

# 189th Airlift Wing WARRIOR



Vol. 16 No. 6

June 2014

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

## Critical Days of Summer

See page 3 for annual tips and tricks on staying safe this season during the Critical Days of Summer.

## Photo Features

See pages 5, 6 and 7 for photos of festivities from this year's super drill including the Awesome Wassom 5K and the 189th Airlift Wing cookout and canoe races.

## RAT Team Updates

See page 8 for this month's RAT team update and information in case one of the teams is needed during a natural disaster.

## 189AW Facebook

Check our wing Facebook page for updates, photos, videos and more at:

[www.facebook.com/189aw](http://www.facebook.com/189aw)

## Public Website

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

[www.189aw.ang.af.mil](http://www.189aw.ang.af.mil)



Members of the 189th Airlift Wing, their families, Soldiers, Marines and retirees run down First Street at Little Rock Air Force base during the first ever Awesome Wassom 5K race held in honor of our fallen Air National Guard Airman, Master Sgt. Daniel Wassom. (Air National Guard photo by Senior Airman Ian Caple)

## Awesome Wassom 5K a success

By Senior Airman Ian Caple  
189th Airlift Wing Public Affairs

Little Rock Air Force Base, Ark. -- Members of the Arkansas Air National Guard's 189th Airlift Wing at Little Rock Air Force Base, organized a 5K run as a memorial for a fallen Air National Guard Airman.

The run honored Master Sgt. Daniel R. Wassom, II, an evaluator loadmaster at the 189th Airlift Wing, who was killed while providing refuge for his family during a tornado that hit his home in Vilonia, Arkansas, Apr. 27.

"Dan was a truly great man who died in the most heroic manner imaginable," said Maj. Joshua M. Fulcher, a C-130 evaluator pilot with the 189th Airlift Wing and the event's coordinator. "Often we speak in hyperbole about those who have passed away, but in Dan's case there is no exaggeration.

He was just one of those guys who brightened a room when he walked in. He was positive, happy, highly competent and generally one of the best people I ever met."

Wassom's family and 228 others participated in the event, which drew support from across the country. Seven states and territories donated to the cause including California, Ohio, Tennessee, Alabama, Connecticut, Puerto Rico, and New York.

"Dan's wife and kids started the race, his dog 'Lizzie' was the official mascot and his mother was handing out the awards," said Fulcher. "Guard units from California, Ohio, Puerto Rico, Connecticut and the National Guard Bureau [in Washington D.C.] have all shown or offered support in some form. Units from the [active duty] 19th Airlift Wing

have offered services and support. Many local businesses have donated prizes. We have people from all over the United States wanting to donate."

The event also included a costume contest, and participants were encouraged to run in costume. Out of 228 runners 34 ran in costume.

"I thought a bunch of his friends schlepping their butts 3.1 miles while dressed as the Incredible Hulk or Goldilocks would be a great tribute to the big personality that was Dan Wassom," said Fulcher. "It's exactly the kind of thing he would have enjoyed."

Funds raised from the event are being donated to victims of the April 27 storm.

Organizers plan to make this an annual event. For more info about the run, see the event's social media page: [www.facebook.com/awesomewassom](http://www.facebook.com/awesomewassom)



# Continue to forge forward

By Col. Robert Ator, II  
189th Airlift Wing Commander

Wow! These last two months are a time I will remember for the rest of my days. They have been a time of great sorrow yet inspiring, a time of great pride but humbling.

The one constant is that the good Lord gives us a new sunrise and the pace has not slackened.

The blur started on Sunday, Apr. 27, when a tornado hit the town of Vilonia and the very heart of the wing. We suffered the loss of Master Sgt. Dan Wassom and Jeff Hunter, the

son of Master Sgt. Tim Hunter.

While the tragedy is hard to reconcile, I have been deeply moved and inspired by the wing's response to the tragedy.

This response put an exclamation point of our efforts to take care of our fellow Airmen and their families. On May 3, we had our wing change of command. I know that being associated with the people in this wing is humbling, and being given the honor of being your Commander redefines the sentiment.

A couple of days later our RAT team deployed to help the town of Vilonia. We



Col. Robert Ator, II

followed that by assisting the hosting of the President of the United States. One hour after

SEE COMMANDER PAGE 3

# Good stress bad stress

By Chaplain Ron Pierce  
189 AW Chaplains office

Sometimes stress can be a good thing. Short term stress can be a catalyst for motivation to overcome challenges. It can also help us to switch gears when needed to handle a crisis moment. However, stress can also be destructive, especially when it is constant. Unfortunately, in today's world we can easily get caught up in several low-level stressors that will wear us down. Here are some stress factors to watch out for:

Busyness – Everyone is different and the level of busyness that can cause stress is unique to each person. Be aware of how busy you are and whether or not it is causing stress. Don't say yes to everything. Prioritize and know what is necessary vs. what is optional.

Exhaustion – Make sure you are getting enough sleep. Unfortunately, stress can make it even harder to sleep; so, lack

of sleep can cause more lack of sleep! Be very intentional about planning enough sleep time.

