

189th Airlift Wing WARRIOR



Vol. 15 No. 9

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Arkansas Air National Guard

Little Rock Air Force Base, Ark.

myPers Online

For information on myPers and its new features see page 3.

TSP Continues Through Shutdown

See page 3 for more information on the Thrift Savings Plan and how it is still active through the government shutdown.

Photo Features

This month we covered the return of the 189th Security Forces Airmen from Afghanistan.

Civilians Back To Work

Most civilians have been ordered back to work. For more info see page 5.

Public Website

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

189AW Facebook

For instant updates including news, photos, videos and stories, visit our Facebook at [facebook.com/189aw](https://www.facebook.com/189aw)



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

189 AW Formal Training Unit conversion

By Senior Airman Ian Caple
189th Airlift Wing Public Affairs

The 189th Airlift Wing officially became the C-130 Legacy Formal Training Unit at Little Rock Air Force Base on October 1st, and is currently in the process of growing and taking on the expansive mission.

This expansion will also necessitate adjusting work spaces within the 189th Airlift Wing's campus. The moves encompass the following offices: Military Equal Opportunity (MEO), Inspector General (IG), Chaplain's Office, Enlisted Aircrew Academics School (EAAS), Operations Group Command Section (OG) and Operations

Group Standards & Evaluations (OGV). There will be additional office changes in the future as renovations become funded.

"The conversion of the 189th Operations Support Flight (OSF) to 189th Operations Support Squadron (OSS) acknowledges the growth in our unit and the resultant increase in responsibility, in addition to providing a greater voice for the concerns of our airmen as they strive to successfully execute their duties," said Lt. Col Donald Clark, 189th Operations Support Flight commander. "Our mission, as the name implies, is to support the operational group to provide the highest quality C-130 aircrew training, while effectively airlifting cargo

and personnel in support of state and national objectives. The support becomes even more critical as the 189 AW transitions to become the sole legacy C-130 formal training unit in the Air Force."

All aircrew members including pilots, flight engineers, navigators and loadmasters will be trained here on the 189th Airlift Wing campus.

These are the first moves that are needed to facilitate 400-500 additional students coming to the 189th Airlift Wing. This transition will test the wing's ingenuity to accomplish the mission, and achieve the excellent results for which this wing is known.



The medical mission

By Col. Craig Pierce
189th Medical Group
commander

Ensuring the individual medical readiness of 189th Airlift Wing and supported Geographically Separated Unit (GSU) war fighters is an extremely important component of the 189th Medical Group (MDG) mission statement. This statement covers everything including promoting fitness, fitness assessment medical exemptions, labs and immunizations, medical status determinations and post-deployment processing. This mission is one that can only be achieved with a team effort between the medical group, the individual Airmen, supervisors, and commanders. Overall, we do a great job accomplishing this mission together.

We have made great progress. As a whole, we are developing better habits regarding exercise and nutrition.

I am sure we can all agree that the Air Force fitness assessment process is not perfect, however, in my opinion, this fitness program has made a greater positive impact on member fitness than any other I have seen in my career.

Having a winning fitness program requires many individual areas to be successful. There is one area of the fitness

assessment process that we need your help to improve. That is timely determination of medical exemptions for non-AGR members. AFI 36-2905, Fitness Program, makes it a member responsibility to “monitor his/her fitness assessment (FA) exemptions, schedule any necessary medical examinations, and initiate fitness assessment test arrangements in a manner that prevents non-currency”.

The role of the 189 MDG is to validate medical exemption recommendations provided by your primary care provider. Based on this validation, the Medical Liaison Officer (MLO) will prepare an AF Form 469 to inform your commander and the Health and Wellness Center (HAWC) of the results. The HAWC will, in turn, prepare an AF Form 422 indicating the approved fitness exemptions. For this process to work correctly, the MDG must provide the AF Form 469 to the HAWC one week prior to scheduled fitness assessment. As a result, members must provide complete medical documentation to the MLO no later than the unit training assembly (UTA) prior to your scheduled fitness assessment.

