

The Phoenix Guardian



Winter 2014

Unit redesignations and activations in 194 RSW

By Maj. Chyteira Dues

This month, the National Guard Bureau approved Organizational Change Requests to redesignate and to activate several units within the wing. The 252d Combat Communications Group has been redesignated as the 252d Cyberspace Group and the 194th Force Support Flight has been redesignated as the 194th Force Support Squadron. The



wing also had several unit activations: the 194th Logistics Readiness Squadron, the 194th Communications Flight, and the 194th Security Forces Flight were all activated as a part of

the recent Organizational Change Request. These units have all been assigned to the 194 MSG. The wing is planning to hold a ceremony in the near future to officially recognize the redesignations and activations of units within the wing.

Further information will be provided to wing members as we plan the official activation ceremony for units under the 194 MSG as these changes reflect our growing, dynamic wing.

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Security Forces prepare for homeland response

By 2nd Lt. Hans Zeiger

The 194th Security Forces Flight underwent intensive Homeland Response Force exercises and evaluations earlier this year to prepare for attacks and hazards. They were teamed up with the 141 SFS during this exercise and learned about the Incident Command System, practiced putting on suits to operate in areas contaminated by chemicals or hazardous materials, and honed skills in riot control and casualty collection. Following exercises at Fairchild AFB, thirteen 194 SF members participated in HRF Evaluations in Spokane in June. Several of these Airmen were top performers, according to Maj. Nathan Foster, 194 SF/CC. Foster said that



Members of the 194 SFS (SSgt Caulk on the left and MSgt Robinson center right) with two SF members from the 141st formed the joint QRF team for an HRF exercise earlier this year.

it was the first time the 194th had participated in the HRF. "They were at the forefront of the exercise," he said. The HRF includes the 194 RSW and the 141 ARW and is led by the Army National Guard.

Airmen from the 194 RSW earn training awards

By 2nd Lt. Hans Zeiger



Airmen from the 194 WG recently won top honors in military training programs. SrA Jesse Young, 143 IOS and SrA Shane Vanbuskirk, 194th CF, both received the John L. Levitow Award for superior academic and leadership excellence at ALS. Young attended ALS at Fairchild AFB and Vanbuskirk attended at McChord. Colleagues and leaders back at the 194 WG are proud of the two Levitow winners. Senior Airman Michael McCaffrey, 116 ASOS, won two high honors at ALS: Distinguished Graduate and the Com-

mandant's Award. McCaffrey attended ALS at Fairchild. Young was enthusiastic about his experience at ALS. "Through the rigor and stress of the course, you're forced to create a support group with people you barely know," said Young. In June, Master Sgt. Sarah Swann was recognized as a Distinguished Graduate of the Judge



Advocate General School Paralegal Apprentice Course and in Nov, Maj Matthew Venable, from the 262 NWS, was named as the



top 10% of his graduating class along with 5 other individuals at the 39 IOS's Intermediate Network Warfare Training.



WA National Guard Runners know "26.2"

By Senior Master Sgt. Michael White

Many of you have seen them around - the oval shaped white stickers with the "26.2" black lettering. Some people nearly get into accidents trying to decipher cryptic stickers and personalized plates. Is that two hundred sixty two, or twenty six point two? So next time before rear-ending someone trying to figure it out, and getting so exhausted that it feels like you've run a marathon.



Members of the Washington National Guard team pose for a group photo during the annual Lincoln Nebraska Marathon.

That's it! 26.2 is the number of miles run during a marathon.

Nearly four decades ago, marathon leaders for the "Lincoln Nebraska Marathon" knew it'd be tough to get a really fast runner into town during an Olympic year to help their race grow. Looking for a hook, they came up with the idea to have National Guard representatives from every state come to Lincoln to race for a championship of sorts. Now it's a tradition, and in 2014 12,500 runners competed at the 37th "Lincoln National Guard Marathon". This perennial marathon competition brings together teams of (Continued on page 4)

Memorial Run/Walk held for SMSgt Norton

By Maj. Chyteira Dues

During the Sunday of November drill, Headquarters Washington Air National



Brig Gen Daugherty stands next to SMSgt Norton's mother, Shirley Norton, prior to beginning the memorial run/walk.

Guard hosted a "Take Back the Track" Memorial Run/Walk at the McChord FAC in honor of SMSgt Wilbert "Tre" Norton who passed in August prior to taking a physical fitness test on the

track. Attendees included family, friends, and colleagues who came out to support this event and to honor a Guardsman who was described by Brig Gen Tuohy as an "exemplary Airman" who will be remembered not only for what he did, but also for how he made people feel. Maj. Gen. Daugherty and Brig. Gen.

Gruver also participated in the event over which Tuohy presided. Norton's family

flew in from Texas to join members of the Washington National Guard to celebrate Norton's life and to honor his memory. The run/walk was held for a period of 37 minutes; a number that was chosen to

reflect his young age of 37 when he passed in August. During the run/walk, many people could be seen wearing the white t-shirt with black writing which read "Tre Day" on the back and that had a picture of Norton of the front. Prior to beginning the run/walk, several members of the Air National Guard were honored for the support that they provided to Norton's fami-



SMSgt Norton served as the Recruiting Office Supervisor before his unexpected passing in August 2014.



And they're off!!! Civilians, Guardsmen, family, and friends begin the memorial run/walk in honor of SMSgt Norton.



Members of the WA ANG recruiting team pose after the memorial run/walk for SMSgt Norton.

ly in their time of need. The true spirit of camaraderie and team work were evident in the actions that were taken by such individuals as CMSgt Max Tidwell, Tobiah Benefield, Ralph Meyers, and SSgt Mark Kegley were not overlooked. They played a key role in ensuring that Norton's remains arrived safely to his home state of Texas so that his friends and fam-

ilies could say their final goodbyes. Norton will never be forgotten and his memory will live with the WA National Guard forever. And, as was stated by Daugherty in his closing statement, we must honor Norton by continuing to serve the way in which Norton would want us to serve, by taking care of each other and by continuing to carry on the mission.

