

189th Airlift Wing

WARRIOR



Vol. 15 No. 6

June 2013

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

Successful Airmen

See page 2 for a commentary by Command Chief Ricky Sowell on what makes for a successful Airman.

DD Form 214

See page 4 for more information on how to modify or submit a DD Form 214 online.

Photo Features

This month we covered the Little Rock Air Force Base Memorial Day Retreat and other events that happened around the wing.

Spiritual Fitness

See page 5 for an in-depth article on how spiritual fitness can be a key to success.

Public Website

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

RAT Corner

See page 8 for monthly information on Rapid Augmentation Team rotations and seasonal weather alerts.



U.S. Air National Guard Photo by SSgt. Josh Dooley

Members of the Norwood Family pose for a photo at the National Guard Marksmanship Training Unit. (L to R) Marine Sgt. Nathaniel Norwood, Staff Sgt. Calibren Norwood, former ANG Staff Sgt. Lorrie Norwood, Senior Airman Dakota Norwood and SMSgt. Daniel Norwood.

A tale of two seniors

By NGMTC Public Affairs
NGMTC Public Affairs Office

ROBINSON MANEUVER TRAINING CENTER, Ark. - On May 4th of 2013, Airman 1st Class Dakota Norwood of the 189th CE Sq, was unaware that he was going to be promoted to Senior Airman. He thought he was only attending the promotion ceremony of his father, Master Sgt. Daniel Norwood of the National Guard Marksmanship Training Unit (NGMTU). Daniel Norwood was being promoted to Senior Master Sergeant (SMSgt).

After SMSgt Norwood was pinned by former ANG Staff Sgt Lorrie Norwood (his wife) and Lt. Col. Victor Marcelle,

Commander of NGMTU/AIR,

Airman 1st Class Norwood was called front and center to be pinned by his father and mother.

"It was a very proud day for our family" said Senior Master Sgt. Norwood. "To have our entire family as members of the military and to see our youngest son promoted on the same day, was a great honor".

The Norwood's have a long history in the military. SMSgt. Norwood's father was a WWII USMC veteran of the Pacific theater. SMSgt. Norwood joined the 188th TFG in 1980, his wife joined shortly thereafter, moving the family to the Little Rock area in the early 90's. All three children were raised with an appreciation for

the military.

Upon graduating high school, all three joined a branch of the service. Marine Sgt. Nathaniel Norwood, is a member of India Company USMCR at Camp Pike, North Little Rock. Staff Sgt. Calibren Norwood belongs to the 123rd Intel Sq. at LRAFB and Senior Airman Dakota Norwood is a member of the 189th Civil Engineers.

"The military has been very good to our family. The duties, responsibilities, training, and educational benefits have been a great fit for us. The Arkansas Air National Guard and the USMCR is truly a way of life for us". SMSgt Norwood said, "it's very unique to have two seniors in one family, the oldest and the youngest".



Traits for successful Airmen

By CMSgt. Ricky Sowell
189th Airlift Wing command chief

It seems to me that we spend a lot of time in our wing talking about mentoring. If we're spending as much time mentoring as we are talking about it, then we must be doing one awesome job.

I have a feeling that isn't necessarily so. As a good mentor, we have a responsibility to our subordinates to let them know our expectations to be successful/ I was very fortunate to have a great mentor during my tenure as a group first sergeant. My group commander was always sharing his leadership thoughts with me.

One of the best tools he ever gave me was a paper written by a wing commander from Texas, Col. Don Harvel. About once a month, I'd read back through his paper because it's a great practical guide for leaders at all levels. It always reminds me of what I should be doing in my service to take care of my fellow Airmen. One section of the paper talks about what the colonel respects and admires in people. In my opinion, sharing our expectations of the traits that we respect and admire in our Airman should be a top priority in our mentoring. I want to share some of these "traits" from my point of view.

I respect and admire: 1. Airmen who admit they messed up. We all mess up. Some won't admit it. No one respects a whiner. When things go wrong, look in the mirror first.

