

The Phoenix Guardian



Summer 2015

Horn takes Command

By 2nd Lt. Hans Zeiger

JOINT BASE LEWIS-McCHORD—Col. Jeremy Horn took command of the 194th Regional Support Wing of the Washington Air National Guard on Saturday, May 2, 2015, in a ceremony at Joint Base Lewis-McChord, replacing Col. Jill Lannan.

Lannan said that Horn is the "right guy at the right time" to lead the 194th, which consists of more

than 1,000 citizen-airmen involved in cyberspace operations, air support operations, mission support, and medical support.

Brig. Gen. John Tuohy, commander of the Washington Air National Guard, described Horn as a "leader, warrior, mentor" who "learned to lead through collaboration." A former Air Force instructor pilot and



ANG Photo/Staff Sgt. Paul Rider, Released

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Top ANG leader visits cyber units



Lt. Gen. Stanley E. Clarke III discusses the mission of the 194th Regional Support Wing at the 262nd Network Warfare Squadron conference room (ANG Photo/Staff Sgt. Paul Rider/Released)

By 2nd Lt. Hans Zeiger

CAMP MURRAY—The national director of the Air National Guard visited Camp Murray and Joint Base Lewis-

McChord on April 11 to learn about the Washington Air National Guard's cyber security capabilities. Lt. Gen. Stanley E. Clarke III toured the 262nd Network Warfare Squadron at JBLM and was briefed by members of the 143rd Cyber Operations Squadron at Camp Murray, followed by a lunch with Airmen.

Squadron officers briefed Clarke on their state and federal missions and described some of their challenges. In turn, Clarke explained the challenges of budgeting for the Air National Guard in the 21st Century. "We're
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highlighted the employees of leading technology and internet companies who serve in his squadron part-time. Maj. Billy Rios of the 143rd described how his squadron had conducted major assessments of cyber vulnerabilities in public agencies.

“My sense is that you take gratification in wearing this uniform for all the right reasons,” Clarke told members of the 143rd. The most important benefit of service in the Guard is not financial gain but “how you feel about yourself and what you do,”

he said.

Both squadrons are part of the 194th Regional Support Wing. The 194th is “one of the more interesting Wings in the Guard,” said Clarke. Reflecting on the Wing’s federal mission and state mission to aid in domestic operations such as the 2014 Highway 530 Mudslide, Clarke said, “I will go back and talk about Airmen working in a mudslide [and] Airmen working in a cyber operation.”

Clarke visits cyber units (cont. from p. 1)

not facing threats like we did in the Cold War years where we kept throwing in money,” he said. At the same time, with limited resources and a constant need to remain relevant, he added, “We’re very effective at what we do.”

Lt. Col. Robert Siau, commander of the 262nd,



Top: Lt. Gen. Stanley E. Clarke III joins Wing and Guard leadership along with Airmen at the 194th Dining Facility. Left: Clarke reviews honors on the wall in the 194th Auditorium. Right: Clarke speaks to Airmen in the 194th Auditorium. (ANG Photos/Staff Sgt. Paul Rider/Released)

111th ASOS conducts warfighter simulation

By Senior Master Sgt.
Michael “Whitey” White

CAMP MURRAY—Members of the 111th Air Support Operations Squadron conducted a joint forces Simulation (SIM) exercise from April 12 to 14 in preparation for the Warfighter 15-5 Exercise, which will be conducted at Ft. Hood, Texas in June.

Members of the 111th ASOS worked with joint forces members of the Air Force 712th ASOS from Ft. Hood, Air Force 5th ASOS from Joint Base Lewis-McChord, Army National Guard 36th Infantry Division from Austin, Texas, and ASOS personnel from the United Kingdom.

“This is the first time Army Systems have ever been actually plugged into an ASOS SIM,” said Major David Stilli, 111th ASOS commander. This SIM utilized a combination of a wide variety of computer programs like Theatre Air Integration System (TAIS), Army Field Artillery Data System (AFATDS) and Close Air Support System (CASS) working in concert in support of the mission.

Master Sgt. Cory Welton, Operations Training Manager for the 111th ASOS explained, “This is a simulation of a real world contingency operation of the Army’s 36th ID being deployed in response to a



The 111th Air Support Operations Squadron conducts a joint forces simulation exercise at Camp Murray April 12-14 in preparation for the Warfighter 15-5 Exercise in June (ANG Photo/Staff Sgt. Paul Rider, Released)

hostile invasion of one country by another. The 111th ASOS role is to act as the command and control for the close air support assets. More specifically, our 111th ASOS SIM players communicate with forward deployed Joint Terminal Attack Controllers [JTACs] to task air assets in support of the Army forces.”

