

189th Airlift Wing WARRIOR



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May 2014

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

Photo Feature

See pages 6 and 7 for photos of happenings around the wing and coverage of the many changes of command that occurred during May.

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 dangerous tornado season.

189AW Facebook

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

Public Website

Visit our website for news, newsletters, photos, videos and more at:

www.189aw.ang.af.mil



Col. Robert A. Ator, II, takes command of the 189th Airlift Wing from Col. Steve Eggensperger on May 3, 2014 at hangar 207. Handing Col. Ator the guidon is Brig. Gen. Dwight Balch, commander, Arkansas Air National Guard, acting as guidon bearer is Command Chief Master Sgt. Ricky Sowell, 189th Airlift Wing Command Chief.

Ator takes command of the 189 AW

By Senior Airman Ian Caple
189th Airlift Wing Public Affairs

Col. Robert A. Ator, II, of Little Rock, Ark., assumed command of the Arkansas Air National Guard's 189th Airlift Wing on May 3 in a ceremony here. Ator replaces Col. Steve Eggensperger, who commanded the wing's 836 Airmen over the past three years.

Before taking on this role he served as Vice Commander, 189th Airlift Wing, the 189th Mission Support Group Commander and the 154th Training Squadron Commander.

"Last week I had the opportunity to sit down with Col.

Ator," said Brig. Gen. Dwight D. Balch, commander, Arkansas Air National Guard. "We talked about what it means to be a wing commander. We talked about accountability. We talked about leadership. We talked about leading with integrity. I have no doubt as we move forward in this wing, that we are in good hands."

Before joining the Arkansas Air National Guard, Col. Ator served for 11 years in the active duty U.S. Air Force. He is a veteran of several major combat operations including Operation Desert Shield and Operation Desert Storm in Saudi Arabia, Iraq and Kuwait; Operation

Provide Comfort in Somalia; Operation Provide Promise in Haiti; Operation Joint Forge in Bosnia and Operation Noble Eagle in support of homeland defense.

Col. Ator is a graduate of the U.S. Air Force Academy. His U.S. military professional education includes Squadron Officers' School, Air Command and Staff College, Contingency War Planners Course, and Air War College.

Colonel Ator is an experienced formal training unit instructor/evaluator pilot with over 5,000 flying hours and is responsible for training over

SEE COMMANDER PAGE 5





Myths about PTSD

By Chaplain Ron Pierce
189 AW Chaplains office

Dealing with the Effects of Traumatic Events

Most of us have had at least a minor traumatic event. Car accidents, witnessing the injury or death of someone, being a part of an emergency response, childhood abuse, and many other life events can cause symptoms after the fact. Post-Traumatic Stress Disorder (PTSD) has been around for a long time and affects many people at various levels. Life is an unpredictable adventure and can throw some big jolts our way. Sometimes these jolts are exciting and make for great stories but at other times they can leave us feeling shocked and afraid. The good news is that PTSD is highly treatable and there is help available. A few types of catastrophes that can cause PTSD are natural disasters, life-threatening illnesses, sudden unexpected death of a loved one, any type of physical assault, and serious accidents or injuries. Below are some of the myths regarding PTSD. It is important to know the truth so you can help yourself or others who are suffering from the aftereffects of a traumatic event.

Myths about PTSD (from Mark Goulston, MD):

PTSD isn't real. It is real! Symptoms stem from biochemical and physiological changes, and those changes affect everything from blood pressure to digestion.

Actual chemistry changes take place in the brain.

Only soldiers get PTSD. The truth is anyone can get PTSD! A lot of early research and insight came from combat veterans and war is one of the biggest risk factors, but kids and adults can develop severe systems following a trauma. Any kind of horrifying situation has the potential to cause PTSD.

People with PTSD are weak. Actually, the people with the most risk are usually the ones we consider to be the bravest! Don't believe TV shows and movies where the hero never has any adverse effects from all the crime and violence. Trauma takes a toll – our bravest among us are the ones that are more likely to be in a situation where PTSD could occur.

Time heals all wounds. PTSD can actually get worse if not treated! Therapy is the best medicine, not time. Waiting for treatment can also cause other issues due to secondary problems such as alcohol issues, financial problems, and broken relationships. Bad habits developed as a result of PTSD can be very hard to break.

