



# THE GUARDIAN

A Publication of the Wyoming Air National Guard

June 2009

## NEW MEMBERS

187 AS

BRAD PRIMER



153 MXS

JAMES WEBER

JOSH LYBECK

LARAMIE RILEY

SARA LEI



153 AMS

PIPER HELPHAND

JOE MULLINS

JOSHUA EVESLAGE



243 ATC

MICHAEL OSBURN



153 MOF

AMY ESPEDIDO



153 MDG

ERNEST MARTINEZ

MICHELLE RAY



## McCUE FITNESS

The McCue Fitness Area hours of operation are 0430 to 2300. Sign in so Services can track daily use. A spotter is required for benching. Limit cardio use to 30 minutes if others are waiting. During peak hours (0430-0700, 1100-1300, and 1500-1800) is when this will be enforced.

Re rack weights and use only one gym wipe on each machine. Bring in your own towel, and hand carry shoes when the weather is bad.



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## Diversity Corner: High performance teams “E pluribus unum” out of many, one

By Chief Master Sgt. Jim Brannom

Today’s Air National Guard is comprised of our community’s finest men and women.

From all walks of life – rural farms, inner cities and every place in between – young Americans are drawn to the call of Integrity, Service and Excellence.

We celebrate this diversity, recognizing that such a mix of experience leads to a breadth of perspective and broader horizons, and ultimately innovative ways to maximize our combat capabilities for the Joint Team.

As individuals you are each a national asset and essential to accomplishing the ANG’s mission.

As a seamless team, we are able to overcome any challenge.

A disciplined force puts mission first; flies, fights, and wins as a team; knows the rules; pays meticulous attention to details; and is accountable for the final results.

A leader’s ability to form a complementary, winning team happens as the leader gets to know individuals and engages their full potential towards the goals of the team. The point is to find peoples unique talents and distill them into their highest contribution that they are passionate to give.

We must continue to show determination and focus on creating inclusive teams to ensure no one gets left behind. We, as the Air National Guard, cannot claim to be inclusive yet have structures and poli-

cies in place that are non inclusive.

1. Do work teams have clear, measurable goals?

2. Do individuals stay diligently focused on the most important goals?

3. Are success measures tracked accurately and openly?

4. Do work teams plan together how to achieve their goals?

The United States of America’s first national

motto, “E pluribus unum,” means, “out of many, one.” Initially, this motto referred to the formation of our great nation from the 13 colonies.

Today, that phrase reminds us that we’re in this fight together.

Harnessing our magnificent differences into an effective, coherent team takes solid leadership, quality training and a conscious effort toward mutual respect on all our parts.

## Airmen of the Quarter named

Airmen of the Quarter selections for the 2nd Quarter of 2009 are:

Airmen of the Quarter – Airman 1st Class Steven Baptiste; Non-Commissioned Officer of the Quarter – Staff Sgt. Donald Franklin; Senior Non-Commissioned Officer of the Quarter – Senior Master Sgt. Craig Helart.

These members are recognized for their contributions and accomplishments of the WyANG.

DIVERSITY CORNER

## COULD YOU BE A KEY TO MISSION SUCCESS?

The 153rd Airlift Wing Family Readiness Program is looking for family members who want to volunteer.

Find out more by contacting the Family Readiness Office at (307) 772-6063.



## FAMILY MORALE CARE PACKAGES AVAILABLE

The Wing Family Readiness Program offers a morale care package for all military members to help deployed Airmen stay connected to children.

Items such as picture pillowcases and photo buttons, special Air Force bears, disposable cameras, journals, recorder pens, and other items can be provided to children 6 and up. Call 772-6063 for information.



