

189th Airlift Wing

WARRIOR



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Arkansas Air National Guard

Little Rock Air Force Base, Ark.

RAT Corner

We have a new section with monthly information on RAT rotations and seasonal weather alerts. See page 8 for more details.

Unit Vacancies

See page 5 for information on five current job vacancies that have sign-on bonuses of up to \$20,000.

Features

See pages 6 and 7 for our monthly features section. This month we covered the Cabot Special Olympics and Emergency Management Region 6 training.

Critical Days of Summer

See page 3 for information on precautions that you and your family should take during the upcoming summer months.



154th TRS instructor takes home national award

By A1C Ian Caple
189th Airlift Wing Public Affairs

An instructor flight engineer for the 154th Training Squadron was recently selected as the National Guard Bureau's Henry E. "Red" Erwin Outstanding Enlisted Aircrew Senior Non-Commissioned Officer of the Year for 2010.

Master Sgt. Michael P. Parrett is the recipient of the prestigious, national-level award that recognizes career enlisted aircrew for outstanding job accomplishments, demonstration of leadership and sustained self-improvements in support of the enlisted aircrew operations career field.

"The 189th has a staff of world class aircrew instructors," said Col. Steve Eggensperger, 189th Airlift Wing commander. "It is great to see this recognition for one of our own, Master Sgt. Mike Parrett. He is well deserving of this prestigious award."

As an instructor flight engineer, Parrett is responsible for training existing flight engineers who are becoming instructors themselves. Most students are Senior Airmen and above who have come straight from the Lockheed-Martin academics course. He also provides initial and mission qualification training for Airmen who are new to the career field.

"It is a great honor to win this award," said Parrett. "One



Photo by TSgt. Billie Thompson

Col. Steve Eggensperger, 189th Airlift Wing Commander, presents the 2010 SSgt. Henry E. "Red" Irwin Award to Master Sgt. Michael Parrett, 154th Training Squadron, Instructor Flight Engineer, Little Rock AFB, AR April 14, 2012. 189th Airlift Wing Command Chief Master Sgt. Gary Wynn (far left).

Airman, Non-Commissioned Officer and Senior Non-Commissioned Officer in the nation per year receives this award in each category."

Over the past four years the 189th Airlift Wing has had four winners. Chief Master Sgt. Richard Merriman, Master Sgt. Jim Miller and Chief Master Sgt. Sean Flannery have been recipients of this national award.

"Having this many winners in a row in our unit says a lot about us," said Parrett. "We strive to be the best aircrew in the nation and this shows that we are."

Master Sgt. Parrett has been heavily involved in the C-130 AMP program. He participated in several test missions at Edwards Air Force Base while

in the early stages, working out system problems and also writing out job descriptions for AMP flight engineers.

"Master Sgt. Michael Parrett and previous 154th TRS Staff Sgt. Henry "Red" Erwin Award winners professionally served as outstanding enlisted aircrew members and are well deserving of this prestigious honor," said Chief Master Sgt. Kelly Chong, 154th Training Squadron Flight Engineer Superintendent.

Master Sgt. Parrett has received numerous congratulatory messages since receiving the award and has had an opportunity to reflect on past accomplishments. He looks forward to future challenges and opportunities to serve and make a difference.



Tell your story

By Col. Steve Eggensperger
189th Airlift Wing commander

As an Airman in the Air National Guard, you are a member of an elite group of 106,700 citizen-airmen who are critical to our national defense. The Air Guard is truly a value for America. The ANG provides 35 percent of the capability of the United States Air Force on only 6 percent of the budget. Our significant cost advantage comes from our Drill Status Guardsmen. These trained warriors represent available capability at a significantly reduced cost compared to the active duty. We essentially pay only for the capability we need when we need it instead of paying for the same capability 365 days a year whether or not it is needed. Another significant advantage is our experience. Yes, we are a little older than our active duty counterparts, but with that age comes wisdom and experience—and that makes us very good at what we do. The average ANG maintainer has over 15 years of experience, while the average active duty

maintainer has only seven years of experience.