If you are coming due for a Periodic Health Assessment (PHA), a link to the Web Health Assessment questionnaire will be available on your MyIMR



Col. Craig Pierce

page.

I want to remind everyone that any change in medical condition must be reported to the medical group, including surgeries, injuries, new diagnosed diseases, as well as use of or changes to any prescription medications. Not only is this a requirement of AFI 10-203, but it is also in the commander’s and member’s best interest to ensure duties are not assigned that could aggravate medical conditions. We are open on Sundays of each UTA weekend to help with any individual medical readiness and fitness medical exemption concern.

Again, one of the main reasons the 189th Medical Group exists is to make sure 189 AW and GSU members are medically ready and qualified to accomplish our state and federal missions. We look forward to helping you help us as a team and to be successful and continue to be a ready and fit to fight Air National Guard unit.

Publication Staff

Col. Steve Eggensperger
189th Airlift Wing
Commander

SrA Ian Caple
Editor

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Want to receive the newsletter via e-mail? Call or e-mail public affairs to be added to the list.

Following God’s standards for living

By Capt. Steven Rogers
189th Airlift Wing Chaplains Office

We are taught to follow standards in life. This all began when our parents taught us their rules. Many of us learned

the hard way what happens when those rules were broken.

God also gave us clear standards for living our lives. God gave us the Ten Commandments in Exodus 20:1-17, “The Golden Rule in

Leviticus 19:18 (which was expanded by Jesus in Matthew 5:43-48) and how husbands & wives should treat each other in Ephesians 4:22-33.

When followed correctly,

SEE STANDARDS PAGE 5



www.facebook.com/189AW



myPers Online rolls out and is a total force source

By Patricia Jones
ANGRC

JOINT BASE ANDREWS, Md -- The Air Force online personnel services website, known as myPers, recently rolled out and is a total force source for personnel information and services.

As a regular Air Force, Guard, Reserve or civilian employee, use myPers to get your questions answered and conduct personnel business online when it's convenient for

you.

The myPers website has informative articles on personnel programs such as promotions, re-enlistments, benefits, and transfers. Online services available include requesting your service verification letter, reviewing your current retirement points, accessing your official military personnel records, or nominating a member for a Federal award.

Upon entry there is a

personalized home page just for you. Sections like "I Would Like To", "Most Viewed Articles," "Announcements for Airmen," and a search function make it easy for you to stay up-to-date and allow you to access the virtual Personnel Center - Guard/Reserve, or vPC-GR, and other applications. If you are not already a myPers user, visit the website from any computer, anytime, at mypers.af.mil. You can log in using your common access card or a

login name and password.

If you need assistance, you can reach the myPers-Total Force Service Center by selecting the "Contact Us" link from the myPers web page. You can select the "Email Us" link to correspond electronically, or choose the "Other Contact Information" link to find the toll free 800 number and other options available for reaching the myPers-Total Force Service Center.

Go try it out! mypers.af.mil.

TSP to continue operations during shutdown

By A1C Alexander W. Riedel
Air Force News Service

FORT GEORGE G. MEADE, Md. (AFNS) -- As the closure of government offices and activities continues, the Thrift Savings Plan, the retirement savings program for federal employees and members of the uniformed services, will carry on operations.

Since neither the TSP nor the Federal Retirement Thrift Investment Board depend on congressional appropriations, investment activities will continue as usual, according to a TSP news release. In addition, current investments and resulting gains are held in trust for the participants and neither congress nor the administration has access to the funds.

If military pay and allowances for uniformed

members will continue, so will any scheduled contribution allotments to the TSP funds. Civilian employees, on the other hand, have options to consider when it comes to additional furlough days.

Because the shutdown is expected to last only a short time, government agencies should not send a Form TSP-41, Notification to TSP of Nonpay, the release stated.