2. Airmen who give honest feedback. We, as leaders, deserve to know. If you don't like what's going on, tell me face to face, and have the courage of your convictions.

3. Airmen who use the chain of command but are wise enough to know when "skip echelon" is required.

4. Airmen who are sharp and look sharp.

5. Airmen who take care of their troops. By doing so, the mission gets done.

6. Airmen who know the difference between a mistake and a crime. Honest mistakes are a part of learning and being human. We all learn from them and drive on.

7. Airmen who know when to "knock it off".

8. Airmen who spend the government's money like they spend their own (in most cases).

9. Airmen who treat their facilities like their homes (again, in most cases).

10. Airmen who take care of and spend quality and quantity time with their families.

11. Airmen who start meetings on time and limit them to 45 minutes maximum.

12. Airmen who do the right thing, even when no one is looking.

13. Airmen who work hard because it's the right thing to do.

14. Airmen who use words like "we", "us" and "team"... not "I", "me" and "mine".

15. Airmen who don't discriminate, harass or assault.

16. Airmen who are great followers, which is a prerequisite to being an effective leader.

17. Airmen who make a difference in someone's life every day.

18. Airmen who look for ways to recognize their people for the great work their people are doing every day.

19. Airmen who cultivate a warrior spirit. Being a warrior is not a career field; it's a condition of the heart.

And last, but certainly not least: 20. Airmen who "Lead by example."

I hope each of you will take a look in the mirror and see if these "traits" are reflected in what you do as an American Airman.

If you want the respect and admiration from your leaders or from your subordinates, be the example that these "traits" describe. We have the distinct honor of serving in the greatest Air Force in the world. Show your pride in all you do.

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The editorial content is edited, prepared, and provided by the public affairs office of the 189th Airlift Wing, 112 CMSgt Williams Drive, Little Rock Air Force Base, Ark. 72099-4802, DSN 731-6068, commercial 501-987-6068, e-mail christopher.nelson.4@ang.af.mil.

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One Key to a Successful Marriage is Great Communication

By Lt. Col. Steven Rogers
189th Airlift Wing Chaplains Office

When we fight wars, we usually know who the enemy is we are fighting against in the war. We may not always be able to recognize the enemy in the Middle East these days because they do not wear conventional military clothing. Sometimes

they are disguised and dressed like us or made to completely blend in with society. The enemy has a name and we know a lot about the enemy, whether it is the Taliban or Al Qaeda.

Our marriages have many enemies and we do not always recognize these enemies. One of the main marriage "enemies" is poor

or minimal communication. Communication is a huge part of any great marriage. With consistent, daily and open communication, most marriages will excel when the communication is combined with other essential ingredients to a good marriage. For example, when we are asked

SEE COMMUNICATION PAGE 5



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The dutiful display of Old Glory

By Capt. Veronica Tice
189th Force Support Squadron

The U.S. flag is a fundamental part of our society and of who we are as a nation. It represents a body of people, united and indivisible under God. Birthed in 1777, the national flag has stood the test of time. Although made of simply stars, stripes and three colors, it is deeply rooted in the hearts and minds of Americans. We boldly pledge allegiance to it. We respectfully post it at the gravesides of fallen comrades. We teach our children to honor it. It symbolically represents the land of the free and the home of the brave.

Flag display is no easy task. Therefore, those who wish to display it must understand the responsibility that accompanies such duty. The United States Code Title 4 is the governing law which defines its proper use, display, and customs. Additionally, AFPAM 34-1202 and AFI 34-1201 define specific rules and customs Air Force installations must abide by.

There are many different ways to display Old Glory correctly. Often times, the type of ceremony, the environment, and the audience

influences which display is most appropriate. There are, however, certain flag protocols that are definitive. Based on heritage and tradition, the U.S. flag should be shown at all military ceremonies prepositioned, posted, or "trooped", when in formations. Because the position of honor in our heraldry is the right, the U.S. flag should be displayed with the field of stars upright and to the flag's right. It is customary to display the flag from sunrise to sunset, but if properly illuminated, it may be displayed during hours of darkness. Deviations from these flag protocols are not advised.

