

# The Phoenix Guardian



Fall 2014

## Airmen Aid at Wildfires

By 2nd Lt. Hans Zeiger

Seventeen Airmen from the 194<sup>th</sup> Regional Support Wing, Washington Air National Guard, went to the aid of their fellow Washingtonians as wildfires tore through north central Washington in July. Airmen delivered food and water to displaced families, conducted health and wellness checks, and worked with law enforcement to provide welfare checks within local communities.

With less than a day's notice, Airmen reported to Camp Murray on July 24. Tech. Sgt. Michael Sapuder, 194<sup>th</sup> Mission Support Group, said that he received notification to report for duty at 1100 and arrived at Camp Murray at 1230. A convoy of Humvees rolled on to I-5 by the middle of the afternoon, bound for the Okanogan.

The devastation was evident when the Airmen arrived in north central

Washington. Tech. Sgt. Anthony Sowards of the 252<sup>nd</sup> Group described "valleys where house after barn after outbuilding were reduced to a foundation or a burned out body of some farm equipment. Mile after mile of nothing but ash and cinders would sometimes be interrupted by a single, standing structure."

The Airmen divided into two contingents, with ten at Okanogan and seven at Twisp and Winthrop.

In Okanogan, Airmen were tasked with health and wellness checks, distributing food and water to people in need between Pateros and Okanogan and keeping an eye out for hot spots. Sapuder said that the Humvees performed well in off-road conditions, and that night vision goggles enabled the group to work effectively at night.

Maj Nathan Foster, 194<sup>th</sup> Security Forces Flight/CC and commander of joint Army and Air Guard forces at



Night vision goggles captured this view of the Carlton Complex Fire in north central Washington. Photo courtesy of TSgt Anthony Sowards, 252<sup>nd</sup> Group

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## Ancillary training reduction starts in September

By 2nd Lt. Hans Zeiger

The Air National Guard is launching a new approach to ancillary training in September that will save Airmen many hours of time once spent taking Computer Based Training (CBT) tests.

Starting this month, Airmen will forego CBTs while having more opportunities to interact with Air Guard leaders about important subject matters through Commander's Call briefings.

The expected benefits to the Wing? Airmen will spend less time on the computer and more time focusing on their jobs, said Col. Jill Lannan, 194 Regional Support Wing/CC. And training itself will improve. "The training environment is more effective when you can do it as a group and talk about it," said Lannan.

Chief Master Sgt. Jennie Bellerose, 194 FSS/CCS, took part in the National Guard Bureau meeting that resulted in (CONTINUED on page 2)

## 194 RSW Quarterly Awards (2<sup>nd</sup> Quarter, 2014)

Airman of the Quarter:  
Amm Joseph Perez-  
Resop (194 FSF)

NCO of the Quarter:  
SSgt Charles McCall  
(256 IS)

SNCO of the Quarter:  
MSgt Joel Carrigg  
(111 ASOS)

CGO of the Quarter:  
Capt Nathan Carlson  
(116 ASOS)

## ANCILLARY TRAINING, continued from page 1



Newly enlisted Airmen learn basic drill steps from Senior Master Sgt. John Austin, 194<sup>th</sup> Force Support Flight, Training Manager (ANG Photo/Staff Sgt. Paul Rider)

the training changes. Bellerose was on a team that provided input about best practices for Air Guard newcomers, Student Flight, and sponsorships. “The field was complaining about more hours being spent by Airmen on CBTs than actually doing train-

ing,” she said.

Bellerose is especially excited about the new approach to training for newcomers. She said that newcomers to the 194

RSW will receive a Commander’s Brief and have a sponsor assigned to them.

“They will have a connection, a friendly face to be greeted by when they finally get assigned to their unit,” said Bellerose. New enlistees awaiting BMT will sit through an 8-hour

newcomers briefing during their first UTA in Student Flight. Airmen will complete a mandatory streamlined Wing in-processing checklist. Student Flight will have a new mandated curriculum designed to ensure that Air Guard members are well-prepared for BMT.

These changes will reduce ancillary training by 83% to 85%, according to Chief Master Sgt. Max Tidwell, 194 RSW. Time savings include 83% for newcomers orientation, 87% for total force awareness training, and 74% for expeditionary skills.