While federal employees are not paid during a furlough, TSP contributions from pay deductions will also stop and any contributions to Federal Employees' Retirement System accounts will likewise be halted.

For those needing to access their previous TSP contributions to supplement for missing income during the furlough,

TSP hardship withdrawals, limited to the individual's financial need, are possible. While such withdrawal may seem like a convenient way to fill a short-term gap in income, premature withdrawals will prevent members to contribute income for six months and may incur a 10 percent early withdrawal penalty. This type of withdrawal cannot be repaid and will permanently reduce TSP accounts.

Alternatively, participants may be eligible to apply for a TSP loan, which enables the borrower to repay their own TSP account and therefore still accrue earnings on their contributions once they are repaid – with interest on the loan. The loans generally require a repayment through payroll deductions, with the

first payment due before the 60th day after the issue of the loan. Employees may therefore only take a loan against their TSP if a furlough (and time without pay) is expected to last less than 30 days; borrowers would still be responsible for payment if the a shutdown were to extend beyond 60 days.

Existing TSP loans, meanwhile, may be adjusted to allow for longer repayment periods.

For more information about the effects of a sustained furlough, please view the TSP factsheet Impact of a Government Shutdown on the TSP and options to manage your savings, visit <http://www.tsp.gov>.



The 189th Airlift Wing mission:

Elite C-130 aircrew training and worldwide airlift highly trained and enthusiastic combatants to combatant commanders worldwide capable, effective, and prompt support to Arkansans in need whenever the Governor calls



Warrior of the month

Rank and Name: SrA Ian Caple
Unit: 189th Airlift Wing Public Affairs
Job Title: Photojournalist
Status: Technician
Hometown: Little Rock, AR
Civilian Employment: Military Technician
Family: Father - Patrick, Mother - Elita, Brother - Tristan
Why I joined the Guard: To help pay for college, gain experience in the journalism field and serve my country
Most rewarding part of my job: Documenting and sharing the hard work that our Air National Guard does for the state and country every single day
Hobbies: Photography, cinematography, cars, motorcycles, cycling, longboarding, music, hiking and camping
My favorite movie is: Django Unchained
My favorite TV Show(s): Top Gear, Breaking Bad, The Newsroom, The Walking Dead and many more
My favorite book: Fight Club
A perfect day would be: Camping with friends in the middle of nowhere on a beautiful day and taking photos along the way



Happy 66th birthday to the United States Air Force!



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

A1C Dayvon Kidd, 314th Operations Group Knowledge Operations Apprentice and MSgt. Charles Price, 189th Airlift Wing Small Air Terminal, cut the cake at the Hercules Dining Facility at Little Rock Air Force Base in honor of the Air Force's 66th birthday. A1C Kidd and MSgt. Price are the youngest and oldest Airmen at Little Rock Air Force Base.



Most AF civilians to return to work

by Tech. Sgt. Vanessa Kilmer
Air Force News Service

WASHINGTON (AFNS) -- In accordance with a memo Defense Secretary Chuck Hagel released Oct. 5, the Air Force will recall most of the nearly 104,000 Air Force civilian Airmen placed on emergency furlough due to government shutdown. However, a significant number will not yet be able to return.

In his memo, Hagel stated that immediately after President Barack Obama signed the Pay Our Military Act into law, he directed DOD's Acting General Counsel to determine whether he could reduce the number of civilian personnel furloughed due to the shutdown.

After consulting with attorneys from the Department of Justice and the Department of Defense, the secretary said the Pay our Military Act does not permit a

blanket recall of all civilians. However, he said, DOD and DOJ attorneys concluded that the law does allow the DOD to eliminate furloughs for employees whose responsibilities contribute to the morale, well-being, capabilities and readiness of service members.