When our airmen are deployed and work side-by-side with active duty, we often hear that you can't tell the difference between them because they are trained to the same standards and maintain the same level of proficiency. But, that is a double-edge sword. We wear the exact same uniform as our active duty counterparts and there are no longer any unique ANG patches that make us stand out. When you're seen off base in uniform, you're seen as an Air Force person—not uniquely as a member of the Air Guard.

Therefore, it is truly up to you to tell your story. Your friends, neighbors, and acquaintances need to know about the Air Guard. They need to know the great value that we provide for America and they need to know that you are a proud member of this elite group of citizen-warriors. Many people don't know how the Air Guard is different from the active duty. They don't understand that National Guardsmen can be called to



Col. Steve Eggensperger

service in a federal capacity for deployments and also are critical to the State of Arkansas in the event of natural disasters or other emergencies.

I'd also encourage each member of the Arkansas Air Guard to carry one of Master Sgt. Troy Grooms' business cards in your wallet. When someone expresses an interest in joining the ANG, you need to be able to hand them the card and encourage them to call our recruiter and get the facts and never miss an opportunity to remind your friends that being a member of the Air Guard is still the "best part time job in America."

Someone will always have your back

By Chaplain Gary Garrison

Many of you may have seen the near-viral video back in April or May about two dogs who are the best of friends; one a golden retriever who has suffered blindness since birth, as well as seizures and other health problems that have nearly led to the poor dog's demise many times. The other is a black lab mix who was found shot and understandably timid. Just when the golden retriever's caretaker thought the end might be near for her,

the two dogs accidentally met and became immediate friends. Amazingly, the black lab began taking her friend by the leash and leading her around to keep her from running into obstacles. The two began to console and comfort one another, bringing out the best in each other, and cancelling out those things that had onlookers believing these two poor dogs were beyond help.

Those of you who know me well know that I'm a huge fan of dogs. I have two labs, Baruch and Jonah, who are

more-or-less my children. It's hard to imagine life without their unconditional love and the comfort they bring each day.

Of course, not everybody is an animal lover, but none of us are capable of truly surviving on our own. In the Gospel of John, Chapter 10, Jesus tells us that he is the Good Shepherd; that he cares for us and has laid down his life for us. Regardless of our belief, we all need to know that someone has our back...that someone cares about us enough to lay down their life for us.

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www.facebook.com/189AW

Future UTAs
July 14, 15
Aug. 4, 5
Sept. 15, 16



Competitors fired up at Winston P. Wilson matches

By **A1C Ian Caple**
189th Airlift Wing Public Affairs

Robinson Maneuver Training Center, Ark. -- Guardsmen and women from 44 states and two territories gathered at Camp Robinson April 22-28 for the 41st Annual Winston P. Wilson Championship.

WPW pits the nation's best National Guard marksmen against one another in a variety of scenarios with different military-issue weaponry.

It is intended to develop advanced individual marksmanship skills in both new and more experienced competitors. To encourage the mentorship and development of the novice soldiers and airmen, some of the matches are in a four person team format that requires the inclusion of less experienced competitors.

The top three four-man teams were the Texas Alpha team in third, Louisiana Alpha team in second, and Pennsylvania Alpha team in first.

Teams shot for a full week

against one another on five different ranges varying from 25 to 400 yards using M16 rifles, Beretta M9 pistols, M249 machine guns and 12-gauge shotguns. Each match had competitors shoot in several positions including standing, kneeling and prone.

"The skills that we learn individually and as a team help us when we deploy, so that we are better prepared and more proficient at our firearm skills when we need to use them," said SGM John Plasse from the Indiana Army National Guard team.

The skills that competitors gain here are passed on to their home units and incorporated into marksmanship training all over the country.