There are a few definitive "no, no's" identified in various regulations some of which only apply to Air Force organizations:

- Do not use flag spreaders. They are not authorized for use in the Air Force.
- Do not use the eagle finial. This finial is reserved for the Presidential flag. Air Force organizations should use the silver spade finial.
- The Star Spangled Banner (first verse), is the only song allowed at Air Force ceremonies when presenting the national flag.
- Finally, the Pledge of



The 19th Airlift Wing Color Guard folds the American flag during the 2013 Memorial Day Retreat at Little Rock Air Force Base on May 22, 2013.

Allegiance should be rendered by military members in uniform by standing at attention, facing the flag and remaining silent. Military members do not recite the Pledge of Allegiance when in uniform. Military member's pledge of allegiance is the uniform in which they wear. The privilege to wear that uniform is afforded by the oaths of office or enlistment recited upon joining the Armed Forces. Saluting is authorized in uniform during the pledge, however only when wearing an appropriate headdress and when the ceremony dictates a requirement to salute.

There are many correct ways to display the national flag. The

important thing is to know the duty that goes with displaying the Stars and Stripes. Do the research necessary to achieve an understanding that allows you to honor the law while also respecting the flag's history and heritage. After all, it is one of the most recognized flags. It has this notoriety not because of its shades of colors or its pointed stars. It's not because of its youthful age of 236 years. It's because of the principles and values it represents: freedom and sovereignty. The U.S. flag represents the greatest nation in this world. Take the opportunity to proudly display Old Glory whenever you can, but do so dutifully and honorably.





Warrior of the month

Rank and Name: SMSgt. Stephen Moore
Unit: 189 MXG/MOF
Job Title: Senior Production Controller
Status: Full-time Technician
Hometown: Greenbrier, AR
Civilian Employment: ANG Technician
Family: Wife-Wendy, Daughters-Cheyenne (18) and Olivia (8), and Son – Braylen (11)
Why I joined the Guard: To see and do things I would never have the opportunity to anywhere else.
Most rewarding part of my job: Seeing the growth and success of those I have trained or mentored.
Hobbies: Riding my motorcycle and coaching my son in football and baseball
My favorite movie is: The Mummy
My favorite TV Show(s): Longmire
My favorite book: Murder in Little Rock
A perfect day would be: Riding the motorcycle with my wife in the morning, coaching my son to a win in the afternoon, and spending the evening with my wife, daughters, and son, grilling burgers at the lake.
I admire: My mom and dad.



U.S. Air National Guard photo by Senior Airman Ian Caple

Something no one knows about me: I used to race motocross

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 ian.caple@ang.af.mil.

DID YOU KNOW?

The DD Form 214, "Certificate of Release or Discharge from Active Duty" is provided on your release from active duty, discharge, separation, or retirement. The information on your DD Forms 214 is used for benefits eligibility and legal verification of your military service. It is important to keep your military personnel records accurate.

If while you are in service, you find any information that

needs to be corrected or added on any of your DD Forms 214; you can submit a request online to have a DD Form 215, "Correction to DD Form 214, Certificate of Release or Discharge from Active Duty" prepared for that form and distributed. Usually your need for a DD Form 215 is to document information that



wasn't available when the original DD Form 214 was produced; but it can also be used to correct certain specific pieces of information that are in error.

To submit your request, log on to myPers at mypers.af.mil. From the myPers homepage, go to the "I Would Like To..." section and select "Access the vPC-GR

Dashboard" link, choose the "Action Request" tab, and select "Correction to My DD Form 214." Fill out the information in the "DD Form 215 Request Worksheet" and attach any required documentation.

If you need assistance at any time when submitting your request, click on the "Contact Us" link from the myPers website to reach a customer service representative.

Go check it out!



COMMUNICATION

Continued from Page 2

how our day went and we sum up the entire 8-12 hour day with one word or a few words, such as “good” or “it was okay.” That is usually not the right amount of communication for our spouse!