## 153RD AIRLIFT WING FAMILY READINESS PROGRAM CONTACT NUMBERS

**153 AW FAMILY READINESS OFFICE**  
217 DELL RANGE BLVD.  
CHEYENNE, WY 82009

**DENISE RAMPOLLA**  
153 AW FAMILY READINESS COORDINATOR  
(307) 772-6063 OFFICE  
(307) 214-2625 CELL

**BILL BRECKENRIDGE**  
STATE FAMILY READINESS COORDINATOR  
(307) 772-5208 OFFICE  
(307) 631-7537 CELL

**CHAPLAIN DOUG ARENDSEE**  
STATE CHAPLAIN  
(307) 772-5098 OFFICE

## Spouse Orientation Flight July 11

Come fly with us! The annual C-130 Spouse Orientation Flight will be held on July 11. Spouses must wear closed toed shoes. **No sandals or slide on shoes will be permitted for safety reasons.** Please contact Denise Rampolla, 153 AW Family Readiness and Support Services Coordinator by July 3 to reserve a seat for the flight. Space is limited to 25 and seats will fill up quickly.

Please note that individuals who wish to fly must be married to members of the 153rd Airlift Wing to include 153 CACS and the 30 AS. Current policy does not permit children, significant others and parents to participate at this time.

## Apply for Post 9/11 GI Bill

Great news for those who qualify.

On May 1 the Department of Veterans Affairs (VA) began accepting applications for the Post-9/11 GI Bill. The application form is available online.

The form requires that individuals currently eligible for another education benefit make an irrevocable election from their existing program to the Post-9/11 GI Bill.

Typically individuals who are eligible for more than one benefit may use a combined total of 48 months of entitlement. Therefore, for those individuals eligible for the Montgomery GI Bill (MGIB) program, please be advised that if you have entitlement remaining under the MGIB, the number of months of Post-9/11 GI Bill entitlement

you will be eligible for will be equal to the number of months remaining under MGIB. However, if you exhaust all of your MGIB entitlement, then you may be entitled to a maximum of 12 additional months of entitlement under the Post-9/11 GI Bill.

Once the VA has processed your application for Post-9/11 GI Bill benefits you will receive a letter explaining the VA's decision regarding your eligibility for the program.

Please be advised that payments for the Post-9/11 GI Bill will not be processed until August 1, 2009.

Go to [www.vba.va.gov/pubs/forms/VBA-22-1990-ARE.pdf](http://www.vba.va.gov/pubs/forms/VBA-22-1990-ARE.pdf) to access the application form which includes instructions for submitting completed applications.

## Military OneSource expands counseling sessions

Military OneSource announced an increase in the number of nonmedical counseling sessions it will now offer to service members, Guard and Reserve members, and their families.

As of April 1, eligible service members and their families may now receive 12 sessions per person, per issue, and per counselor within a period of 120 days.

For those who are currently enrolled, but began nonmedical counseling sessions prior to April, you may use the new program after your current counselor contacts Military OneSource to request the additional six sessions. Contact Military OneSource for more information, call (800) 342-9647.

### THE GUARDIAN

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WING COMMANDER  
COL. DENNIS GRUNSTAD  
STATE PUBLIC AFFAIRS OFFICER  
DEIDRE FORSTER

WING PUBLIC AFFAIRS OFFICERS  
2ND LT. RUSTY RIDLEY  
2ND LT. BERLINDA WHITE

THE GUARDIAN, 217 DELL RANGE BLVD., CHEYENNE, WY 82009  
(307) 772-5253/5935, 153.PA@ANG.AF.MIL

## JOBS

**AIRCRAFT MAINTENANCE OFFICER VACANCY – 153 AMS:** Applications are now being accepted for an Aircraft Maintenance Officer (21A3) position. This position is a traditional officer position with a maximum authorized grade of Major. Application packages must include, but not limited to, the following: (1) cover letter requesting consideration; (2) AF Form 24 (enlisted applicants only); (3) Current resume to include civilian and military education and experience; (4) College transcripts from an accredited 4 year college or university (enlisted only); (5) letters of recommendation (optional); (6) a copy of Air Force Officer Qualifying Test (AFOQT) scores for candidates applying for initial commission. The nominating official for this position is Capt. Bret Trippel. Applications are due to Maj. Bennett, 153 MSF, 217 Dell Range Blvd. Cheyenne, WY 82009-4799 not later than **COB June 7**.

