

189th Airlift Wing WARRIOR



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Arkansas Air National Guard

Little Rock Air Force Base, Ark.

189th Family Reunion Day 2014

For more information on this year's Family Reunion Day, see the bottom of page 3

Photo Feature

See pages 6 and 7 for events that have happened during the month of March around the 189th Airlift Wing.

RAT Team Updates

See page 8 for this month's RAT team update and information in case the one of the teams is needed during this icy winter weather season.

189AW Facebook

Check our wing Facebook page for updates on winter delays and closings 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 Mission Support Group promotes fitness throughout the wing by climbing Pinnacle Mountain together in the month of March. (L to R) SSgt. Jeff Swislocki, SMSgt. Ben Tice, A1C Byron Miller, Col. Tamhara Hutchins-Frye, 189th Mission Support Group commander, Lt. Col. Paul Jara, 189th Civil Engineering commander, SMSgt. Ben Tice's son Joshua Tice, TSgt. Travis Jaworski, SSgt. Milissa Johnson, Lt. Col. Tammy Culley, Maj. James Gourde and CMSgt. Eddie McElyea.

Yearly fitness testing right around the corner

By Lt. Col. Ronnie Collins
189th Medical Group

For as long as civilizations have organized militaries, physical wellness and strength have played an integral role in the establishment of those forces.

In ancient Greece, Pheidipides ran 150 miles in two days to request the help of the Spartans in the battle of Marathon. The following day, he ran the 25 miles from Marathon to Athens to announce the Greek victory and immediately thereafter collapsed, a story that spawned the modern-day marathon.

Unfortunately, the shape of America, and its military, has changed in recent years. 35.7% of the US civilian adult population was obese. It is well-documented that increased food consumption with concomitant

decreased physical activity levels have been the leading causes of the "obesity epidemic." Our military services have not been immune to the same trends in obesity and decreased fitness.

As a result the Air Force Chief of Staff approved revitalized fitness standards for Active Duty, Guard, and Reserves personnel. These revised standards have been intended to promote physical fitness and to usher a return to the physical wellness that have characterized military members throughout history. What is the primary vehicle by which those changes are to occur? Exercise.

Physical activity and exercise are not interchangeable terms. Physical activity is "bodily movement produced by the contraction of skeletal muscle that increases energy expen-

diture above the basal level."

Multiple scientific studies have demonstrated the health benefits of engaging in regular exercise.

The most extensive body of literature on the health impact of exercise is regarding cardiovascular disease. The institution of a regular exercise program can decrease the blood pressure by as much as 15 mmHg in patients with essential hypertension. It is also associated with improved lipid profiles and a decreased risk of Type 2 diabetes. In a study of over 10,000 Harvard alumni, those who engaged in moderately vigorous sports activity (i.e. brisk walking, recreational cycling or swimming, home repair, and yard work for 30 min/

SEE FITNESS PAGE 4



What I Respect and Admire about Airmen

By Chief Ricky Sowell
189AW 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 this 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 Airmen 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 part of learning and being human. We all learn from them and drive on.

7. Airmen who know when to call "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



Chief Ricky Sowell

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 Airmen. They apply to all of us, including our civilian Airmen.

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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Why we do what we do

By Lt. Col. Michelle R. Mulberry
775th Expeditionary Aeromedical Evacuation Flight

JOINT BASE ANDREWS, Md. -- I am currently deployed as a flight nurse at Joint Base Andrews, Md., along with many Guard and Reserve members. We have three operating locations within the United States.

Often, when we tell people at home we are deploying state side, we get a negative response similar to "Oh, hmm, well that isn't so bad -- at least you aren't far."

The reality of it is that we are far from our families, far from our friends and far from our jobs. Our spouses are still single parents who manage all affairs at home, our co-workers are left to pick up extra shifts, which is time away from their families and our friends pick up the pieces for us by helping our spouses with kids, pets and any other things our families need.

Yet every time duty calls, the Guard and Reserve stand up and proudly take on the mission, and we do it with great pride.

I have deployed five times in support of Operation Enduring Freedom, Operation Iraqi Freedom and Operation New Dawn. The overwhelming sense of pride gotten from taking care of our nation's heroes is difficult to put into words.

I have transported many wounded and ill service men and women over the years and each of them has a story to tell, all of them inspiring in their own unique way. The ones who never cease to amaze me are those who share a non-verbal body language.

They look at one another

with a sadness in their eyes that says, "Why couldn't that be me instead of him/her?"

