways: electronic mail, face-to-face or even printed text. Some

of the lesser appreciated ways a message can be sent include body posture, presence or lack of eye contact and even grammatical errors in written communication. Everything you do sends a message.

“There is only one rule for being a good talker - learn to listen.” - Christopher Morley

The next step in the communication process is the message must be received. A cartoon I saw recently described this quite well. It showed an individual speaking on the phone, answering the other person with endless “uh-huh,” “sure,” and “yeah” responses, all the while thinking about the big basketball game on that night. When you are being spoken to, directly or otherwise, is the message being received the way it should be, or is something else on your mind? How frustrating is it to you when a repetition of your words is needed because the focus was absent from the communication?

The final distinct part of communication is feedback. Feedback occurs from the receiver to the sender, so the sender knows and is relatively assured their message has been received accurately. Feedback can occur through a head nod, verbal responses or even through stimulating further discussion. This final part of communication can be the most overlooked, since the conversation could continue without any understand-

ing, making the message not understood or interpreted incorrectly.

So, how does one get the communication train to run better for them? There are many suggestions available from family, friends, books and the Internet. Here are some of the more popular, common sense ideas:

- Use diplomacy when dealing with conflicts. Have issues addressed and rectified immediately and, if needed, confidentially.
- Give feedback that benefits people, good or bad. It may be as simple as a quick comment in the break room, but shouldn’t be limited to award packages.
- Trust in your people and their abilities. Having the trust in your people to do the job will go a long way.
- Leave emotions out of the conversation. Emotions only serve to complicate otherwise simple messages.
- Listen. Asking questions or repeating the message back to the sender is a great way to show that you have listened to the message.

As you are reading this, you probably thought of other great ideas for more effective communication. I encourage each of you to focus on how you communicate, and ask yourself if it the most effective method of communicating. You’ll be surprised in the results with just a few adjustments. 🇺🇸

Airman and Family Readiness Program

Holiday Happenings



153rd Airlift Wing Haunted Halls Halloween Party

Please join the Wyoming Air National Guard on Oct. 30, from 4 - 6 p.m., for ghoulish games, freaky fun and frightening food at the Wyoming Air National Guard dining facility. Families from 153rd AW, 30th Airlift Squadron and Command and Control Squadron are welcome. Please contact Denise Rampolla at 307-772-6063 or Lisa McGinnis at 405-205-2725 by Oct. 25 if you wish to attend.

Operation Guardian Angel

Operation Guardian Angel provides anonymous gift giving, allowing children the opportunity to enjoy a gift they would otherwise not see because their family may be currently experiencing financial or other unfortunate difficulties. Recommendation forms have been distributed to unit commanders, first sergeants and supervisors. Please contact these individuals in your unit if you think you may require such assistance. Those wishing to sponsor Angels please contact Denise Rampolla at 307-772-6063 or denise.rampolla@ang.af.mil for more information.

Children's Holiday Party

The 153rd AW Children's Holiday Party and Lunch with Santa will take place Dec. 14 at the dining facility from 11 a.m. - 2 p.m. Tickets are available for \$6 a person (tickets are required for each parent and each child). Please contact Denise Rampolla at 307-772-6063 or denise.rampolla@ang.af.mil for more information.

Annual Basket and Craft Silent Auction

Looking for that special something for those on your holiday list? Look no further. The Annual Basket and Craft Silent Auction benefiting Airman and Family Readiness Programs at the unit and wing level will take place Nov. 2, 7:30 a.m. - 3 p.m. and Nov. 3, 7:30 a.m. - noon in the operations building first floor hallway. Please contact your unit key spouse for more details.



WyAng Traditional Jobs

<u>AFSC</u>	<u>Job Title</u>	<u>Closing Date</u>
3D171	Client Systems Craftsman, E-6 (153CF)	17 October 2013
3D071	Knowledge Operations Craftsman, E-7 (JFHQ)	Open Until Filled
3M071	Services Craftsman, E-7(153FSS)	Open Until Filled
3N0X1	Public Affairs Craftsman, E-7 (JFHQ)	Open Until Filled
3S091	Personnel Superintendent, E-8 (JFHQ)	Open Until Filled
3S000	Joint Staff, Chief Enlisted Manager, E-9 (JFHQ)	Open Until Filled
8F000	First Sergeant, E-7 (Varied Units)	Open Until Filled
17D4B	Chief Communication Officer, O-5 (JFHQ)	Open Until Filled
21R4	Director of Logistics, O-4 (JFHQ)	Open Until Filled
38P3	Director, 153AW Equal Opportunity (153AW)	Open Until Filled
44M3	Internist, O-5 (153MDG)	Open Until Filled
48R3	Residency Trained Flight Surgeon, O-5 (153MDG)	Open Until Filled
48R3	General Medical Officer, Flight Surgeon, O-5 (187AS)	Open Until Filled

please visit link for detailed traditional jobs listing

<http://wyomilitary.wyo.gov/Employment>

please visit link for full-time jobs listing

<http://wyomilitary.wyo.gov/Employment/air-full-time-employment>

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

Maj. Michael Brown
Maj. Donald Salamone II
Maj. Leanna Thomas
Capt. Kyle Higgins
Tech. Sgt. Joshua Fitch
Tech. Sgt. Kit Martens
Tech. Sgt. Leslie Moore
Staff Sgt. Kirsten Cohen
Senior Airman Devin Backes
Senior Airman Rebekah Miller

Retirements

Capt. Jacob Guzman
Senior Master Sgt. Marlin Duncan