

189th Airlift Wing WARRIOR



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September 2014

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

Hunter Education Course

See page 5 for more information on the upcoming course being held at the 189th.

Photo Features

See pages 6 and 7 for photo coverage of events from September drill, and other events from around the wing throughout the month.

DoD Safe Helpline

Page 5 has a helpful guide on SAPR contact information including phone numbers, emails and websites.

RAT Team Updates

Which team is in the bucket? Check out page 8 for an update on the 189th Rapid Augmentation Teams.

189AW Facebook

Check our wing Facebook page for updates, photos, videos and more at:
www.facebook.com/189aw

Public Website

Visit our website for news, newsletters, photos, videos and more at:
www.189aw.ang.af.mil



The 189th Airlift Wing was presented the coveted Mission Support Trophy from the National Guard Association of the United States during the association's annual conference in recognition of the unit's outstanding operational readiness. From left: Lt. Gen. Stanley E. Clark III, director of the Air National Guard; Col. Robert Ator II, 189th Airlift Wing commander; Col. Tamhra Hutchins-Frye, 189th Mission Support Group commander; Capt. Jason Kulaga, commander of the 189th Security Forces Squadron; Maj. Gen. Donald P. Dunbar, Wisconsin Adjutant General and member of the executive committee of the Adjutants General Association of the United States (AGAUS).

189th brings home Mission Support trophy

By Master Sgt. Chris Durney
189th Airlift Wing Public Affairs

LITTLE ROCK AFB, Ark. The 189th Airlift Wing of the Arkansas Air National Guard has been awarded the coveted Mission Support Trophy by National Guard Association of the United States (NGAUS) in recognition of the unit's outstanding operational readiness.

Col. Robert Ator, 189th commander, accepted the

trophy August 24 during the association's annual conference, held this year in Chicago. He also collected a Distinguished Flying Unit Plaque on behalf of the wing, which is a part of the Little Rock Air Force Base.

According to NGAUS, the Mission Support Trophy is the top honor for all non-flying Air National Guard units, and is based on operational readiness inspections, special missions, deployments, exercises,

outstanding accomplishments, unit manning levels, attendance, retention, and skill level qualifications.

"So often we focus on the details and that leads to our success," said Col. Ator. "It is awards like this that gives us pause to look at the big picture. We are exceptional and 'we lead!' Take the opportunity to pat yourself on the back because this recognition is because of YOU!"



Celebrate recovery

By Chaplain Ron Pierce
189th Airlift Wing Chaplains

Sometimes we can find ourselves at a place in life that we realize is not healthy. It could be an addiction to alcohol or a drug, an anger issue, a gambling addiction, a sexual addiction, or anything similar that seems to take over and dominate our lives in a negative way. There is hope, and often the road to recovery is hindered due to a lack of acknowledging the issue and honestly seeking help. Many people have recovered from all sorts of addictions and negative habits by admitting the problem and then taking measures, with the help of others, to address the issues.

The following are 12 steps that people went through in a Celebrate Recovery program. Just take a look at these to get an idea of the recovery process. It has worked for many people.

1. We admitted we were powerless over our addictions and compulsive behaviors,

that our lives had become unmanageable.

2. We came to believe that a power greater than ourselves could restore us to sanity.

3. We made a decision to turn our lives and our wills over to the care of God.

4. We made a searching and fearless moral inventory of ourselves.

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. We were entirely ready to have God remove all these defects of character.

7. We humbly asked Him to remove all our shortcomings.

8. We made a list of all persons we had harmed and became willing to make amends to them all.

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

11. We sought through

prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and the power to carry that out.

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.

Notice that these steps involve realizing we need help, admitting what we have done and who we have hurt, making restitution when possible, putting in a plan to get better and stay better, and helping others – awesome!

If life seems bitter because of a hurt, hang-up or habit, the time to do something about it is now. There is hope and you can get better. Don't let whatever it is control your life! Talk to your pastor, a friend, a relative, a counselor, or a chaplain – let others come along side and be a part of the healing process. You can recover and we can celebrate!

Air Force revamps AEF Online website

Senior Airman Jason J. Brown
633rd Air Base Wing Public Affairs

WASHINGTON (AFNS) -- The Air Force will deploy Agile Combat Support Airmen under its redesigned air expeditionary force construct October 1.