## AIRMAN RELAY TEAM: 200 Miles in 31 Hours

Participants in the 19-20 Jul RAGNAR 12 man/woman 200 mile relay from Blaine to Whidbey Island included Washington Air Guard members Maj David Stilli, 111 ASOS; Chief Master Sgt. Timothy Tyvan, HQ, WA ANG; Senior Master Sgt. Martina Culich, HQ, WA ANG; Senior Master Sgt. Lara Owczarski, 116 WF; Master Sgt. Traci Barnett, 194 IS; Master Sgt. Justin Sipple, 111 ASOS; Master Sgt. Christopher Strickland, HQ, WA ANG; and Tech. Sgt. Candice Adams, 194 MSG. The team finished about 200 miles in just 31 hours—a team average of less than 9:30 per mile with no stopping and no sleep.

Photo courtesy of Maj David Stilli, 111 ASOS



## WILDFIRES: Continued from page 1



**Col Jill Lannan, Commander of the 194<sup>th</sup> Regional Support Wing, Washington Air National Guard, welcomes Capt Michael Nelson, 194<sup>th</sup> RSW/Anti-Terrorism Officer, back to Camp Murray after he spent several days leading a contingent of Airmen near wildfires in Twisp and Winthrop, July 30, 2014. ANG Photo/Staff Sgt. Clifford Bennett**

the fires in north central Washington, related an incident that occurred on the first night of the mission. Airmen called in a home alarm to the Okanogan County Sheriff. A sheriff deputy who responded to the alarm discovered that looters had stacked the homeowners' belongings for removal. Foster credited his Airmen for their efforts that led to the prevention of additional theft.

"Everyone was super, super thankful to see us," said Staff Sgt. Joel McGill, 194 MSG. The Okanogan contingent slept in a school gym. Sapuder said that they went there expecting to eat MREs, but a small group of local women volunteered to cook meals.

The Okanogan contin-

gent also packed up supplies that had been gathered at an Army National Guard Armory for transfer to two locations. Food for livestock was then trucked to the local Fairgrounds, and the other supplies were sent to a storage facility. Sapuder estimates that Airmen loaded around 100 pallets into trucks.

For Airman 1<sup>st</sup> Class Courtney Griffins, 194 SFF, the activation was her first since returning from BMT and technical training. "They're good people," Griffins said of her fellow Airmen on the mission. "We worked together well."

In fact, it was the first state activation for the recently-formed 194 SFF. "It was amazing to see how

our young Airmen and NCOs went out to the devastation and had such an impact on people," said Foster. He described one local woman who was initially skeptical about Guard forces in her community but who ended up "amazed at the compassion of these troops."

The community support was "overwhelming," according to Sowards. He said that he was moved by "people honking their horns and waving while passing us on the highways to children running out to the roadway's edge waving and saluting our vehicles as we passed by. I found it difficult to walk into a store to buy a cup of coffee without community members asking to pay."

The Twisp contingent stayed in a tent by day and worked night shifts from 1600 until 0400, helping the Twisp and Winthrop Police Departments with community outreach.

According to Capt. Michael Nelson, 194 RSW Anti-Terrorism Officer, "If we parked downtown in Twisp or Winthrop, 50 people would walk up in an hour and say 'thanks for being here' and 'we really need this right now.' At night, people were astonished that we would be out that late."

Airmen were equally impressed by the local resi-

dents of north central Washington. Sowards related a story that illustrates the resilience of the people. "A man stopped and talked to us, offering local information about areas that had been hit hardest, places to find some relief from the heat, and ideas about where we could be the most help. The man was very kind and sincere in his inquiries as to our well-being. After our conversation, he walked off into town. Another local resident, waiting until the man was out of earshot, commented that the man we had been talking to had lost everything; home, belongings, cattle. This man has lost everything, yet here he was concerned about the well-being of a small group of Guardsmen who were guests in his town."

The 17 Washington Air Guard personnel were joined by 5 Oregon Air National Guard members and 75 Army National Guard soldiers who were stationed at two Emergency Operations Centers and three fire incident command sites under Foster's command. Army Guard truck drivers transported firefighters to fire locations, and Army Guard medics and cooks were along for the mission.