**FIRST SERGEANT VACANCY – 153 SFS:** Applications are no being accepted for the First Sergeant position (AFSC 8F000) in the 153 SFS. This Master Sergeant position is open to any enlisted member in the grade of Master Sergeant or Technical Sergeant who is eligible for immediate promotion IAW ANGI 36-2502. Applicants must meet all requirements outlined in AFI 36-2113, Chapter 10, meet AFVAB requirements prior to interview, score a minimum of 75 on the fitness assessment, and possess an overall image exceeding minimum standards. Mandatory service commitment is three years from the date of assignment to the 8F000 SDI and will not exceed six years from the date of graduation from the First Sergeant Academy. Duty related questions may be directed to Senior Master Sgt. Alan Stoinski at (307) 286-2461. All application packages must include as a minimum a cover letter, resume, RIP and fitness assessment score and are due to the 153 MSF by **COB June 9**.

**OPERATIONS GROUP COMMANDER, 153 OG:** Applications are now being accepted for the Operations Group commander military position (AFSC OIOCO). This position is open to all rated officers in the Wy-  
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ANG in the grade of Lieutenant Colonel who meet the requirements to be immediately promotable to Colonel. This is a traditional officer position with a maximum authorized grade of Colonel. Application packages must include, but not limited to the following: (1) cover letter requesting consideration; (2) current resume to include civilian and military education and experience; (3) letters of recommendation (optional). The nominating official is Col. Dennis Grunstad. Applications are due to Maj. Bennett, 153 MSF, 217 Dell Range Blvd, Cheyenne, WY 82009-4799 not later than **COB July 7**.

**153 AW Military Equal Opportunity Position: Equal Opportunity and Substance Abuse Control Manager – AFSC 3S1X1,** authorized grade E-7. This traditional position will be double-slotted. Applicants must be at least an E-5, have attained at least a 5-skill level in another AFSC, meet the ANG weight and fitness standards, have an outstanding military appearance, possess high moral standards and exceptional military bearing and conduct, and present a professional image. Applicant must also possess computer skills. Must be able to attend the four week in-residence Defense Equal Opportunity Management Institute's (DEOMI) Equal Opportunity Advisor Reserve Component Course (EOARCC) at Patrick AFB, Fla. Applications consisting of a cover letter, a current resume with civilian and military experience/education, and PME status will be accepted until **COB July 12**. Please forward applications and direct any questions to Lt. Col. Jeff Carroll 153 AW/ME 772-6182 or (307) 637-5538 or (307) 631-1471.

**AIRCRAFT LOADMASTER:** Applications are being accepted for a Master Sergeant position. Selected individual must possess AFSC 1A271 and be promotable within one year from the date of selection for the position. Application packages and questions can be forwarded to Chief Master Sgt. Mike Sorensen, (307) 772-6278 by **COB July 13**.

**OFFICER APPOINTMENT - NAVIGATOR (C-130):** Applications are now being accepted through **COB Aug. 15** for undergraduate navigator training, AFSC 12M3B. This position is located in the 187th Airlift

Squadron. Interviews will be held in September. Applicants must be able to enter training prior to age 30 and be no older than 28 at the time of interview. Must qualify on the Air Force Officer Qualifying Test; meet medical requirements in AFI48-123; possess a bachelor's degree or have at least 90 semester hours with a minimum 2.3 GPA; and meet security clearance requirements. This position is open to all applicants that meet the above minimum requirements. For AFOQT info Senior Master Sgt. Helart, 153 MPF (307)772-6104. Application packages must include: 1. cover letter requesting consideration, 2. AF Form 24 (enlisted and civilian applicants only), 3. resume to include civilian and military education and experience, 4. official college transcripts (enlisted and civilian applicants only), 5. two letters of supervisory references, 6. AFOQT scores, 7. any private flying paperwork. Send application packages to Master Sgt. Denise Hondel, 153AW/MPF, 217 Dell Range Blvd., Cheyenne, WY 82009-4799.