Whether it is with good communication, talking about finances, being honest and faithful to our spouse, meeting their needs or a host of other important aspects of marriage, having a good marriage takes daily work. Marriage can be fun just as dating was fun. The

fun or the dating does not have to stop when we have been married for a few years, but sadly does in many marriages.

When was the last time you had a meaningful conversation with your wife or husband? When was the last time you served or loved them even when they hadn't done the same to you or really didn't “deserve” it? A good marriage can become a great marriage with consistent, meaningful communication but it must involve daily conversations, not weekly, monthly or zero conversations. Your spouse wants and needs

to be treated with love and respect. When we do not share good communication, we are showing a lack of love and a lack of respect for our spouse.

God knew we all needed love and He told us a great deal about love in 1 Corinthians 13 and throughout the Bible. The greatest love manual in the world is the Bible. If you don't believe me, read and study chapters in the Bible such as 1 Corinthians 13. Then read the Old Testament book called the Song of Solomon. Song of Solomon or Song of Songs, as it is sometimes called, is a book

which will get everybody's attention. Solomon was the “wisest man that has ever lived” and that man knew how to have a conversation with women! No communication problems in Solomon's house, he was a conversation superstar.

God has given us an awesome roadmap for marriage and great communication through the Bible writers such as Solomon, Paul & certainly through Jesus Himself. But that Roadmap only helps if we read the Bible and apply the lessons found there to our marriages and all aspects of our lives.

Spiritual fitness a key to success

By Maj. Shane D. Pair
188th Fighter Wing Chaplains

FORT SMITH, Ark. -- In today's culture we spend a lot of time talking about our physical fitness. In the military we all know how important it is to stay physically fit. As a matter of fact, it is so important our careers depend on being able to prove we are staying fit. If an individual fails a physical fitness test, then the individual may no longer have the privilege to remain as a member in the Armed Services.

Being physically fit means that we will be able to perform any physical task placed upon us during times of war and peace. It is paramount that each of us stays physically fit to sustain our readiness and a good quality of life.

Another area that we are all aware needs to remain fit is our psyche. We are all cognizant that we need to stay psychologically fit in order to perform at our best level. We know that when something is bothering us and weighs us down mentally, there is a greater chance of an accident, and in the worst case scenario a life

can be lost. One of the reasons we have suicide prevention classes, wingman days and a Director of Psychological Health is to ensure we stay psychologically fit. This allows us to be emotionally and mentally healthy to serve our country and perform our duty.

There is another area in our lives we need to make sure we obtain fitness, however, it is an area most of us do not give much consideration. We do not think about it much because, for most of us, it is a private matter and an area of our lives that we do not want people poking around in. That area is our spirituality

Are we spiritually fit? Your first reaction may be “My faith is my own business,” or “What do you mean by spirituality?” I ask that you read on for a few moments.

Many people use the terms religion and spirituality interchangeably, but they are two separate concepts that often overlap. Simply put, religion is a belief system that adheres to a doctrine or doctrines, while spirituality is a personal belief, which may or may not include a belief in God.

Spirituality acts as a filter

through which a person sees and interacts with the world. A spiritual or religious orientation is associated with better mental health. It can help increase self-esteem, find meaning in life, improve family and special relationships, decrease drug and alcohol abuse and lead to less sexual promiscuity. Spirituality provides a moral compass to help navigate life. It is faith, for many of us that helps build or inform our spirituality.

Why have I given you, the reader, all this information? As a chaplain, and Christian, I believe if we only take care of our physical and mental bodies, then we are only taking care of two-thirds of who we are. Although this is the majority, it is not enough. I believe it is vital that each of us be aware of our spiritual make-up.

In my faith tradition there is a writer named Paul, and he wrote a letter to his friends in Corinth which says, “Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win. All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So



I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.” (1 Corinthians 9:24-27)

If we are truly going to be the people God created us to be, I believe we have to exercise our faith. We have to be people of prayer who are introspective - constantly examining ourselves and our values asking if we are holding true to our core. If you aren't holding true to the core of who you are, then you are not spiritually fit and you will fall short of success. So, as you focus on your physical and mental wellbeing, I ask that you take time to focus on your spiritual wellbeing as well. Take time to read, to pray and to be in fellowship with others. If you will implement these three steps in your life, I believe you will win the race.

