

# The Phoenix Guardian



**Spring 2015**

## 194th to Change Command

By 2nd Lt. Hans Zeiger

CAMP MURRAY—Brig. Gen. John Tuohy, commander of the Washington Air National Guard, announced in a March 6 email that Col. Jeremy Horn will be the next commander of the 194th Regional Support Wing, replacing Col. Jill Lannan.

In his email, Tuohy expressed “thanks, admiration, and gratitude” for Lannan’s “superior performance

and accomplishments.” Lannan’s “legendary style of leadership, coupled with her extraordinary talents and military experiences of both Army and Air services, made her the ideal officer to lead the 194th during a time of mission expansion, particularly into the cyber domain,” said Tuohy.

Horn currently commands the 194th Air Support Operations Group. Col. John Dowling will take command of the ASOG as Horn leaves to

take command of the Wing.

“Col. Horn is infinitely qualified to lead, brings extensive experience and knowledge of multiple disciplines, and possess the necessary vision and insight to take this win to the next level of greatness,” said Tuohy.

The change of command ceremony will be held on May 2 at 3:00 p.m. at French Theater, Joint Base Lewis McChord.

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## Top Enlisted Advisor visits Wing



**Chief Master Sgt. Mitchell O. Brush spent time visiting with Airmen of the 194th Wing during the February UTA (ANG Photo/Staff Sgt. Paul Rider/Released)**

By Senior Master Sgt. Michael White

Chief Master Sgt. Mitchell O. Brush, the senior enlisted advisor for the National Guard Bureau, visited the 194<sup>th</sup> Regional Support Wing during February UTA. Brush advises Army General Frank J. Grass, Commander of the National Guard

Bureau, on all enlisted matters impacting National Guard members.

Sharing their feedback with leadership at this level was a unique and exciting opportunity for Airmen of the 194<sup>th</sup> RSW.

Brush spent much of his time at the Wing in dialogue with younger Airmen. Topics included their families, civilian careers, issues with their guard jobs, and ideas on how to improve the Guard.

Senior Airman Morgan Anderson of the 194<sup>th</sup> Medical Group, who entered the guard as “Palace Chase” from active duty, told Brush, “everyone here is wonderful; this is like my other family.”

Staff Sgt. Ryan Furash shared that he is a personal trainer in his civilian job and said “joining the guard was a way for me to keep my foot in the door of the military.” The Chief encouraged them to not only take care of processes and the programs, but to also take care of each other.

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Above: Chief Brush shares a laugh with members of the 194th Medical Group. Right: Chief Brush coins Staff Sgt. Winston Brown, 194th FSS. Below: Student flight member Josh Savage shares his story with Chief Brush (ANG Photos/Staff Sgt. Paul Rider/Released)

## Chief Brush (continued from page 1)

Airman 1<sup>st</sup> Class Cassie Saepanh, who recently returned from Tech School, said that she was referred by an active duty recruiter to the Air Guard because it was a better fit for her, since she had dependents.



Brush also spent time with the 194<sup>th</sup> Student Flight. Brush challenged the Student Flight,

saying that only about 1% of Americans can do this job, and that was them.

Josh Savage (WADS), a former Navy member currently in the Student Flight, told his story. "I'm from Georgia, and I wanted to stay in the Pacific Northwest, there were no Navy Reserve jobs, and the Air National Guard has a good job for me, which aligns with a civilian career."

Staff Sgt. Taquea Davidson, a help desk technician in the 194<sup>th</sup> Communications Flight, was on Air Force



active duty around the world (Okinawa, Turkey, Portugal, and McChord). She researched and talked to career advisors and found that being in the Air National Guard would support her goal of becoming a full-time radiology student. "By joining, I got to keep my rank, and I am learning a lot."

Senior Airman Robert Castilla, who also serves in the Communication Flight, is originally from Peru. Today, he is taking advantage of the benefits of the GI Bill to attend college at the University of Washington.

Staff Sgt. Winston Brown, 194<sup>th</sup> Force Support Squadron, was asked by the Chief about being a volunteer at the 530 Landslide integrated with FEMA, and what prepared him for that experience. Brown replied, "Family support and readiness. The tragedy is not something you could expect, but in this job, you prepare for it."

Brush encouraged 194<sup>th</sup> Airmen. "Stay focused," he said, "you are my replacement, and the success or failure of the National Guard relies on you, the drill status guardsmen. Take care of yourself, your future, and your family."



