



THE GUARDIAN

January 2014

A Publication of the Wyoming Air National Guard

Visit us on the web: www.153aw.ang.af.mil



The Guardian Staff

Col. Michael Taheri
commander

Col. Paul Lyman
vice commander

Chief Master Sgt. Michael Abbott
command chief

Capt. Rusty Ridley
public affairs officer

Capt. Cody Hawkins
public affairs officer

Master Sgt. Leisa Grant
public affairs superintendent

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:
153aw.pa@ang.af.mil
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.

Flight nurse 1st Lt. Allison Hannah, of Berthoud, Colo., and the 187th Aeromedical Evacuation Squadron, and 153rd Medical Group superintendent Jeremy Nash, of Cheyenne, get dressed in a hurry for the final exam of Chemical, Biological, Radiological, Nuclear decontamination team training Dec. 12 at the Wyoming Air National Guard fire station in Cheyenne. (U.S. National Guard photo by Sgt. 1st Class Jimmy McGuire)



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

Air Force's newest leader takes charge

By Staff Sgt. David Salanitri, Air Force Public Affairs Agency



Timothy Beyland (left) swears in Deborah Lee James as the 23rd Air Force secretary Dec. 20, 2013, at the Pentagon. (U.S. Air Force photo/Scott M. Ash)

WASHINGTON (AFNS) -- The Air Force's 23rd Secretary of the Air Force was formally sworn in, Dec. 20, in the Pentagon.

Deborah James assumed the position of the Air Force's highest ranking leader, making her the second female in Air Force history to serve in the role.

As James takes on her new duties, she said she knows there will be challenges, inheriting the service at a time filled with uncertainties, from the budget to management of the force.

"I think our Air Force is in great shape given that we've been living through some difficult times," James said during her first interview as secretary. "I'm enormously optimistic about the future of our Air Force. We have nothing but opportunities to face in the upcoming years."

While James said she is confident the Air Force will prevail moving forward, she noted that the service's manning will look different in the future.

"I'm equally certain that we will become a smaller Air Force; we will remain a capable Air Force with top notch people," she said. "We're

going to remain No. 1."

Over the next five years, the Air Force is slated to cut roughly 25,000 Airmen. Recently, Air Force officials announced programs that will aid the service to achieve such cuts in manning.

With these force management programs beginning, James said senior Air Force leaders are working to give Airmen as much information as they can, as fast as they can.

"We are going to be as transparent as possible and get them information as quickly as we can," James said. "We don't want them to be consumed by worries of the future."

As she begins her tenure as the SecAF, James said she wants Airmen to know she is 100 percent dedicated to serving them.

"I am totally committed to every Airman," she said. "My top job is to be their advocate here in Washington and around the globe."

Before being nominated by President Barack Obama on Aug. 1, James was president of the Technology and Engineering Sector at Science Applications International Corporation. 

2013



Wyoming National Guard members hold the American flage at University of Wyoming versus Fresno football game in conjunction with Military Appreciation night. (Courtesy photo)

Ten members from the 30th Airlift Squadron returned home to anxious and tearful friends and family members. (U.S. National Guard photo by Capt. Tom Blackburn)



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)

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. (U.S. National Guard photo by 1st Lt. Christian Venhuizen)

2013



Air Force Chief of Staff Gen. Mark A. Welsh III addresses Airmen of the 153rd Airlift Wing, Wyoming Air National Guard, during an Airman's call July 19, 2013, in Cheyenne, Wyo. Welsh thanked the 153rd AW, discussed Air Force priorities and answered questions from the audience. (U.S. Air National Guard photo by Senior Airman Nichole Grady)



The 153rd Civil Engineer Squadron conduct their home station combat skills training requirements with a bivouac to Pole Mountain. (Courtesy photo)



Brig. Gen. Kathy Wright receives a wet welcome when she steps off a Wyo. Air National Guard C-130 in Cheyenne Nov. 7, 2013. (U.S. National Guard photo by Sgt. 1st Class Jimmy McGuire)



Airmen with the 153rd Communications Flight move equipment from Bldg. 16 to the newly constructed Regional Operations and Security Center. (U.S. Air National Guard photo by Capt. Rusty Ridley)



FITNESS

by Mayo Clinic Staff

Starting a fitness program may be one of the best things you can do for your health. After all, physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight — even boost your self-esteem. And the benefits are yours for the taking, regardless of age, sex or physical ability.

The Department of Health and Human Services recommends that healthy adults include aerobic exercise and strength training in their fitness plans, specifically:

- At least 150 minutes of moderate aerobic activity — or 75 minutes of vigorous aerobic activity — a week
- Strength training exercises at least twice a week

Regular exercise can help you

control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if you haven't exercised for some time and you have health concerns, you may want to talk to your doctor before starting a new fitness routine.

When you're designing your personal fitness program, consider your fitness goals. Think about your fitness likes and dislikes, and note your personal barriers to fitness. Then consider practical strategies for keeping your fitness program on track.

Starting a fitness program is an important decision, but it doesn't have to be an overwhelming one. By planning carefully and pacing yourself, you can make fitness a healthy habit that lasts a lifetime. 



NOMINATE YOUR OUTSTANDING EMPLOYER

2014 SECRETARY OF DEFENSE EMPLOYER SUPPORT FREEDOM AWARD

Attention, Guard and Reserve members:

Has your employer gone above and beyond the call of duty to support your military service? Nominate your employer for the Secretary of Defense Employer Support Freedom Award, the Nation's highest honor for exceptional support of Guard and Reserve employees.

SUBMIT YOUR NOMINATION NOW!

November 1, 2013 - January 20, 2014

www.FreedomAward.mil



ESGR, a Department of Defense office established in 1972, develops and promotes employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and service members.

WyAng Traditional Jobs

AFSC Job Title Closing Date

3P0X1	SF Superintendent, E-8 (153SFS)	20 February 2014
3P0X1	SEI 312 SF Craftsman, E-7 (153SFS/CATM)	20 February 2014
2A671H	Quality Assurance Specialist Propulsion, E-6 (153MXS)	3 February 2014
2T200	Air Trans CEM, E-9 (153LRS)	2 February 2014
X4N091	Air Crew Aerospace Medical Services Superintendent, E-8 (187AES)	21 January 2014
2A590	Quality Assurance Specialist, E-8 (153MXG)	13 January 2014
2R090	Maintenance Management Analysis, E-8 (153MOF)	13 January 2014
4N000	Air Crew Aerospace Medical Service Manager, E-9 (187AES)	Open Until Filled
3D071	Knowledge Operations Craftsman, E-7 (JFHQ)	Open Until Filled
3N0X1	Public Affairs Craftsman, E-7 (JFHQ)	Open Until Filled
3S071	Personnel Craftsman, E-6 (JFHQ)	Open Until Filled
3S091	Personnel Superintendent, E-8 (JFHQ)	Open Until Filled
17D4B	Chief Communication Officer, O-5 (JFHQ)	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
3S2X1	Wing Human Resource Advisor	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>

We Salute

Promotions

Tech. Sgt. Jason Nyberg
 Tech. Sgt. Jared Schinzel
 Tech. Sgt. Heidi Valdez
 Staff Sgt. Melody Barr
 Staff Sgt. Joseph Mata, Jr.
 Senior Airman Amanda Abbott
 Senior Airman Collin Holte
 Senior Airman Damon Huston
 Senior Airman Christopher Lehmann
 Senior Airman Ethan Mulher

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.