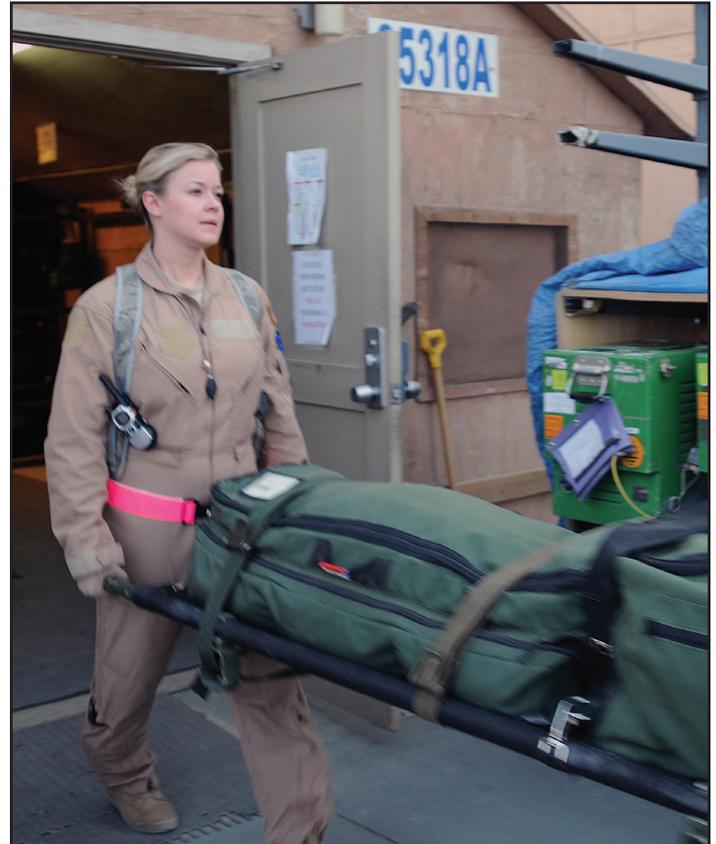
Recently, I assisted the ground crew at Andrews with recovering an Aeromedical Evacuation (AE) mission from Germany. As we drove onto the flight line, I noticed a young man wearing shorts and a T-shirt walking up to the plane. He had two prosthetic legs and a smile on his face as he approached the aircraft.

I joined the many folks on the plane and noticed this young man staring at a patient on the flight who was coming home. He too was an amputee. I asked the young man if he knew the injured Marine lying there on a litter.

His response was very powerful. It was (paraphrasing) "no ma'am, I just heard he was on this flight and was awake and I wanted to tell him that just two years ago I was in that very same place. I want him to know that as awful as it seems now, things will get better. I want to tell him to keep his chin up. He looks like he is sleeping, though, and I know how important that is, so I won't disturb him."

The entire time he stated this he was looking at the young Marine lying on the litter. I responded by telling him, "You should go speak to him, even if he is asleep, he will hear you." I then saw the young man's eyes open. I asked the nurse if it was okay to speak to his patient, to which he replied, "Absolutely!"

A smile came across the young man's face as he approached the litter. He pointed down at his two prosthetic legs and said exactly what he needed to say. The



Staff Sgt. Laura Zulkosky, 455th Expeditionary Aeromedical Evacuation Flight third medical technician, carries a litter to be loaded onto a C-130 Hercules at Bagram Air Field, Afghanistan, June 28, 2011. (Photo by Senior Airman Krista Rose)

Marine on the litter smiled and responded, then closed his eyes and drifted back to sleep.

The young man walked back to me with a smile on his face. I thanked him for his service, to which he replied, "I wouldn't be here if it weren't for folks like you."

I've come a long way since I joined the North Dakota Army National Guard at 17, a selfish teenager looking to pay for college and a car.

Recognizing my love of patient care, I became a paramedic and a nurse on the civilian side and eventually commissioned as a flight nurse with the

Wyoming Air National Guard.

From my more mature perspective, it's heart breaking to see these young men and women sacrifice so much, but it warms my heart to know I can be a small part of getting them back to their family. And that is why I/we do what we do!

I truly believe that we have the best job in the military. The Guard members and Reservists who continue to put their lives on hold to bring our wounded and ill closer to home are truly an inspiration and should be recognized for the amazing work they do.



Warrior of the Month

Rank & Name: SrA Brad Clark

Unit: 189 LRS

Job Title: Air Trans Journeyman

Status: Traditional

Hometown: Cabot, AR

Family: Gary (father), Sarah (mother), Shannon (sister), Landon (son)

Why I joined the Guard: I wanted to experience the difference between the Air Force and the Navy

Most rewarding part of my job: Watching all of our hard work leave the back of a C-130

Hobbies: Fishing, sports, music and the great outdoors

My favorite movie is: Top Gun

A perfect day would be: A day with my son and my awesome girlfriend Samie on a beautiful day in the spring!