Blocking traumatic memories is easier than facing them. Ignoring bad feelings can actually feed them! (Try not to think about a pig in a pink tutu). If trying not to think about something is hard, think how hard it would be not to think about something that has been etched into your brain through trauma.

It can't be PTSD because

it's been too long. Actually, it can rear its ugly head years or even decades later. A good example of this is suffering abuse as a child. Sometimes a 2nd trauma can trigger long-submerged memories. It doesn't even have to be dangerous! For example, someone could get on a roller coaster and it could trigger feelings similar to the ones experienced in a bad car crash, etc.

PTSD causes violence. This is actually only a media driven false concern. Only a small % of people with PTSD commit serious acts of violence. The more common acts of violence are against themselves—alcohol, drug use, eating disorders, etc. Some isolated cases of people with complex PTSD are at a higher-than-normal risk for violence, but it is a very small % of people. However, all thoughts of violence should be taken seriously and addressed by a professional.

For more information there are many websites such as ncptsd.va.gov and maketheconnection.net/conditions/ptsd. You can also talk to a wing chaplain or DPH anytime. PTSD symptoms are treatable but this is no place for a "Lone Ranger" mentality. You are not alone and there are people who want to help. Life sometimes throws us a curveball and we need each other to get through and bounce back. Be willing to get the help and be willing to help others.

Publication Staff

Col. Robert Ator, II
189th Airlift Wing
Commander

Maj. Allison Stephens
Public Affairs Officer

SrA Ian Caple
Editor

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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 ian.caple@ang.af.mil.

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188th future one step closer with last A-10 training mission in the books

By Maj. Heath Allen
188th Fighter Wing Public Affairs

FORT SMITH, Ark. -- The 188th Fighter Wing moved one step closer to its future when it conducted its final Air Force A-10 Thunderbolt II aircraft training mission May 16 at Ebbing Air National Guard Base.

Lt. Col. Marty Dahlem, 188th Operations Support Squadron commander, and Maj. Doug Davis, 188th Detachment 1 commander, flew a basic surface attack training mission that consisted of tactical surface attack proficiency training at Razorback Range.

This mission marks the end of daily manned flying at the 188th.

"This is another historical milestone in the rigorous process of a mission conversion," said Col. Mark W. Anderson, 188th Fighter Wing commander. "While we're certainly excited about our future, it's the moments like these that make the reality of it all set in. We've made some astounding accomplishments in this aircraft in a very short period of time, including our wing's two largest-ever combat deployments. This is certainly a bittersweet day. We're going to miss flying over the best military community in the world."

Dahlem, who has flown more than 2,100 hours in both the Air Force F-16 Fighting Falcon aircraft and A-10 at the 188th, echoed Anderson's sentiments.

"I've been flying fighters for almost half my life and I'm definitely going to miss it," Dahlem said. "I'm going to miss flying over Arkansas and seeing it through the

cockpit canopy for sure."