"I help teach at the Marksmanship Training Unit and everything I learn at WPW, I teach to my students at home," said 1SGT Tommy McGee, overall champion of the rifle and pistol matches.

Networking is a large part of WPW, and getting to know airmen and soldiers from units around the country

greatly improves marksmanship skills.

"The best shooters in the world are here. You're going to pick up something from them. We help each other out," said SGM Plasse. "If you see someone doing something wrong, you try to give them

pointers to make them a better shooter, because your life could depend on it in the war theater."

What airmen and soldiers learn here could be the difference between life and death while overseas and while in combat situations, said SGM Plasse.

"You learn something new every year," said Plasse. "We can have fun here in this relaxed atmosphere and take what we learn back to our home units to make our soldiers better prepared to go to war."

"This is training that you will never receive in the Air Force," said Tech Sgt. Clifford



Photo by A1C Ian Caple
Staff Sgt. Tracy Mix from the Illinois National Guard readies his M16 while wearing a gas mask during the 41st Annual Winston P. Wilson Championship at Camp Robinson on Tuesday, April 24, 2012

Ramson, security forces combat arms training and maintenance instructor for the Hawaii ANG. "None of the training that we do at home compares to the kind of shooting that we do here. If I could bring my whole squadron here I would. That would be great for them."

The National Guard Marksmanship Training Center will continue to host teams from across the U.S. to come to Camp Robinson each year so that they can continue to learn invaluable skills that will be used while at home and during deployments.

Critical days of summer: ice coolers and food safety

By **The AF Safety Center**

Cookouts and picnics are frequent and honored traditions of summer, a time for family and friends to gather, socialize and have fun. But summer outings can be ruined if safe food handling and preparation techniques aren't observed. Hot summer temperatures can help food-borne bacteria multiply at a rapid pace, spoiling

food and causing illness.

The Food Safety and Inspection Service gives the following recommendations for handling food when spending time outdoors:

Keep hot foods hot and cold foods cold

Whether you are in your kitchen or enjoying the great outdoors, there are some food safety principles that remain constant. The first is keep hot

foods hot and cold foods cold. Meat and poultry products may contain bacteria that cause food-borne illness. They must be cooked to destroy these bacteria and held at temperatures that are either too hot or too cold for these bacteria to grow.

Most bacteria do not grow rapidly at temperatures below 40 °F or above 140 °F. The temperature range in between is known as the Danger

Zone. Bacteria multiply rapidly at these temperatures and can reach dangerous levels after two hours.

If you are traveling with cold foods, bring a cooler with a cold source. If you are cooking, use a hot campfire or portable stove. It is difficult to keep foods hot without a heat source when traveling, so it's best to cook foods before leaving home, cool them and transport them cold.



Warrior of the month

Rank and Name: A1C Ebony Brown
Unit: 189th SFS
Job Title: Security Forces
Status: Traditional Guardsman
Hometown: Charleston, SC
Civilian Employment: Home Instead Senior Care
Why I joined the Guard: I joined the Guard because I love my job and I want to provide a better life for my daughter
Most rewarding part of my job: Knowing that I'm protecting and serving my country
Hobbies: Dancing, shopping, and spending time with my twin sister and daughter
My favorite movie is: Love and Basketball
My favorite TV Show(s): Martin, First 48, Family Guy
My favorite book: A Raisin in the Sun
A perfect day would be: A perfect day to me would be staying at home with my daughter and watching Nick Jr. with her
I admire: I admire my sister because she shows me that hard work pays off in the long run. She has been my number one supporter and backbone since day one
Something no one knows about me: I have a twin sister. Her name is SrA Tiffany Brown and she's currently serving in the



Photo by A1C Ian Caple

Air Force. She's also stationed at LRAFB and works at the 19th Security Forces Unit

If you have someone in mind that you would like to nominate for Warrior of the Month contact Public Affairs at 987-6232 or 987-6068 or send an email to christopher.nelson.4@ang.af.mil.