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## 194th Wing Upcoming 2014 UTAs :

5-6 Oct

2-3 Nov

7-8 Dec

## Suicide Prevention Month and Robin Williams

The U.S. Department of Veterans Affairs has named September as National Suicide Prevention Month in the hopes that during this time of seasonal transition, we will take the time to educate ourselves about what we can do to help our military community who are struggling.

I wonder if this September people will think differently about suicide due to the recent and very public death of comedian Robin Williams. I think that Robin Williams got people talking about suicide. He got our attention in a way that has not been done before. Robin Williams was considered a brilliant comedian and actor. He had fame, money, a family who loved him. He had friends and fans around the world who loved him.

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## WILDFIRES, continued from page 3

“We worked well together,” said Staff Sgt. Benjamin Collins, 116<sup>th</sup> Air Support Operations Squadron, who was one of the Airmen assigned to Twisp. “Everyone just had that mission focus.”

The team returned to Camp Murray on the afternoon of July 30. “It was a Wing-wide effort,” Foster said back in his office the following weekend. “I can’t say that 17 troops would have been able to roll out the door without an entire Wing that was ready to roll.”

## IG Inspection comes to 194 RSW



**Staff Sgt. Connie Wolfe, Wing Fitness Program Manager, was coined by the IG Team Chief, Col. Rickey Rodgers, for her outstanding management of the wing fitness program. Less than 1% of all Air Force members inspected have earned a coin from the IG. (ANG Photo/Staff Sgt. Paul Rider)**

## New UEI Cycle begins: Gen. Mueller on Prioritizing and Continuous Improvement

*The end of our Capstone event signifies the beginning of the new UEI cycle. Each of us must continue to look for ways to work smarter and make the most*

*of our time. The results of the ACC/IG report will be used by our leadership to refine our processes to accomplish the mission. The following is an excerpt from an article by Gen. Mueller, The USAF Inspector General, which highlights the AFIS role in commanding Airmen.*

Lt. Col. Scott, 194RSW/IG

AFIS supports commanders in the field with prioritizing their abundance of tasks to those that truly support mission requirements and enable them to stop doing the tasks which add little value. Key communications tools, such as Management Internal Control Toolset (MICT) and Commander’s Inspection Reports (CCIR), provide the key avenue for commanders to inform and garner concurrence of higher commanders regarding what to stop doing. Simultaneously, these communications end up on functional desks for the required changes to policy and instructions.

This is one reason why we recently changed the name of “self-assessment checklists” (SAC) to “self-assessment communicators.” What the field is hearing is “do more with less.” When in fact, what we owe them is a prioritization of the tasks and a challenge to meet them as far down that prioritized (CONTINUED on page 5)

## IG INSPECTION, continued from page 3



Chief Master Sgt. Jim Patrie, Superintendent, Air Combat Command IG (greeted by Senior Master Sgt. Lara Owczarski) visits Airmen of the 116th Weather Flight and shares the importance the inspection process and the role that all Airmen of the 116th Weather Flight play in ensuring the mission execution of the 194th RSW. ANG Photo/2nd Lt. Hans Zeiger.

list as resources allow. If you ever stop and think about it, a key function of command is prioritizing work and resources, AFIS truly enables this concept.

The other element built inside AFIS is the focus on continuous improvement. By systematically approaching process improvement, we can reduce the time to perform tasks and, therefore, give us more man-hours to accomplish more tasks in the requirement bucket. We have tremendous examples of innovation, where Airmen have put their skills on process improvement and dramati-

cally cut the workload required to perform a task. But, we rarely take those great ideas to the Air Force enterprise level. AFIS not only encourages this but also facilitates process improvement by the way we inspect ourselves. By focusing on discovering our problems, we are accomplishing the first step in process improvement. By rewarding Airmen for identifying issues, we unleash the power of our innovative Airmen to improve our processes. And through a standardized inspection system, we can better share these great ideas across the Air Force.

## Hard Work & Play at Camp Rilea, Oregon

By Master Sgt. Bettina Knaack, HQ WA ANG

Members of the Washington Air National Guard's 194<sup>th</sup> Intelligence Squadron recently headed to Camp Rilea, Oregon for a week of Annual Training.

Led by Unit Commander Lt. Col. Kenneth Borchers and Director of Operations Lt. Col. Rick Collison, the unit was divided into two Flights and alternated in activities starting with the Firing Range and Rappel Tower, moving to Self-Aid & Buddy Care and Sexual Assault Prevention Training and finishing with Land Navigation and Vehicle Training.