The primary purpose of the redesign was to look at ways to deploy more ACS Airmen with their units and standardize dwell times across the Air Force as much as possible to present a consistent Air Force capacity to the warfighter.

While the construct was

approved in April 2013 by Air Force Chief of Staff Gen. Mark A. Welsh III, the first deployments under this construct will be October 2014. Under the revised AEF construct, installations will deploy larger numbers of Airmen from the same unit under a 1:2 deploy-to-dwell ratio for active component, ACS Airmen. The revised construct establishes an 18-month battle rhythm where an Airman may deploy for six months and be home for 12. This will allow wings to more effectively posture their forces to meet global mission require-

ments as well as continue home station training.

In the past, Airmen deployed as individuals or small elements via "tempo bands" based on their Air Force specialty codes. Those Airmen met downrange from bases across the Air Force.

"Our Airmen have performed superbly in their individual deployments under the current AEF structure for the last 11 years," Welsh said. "This new construct will facilitate even better teamwork and unit performance during

SEE AEF PAGE 3

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**AEF**

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deployed operations. I visited a deployed squadron last year that was manned by 81 Airmen from 41 different bases! While we've proven we can be successful with that approach, we believe the new AEF model is a more efficient way to get the job done."

While there are some other subtle changes, the most noticeable change to ACS Airmen will be a stabilized battle rhythm at 1:2 deploy-to-dwell ratio. Some Airmen will see this battle rhythm as an increase in their deployment

vulnerability. Requirements for most skill sets have remained constant. However, those who deployed less frequently may be more vulnerable. Not all Airmen will be selected for deployment in their vulnerability window.

Air Force leadership has worked very hard to secure 1:2 as the standard battle rhythm therefore reducing the number of Airmen who will deploy at rates greater than 1:2. While this is the goal, there may still be some high-demand specialties that may deploy under a different scheduling construct.

"Previously, Air Force spe-

cialty codes played a large role in determining an Airman's battle rhythm and deployment location; the redesign focuses on aligning Airmen to deploy with their unit," said Col. Stephen Hart, the Chief of War Planning and Policy Division. "Deploying with members of their own unit increases continuity of work, allows our junior Airmen to deploy with their supervisor, trainers, and enhances the skills and management of wing missions."

According to Hart, there are benefits to the Airmen and to the service, as it allows the Air Force to better understand its

available capacity and it allows Airmen to have a better idea of when they will be deploying within the given year.

For Airmen maintaining expeditionary readiness, it's "business as usual." Airmen should continue preparing themselves and their families for the reality of deployment, and ensure they are ready to go when called.

For more information on AEF battle rhythm and individual base dwell times, Airmen should contact their local unit deployment manager or base deployment manager.

188th Airman honors supervisors, University of Arkansas with Patriot Award

By Maj. Heath Allen

188th Wing Executive Officer

FAYETTEVILLE, Ark. -- One 188th Wing Airman recognized her employer with a Department of Defense Employer Support of the Guard and Reserve Patriot Award during a presentation ceremony held at the University of Arkansas Center for Multicultural and Diversity Education Sept. 19.

Maj. Danielle Wood, 188th Wing Equal Opportunity chief, honored Dr. G. David Gearhart, UA chancellor, and Dr. Charles F. Robinson, UA vice chancellor for diversity and communication, for exhibiting exceptional support of her more than a decade long Air National Guard career.

Dr. Wood is also the UA Office of Equal Opportunity & Compliance director in her civilian capacity.

"The University of Arkansas has been very supportive of my career at the 188th Wing," Wood said.

"I'm proud to work for an institution that values military service and affords me the honor and privilege of serving my country in the Air National Guard."

Kyle Fisher with Arkansas ESGR presented the accolades and Col. Mark W. Anderson, 188th Wing commander, addressed the gathering.

"Our drill status Guardsmen are essential to the 188th Wing's success," Anderson said. "These members often have to leave their civilian jobs to help the wing complete its mission."

Anderson said many times civilian employers have to fill workload shortfalls when their employees are on duty with the Fort Smith, Arkansas-based 188th serving their country.