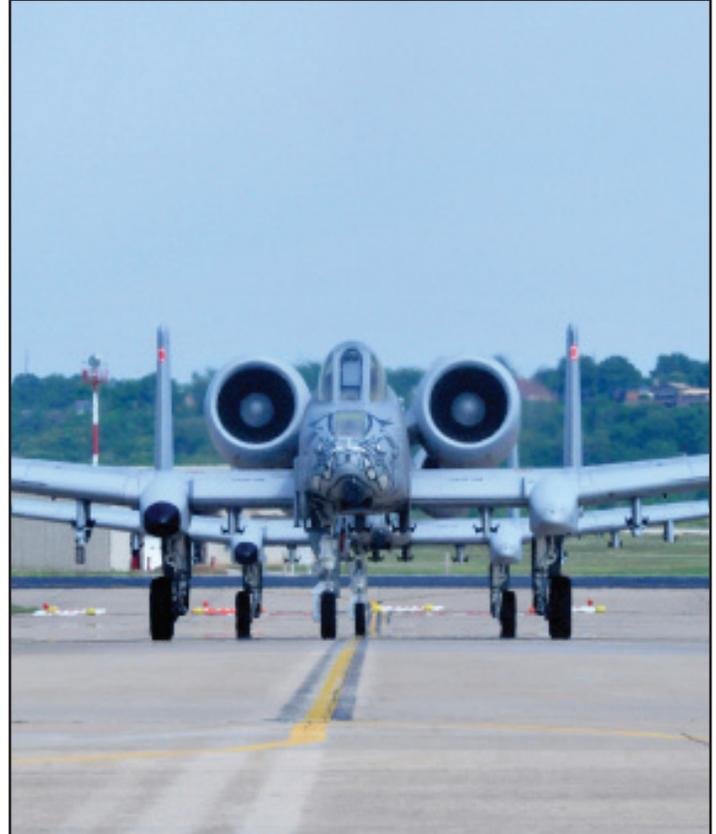
It isn't just the local training that Dahlem will miss. He said he will also miss supporting group troops in contact with enemy forces. He deployed in 2005 to Balad Air Base, Iraq, in support of Operation Iraqi Freedom and twice to Afghanistan in 2010 to Bagram Air Base and in 2012 to Kandahar Air Base in support of Operation Enduring Freedom.

Dahlem recalled working with a joint terminal attack controller on the ground during a troops-in-contact incident while deployed. He called it one of the most rewarding experiences of his career.

"When we first checked in with the guy, his group was in the middle of a fire fight and I could tell by the urgency in his voice he wasn't sure if he was going to live or die," Dahlem said. "Within minutes, our flight had quite possibly changed the lives of our troops on the ground. The number one priority is to protect the troops on the ground and we were able to do that. The rewarding part was witnessing years of training that we do right here in Arkansas coming full circle on the battlefield."

Davis, who registered nearly 600 hours in the F-16C and more than 1,150 hours in the A-10 in his 11 years as a fighter pilot, agreed. Davis deployed alongside Dahlem in Balad, Kandahar and Bagram.

"Just about every pilot here at the 188th has a story to tell about how they were involved in saving lives on the ground," Davis said. "It's the best part of what we do. There are a lot



Maj. Doug Davis, 188th Detachment 1 commander, and Lt. Col. Marty Dahlem, 188th Operations Support Squadron commander, flew the 188th Fighter Wing's final A-10 Thunderbolt II "Warhog" training mission May 16, 2014, at Ebbing Air National Guard Base, Fort Smith, Arkansas. (U.S. Air National Guard photo by Tech Sgt. Josh Lewis/released)

of things I'm going to miss about being in the cockpit and most of all; I'm going to miss helping our troops on the ground get back home safely to the families. The training that we do right here in Fort Smith makes all that possible."

The 188th is currently converting from a fighter mission to a remotely piloted aircraft, space-focused targeting and intelligence, surveillance and reconnaissance mission. The 188th has divested approximately two

A-10s per month since the first two departed Sept. 10, 2013.

The 188th currently has three A-10s remaining on station. The next A-10 to depart the 188th is tentatively scheduled for May 29. Tail Number 638 will depart Ebbing ANG Base for its new home at Moody Air Force Base, Georgia. The final two A-10s are slated for a June 7 departure. Anderson and Col. Brian Burger, 188th Operations Group commander, will fly the last two Warthogs out of Fort Smith.



May Warrior of the Month: A1C Austin Appleby



Rank and Name: A1C Austin Appleby

Unit: 189th Communications Flight

Job Title: Client Systems Technician

Status: Traditional

Hometown: North Little Rock

Civilian Employment: Student at the University of Arkansas

Family: Single, no children. Mother: Linda Appleby Father: Jack Appleby Uncle: Tom Daughenbaugh

Why I joined the Guard: Growing up in a family where my mother, grandfather, and uncle we're all in the guard it's always been like a big extended family for me. I've always seen my self making a career out of the Guard.

Most rewarding part of my job: Working with users from every unit to solve their computer issues.

Hobbies: Playing golf, reading, camping

My favorite movie is: A Few Good Men

My favorite TV Show(s): House of Cards, Crisis, Law and Order

My favorite book: The Firm by John Grisham

A perfect day would be: A summer day at the lake with my friends

I admire: My Mother for all her work raising me as a single parent

Something no one knows about me: I'm extremely competitive.