Unit Vacancies

The 189th Airlift Wing and its geographically separated units have drill status vacancies in the following career fields:

- 3E3X1 Structural
- 3E0X2 Elec Power Production
- 3E2X1 Pavement and Construction
- 3E5X1 Engineer Assistant
- 5J0X1 Paralegal

To apply for one of these positions, see Technical Sgt. James Epperson in the 189th Force Support Squadron retention office. The retention office is located in Building 103. Go to the 189th Force Support Squadron's customer service and ask for the retention manager.

Brig. Gen. Travis D. Balch Visits The 189th Student Flight



Photo by TSgt. Billie Thompson

Brig. Gen. Travis D. Balch, Commander, Arkansas Air National Guard, speaks to a group of future airmen that are part of the 189th Airlift Wing's Student Flight program April 5, 2012. Student Flight prepares future Airmen each drill weekend for upcoming basic training.

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Hopefully we all understand the great benefit of having and being a good wingman. Despite many of our efforts at resiliency

training, we keep hearing that the suicide rates among military personnel are still on the rise... a staggering reality that we all have a responsibility to try to bring to an end. Again, we can't do it alone. We all need

someone we can rely on and lean on to help us through all the joys and pains we experience in our lives. We need to have at least one person we can always depend on to bring out the very best in us, and to make all the

rest fade away.

Just as a friendly reminder, that's why the Chaplain and counseling staff exists. We are here to help you, to listen to you, to encourage you to be the very best you can be.

The Arkansas Air National Guard May Have an Incentive for You

The Arkansas Air National Guard (ARANG) currently has five Air Force Specialty Codes (AFSCs) that may entitle you to an enlistment incentive up to \$20,000.00. If you are interested in retraining into one of the AFSCs; you may qualify for the incentive and promotion opportunities. Act now- the current enlistment incentive is only available through June 30, 2012. Share this information with your family, friends, and co-workers. Below is a synopsis and location of the five AFSCs:

Services - 3M0X1; Manages and directs services programs, operations, and retail operations. Supervises and works in appropriated fund food service activities; lodging activities; recreation, fitness, and sports programs; linen exchange operations; mortuary affairs programs; honor guard teams; and services readiness programs. Located in the 189th Airlift Wing.

Electrical Power Production - 3E0X2; Installs, removes, operates, maintains, and repairs electrical power generating and control systems, aircraft arresting systems, and associated equipment. Located in the 189th Airlift Wing.

Command Post - 1C3X1; Manages activities within command posts, operations centers, rescue coordination centers, and command centers. Receives and relays command and control instructions and records, and collects, processes, and submits manual and automated data products. Uses advance communication systems and consoles to provide positive control of assigned forces and weapon systems. Located in the 189th Airlift Wing.

Weather - 1W0X1; Performs and manages the collection, analysis, and forecast of atmospheric and space weather conditions, and the tailoring and communication of weather information. Located in the 154th Weather Flight.

Cyber Transport Systems - 3D1X2; Deploy, sustain, troubleshoot, and repair standard voice, data, and video network infrastructure systems, IP detection systems and cryptographic equipment. Performs, coordinate, integrate, and supervise network design, configuration, operation, defense, restoration, and improvements. Located in the 123rd Intelligence Squadron.

Each of the above AFSCs are exciting career fields and contribute greatly to the ARANG and USAF missions. To receive complete details about benefits and incentives the ARANG has to offer; contact your Retention Office Manager, TSgt. James Epperson at (501) 987-7635.



- DOUBLE FEATURE - Cabot Special Olypmics



Technical Sgt. Mark Cheney, 189th Engine Mechanic, shows a competitor how to properly throw shotput during the 2012 Cabot Special Olympics held at Cabot High School, May 2, 2012.