**OFFICER APPOINTMENT - PILOT (C-130):** Applications are being accepted for undergraduate pilot training, AFSC 11M2B. This position is located in the 187th Airlift Squadron. Interviews will be held in August. Applicants must be able to enter training prior to age 30 and be no older than age 28 at the time of interview. Must qualify on the Air Force Officer Qualifying Test; meet medical requirements in AFI48-123; possess a bachelor's degree or have at least 90 semester hours with a minimum 2.3 GPA; and meet security clearance requirements. This position is open to all applicants that meet the above minimum requirements. Applications must be received by **COB July 15**. For AFOQT info contact Senior Master Sgt. Helart 153 MPF (307) 772-6104. Application packages must include: 1. cover letter requesting consideration, 2. AF Form 24 (enlisted and civilian applicants only), 3. resume to include civilian and military education and experience, 4. official college transcripts (enlisted and civilian applicants only), 5. two letters of supervisory references, 6. AFOQT scores, 7. any private flying paperwork. Applications to Master Sgt. Denise Hondel, 153AW/MPF, 217 Dell Range Blvd. Cheyenne, WY 82009-4799.

## PASS & REGISTRATION SECURITY CLEARANCES

In order to register a vehicle with the 153 SFS Pass & Registration, you must have your military ID (dependents need their ID), vehicle registration and current proof of insurance. Civilian employees without a military ID must have a Wyoming Military Department Employee ID.

Due to a change in the DoD vehicle registration database, we now need to have a copy of the vehicle registration for each of your vehicles registered with us, before we can update registrations on your vehicles.

In accordance with AFI 31-204, AIR FORCE MOTOR VEHICLE TRAFFIC SUPERVISION, "a person need not own the vehicle to register it; however, they must have a lease agreement, power of attorney, or notarized statement from the owner of the vehicle granting them permission to use the vehicle and specifying the inclusive use dates."

As a reminder, Pass & Registration's hours are 0700-1630 Monday through Friday (including Fridays before UTAs). UTA hours: Saturday 0830-1630 and Sunday 0800-1600.

Address all Pass & ID questions to Master Sgt. Nate Cook at 772-6192.

The 153rd Security Forces Squadron Personnel Security office is open Monday-Friday 0700-1630, Phoenix Fridays prior to UTAs, and on UTAs from 0700 – 1530 for assistance with security clearances. First preference will be given to new members who live out of town. Please address all security clearance questions to Mr. Dave Smith at 772-6145.

## CLINIC INFO

Physical Health Assessments (PHA) are conducted Saturday of the UTA, 0830-1130 and once per quarter, we will offer Friday PHAs, 0830 - 1130 (Dec., March, June, and Sept. drills).

The 30 AS Flight Surgeon Office is now open 0700-0900 every duty day.

Please contact your unit health monitor to set up your PHA appointments. Immunizations are given in the Clinic on Fridays (quarterly) and Saturdays of drill weekend and during weekday duty hours between the hours of 0700-0900.

REMEMBER, the member MUST be on status (UTA/AT/PM) to be eligible for the

vaccination. Personnel who will be attending school, TDY, or out-processing for any other reason, MUST out-process on Saturday of drill.

The clinic is open Sunday of drill from 0800-1000 hours for administrative purposes only, but this does not include out-processing.

Health Promotion classes, Fitness and Cholesterol, have now been combined and will be held at 0900 in the mezzanine, Saturday of drill. You will be scheduled through your unit health monitor following failure of Fit Test or through the clinic, following abnormal test results receipt. If you have any questions please call ext. 6329, 6251, or 6426.

## ITEMS OF NOTE

COMMANDERS' CALL – Commanders' Call for all group commanders, squadron commanders, and first sergeants on Saturday mornings of UTA is from 0630 – 0700.

CHAPEL SERVICE – Held from 0730-0800 on UTA Sunday. The non-denominational service is held in the civil engineering classroom.

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