COMMANDER

Continued from Page 1

400 U.S. and allied nations' crew members each year.

He is a two-time winner of the Air Mobility and Air Education and Training Commands' prestigious McKay Trophy and Jabara Awards. Prior to assuming command, he served as the 189 Airlift Wing

chief of scheduling, chief of current operations, chief pilot and chief of wing plans.

"I will endeavor to give it everything I have to see that you have what you need," said Ator. "In times of reduced budgets in the sequester we are going to put our focus on the mission and finding the very best for the very best. We will spend our

time focusing on powering the ingenuity of this team of amazing Airmen. We will unleash their full potential, not because it's the right thing to do, but because we need to. Without the resourcing that is required we are going to have to figure out smarter and better ways of getting the mission done and there is no one, no one on this

planet better than that than the 189th Airlift Wing. We will also keep our eyes on the future we are going to put our focus on strategic agility. We are going to figure out where we are going and we are going to set that path. This is nothing new. It is who we are. It is what we do. We lead. Let's get started."

ANG Director of Safety reminds Airmen: Don't Let Your Guard Down

By Master Sgt. Marvin R. Preston
Air National Guard Readiness Center
Public Affairs

JOINT BASE ANDREWS, Md. -- Air National Guard senior leaders and safety experts recently met at the Volk Field Combat Readiness Training Center at Camp Douglas, Wisconsin, for the ANG's 2014 Executive Safety Summit.

The Executive Safety Summit gathered ANG senior leaders and safety experts and covered a wide range of topics including safety, resilience, diversity and mishap prevention.

"From a senior leader perspective, the primary issue boils down to addressing risk; both risk to the mission and risk to our people," said Air Force Col. Edward Vaughan, director of safety for the ANG. "Risk is inherent in military operations, whether deployed down range for combat, building partnership capacity on the international stage, or supporting state and community relief efforts on the home front. The key takeaway from the summit is that managing risk requires deliberate effort and tough decisions."

The ANG's safety and resiliency theme for 2014 is "Don't Let Your Guard Down." The tagline was

envisioned by Dan Polanosky, associate director of Safety for the ANG and can be interpreted on several levels.

"The most common safety reference is meant to emphasize the importance of maintaining focus on the task at hand," added Vaughan. "In other words, be mindful and don't let complacency, inattention, or other hazardous human factors cause you to make avoidable mistakes. I interpret the slogan as urging each Airman to behave in accordance with the Air Force core values, follow published guidance, and return home safely each night and back to work again safely in the morning."

Between Memorial Day and Labor Day, more Airmen die in off-duty accidents than at any other time of the year. The "Critical Days of Summer" awareness project ties perfectly into the "Don't Let Your Guard Down" campaign.

The goal of the "Critical Days of Summer" safety campaign is to help mitigate risks and help reduce the number of mishaps during this statistically high accident time.

"As the director of safety, I recognize that safety is not the goal of the organization," Vaughan said. "If safety



Col. Edward L. Vaughan, director of safety for the Air National Guard, delivers his overview address to the senior leaders during the 2014 Executive Safety Summit at Volk Field Combat Readiness Training Center, Wis., May 13, 2014. This year's conference theme: "Leaders: Don't Let Your Guard Down", covers a wide range of topics including safety, resilience, diversity and mishap prevention. (U.S. Air National Guard Photo by Master Sgt. Marvin Preston/Released)

were the goal we wouldn't fly airplanes, we wouldn't operate vehicles, we wouldn't deploy into combat zones, and we wouldn't do the thousands of things we do every day to accomplish our mission. Rather, safety should be the natural by-product of good risk management and focused mission execution."

The "Critical Days of Summer" and "Don't Let Your Guard Down" campaigns draw attention to the inherent risks in our daily lives and

remind us that by being more aware of our surroundings and minimizing distractions we can lessen those risks.

"Each year we lose Airmen and family members to preventable mishaps," said Vaughan. "A little risk consideration can go a long way to helping us reach our goal of zero. Remember, every Airman and family member deserves to return home safely each night."