## Combatives Tournament brings together services

By Tech. Sgt. Brendan Caldwell

CAMP MURRAY—The 2015 Washington National Guard Combatives tournament took place during the January drill weekend here. The competition brought together soldiers and airmen from around the state to determine the “best of the best” when it comes to hand to hand combat.

Representing the Air Guard were five Airmen from of the 194<sup>th</sup> Regional Support Wing, consisting of members from the 194th Intelligence Squadron and the 194th Medical Group.

Winning his weight class for the second year in a row was 2nd Lt. Christopher Davis from the 194th Medical Group. Davis was widely regarded as the most technically sound fighter in the tournament. The 32-year old Colorado native has been training in mixed martial arts for 14 years and has a black belt in Brazilian Jiu Jitsu.

“Two years ago, Lt. Davis was the only competitor from the Air Guard. Thanks to his example, now we’re represented very well by many airmen,” said Command Chief Master Sgt. Timothy Tyvan, the state’s top enlisted advisor.

Among the top finishers were the following:



Airmen from the 194<sup>th</sup> participated in the 2015 Washington National Guard Combatives tournament during the January drill weekend. (ANG Photo/SSgt Paul Rider, Released)

- Airman 1st Class Waylen Anderson, 194th Intelligence Squadron, 3rd Place 205lb Weight Class (winner by submission)
- Staff Sgt. Matthew Castle, 194th Medical Group, 3rd Place 155lb Weight Class
- Master Sgt. Ryan Rathbun, 194th Medical Group, 3rd Place 185lb Weight Class
- 2nd Lt. Andrew Furman, 194th Medical Group, 2nd Place 205lb Weight Class
- 2nd Lt. Christopher Davis, 194th Medical Group, 1st Place 185lb

Weight Class (winner by submission)

The competition included over 45 entrants from seven units. It is also gaining in popularity— the number of entrants over last year nearly doubled and is now even attracting active duty units.

“The level of skill and competition at this tournament is really impressive,” said Air Force Staff Sgt. Darek Gorrington from the 5th Air Support Operations Squadron located at JBLM. Gorrington placed 4th in the 185lb weight class.

While moves at this level are limited to submissions and dominant body positions, the event was by

no means short on drama and excitement. Six of the final ten bouts were determined by submission moves including arm bars and choke holds.

While the competition was fierce, morale was very high with the competition bringing out the best from all involved.

“What a great competition,” said Tyvan. “We’re very thankful that leadership from Army and Air allow their folks to participate and experience this great camaraderie between the services.”

The annual event is hosted by the Army’s 1-205 Modular Training Battalion.

## Force Support Squadron recognized nationally

By 2<sup>nd</sup> Lt. Hans Zeiger

CAMP MURRAY—The 194<sup>th</sup> Force Support Squadron was recently recognized nationally for its excellence in service. The Squadron is the Air National Guard's nominee for the Eubank Award, which recognizes the nation's best small installation force support squadron. The award is named in honor of Maj. Gen. Eugene L. Eubank, who commanded the Technical Training Air Force in the 1950s.

The squadron and individual personnel were selected as the Air National Guard nominees in five of seven possible categories in competition for national Air Force A1 awards. In addition to the Eubank Award, squadron personnel who were nominated for awards included:

- Lt. Gen. Norm Lezy Award: Maj John R. Price
- Gen. Billy J. Boles Award: Chief Master Sgt. Jennie E. Bellerose
- Force Support Airman of the Year: Senior Airman Joseph B. Perez-Resop

One top award not eligible for competition at the Air Force level also went to the 194<sup>th</sup>. The 194<sup>th</sup> Sustainment Services Flight received the ANG Sustainment Services Flight of the Year award.

"We, in the FSS, have actively worked towards this goal over the past couple of years, striving to improve our processes, providing outstanding customer service, and doing whatever we can to help each of your organizations more effectively execute your missions," said 194<sup>th</sup> FSS commander Maj. Ryan Price in an email to the Wing.

Force Support personnel were involved in the response to the 530 Landslide and the Carlton Com-

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## Researchers study PTSD, other stress among Guardsmen

By 2nd Lt. Hans Zeiger

CAMP MURRAY, Wash.—Members of the Washington National Guard participated in a Department of Defense research study on responses to combat stress and other stressful events like natural disasters during on January 10.

The Center for the Study of Traumatic Stress at the Uniformed Services University of the Health Sciences collected anonymous self-report survey responses and saliva samples from members of the Washington Army National Guard and Air National Guard in an effort to learn more about how service members respond to stress.