"We want the University of Arkansas and all civilian employers of our members to know how much we appreciate their support," Anderson said. "We couldn't do the mission without the support of organizations like the



Col. Mark Anderson, 188th Wing commander, speaks with Dr. G. David Gearhart, University of Arkansas (UA) chancellor following an Employer Support of the Guard and Reserve Patriot Award presentation held at the UA Center for Multicultural and Diversity Education in Fayetteville, Arkansas, Sept. 19, 2014. Maj. Danielle Wood, 188th Wing Equal Opportunity chief, recognized the UA, Gearhart and Dr. Charles F. Robinson for their support of her Air National Guard career during the event. Dr. Wood is also the UA Office of Equal Opportunity & Compliance director. (U.S. Air National Guard photo by Maj. Heath Allen/Released)

University of Arkansas and strong leaders and patriots like Dr. Gearhart and Dr. Robinson. When your nation calls, it's so important to have an employer that supports your ability to serve your country, knowing

that you're going to be able to come back to your job."

The Air National Guard cannot succeed without civilian employer support of its drill status Guardsmen.



Warrior of the Month: Tech. Sgt. Jonathan Hunter



Air National Guard photo by Senior Airman Ian Caple

Rank and Name: Tech. Sgt.
Jonathan Hunter
Unit: 154th Training Squadron
Job Title: Instructor Loadmaster
Status: AGR
Hometown: Little Rock, Arkansas
Family: Single
Why I joined the Guard: Originally
to help pay for school
**Most rewarding part of my
job:** Teaching loadmaster initial
qualification and instructor school
candidate students
Hobbies: Fitness related activities

and football

My favorite movie is: The Bourne
Identity

My favorite TV Show(s): Game of
Thrones

My favorite book: The Bible

A perfect day would be: A day on
the beach

I admire: My parents for always
being positive and supportive people

**Something no one knows about
me:** I used to work as a golf pro at
Jack Stephen's First Tee of Central
Arkansas

September Tips & Tricks:

FINANCE: Did you know? Effective Oct. 1, 2014, the following items will no longer be reimbursable as they will be considered part of your daily incidental rate: authorized business calls, authorized call home, baggage tips, GTC ATM fees and servicing fees, laundry/dry cleaning.



Hunter Education Course

The 189th Airlift Wing is hosting an Arkansas Hunter Education course on **October 4 from 7 a.m. To 4:30 p.m. In the Blue Room in building 207 (hanger).** The course is free of charge and open to all Guard members, retirees and dependents. Lunch will be provided. Any one born after Dec. 31, 1968 must complete a hunter education course and carry a valid hunter education card to hunt in Arkansas. For more information contact Master

Sgt. J. D. Crawford at
james.crawford@ang.af.mil

DoD Safe Helpline Information

Need to talk? It's easy to get the help you deserve.



Online Helpline
SafeHelpline.org



Telephone Helpline
877-995-5247



Info by Text
55-247 (inside the U.S.) /
202-470-5546 (outside the U.S.)
Text your location for the nearest support resource



Safe Helpline App
(for iOS and Android)



Safe HelpRoom
Peer-to-Peer Support
SafeHelpRoom.org



Download the
Safe Helpline App



Wing commander puts a shine on his own bird

Air National Guard Photo by Senior Airman Ian Caple



Col. Robert Ator, II, commander of the 189th Airlift Wing, took up a scrub brush on September 23 to put a shine on his own assigned C-130H2 aircraft.

On a bright Tuesday morning, Ator and members of the 189th Aircraft Maintenance Squadron took hours of flight dust and grime off of the aircraft at the wing's outdoor wash rack. The long-time Guard officer took time to see that every nook and cranny was Air Force clean.

Washing the Wing's C-130s is a regular part of keeping these important workhorses in the best condition possible.





Around the Wing

Air National Guard Photos by Senior Airman Ian Caple and Master Sgt. Chris Durney



Lt. Col. Christopher Montanaro, 189th Maintenance Group commander, passes the guidon to Maj. Christopher Wolter, 189th Aircraft Maintenance Squadron commander, during a change of command at Hangar 207 on Sept. 6, 2014.



Col. Marc Sicard, 189th Airlift Wing commander, presents Lt. Col. Stephen Rogers, 189th Airlift Wing Chaplain, his certificate of retirement on Sept. 7, 2014.