Technical Sgt. Kindel Hale, 189th Aircraft Systems Isochronal Inspector, measures a competitor's shotput throw during the 2012 Cabot Special Olympics held at Cabot High School, May 2, 2012.



Master Sgt. Brad Orr, 189th Accessories Element Supervisor, announces shotput winners during the 2012 Cabot Special Olympics held at Cabot High School, May 2, 2012.



Master Sgt. Michael Duncan, 189th Crew Chief, tells a competitor where to throw a softball during the 2012 Cabot Special Olympics held at Cabot High School, May 2, 2012.

Photos by AIC Ian Caple



Emergency Management Region 6 training

By MSgt. Bill Catton
189th Airlift Wing Emergency Management

The Air National Guard Emergency Management Region Six flights gathered at the 189 Airlift Wing for the annual Air Force Specialty Code specific training in April.

This was a total force event with ANG Emergency Management Flight personnel from four states, the 61st Civil Support Team (Arkansas National Guard), Active Duty EM and Bioenvironmental Specialists attending the training.

This year's focus was on the HAZMAT portion of our job.

The 61st Civil Support Team provided introductory lab training, demonstrating

how chemical and biological labs are set up and operated.

This is vital information for Emergency Managers responding to these incidents at home and abroad.

This year's training also included radiation awareness, building dynamics with chemical, biological, radiological and nuclear agents and Mobile Emergency Operations Center training on the last day.

The opportunity to train with our fellow emergency managers within the region is priceless. In the EM world, we cannot afford to meet our counterparts for the first time on a real incident scene. Training is key and ANG EM Region Six is leading the way."



SFC Wright Cookus, 61st Civic Support Team NCOIC, teaches about nicotine extraction labs during Emergency Management Region 6 training at Little Rock Air Force base April 17, 2012.



A sensitive site assessment team monitors for radiation hazards during Emergency Management Region 6 training at Little Rock Air Force base April 17, 2012.



A sensitive site assesment team monitors a mock bio lab during Emergency Management Region 6 training at Little Rock Air Force base April 17, 2012.



Emergency Manager Senior Airman Christopher Fryover conducts an operational check on chemical detection equipment during Emergency Management Region 6 training at Little Rock Air Force base April 17, 2012.



Emergency Management Region 6 trainees that participated in the four day event at Little Rock Air Force base April 16-19, 2012.

Photos by MSgt. Bill Catton



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For the family of ...

Promotions



To Staff Sergeant
Ryan J. Leuer, 189 CES
Mitchell Thomas, 189 CES

Retirements

Technical Sgt. Lajoya Warren, 189 FSS, June 29, 2012

PME Graduations

Squadron Officer School

Capt. Seana Warner, 189 AW CCE, May 2, 2012

Non-Commissioned Officers Academy

Staff Sgt. Christopher Teague, 189 LRS, May 6, 2012

Airman Leadership School

SrA William Gault, 189 SFS, April 25, 2012



Scan me with your smart phone to visit the 189th Facebook page! Download "Scanlife Barcode Reader" from the Android or Apple App Store to scan.

The RAT Corner

QUICK NOTE:

If you are a RAT member and have not completed your desktop alert profile, please do so as soon as possible. The desktop alert allows recall messages to be sent to any combination of the member's selected text, email and telephone contacts simultaneously. This will be a very useful tool in the event of a team recall, but it is of limited value until every member sets up their profile. If you need help setting up your profile, please check with any of the RAT contacts listed below or contact your team OIC or NCOIC.

RAT ROTATION SCHEDULE:

Team B: In the "bucket" May 1, 2012 - July 31, 2012 Team C: In the "bucket" August 1, 2012 - October 31, 2012 Team A: In the "bucket" November 1, 2012 - January 31, 2013

CONTACT INFO:

If you have any questions or would like to join a team, please contact Capt. Chris Wald at 501-987-6897, CMSgt. Ken Fisher at 501-987-7978, or MSgt. Bill Catton at 501-987-2169.