I admire: God, my parents, my son, and my girlfriend

Something no one knows about me: I am very diverse



FITNESS

Continued from Page 1

day on most days) had a 23% lower risk of death than those who were less active.

While the benefits of exercise are myriad, there are some risks. Though rare, the risk of suffering an acute myocardial infarction (heart attack) is present. It is important to note, however, that the risk of myocardial infarction during exercise is increased most among those who do not exercise routinely. Further, in those patients who

have documented coronary artery disease, those patients who exercise regularly are far less likely to suffer a myocardial infarction than those who are inactive. Other risks with the initiation of an exercise regimen include orthopedic injuries, exercise-induced bronchoconstriction (asthma “attack”), and muscle injury. For these reasons, it is important to be evaluated by your primary physician prior to the initiation of any strenuous exercise regimen.

Once your primary physician has conducted a med-

ical evaluation, you can be provided with an exercise prescription. This is a recommendation as to the intensity and duration of the exercises you anticipate undertaking. There is no single exercise prescription for all individuals. A general weekly goal of at least 150 minutes of moderate intensity aerobic activity or 75 minutes of vigorous intensity activity is ideal for many people. As sedentary lifestyles are associated with health risks and even modest increases in physical activity are associated with improved

health outcomes, it is also reasonable to advocate for a modest increase in physical activity even if the specific goals above are not met.

Our mission in the Medical Group is to promote and ensure the physical wellness of all 189th Airlift Wing personnel so that the missions of the Wing and US Air Force are accomplished. To this end, our medical personnel are available for consultation on appropriate exercise programs and lifestyle modifications. Please feel free to visit us in the clinic.



The Sluggard

By Chaplain Ron Pierce
189th Airlift Wing Chaplains Office

There was a student who thought it was too much work to stand up straight. As often as he could he would lean against the wall as he walked. His method of getting around was really rather humorous to watch something. He had it down to a science. Normally his system worked pretty well, aside from wearing the paint off the walls and destroying his shirts. One day, however, his class went on a field trip to observe a large city newspaper being published. The students were warned about being careful and quiet, and that they were not to touch anything. Everything went well at first. The student saw no need to change his style of transporting himself, however, so he glided through the building, supported in part, by the walls. He made one serious mistake, however, when he failed to look where he was going. A doorway caught him unawares and before anyone could prevent it, the lad fell headlong into a closet, crashing noisily. After much thrashing about, he freed himself and emerged, somewhat sheepishly, from the closet. For the rest of that day he found the more conventional means of transporting himself preferable!

There is something amusing about the sluggard, in Proverbs, chapter 26:13-15. We find him described (tongue-in-cheek) attached to his bed like a door swinging on its hinges. We also smile at the thought of the sluggard putting his hand in the dish, but just not being able to bring it up to his mouth and we cannot help but be amused at his excuse for not going to work: "There's a lion in the road."

However, we should not be misled by the humor with which the sluggard is described. The Book of Proverbs uses humor to make it difficult for us to forget the lesson and humor is often employed to disarm the reader, setting him up for the full force of the indictment which lies just below the surface. While we are still laughing, we begin to realize that the point of the story is aimed in our direction. By laughing, we have already admitted its truth in principle--at least as far as others are concerned. But now we are faced with the truth applied to ourselves.

Here are some lessons for us to learn from the sluggard in Proverbs:

1. THE SLUGGARD IS A PROCRASTINATOR. The motto of the sluggard is, "Never do today what you can put off until tomorrow." Sluggards have developed the

ability to put off starting a task as well as completing those tasks already begun. "The sluggard does not plow after the autumn, and begs during the harvest and has nothing" (20:4).

2. THE SLUGGARD IS A RATIONALIZER. When it comes to shirking his responsibilities, no one has a quicker mind than the sluggard. There is always a "reason" for his apathy and inaction. The sluggard says, "There is a lion outside; I shall be slain in the streets!" (22:13; cf. 26:13). While the likelihood of meeting a lion may have been remote, it was the danger of doing so that the sluggard chose to emphasize. The point is that the sluggard fabricates a crisis which prohibits him from doing what he didn't want to do anyway.