According to DOD guidance for implementation of the Pay our Military Act, in addition to already excepted civilians, civilian Airmen who contribute to the morale, well-being, capabilities, and readiness of service members should also be removed from furlough status. Previously furloughed employees that fall in this category will return to work beginning Monday. Upon return to work, they may only perform "excepted" duties which encompass those duties necessary for the protection of life and property, so there will continue to

be ongoing impacts due to the government shutdown.

"You've heard that we are bringing back many of our civilian teammates, but a significant number of them will not return. That is not what we or OSD wanted; however, the DOJ/OMB/DOD negotiated position on the interpretation of the law does not eliminate furloughs all together and leaves many of our civilian Airmen left behind," said Acting Secretary of the Air Force Eric Fanning. "Everyone's work supports our Airmen, but the mechanics of the legislation is the driving force of who comes back, not the value of the work. This is unfair and simply a disruptive situation for you and your families. From day one, our primary focus has been to rapidly get as many people back to work as soon as possible; and we will continue those efforts. We are a team, a family -- always



have been. We will not be a fully-functioning organization until the last member returns."

Today supervisors began notifying Air Force civilian employees who will return to work next week. The Air Force is utilizing all possible means of communication including supervisor contact, social media, Air Force Personnel Center and AF.mil.

For current government shutdown information, visit AF.mil's Government Shutdown page, the Air Force Portal and/or contact the Air Force Personnel Center Total ServiceCenter at 800-525-0102.

STANDARDS

Continued from Page 2

God's standards have worked well for 10,000 years. Many of our current laws actually came from these standards for living. However, God's standards aren't always easy or do not

agree with our personal choices. So we sometimes want to make up our own standards or pick and choose which standards we obey. That wasn't God's plan for life and His standards don't ebb and flow with society. His standards aren't based on opinion polls, human

emotions or what is "accepted" by American society. God does not change like seasons in the year. He is constant and always consistent. God's standards are also unchanging and consistent.

God loves us and gives us standards to protect us from the consequences of living

by societal standards. If we follow God's standards, given by a God who is all-knowing and has set high standards for our benefit, we will have a much better life with fewer consequences for bad choices made in a difficult world.



189th Airlift Wing, April 2013, Little Rock Air Force Base



189th Security Forces Airmen return from Qatar



U.S. Air National Guard photo by Master Sgt. Dianna Seerey

Lt. Col. Todd Stuff, 189th Security Forces commander, Brig. Gen. Travis D. Balch, Arkansas Air National Guard commander, Lt. Col. Tammy Culley, 189th Mission Support Group deputy commander and Col. Rob Ator, 189th Mission Support Group commander, welcome their Airmen back from a 6-month deployment to Qatar at Little Rock International Airport.



U.S. Air National Guard photo by Master Sgt. Dianna Seerey

MSgt. Russell Mears, 189th Security Forces Squadron, visits with his grandmother at Little Rock International after returning home from a six month deployment to Qatar.



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

189th Security Forces Airmen are welcomed home by friends and family at Little Rock International Airport after a six month deployment to Qatar.



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

Col. Rob Ator, 189th Mission Support Group commander, talks to his Airmen about how proud he is and what they have accomplished over the last six months after they had arrived in Little Rock from month deployment.



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

All 189th Security Forces Airmen that recently returned from deployment to Qatar gather for a group photo the day after they returned home. Over 25 Airmen deployed with the 189th Security Forces squadron for a six month tour.



189th helps with Connecticut's first C-130H

By Senior Airman Ian Caple
189th Airlift Wing Public Affairs

The 189th Airlift Wing recently volunteered to help get the Connecticut Air National Guard's first C-130H ready for flight.

SSgt. Scotty Daniel, Aircraft Structural Maintenance Technician, 189 MXS and TSgt. Eric Erdly, Quality Assurance Specialist, 189 MXS helped Connecticut Air Gaurdsmen TSgt. Paul Martin, Aircraft Structural Maintenance Technician,

103 MXS, and TSgt. Daniel Taylor, Aircraft Structural Maintenance Technician, 103 MXS, accomplish vinyl lettering and tailflash painting that all aircraft are required to have.