When asked about his job in the SIM, Airman 1st Class Keith Robinson explained, “I am training on the new CASS system. JTACs communicate digitally with me. In turn I create a banner to share the info to be processed with

others [in the SIM] in order to potentially pair it up with aircraft support. The Army players present then decide whether they need the air assets, or to use other support like artillery.”

One of the newer systems being user-tested by the 111th ASOS is the CASS. One trainer, Tech. Sgt. Naziroh Kreil, was one of the first 1C5 Aerospace Control and Warning Systems Specialty personnel to transition from her job at Western Air Defense Sector (WADS) to the ASOS. “As a 1C5 we communicate with AF aircraft via TACP’s using CASS. We are training on new soft-

ware, and like any new programs you have to work the kinks out, and figure out how to make it work,” said Kreil.

Senior Airman Rajeeve Stephens, another 111th trainer, explained his vital position in the SIM. “We help with overall mission validation, we validate coordinates received from the Tactical Air Control Party (TACP) to ensure we don’t have friendly fire casualties,” said Stephens. “It is cool to be in a role to have their backs [the troops on the ground]. We are part of the solution to provide men under fire the air support requested as fast as we possibly can.”

Washington Guard marathon team 1st in nation

By Senior Master
Sgt. Michael White

LINCOLN, NE.— The State of Washington National Guard Marathon Team finished first in the nation in the 38th annual Lincoln National Guard Marathon on May 3. Four Washington runners qualified for the exclusive “All Guard” Team, with three also winning 1st place age division awards.

The annual marathon competition brought together teams of the best Army and Air National Guard athletes from all 50 States, and the US territories of Guam and Puerto Rico. Participants vie to be on the “All Guard” Team, consisting of the top 40 fastest running Guardsmen, and the top 15 Guardswomen.

Over 11,000 runners gathered on the first weekend in May for what they imagined would be a run-of-the-mill 26.2 mile race.

The participants ran the citywide course that started on the campus of the University of Nebraska and finished on the 50-yard line of the Cornhuskers Memorial Stadium. Conditions were more of a challenge than the distance as temperatures climbed into the mid -70’s. This can feel like the upper 90’s in direct sun when running in the thermals coming off the hot



Washington National Guard's 1st Place Team at the Lincoln Marathon. L to R: Staff Sgt. Stephanie Riegler, Capt. Brendan Thompson, 1st Lt. Brien Waldron, 2nd Lt. Trevor Harris, Senior Master Sgt. Michael White. (Photo courtesy Senior Master Sgt. Michael White)

Nebraska blacktop.

Rookie Washington marathon team member 2nd Lt. Trevor Harris, 141st Medical Group, led the team with the fastest time of 2:54:28. Harris finished fifth overall for Guard runners, winning a 1st place age division award, and he qualified for All Guard.

“The best part is by far and away the comradery that the other states’ runners exude,” said Harris. “These people see each other once, maybe a couple of times a year but they are incredibly friendly and sincere toward each other. Since it was my first time at Lincoln, and

my first time with the marathon team, I can't speak more highly of my team coordinator and captain [White] for making me feel included, encouraged, and welcome.”

Capt. Brendan Thompson, HQ 81st Armored Brigade Combat Team, competed here for the fifth time. He finished with a time of 2:55:40, eighth place Guardsmen overall, and capturing 1st place honors in his age division. Thompson also qualified for “All Guard” for his fifth time.

“The heat made the race a challenge but was rewarding to finish,” said

Thompson. “My time was slower than last year. It was great to bring home ‘The Cob.’” The Cob is a traveling trophy that symbolizes camaraderie, teamwork, competition, and rivalry.

“We’ve been just outside of the top three teams for the last few years,” said Thompson. “It was awesome to have a new team member who could finally help us bring it [1st place] home.”

Earning a position on All Guard for his second time, was 1st Lt. Brien “BDubs” Waldron, 176th

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Evergreen Tremor: Wing prepares for big quake

By 2nd Lt. Hans Zeiger

CAMP MURRAY—In preparation for a catastrophic Cascadia Subduction Zone earthquake in the Pacific Northwest, Airmen from the 194th Regional Support Wing will join with fellow Guard members, other military personnel, and emergency management agencies in a major exercise June 17 through 24.

During Exercise Evergreen Tremor, the 194th is tasked with supporting the Pierce County Emergency Operations Center as part of the Air Guard's domestic operations mission. As Task Force 5 within the overall joint force, the 194th will simulate operational control of all military forces in Pierce County. The Guard will practice its role as "enablers and facilitators for all of the forces that will be coming in to the state," said Col. Jeremy Horn, Wing commander as well as the exercise commander.

A Cascadia Subduction Zone quake that registered at 9.0 on the Richter scale would "end life as we know it," said Horn. Since the zone stretches 800 miles long just off the Pacific Coast, an earthquake and tsunami could have devastating effects on people, property, and critical infrastructure throughout the Northwest.