Lt. Col. Tina Lipscomb, 123rd Intelligence Squadron commander pins the Meritorious Service Medal onto Chief Master Sgt. Kevin R. Foster during his retirement ceremony held at the Jacksonville Police Station on Sept. 6, 2014.



Airman 1st Class Vincenzo Gallegos, 19, and Senior Master Sgt. Steven Garrison, 59, cut the Air Force birthday cake with a ceremonial sword during a brief ceremony at the dining facility at Little Rock Air Force Base on Sept. 18, 2014.



Master Sgt. James Thissen, 189th Finance, signs his reenlistment papers on Sept. 17, 2014. Watching is 189th Financial Management commander, Capt. Kenneth Simon.



Staff Sgt. Jonatthan McWhirter, 189th Finance, re-enlists on Sept. 17, 2014. 189th Financial Management Commander, Capt. Kenneth Simon presents the Oath of Enlistment.



Promotions



To Senior Master Sergeant
Stanley Appleby, 189 CF



To Master Sergeant
Kevin T. Burrow, 189 AMXS
Matthew T. Lovell, 189 CF
Christopher L. Daniel, 189 LRS



To Technical Sergeant
Tracy L. Mullins, 154 WF
Brian A. Ankney, 189 MXS
Roger A. Palmer, 154 TRS
Philip M. Adkins, 189 MXS



To Staff Sergeant
Travis Baldwin, 154 WF
Zachary D. Stookey, 189 CS
Jessica Bradshaw, 189 OSS
Michael A. Hirman, 189 LRS
Jonathan C. Waldrup, 189 MXS



To Senior Airman
Alexis Miguel, 154 WF
Torrez French, 189 FSS
Jerry D. Ellis, 189 WF

PME Graduations

Senior NCO Academy

Master Sgt. Jeremiah Brewer, 26 Sep 14, 189 OSS
Master Sgt. Ryan Worcester, 26 Sep 14, 189 FSS
Master Sgt. Zachary Gardner, 17 Sep 14, 123 IS

Non-Commissioned Officer Academy

Technical Sgt. Ronald Johnson, 20 Aug 14, 154 TRS
Technical Sgt. David Foret, 12 Sep 14, 189 CES

Airman Leadership School

Staff Sgt. Toby Tucker, 04 Sep 14, 189 CF
Senior Airman Justin Sanders, 20 Aug 14, 189 LRS
Senior Airman James Hayes, 27 Aug 14, 189 SFS
Senior Airman Kristie Hollan, 25 Sep 14, NGMTC

Retirements

Lt. Col. Stephen Rogers, HQ 189AW, 1 Oct 14
CMSgt. Kevin Foster, 123 IS, 1 Oct 14
Master Sgt. Donald J. Caudill, JFHQ, 1 Oct 14
Master Sgt. Christopher Miller, JFGQ, 5 Oct 14
Master Sgt. Anatole Paradis, 189 AMXS, 5 Oct 14

The RAT Corner

QUICK NOTES:

Team "B" you are in the "bucket" through October; are your bags packed and are you ready to assist affected local communities at a moment's notice?

Additional volunteers are needed for all three teams. Being part of a RAT is a great opportunity to deploy with your family from the 189th to assist local communities after a natural disaster or other catastrophic event. As many of those who have previously deployed with a RAT can attest, lending a helping hand to our fellow citizens in a time of need can be one of the most rewarding things we get to be a part of during our military service. The rotation schedule means you are only in the RAT deployment "bucket" for 3 out of every 9 months. Give us a call if you are interested in signing up!

RECALL PROCEDURES: Texts and Telephone Calls are our primary means of contacting personnel when we receive a mission tasking and begin activating a RAT. If either your primary or alternate telephone numbers have changed and you have not previously let us know, please send an email to william.catton@ang.af.mil with your updated information so that we can keep our recall roster up to date.

RAT ROTATION SCHEDULE:

TEAM A: "In the bucket" May 01, 2014 - Jul 31, 2014
TEAM B: "In the bucket" Aug 01, 2014 through Oct 31, 2014
TEAM C: "In the bucket" Nov 01, 2014 through Jan 31, 2015

CONTACT INFO:

If you have any questions or would like to join a team, please contact CMSgt Ken Fisher at 501-987-7978 or Master Sgt. Bill Catton at 501-987-2169.