See you on the track of life.



- FEATURE -

Memorial Day Retreat



Members of the 19th Airlift Wing Color Guard fold the flag during the 2013 Memorial Day Retreat held on May 29, 2013. Members from throughout Little Rock Air Force base gathered to listen to guest speakers and watch as the flag is lowered and folded before being released for Memorial Day weekend.



Air Force personnel from Little Rock Air Force Base wait for the Memorial Day Retreat ceremony to start.



Guardsmen from the 189th Airlift Wing salute as the American flag is lowered and folded during the Memorial Day Retreat.



Around The Wing



U.S. Air National Guard photo by Senior Airman Ian Caple

Mrs. Ashleigh Stanley spouse of currently deployed 189th Security Forces Squadron Guardsman SSgt. Marc Stanley, smiles as her neighbor Jim Furniss mows her lawn. Mr. Furniss started mowing her lawn one day and continued to do so ever since her husband has been deployed.



U.S. Air National Guard photo by TSgt. Billie Thompson

Motorcycle riders of the 189th Airlift Wing gather before departing for the first annual 189th Poker Run put on by the 189th Safety Office held on June 2, 2013. Riders rode a 45-mile loop from the 189th Airlift Wing to El Paso and back.



50% more cash?

Capital One credit card offers 50% more cash. Man that sounds great! What if I said there was a way to get 100% cash? Now you're talking!

What are you throwing away at home? Credit card statements, medical bills, credit cards, etc? Is your social media locked down and secured? What about Facebook Friends of friends? All I need is a little of information that is critical to you and an internet search engine and I could possibly make a 100% more cash for me...thanks to you.

Guardsmen are encouraged to take home OPSEC practices we perform at the Guard. Shred, destroy, or protect paper that could be used against you by an adversary. With a little savvy and critical thinking from an adversarial perspective, you can protect yourself and especially the family.

Please do your due diligence when using social media, be careful what you post. After all, it is there permanently. There are a lot of references online how to secure social media, please lock it down.

Keep 100% of your cash, practice good OPSEC at work and home. If you have any questions regarding OPSEC, please feel free to give me a call at 501-987-7501.

Lt. Col. Scott Dillman, 189AW OPSEC Program Manager.

Promotions



To Lieutenant Colonel
Richard Phelan, 189 MDG



To 1st Lieutenant
Luperiso Perez



To Senior Master Sergeant
Michael Boles, 189 MXG



To Master Sergeant
John Scarborough, 189 MXG



To Technical Sergeant
Jason Nation, 189 LRS
Mitchell Hall, 154 TRS
Timothy Musselman, 189 CES
Ashley Guilbeault, 189 MDG



To Staff Sergeant
David Cooper, 189 CES
Angela Smith 189 CES
Jennifer Evans, NGMTU
Eric McGriff 189 HQ
Brandon Garrett, 154 TRS

PME Graduations

Senior Non-Commissioned Officer Academy
TSgt. Jeremiah Covington, 01 June 2013, 189 SFS
Non-Commissioned Officer Academy
TSgt. Aleta Posey, 15 May 2013, 123 IS
Airman Leadership School
SrA Jasmine Watson, 13 June 2013, 154 TRS

Retirements

Lt. Col. Timothy Laquerre, 154 TRS, 1 June 2013
MSgt. Joyce Jackson, 189 FSS, 1 June 2013,
MSgt. John Algood, 154 TRS, 1 June 2013
MSgt. Clarrissa Dodds, 189 OG, 3 June 2013

The RAT Corner

"THE RAT CORNER"

QUICK NOTES:

Team "C" you are in the "bucket" through July; 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 during a time of need. Our rotation schedule means you are only in the 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 C: "In the bucket" May 01, 2013 - July 31, 2013 TEAM A: "In the bucket" August 01, 2013 through October 31, 2013.
TEAM B: "In the bucket" November 01, 2013 through January 31, 2014

CONTACT INFO:

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