Lacking reliable laboratory tests to diagnose and treat PTSD, the military wants to know how military missions contribute "to behavioral and mental health disorders" while "trying to identify biomarkers for disease or resilience," said Col. David M. Benedek, MD, professor and deputy chair of psychiatry at the university, the principal investigator in the study.

According to materials provided by Benedek, biomarkers "are biological characteristics, such as genes, that can be linked to health outcomes like PTSD. We



Members of the Washington National Guard participated in DOD research on responses to stress such as combat and natural disasters (ANG Photo/SSgt Paul Rider, Released)

hope that this study will improve our ability to understand, prevent, and treat stress-related problems in Service Members, especially Guardsmen."



## “All Guard” Team serves at marathon

by Senior Master Sgt.  
Michael “Whitey” White

BIRMINGHAM, AL—  
Two members of the 194<sup>th</sup> Regional Support Wing joined 15 other members of the “All Guard” Marathon Team representing eleven different states and Puerto Rico in Birmingham, Alabama, February 20-23 to staff a booth at a pre-race runners’ Expo, support various weekend events, and participate in half and full marathons.

Staff Sgt. Stephanie Riegler, 143<sup>rd</sup> Information Operations Squadron, and Senior Master Sgt. Michael White, 194<sup>th</sup> Public Affairs, provided support and participated in the Mercedes-Benz Marathon Weekend.

The “All Guard” Marathon Team is part of the National Guard’s Recruiting & Retention programs used to promote the Army and Air National Guard at both local and national levels. As part of the Military Competitions Programs, the team instills physical fitness, self-discipline and esprit de corps among National Guard members from all fifty states and U.S. Territories.

The Regions Superhero 5K served as the official kick-off to the Mercedes-Benz Marathon Weekend. The 5K offered everyone with all different fitness abilities the chance to par-



The “All Guard” Team waiting to distribute Superhero 5k Finishers’ medals (Photo courtesy Senior Master Sgt. Michael White)

ticipate as their favorite superhero with a goal of raising money and awareness for the charity of their choice. “All Guard” members supported this great cause by being at the 5K finish line to congratulate runners by distributing finishers’ medals.

Next, “All Guard” members provided race safety, security, and encouragement support to the hundreds of kids running the last mile of the Alabama Kids Mercedes-Benz Marathon. The race was the final step of a five-month endurance program de-

signed for students from kindergarten to fifth grade. Students ran the final mile of their 26.2 mile journey that began in Sept. 2014.

Runners were required to complete 25.2 miles before running on Saturday. Mileage was based on adult supervision and the honor system. “All Guard” members along the last mile of the course cheered and high-fived waves of brightly colored t-shirt clad kids.

Finishers earned a Blue Cross and Blue Shield of Alabama Kids Mercedes Marathon Finisher's medal. No official winner was de-

clared but the motivational theme of the race is, “If you've had fun you've won!”

Finally, the Mercedes Half-marathon and Marathon brought the “All Guard” team along with thousands of other runners into the streets of downtown Birmingham, as competitive and more casual runners alike enjoyed the biggest race the Magic City has to offer. The National Guard was well represented as five “All Guard” runners won age division awards.

## Force Support (cont. from page 4)

plex wildfires in the past year, and the squadron undertook major process improvement initiatives. The squadron was recognized as the top performer during the Wing's 2014 unit effectiveness inspection, Price said.

"I am very fortunate to be able to work with such amazing professionals as we have in the FSS," said Price. "They genuinely care for each individual they serve."

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



**Brig. Gen. John Tuohy and Congressional Medal of Honor recipient Joe Jackson share a light moment at the Washington Air National Guard annual awards banquet, February 7, 2015 at the American Lake Conference Center (ANG Photo/Staff Sgt. Paul Rider/Released)**

### Congratulations to our 4th Quarter 2014 Award Winners!

**Airman of the Quarter: SrA Jeffrey Bailey (116 ASOS)  
NCO of the Quarter: SSgt Nicolas Dunning (194 MDG)  
SNCO of the Quarter: MSgt Kevin Borden (242 CBCS)  
CGO of the Quarter: 1st Lt Sharon Torres (262 NWS)**

## Telling the Guard Story

"I need you to go out into your communities and portray what we do in the National Guard. We're doing a million things right every day..."

"I need you to wear your communities out and them the stories we all have about the Guard."



*Chief Master Sgt. Mitchell O. Brush,  
Senior Enlisted Advisor, ANG  
February 8, 2015 - Joint Base Lewis McChord*