For more information on these safety initiatives visit www.Ready54.org.



- AROUND THE WING -



Col. Steve Eggensperger relinquishes command of the 189th Airlift Wing to Col. Robert Ator during the wing change of command ceremony held at Hangar 207 on May 3, 2014. Passing the guidon on is Brig. Gen. Travis D. Balch, commander, Arkansas Air National Guard. Acting as guidon bearer is CMSgt. Ricky Sowell, 189th Airlift Wing command chief. (Air National Guard photo by SrA Ian Caple)



Lt. Col. Christopher Montanaro takes command of the 189th Maintenance Group from Col. Marc Sicard on May 4, 2014 in Hangar 207. Col. Robert Ator, 189th Airlift Wing commander is handing Lt. Col. Montanaro the guidon. Acting as guidon bearer is MSgt. Anatole Paradis, 189th MXG First Sergeant. (Air National Guard Photo by SrA Ian Caple)



Lt. Col. Don Clark takes command of the 154th Training Squadron from Lt. Col. Christopher Montanaro on May 4, 2014 at the Operations Group auditorium. Handing the guidon to Lt. Col. Clark is Col. Domenic Sarnataro, 189th OPS Group commander. Acting as guidon bearer is MSgt. Peter Seidel, 189th Operations Group first sergeant. (Air National Guard Photo by SrA Ian Caple)



189th Airlift Wing retirees form for a group photo in front of a 189th Airlift Wing C-130 Hercules during the 2014 Retiree Luncheon held at Hangar 207 on May 15, 2014. Over 70 retirees attended. (Air National Guard Photo by SrA Ian Caple)



Cecil Ennett (right), a Community Liaison for Operation Homefront, presents SSgt. Phillip Tawaney, 189 MXG, \$500 in gift cards to go toward the rebuilding of his home after losing his house to the Mayflower/Vilonia tornado. Operation Homefront supports the families of our service members and wounded warriors. (Air National Guard Photo by SrA Ian Caple)



Promotions



To Senior Master Sergeant
Jason H. Johnson, 189 MXS



To Master Sergeant
David T. Helton, 189 MXS
David Fraser, 189 MXS
Kindel L. Hale, 189 AMXS
Jim Martin, 189 AMXS



To Technical Sergeant
Twila C. Costiloe, 123 IS
Michelle R. Edwards, 189 FSS
Brandon K. McGilton, 189 MXS
Benjamin J. Ott, 189 MXS



To Staff Sergeant
Derrick A. Marshall, 189 CES
Charday M. Jefferson, 154 TRS
David W. Rogers, 189 MXS
Matthew J. Saint John, 123 IS



To Senior Airman
Ryan J. Bernaiche, 189 CES
Charles E. Kingsley, 189 CES

PME Graduations

Non-Commissioned Officer Academy

TSgt. Jeff Bellows, 23 Apr 2014, 154 TRS
TSgt. Scotty Daniel, 23 Apr 2014, 189 MXS
TSgt. Jeremy Monds, 03 Apr 2014, 189 LRS

Airman Leadership School

SSgt. David Billings, 27 Mar 2014, 154 TRS
SrA Robert Styza, 27 Mar 2014, 189 OSS
SrA Charday Jefferson, 27 Mar 2014, 154 TRS
SrA Danny Wilks, 03 Apr 2014, 189 OSS
SrA Michael Hirman, 06 Apr 2014, 189 LRS
SrA Jessica Bradshaw, 09 Apr 2014, 154 TRS
SrA Mitchell Kirkpatrick, 16 Apr '14, 189 CES

Retirements

MSgt. Dane Moore, 1 May 14, 154 TRS

The RAT Corner

QUICK NOTES:

Team "A" 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 after a natural disaster or other catastrophic event. As many of those who have previously deployed with a RAT can attest, lending a helping hand to our fellow citizens in a time of need can be one of the most rewarding things we get to be a part of during our military service. The rotation schedule means you are only in the RAT deployment "bucket" for 3 out of every 9 months. Give us a call if you are interested in signing up!

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

RAT ROTATION SCHEDULE:

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

CONTACT INFO:

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