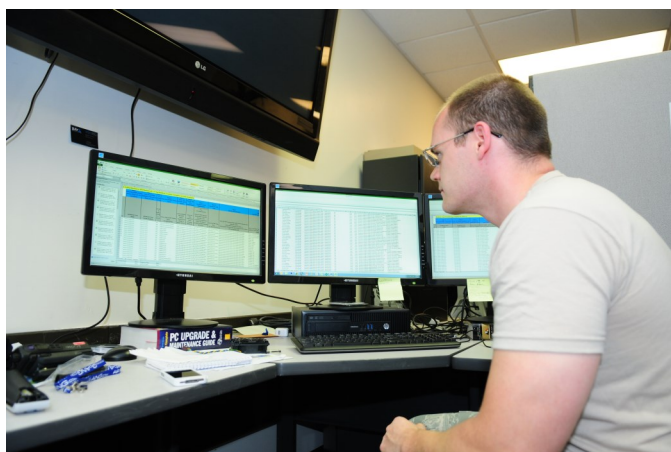
Evergreen Tremor is a preparation for next year's Exercise Cascadia Rising, a much larger national-level exercise, said Horn.

MAIL.mil: Wing migrates email

By Staff Sgt. Paul Rider

CAMP MURRAY—The 194th Regional Support Wing recently took part in a Department of Defense plan to get every service member, civilian employee, and contractor on a single network.

The DEE (DoD Enterprise Email) migration is essentially "moving off one email system to another email system, moving off of ANG, which was strictly



Senior Airman Shane VanBuskirk, 194th Communications Flight, works on the DEE migration in May (ANG Photo/Staff Sgt. Paul Rider/Released)

Air Guard, and moving to a much bigger system," said Master Sgt. Keven Ivers, who along with the members of the Help Desk at the 194th Communication Flight, implemented the migration for the Wing.

The Pentagon's ultimate goal is for all military units and every service member to be on the same network by the end of the fiscal year. By doing so it will streamline communication and provide "uniformity and a standardization of the network and email," said Ivers. "Ideally, no matter which element someone serves in, or their branch of service, it would be seamless. And someone transitioning between services would still retain their email."

One of the greatest benefits of having every service member on one network is the streamlining of email communication. "If you go to the Air Force Portal and click on the white pages tab, you can find virtually anybody who has an '@mail.mil' email address," said Ivers.

The email migration at the 194th occurred between April 6 and May 5 and was just the third of nine separate migration phases planned Air Force wide. "It has gone pretty smooth," said Ivers.

"What we have done on the operations side was coming up with how best to craft the how-to's in the emails on the migration because otherwise we would be fielding a ton of questions; how best to break it to the user and take them through the process, mostly by email and Sharepoint; to check the list of things to do

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Free video counseling for service members

By Lynn MacKinnon, LICSW, Director of Psychology, (253) 905-4620

Service members and their families can receive up to 12 sessions, per person, per issue over the Internet. While participants cannot access the video platform on a Department of Defense computer, they can securely transfer information online using their video-enabled computer or mobile device. The audio portion can be connected via telephone if needed.

You can learn more about video counseling on the Military OneSource website at http://www.militaryonesource.mil/counseling?content_id=279576.

Please don't hesitate to tell a friend who may benefit from this.

194th Mission Support Group activates, redesignates units

By Senior Master Sgt. Michael "Whitey" White

JOINT BASE LEWIS-MCCHORD—Airmen of the 194th Regional Support Wing gathered at the 66th Aviation Readiness Center here on March 8 for the activation ceremony for three units within the 194th Mission Support Group. The units activated were the 194th Communications Flight, the 194th Logistics Readiness Squadron, and the 194th Security Forces Flight. The 194th Force Support Flight was also re-designated as the 194th Force Support Squadron.

"This process was the culmination of an estimated 40 years of hard work involving blood, sweat and tears, especially the tears. It was a lot of hard work!" said Maj. Ryan Price, 194th Force Support Squadron commander. "What I tell the Group and all of our airmen is that this was an event that very few people get to participate in. The activation of three units, and the re-designation of a fourth unit is a once in a lifetime event, a big deal for western Washington. It demonstrates our increased growth and capabilities, and what we can bring to the fight."

Col. John Dowling, 194th Group commander, recognized Chief Master Sgt. Jennie Bellerose for her instrumental role on a significant team from the 194th Group in a process that has gone on for decades.

"This was absolutely fulfilling," said Bellerose. "You put so much personal time, commitment, sacrifice and hard work through relationship building where we can be able to acquire the manpower needed to become recognized by the National Guard Bureau. This accomplishment is outside the norm, almost unheard of."