These photos show the process from printer to aircraft.

Printing and applying these letters takes precision and patience in order for there to be no imperfections.

The aircraft is currently ready for flight and is awaiting departure here at the 189th Airlift Wing.



U.S. Air National Guard photo by Master Sgt. Dianna Seerey
SSgt. Daniel, TSgt. Erdley, TSgt. Martin and TSgt. Taylor, make sure the vinyl lettering for the Connecticut Air National Guard's first C-130H is printing correctly.



U.S. Air National Guard photo by Senior Airman Ian Caple
SSgt. Daniel, TSgt. Martin, and TSgt. Daniel Taylor, cut out vinyl letters before they are applied to the aircraft.



U.S. Air National Guard photo by Senior Airman Ian Caple
TSgt. Martin and TSgt. Taylor line up vinyl lettering before applying it to their aircraft.



U.S. Air National Guard photo by Senior Airman Ian Caple
TSgt. Martin and TSgt. Taylor` prepare vinyl lettering before applying it to their aircraft.



U.S. Air National Guard photo by Senior Airman Ian Caple
TSgt. Martin and TSgt. Taylor apply vinyl lettering to their first C-130H.



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 Technical Sergeant
Gregory S. Rudell, 189 AW

PME Graduations

Senior Non-Commissioned Officer Academy

- MSgt. James Bass, 15 Aug 2013, 189 CES
- MSgt. Travis Jaworski, 28 Aug 2013, 189 MSG
- MSgt. Jeremiah Brewer, 04 Sep 2013, 189 OSF
- MSgt. David Noel, 04 Sep 2013, 189 MXS
- MSgt. Kevin Hammons, 08 Sep 2013, 189 MDG
- MSgt. Eric Ware, 18 Sep 2013, 189 AMXS
- MSgt. Shaundara Powell, 18 Sep 2013, 123 IS
- MSgt. Kevin Zaitz, 18 Sep 2013, 189 LRS
- TSgt. Frezzell Magee, 25 Sep 2013, 189 SFS
- MSgt. Jon Landers, 02 Oct 2013, 189 LRS
- MSgt. David Smith, 02 Oct 2013, 189 LRS
- MSgt. Joshua Adams, 08 Sep 2013, 189 SFS
- MSgt. Kevin Lenderman, 08 Sep 2013, 189 LRS
- MSgt. James Cohea, 11 Sep 2013, 123 IS
- MSgt. Les Coffman, 11 Sep 2013, 123 IS

Non-Commissioned Officer Academy

- TSgt Raymond Russell, NCOA, 08 Sep 2013, 189 FSS
- TSgt Annette Arnold, NCOA, 11 Sep 2013, 189 FSS

Airman Leadership School

- SrA Chad Bowie, 02 Oct 2013, 123 IS
- SrA Jonathan Waldrop, 25 Sep 2013, 189 MXS
- SrA Roger Palmer, 04 Sep 2013, 154 TRS

Squadron Officer School

- Capt. Ronald Pierce, 21 Aug 2013, HQ 189 AW

Retirements

- Lt. Col. Brian Williams, 154 TRS, 1 Oct, 2013
- MSgt. Eureka Wilson, 123 IS, 1 Oct 2013
- Capt. Chris Nelson, HQ 189 AW/PA, 1 Oct 2013
- Lt. Col. William Powell, 154 TRS, 1 Oct 2013
- SMSgt. Daniel Pool, 189 MDG, 1 Oct 2013
- Lt. Col. Louis Teer, 154 TRS, 1 Oct 2013
- CMSgt. Ronald Jackson, 189 MXS, 1 Oct 2013
- Lt. Col. James M. Latture, 189 LRS, 15 Oct, 2013
- MSgt. Samuel Macheak, 154 TRS, 22 Oct 2013

The RAT Corner

QUICK NOTES:

Team "A" 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 Airlift Wing 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 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.