For many of the unit's members, several of the events were a first. The Rappel Tower proved to be the most nail-biting experience, but with the impressively patient coaching of the 141<sup>st</sup> Civil Engineering Squadron's Senior Master Sgt. Jeffrey Barton, Master Sgt. Caleb Guthmiller and Senior Airman Derek Reese, eve-

ryone made it safely down the 60-foot tower. "It really goes against your instinct to lean backwards over that drop," Tech. Sgt. Georgina Black said as she shrugged out of the harness after safely reaching the bottom.

Some troops, like Airman 1<sup>st</sup> Class Greysen Bjork took to rappelling like a duck to water and were soon taking huge leaps down the wall.

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ANG Photo/Master Sgt. Bettina Knaack

## CAMP RILEA: Continued from page 5



**Combat Arms Instructor Tech. Sgt. Michael Chapman signals to Airman 1<sup>st</sup> Class Dessie Larson, Airman 1<sup>st</sup> Class Richard Noda, Airman 1<sup>st</sup> Class Daniella Messler and other members of the 194 IS how many rounds to shoot during the M-4 weapons training exercise, August 12, 2014. (Air National Guard Photo/Master Sgt. Bettina Knaack)**

It's not surprising that the firing range was one of the more popular activities. Combat Arms instructors from the 194<sup>th</sup> Regional Support Wing were on hand to lead the M-4 weapons familiarization class, help with zeroing in the rifles and teach the most effective way to position one's body when shooting from the prone, kneeling and standing positions.

To mimic the increased heart-rate during a stressful combat mission, the instructors tasked the trainees with a hundred-yard dash prior to picking up their weapons and firing at the targets.

"That made it a lot harder!" Senior Master Sgt. Steven Shulz huffed after racing back and forth several times.

And although Master Sgt. Tammi Stretch and Tech. Sgt. Kristal Cavanaugh scored a number of laughs while making sure their students knew how to correctly apply a field tourniquet, perform the life-saving measure of inserting a nasal-aspiration tube or carry a Wingman to safety via the Two-Person Fore-and-Aft Carry, their main focus was on each person confidently demonstrating the basics of Self Aid and Buddy Care. The troops practiced on each other while rotating through the different stations.

Soggy ground from overnight heavy rain made for an uncomfortable trek through the brush during the Land Navigation exercise, but most members

laughed it off and changed into dry footwear for the Vehicle Training portion.

The members of the 194 IS were ecstatic to take five 5-ton trucks and three Humvees on the beach for a taste of driving in soft sand and splashing through saltwater puddles.

A little excitement ensued when one of the trucks that are touted as 'impossible to get stuck' got stuck in a deep puddle and wet sand. In true Air Guard fashion, a plan was quickly devised, put into motion and the truck pulled out of its predicament in no time with a slightly embarrassed driver.

At the end of the week, Airman 1<sup>st</sup> Class Joshua Libby said: "I definitely learned a lot! I have never rappelled before and it was a lot of fun!" The 194 IS has two flights that are sep-



**Airman 1<sup>st</sup> Class Joshua Libby after rappelling at Camp Rilea. (ANG Photo/Master Sergeant Bettina Knaack)**

arated between the imagery specialists and the targeteers that work apart from each other. The experience at Camp Rilea brought them closer together, forged new friendships and solidified unit cohesion.



**Staff Sgt. Michael Peak wraps a tourniquet around Airman 1<sup>st</sup> Class Jared Wells' upper arm to practice the application of the device to stop severe bleeding. (ANG Photo/Master Sgt. Bettina Knaack)**

## SUICIDE PREVENTION, continued from page 4

The question I heard following his suicide was, "How could someone who seemingly had everything, take his own life?" Suicide and depression are complex. It is driven by more than what someone has. However, we do know, from military statistics, that the stresses related to job, relationships, addictions, & finances can trigger the depressive spiral that leads to the hopelessness that leads to suicide.