3. THE SLUGGARD TAKES THE PATH OF LEAST RESISTANCE. If the sluggard is anything, he is lazy. His one and only "tool" is his bed. He lacks the diligence of those who are wise. Because of his laziness the sluggard will choose that course of action which appears to involve the least amount of sacrifice on his part, and give the greatest amount of immediate pleasure. "Do not love sleep, lest you become poor; Open your eyes, and you will be

satisfied with food" (20:13).

There are consequences which the sluggard must face. Proverbs says, "He who will not work will not eat...A little sleep, a little slumber, A little folding of the hands to rest"--And your poverty will come in like a vagabond, And your need like an armed man." The bottom line for the sluggard is that he must stop loafing and get to work. This isn't about being a workaholic -- that's not healthy either, but we must step up to the plate in the game of life and do what needs to be done. We must take care of our responsibilities -- work, marriage, parenting, getting out of debt, saving for our future, etc. Here is the greatest irony of all -- when we work hard to do all these things, life actually get easier and more fulfilling!

Let us all take the challenge from proverbs to examine our lives. While we may not be "sluggards," it could be that we have been putting something off. Maybe there is something you need to start today! Plan your work and work your plan -- there is no time like the present to start. Don't let the lions and tigers and bears prevent you from following the yellow brick road of success -- sorry, I couldn't resist.

Chaplain Ron Pierce

189th Airlift Wing Family Reunion Day 2014

April 5th, 2014:

Calling all Arkansas Air National Guardsmen (Central Arkansas Units), their families, retirees and their families, former members and their families

Retirees festivities start at 0930, all other festivities start at 1100 at the the 189th Engine Shop.

Registration will be at Bldg. 140 (189th Engine Shop)



- AROUND THE WING -



Col. Tamhra Hutchins-Fry, 189th Mission Support Group commander, congratulates Maj. Patty Clements, 189th Force Support Squadron commander on her promotion to Lt. Col on March 1, 2014 at Ops auditorium during March UTA.



Chief Master Sgt. Asa Carter, Command Chief Master Sgt. of the Arkansas Air National Guard, gives the oath to new senior non-commissioned officers during the 2014 Senior Non-Commissioned Officer Induction Ceremony held at Hangar 1080 on March 1, 2014.



- AROUND THE WING, con't -



1st Lt. Jason Kulaga assumes command of the 189th Security Forces Squadron on March 2, 2014 in the Ops Auditorium. Lt. Col. Todd Stuff, far right, relinquished command. Also in the photo: Col. Tamhra Hutchins-Frye, 189th Mission Support Group commander and MSgt. Jeremiah Covington, 189th Security Forces Squadron First Sergeant.



Arkansas Employer Support of the Guard and Reserve (ESGR) took 22 employers on a “bosslift” on 18-19 Mar 2014. Employers traveled to Gulfport, Mississippi via a C-130 provided by the 189th Airlift Wing, Arkansas Air National Guard. Along with touring Gulfport, they visited Keesler AFB, the 403rd Airlift Wing (Hurricane Hunters), 81st Training Wing (Air Traffic Control School), the Navy Reserve Processing Center and the Sea Bees Operations.

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



Promotions



To Technical Sergeant

Bryan England, 189 AMXS
Brandon Aylett, 189 AMXS
Dane Schellenburg, 189 MXS
Aaron Terry, 189 MXS
Michael Smith, 189 FSS



To Staff Sergeant

James Holcomb, 189 MXS
Melissa Rudell, 189 AW
Jeffrey Swislocki, 189 MSG
Rose King, 189 FSS



To Senior Airman

Paxton Freeman, 123 IS
Christian Biggs, 189 SFS

PME Graduations

Non-Commissioned Officer Academy

SMSgt. Jasper King, 28 Feb 14, 189 MXS
TSgt. David Helton, 12 Mar 2014, 189 MXS

Airman Leadership School

SrA Luis Tafoya, 26 Feb 2014, 189 AMXS
SrA David Rogers, 20 Mar 2014, 189 MXS

Retirements

MSgt. Devon Bell, 9 Mar 2014, 189 LRS
MSgt. Dianna S. Seerey, 28 Mar 2014, 189 AW



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 NOTES:

In 2013, there were 34 confirmed tornadoes in Arkansas resulting in 2 fatalities and 23 injuries. There was also one fatality and seven injuries resulting from severe thunderstorms and six fatalities and four injuries resulting from flash flooding. The 2014 spring storm season is upon us. Team "C" you are in the "bucket" through April; 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 three out of every nine 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" Feb 01, 2014 - Apr 30, 2014
TEAM A: "In the bucket" May 01, 2014 through July 31, 2014
TEAM B: "In the bucket" August 01, 2014 through October 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.