Above: Master Sgt. Genine Green, 194th MSG, gives a "thumbs up." Below: The Honor Guard presents the colors during a ceremony at the 66th Aviation Readiness Center on March 8, 2015 (ANG Photo/SSgt Paul Rider, Released)



Living with your adult child

By Lynn MacKinnon, LICSW, Dir. of Psychology,
(253) 905-4620

I have had ongoing conversations with numerous parents about a new and common phenomenon. You have an adult child still living at home. How do you handle this situation as a parent? First, you enter into a mutual agreement on how things will be in your home. You control only one thing: your own behavior. It's up to them whether or not they'll also adhere to the agreement.

Arguing with you or their siblings, leaving messes, disrespect, thoughtlessness – these are all things parents look forward to not having to put up with once the magic age of eighteen is reached.

If you find your adult son or daughter is falling back into adolescent behaviors, have a sit-down right away. Communicate in a positive way that the mutual agreement isn't being followed and clarify what needs to change. Remember, living in your home past the age of eighteen is a privilege, not a right! If it's mutually beneficial and respectful – great! If not – if you're being verbally abused or taken advantage of – you have the right to set boundaries. Those boundaries may include that adult child no longer being able to live in your home.

Think of it this way: if he really needs a place to live and your support, he/she can *choose* to follow your expectations and house rules.

Email migration (continued from page 5)

prior to migration,” said Ivers. At his count there are 604 unique user emails plus just as many distribution lists, organizational mailboxes, and over 80 Blackberry devices within the 194th Wing.

“We have to look at very single mail object to make sure they are all correct,” said Senior Airman Shane Vanbuskirk, another member of the Help Desk.

As far as the data they search for is concerned, there can be no duplication. “We provide the DEE team correct data, and they give it to the DoD to create emails,” said Vanbuskirk.

“Essentially, you're just starting a new email account. That's about all there is to it,” said Ivers. To prevent emails from being lost or deleted, old email addresses will be good until January 2016. “This takes into consideration those down range who still need to be migrated.”

Should you need assistance with your email migration, please contact the Help Desk at 370-3232. Master Sgt. Keven Ivers, the POC for the DEE migration, can be contacted at 370-2578.

Command (cont. from page 1)

test pilot, Horn joined the Guard and became “the resident expert in close air support,” said Tuohy. Horn “led by example and took care of his team,” said Tuohy.

Tuohy commended Lannan as the “consummate officer who has mastered the art of communication and challenges her people to form lasting relationships.” Tuohy noted that Lannan, a former Army officer who came over to the Air Guard to join the Air Support Operations Group, was the first female Guard Wing commander in the nation. “If ever there was a glass ceiling placed over Col. Lannan, she shattered it,” said Tuohy.

In her departing words as Wing commander, Lannan talked about what makes the Air National Guard special, and what sets the 194th apart as a Wing. “You are all making history,” she said.



Col. Jill Lannan delivers farewell remarks at French Theater on May 2, 2015 (ANG Photo/Staff Sgt. Paul Rider/Released)

Marathon (cont. from page 4)

Engineer Company. Waldron ran his fourth Lincoln in a finish time of 3:05:38, fast enough for 20th place Guardsman overall.

“The best part about this race was finally figuring out my proper fueling plan to avoid cramping and finish pretty strong despite the conditions,” said Waldron. “Overall, I was relatively pleased with my time despite my rough training plan due to having a very demanding job and a recent civilian job change which required additional hours of work.”

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**Join our 194th RSW Facebook page!
Just send an invite request to:
194RSW.PA@ang.af.mil**

Team Captain Senior Master Sgt. Michael “Whitey” White, 194th Regional Support Wing, returned for his 11th year in Lincoln. White crossed the line in 3:14:33 good for 1st place in his age division, and the 31st place Guard runner overall. He improved from being the team’s novice rookie marathoner in 2004 to earning All Guard for the ninth time.

Also earning a position as an alternate on the female All Guard team in only her second year at Lincoln was Staff Sgt. Stephanie Riegler, 143rd Information Operations Squadron. Riegler finished in 4:01:09 which earned her 3rd place for her age division.

“The best part of Lincoln is seeing all the 2014 All Guard members and knowing that I get to compete against some outstanding individuals,” said Riegler.

Congratulations to our 1st Quarter 2015 Award Winners!

Airman of the Quarter: SrA Alexander McLean (116 ASOS)
NCO of the Quarter: SSgt Billy Taft (256 IS)
SNCO of the Quarter: MSgt Nicholas Wise (116 ASOS)
CGO of the Quarter: 1st Lt Kelly Bieber (116 ASOS)

Change of Command



Col. Jill Lannan, outgoing commander of the 194th Regional Support Wing, shares a laugh with incoming commander Col. Jeremy Horn during a change of command ceremony at French Theater at Joint Base Lewis-McChord on May 2. Lannan said that Horn is the “right guy at the right time” to lead the 1,000+ members of the 194th. (ANG Photo/ Staff Sgt. Paul Rider/ Released)