So, what can you do this month? Learn about

what comes before the warning signs of suicide. Talk to the people in your life. All the people...your kids, significant other, siblings, parents, grandparents, cousins, aunts and uncles, friends, neighbors, battle buddies and co-workers. Find out what is going on in their lives. Learn something new about each one. Really pay attention. Are they experiencing any of the factors we know place someone at risk? Are they having financial or work trouble, are they fighting

with significant people in their lives, do they seem lonely, are they drinking more than normal or abusing drugs, do they have circles under their eyes from lack of sleep, have they put on or lost a lot of weight very suddenly, do they seem to care less than usual about their appearance, do they seem sad, are they doing dangerous or impulsive things, do they seem to be isolating or withdrawing from people or activities they used to enjoy, are they sleeping all the time,

do they have anything good in their lives, what are their dreams for the future?

If anything you learn worries you, pay attention! Make sure they are getting treatment.

*Ask, Care, Escort.*

*The National Suicide Hotline is 800-273-8255*

From Your DPH,

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## Senior Airman Kananin excels in bodybuilding

By Staff Sgt. Paul Rider

It is said that even the greatest of journeys begins with the first step, and for Senior Airman Phally Kananin of the 194<sup>th</sup> Force Support Flight, an encouraging word from a personal trainer was all it took for her to take it. Last June, in front of dozens of strangers at an event known as the Polo Show, she stepped onto a stage at JBLM and competed as a bodybuilder for the first time...and won.

"Honestly, I never imagined doing something like this," said Kananin, who also placed second in the Figures event that day. "Since my first competition, my lifestyle has changed 100%."

Those lifestyle changes included eating healthier, working out five to six times a week, and entering more competitions. "It feels like all the hard work and dieting paid off."

"(Judges) are mainly looking for

someone with the total package: the body, the looks, their personality on stage, how they pose, and the list goes on," she laughed.

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When not competing as a body builder, Senior Airman Phally Kananin can be found hard at work in the Dining Facility (Air National Guard Photo/Staff Sgt. Paul Rider)

“At first I was a bit nervous, but then I remembered my mentor telling me, ‘the only time you’re nervous is when you know you haven’t prepared for something.’ I’ve never been shy on stage. I’m always just ready to have fun and get it over with so I can eat, no matter what the outcome is,” smiled Kananin.

People might recognize Kananin as one of the friendly faces watching over the sign-in sheet or serving a meal at the DFAC. She first joined the Washington Air National Guard in October 2010 and was quick to point out that her position in Services had provided valuable skills and added motivation to explore further opportunities for promotion, deployment, and training. “I want to exceed in everything I do and test my limits.”

Her simple advice to others regarding their physical fitness is to set a goal and never give up. “It’s not easy, but if you’re determined enough you will get there. Results take time.” It is this same wisdom Kananin continues to apply to her military career, to other areas of her life, and ultimately, towards her goal of becoming a fitness model.

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**WA Guard is on Facebook!**

[www.facebook.com/washingtonguard](http://www.facebook.com/washingtonguard)

**Dense fog didn't dampen the joy of plowing through wet sand along the beach near Camp Rilea, (ANG Photo/Master Sgt. Bettina Knaack)**



## **Sexual Assault Prevention and Response: Stand-Down and Small Groups**

By Capt Daniel Rodarte,  
194th LRS/IDO/SARC

The DOD and AF policy requires the AF to conduct Sexual Assault Prevention and Response training each fiscal year. For FY 14 the ANG will be hosting SAPR stand-down training. Facilitators will be identified and trained, and Wing Commanders will kick off training followed by small group discussions completed NLT 21 Nov. The small group sessions will include a 3 hour block with no more than 25 people per session. The Wing in coordination with subordinate commands have identified 17 members through the



**IT'S TIME ... TO TALK ABOUT IT!**  
 Talk early, talk often. Prevent sexual violence.

Wing to ensure the timely implementation of the small group training.

SAPR training this year remains focused on bystander intervention and introduces the 5 I's of offender behavior. As of 31 Jul, 46 percent of the Wing had attended the Wing CC kickoff, and the next oppor-

tunity to attend was 7 Sep at 0900 in French Theater. Small group sessions are currently being coordinated/scheduled with the SAPR office. Please work with your immediate chain of command for details.

If you or someone you know is a victim of sexual assault or needs assistance surviving a sexual assault please offer the 24/7 must answer line

253-512-3262 or

DOD SAFE Helpline:  
877- 995-5247

<https://safehelpline.org/>