Marathon Story, continued from page 2

the best Army and Air National Guard athletes from all 50 States, and the US territories of Guam and Puerto Rico. Competitors at this National Guard Bureau sponsored event are in pursuit of attaining a much coveted spot on the “All Guard Team”. The participants run the 26.2 mile citywide course that starts on the campus of the University of Nebraska, and finished on the 50-yard line of the Cornhuskers Memorial Stadium. The All Guard

team consists of the top 40 fastest running Guardsmen, and the top 15 Guardswomen. Leading the way for the Washington marathoners was Capt Brendan Thompson, 27, 81st Brigade, Armored Brigade Combat Team. He finished with a time of 2:48:54, a personal record (PR) and 3rd place in his age division. He qualified for the All Guard Team for the fourth time in five years, with the exception being due to a 2013 deployment. When asked about

the race Thompson replied “It was a challenging day with the headwind, but the field of runners present performed like it was just as good as any day to be running in Lincoln” SMSgt Michael “Whitey” White, 49, from Bothell, WA. 194th Regional Support Wing, Camp Murray. SMSgt White crossed the line in 3:09:16 good for first place in the 45-49 year old division. He has been completing at Lincoln for a decade now, and this is his eighth time qualifying

for the All Guard Team. White said, “I figured turning 50 in a few days all these young guns would finally surpass me, but my preparation, training, and experience on this course was a great equalizer. The honor of representing the Guard as a member of the National team is an incredible achievement I am always proud of, and never take for granted, especially at my age. It is a goal I could not accomplish without the unwavering support of my wife, family, friends, and 194th RSW”.

Profile in Service: MSgt Robert Boleak

By Technical Sgt. Brendan Caldwell

Robert Boleak has some stories. You could say he has “been there and done that”. The 34 year old Air National Guard Master Sergeant is one of a rare breed of Airman that has served in all three component services of the Air Force: Active Duty, Reserve and Air National Guard. A native of Bellingham, WA, he joined as an active duty airman in the year 2000 when he was 20 years old. Like many people that age he was looking for adventure. “I wanted to travel and try something new. I wanted a career and to find out who I was – and to see what was beyond the borders of Whatcom County,” said Boleak. Following basic training he trained as a Defensive Avionics technician and was assigned to the 34th Bomb Squadron, Mountain Home AFB, Idaho working on B-1B bombers. Boleak completed his active duty career and entered the Air Force Reserve in 2004 at Patrick AFB, Florida supporting NASA and space shuttle launches at nearby Cape Canaveral. But in 2006, he returned home to join the 256th Engineering Installation Squadron in Everett, WA, as a Cable/Antennae installation Journeyman. After experiencing the first two com-

ponents, MSgt Boleak felt he had finally come home in every sense of the word. “The Guard is so tight knit.

The family aspect is highly rewarding – this is the best of all components.” Following the deactivation of the 256, Boleak changed careers and locations yet again, only this time he was intent on staying with his Air Guard family. He found a job very much different than those in his previous career fields as a Chaplain’s Assistant, where he is responsible for the set up and support of religious (Continued on page 6)



MSgt Boleak is the NCOIC of the 194th Chaplain Office and has been leading the Chaplain team since their OIC retired in Sep.

Messages from our Legal Office

Reporting Prescription Medications

The wrongful use of anabolic steroids, controlled substances, and other substances such as inhalants, prescription drugs, and over-the-counter medications by Air Force military members is an offense under the UCMJ. ANG members in Title 32 status are accountable to the State Code of Military Justice. The WA Code of Military Justice is linked [here](#) for your review. If you are taking prescription medications, it is important to ensure that your prescription medications are a part of your military medical file. Not being able to show evidence of a valid prescription in the event of a positive urinalysis test can affect your professional military education (PME), your ability to go on orders, or to get a promotion.

Access to Legal Info

To access information on services provided by the Legal Offices visit their SharePoint site at: <https://eis.af.mil/org/waang/194WG/JA/default.aspx>. If people don't already have access to please request it? There is a lot of useful information on there people should know about, like: Staff Judge Advocate and Area Defense Counsel contact info, wills, power of attorneys, legal assistance, tools for leadership, references, etc.

If you have any questions regarding these messages, contact MSgt Sarah Swann at 253-512-2034 or sarah.swann@ang.af.mil.

Boleak profile, continued

services is a much more dynamic career than he could have imagined. As a member of a Religious Support Team he is trained in suicide prevention, religious counseling, and advanced training in active shooter scenarios. He is even responsible for the personal security of his Chaplains, who are not allowed to carry weapons due to their status as non-combatants. What really touches Boleak though is his ability to help those around him – “maybe more than any other, this career allows you to support your fellow airmen who are in need.” He feels his most important role is now being played at home – in his home state, standing with and supporting a tight knit group of Citizen Airmen. When asked if he would change anything in his career, he promptly responds “not a thing.” For more information about Chaplain services or the Chaplain’s Assistant career field, contact the 194th Regional Support Wing Chaplain’s Office at (253) 512-2094 (Comm) or 370-2094 (DSN).

Congratulations to our 3rd Quarter 2014 Award Winners!

Airman of the Quarter: SrA Danielle Dean (256 IS)
NCO of the Quarter: TSgt Justin Fajardo (111 ASOS)
SNCO of the Quarter: MSgt Ty Henrichsmeyer (143 IOS)
CGO of the Quarter: 1st Lt Tyler Smith (194 MDG)

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