Peer pressure – Some call this "keeping up with the Jones's." Don't get caught up in trying to keep up with others that have more than you. If you attempt to have more than you can afford, you will soon be up to your eyeballs in debt! Don't do it! Live within your means and realize that life is not about our possessions.

Unhealthy eating – We live in a society that pumps out great tasting and inexpensive food that is very convenient. This is a formula for disaster! A friend once advised, "eat to live, don't live to eat." This is very sage advice. Bad nutrition habits can bring us down and will add to our stress. You wouldn't expect a car to run normal on bad fuel, why would it be any different with people?

Lack of exercise – Regular exercise is a proven stress reducer, and it will physically benefit your body, relieve

tension, counteract bad stress, help you relax and even help you sleep better. Exercise! Today!

Perfectionism – Work hard to do your best, and be realistic about what you can and cannot accomplish. Expecting perfection creates stress for everyone, destroying you and the relationships you care about. Excellence in all we do? Yes! Perfectionism? No! There is a difference. If you are not sure which one you are – just ask someone who lives with you. They will know!

The above stress factors tend to creep into all of our lives if we are not careful to prevent them. Interestingly, some of them involve doing less of something and some of them involve doing more of something. Do less, sleep more, buy less, eat less, exercise more, and expect less. Notice that all of these positives could also be negatives if taken to the other extreme. Find the right balance for each one and reduce stress in your life!

## Publication Staff

Col. Robert Ator, II  
189th Airlift Wing  
Commander

Maj. Allison Stephens  
Public Affairs Officer

Senior Airman Ian Caple  
Editor

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Warrior are not necessarily the official views of, or endorsed by, the U.S. Government, DoD, or the Department of the Air Force. All photographs are U.S. Air Force photographs unless otherwise indicated.

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.

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



www.facebook.com/189AW



## COMMANDER

Continued from Page 2

he left, the Commander of the Air Education and Training Command, Gen. Rand, spent three days with us. To say that Gen Rand was impressed with our wing would be an understatement!

After all that, we ran headlong into Superdrill and deployed field training (DFTs) for numerous units. I was again inspired by the wing rallying for the Awesome Wassom 5K and the team building events with the wing feed and canoe races. It was absolutely awesome to see the entire wing come together!

We will continue to forge forward in keeping with the wing motto of "Ducimus," or

"We Lead". During the Wing change of command, I discussed two themes that I want you to ponder: empowerment and strategic agility.

In the challenging environment we live in, we need each and every one to operate at their full potential.

Our jobs as leaders are to empower every Airman to let them realize that potential. We will start this in August with the wing chiefs beginning an education program aimed at mentoring our non-commissioned officers.

We need our non-commissioned officers to then mentor down to our youngest Airmen.

We need every good idea and decisions to be made at the

appropriate level to garner the greatest impact to the mission. YOU are the smartest and most talented in your area of expertise and it is YOU that will take this wing to the next level.

Along with empowering our Airmen, we need to become masters of Strategic Agility. What I mean by this is that we have to be smarter and limit those things that are wasted effort. We need to become better at being proactive versus being reactive. We have started an initiative of creating Commander's Action Groups or CAGs. These CAGs will have a charter within a given broad area to look for efficiencies and identifying areas that take away from your time and the mission.

The CAGs will take subject matter experts from throughout the wing and work these issues. CAGs will range from future planning all the way to meeting annual suspenses, like awards and decorations.

Using these concepts will not only allow us to be more efficient with the limited resources but allow our Airmen to help plot our way forward as a wing while creating a broader base for mentoring.

I again want to thank you for the distinct honor of serving you, and I assure you that you fill my tank with renewed energy every day.

These past two months have proven everything I've ever known about the 189th; you show every day that We Lead!

# Safety during the 101 days of summer

By **MSgt. J.D. Crawford**  
189th Ground Safety Manager

Summertime is here in Arkansas and it come hot days and unexpected changes in the weather.

It was in 1964 that the Air Force first highlighted safety for summer activities. This was the beginning of what became the 101 Critical Days of Summer.

The years have shown that safety topics have remained the same; it's the presentation and number of mishaps that change. Risk management has a role in everything we do, both on- and off-duty.

It continues to be the job of the safety professionals to provide guidance to all Airmen about the dangers of the season.

Airmen use sound risk management every day on-duty and, while the main focus of the Critical Days of Summer campaign is off-duty activities, Airmen must use the same risk

management techniques in all circumstances.

The Air Force core values, which define our standards of conduct, i.e., how Airmen behave, also set the environment for how we live and work.

As we begin the summer season, taking leave and getting away is one of the first activities on our minds. When you include risk management and safety as part of your summer activities you will be upholding the standards of conduct and maximizing your chances of having an enjoyable activity.

Planning ahead is always a good step to help avoid the many risks that have the potential to ruin your vacation. Your road trip planning should always begin with TRiPS (<https://www.my.af.mil/trips/af/Login.aspx>).

This is an effective risk management tool to find hidden dangers in your travel plans. It's easy to think, "This won't happen to me," but does anyone



Master Sgt. J.D. Crawford gives a safety briefing to Airmen competing in the annual canoe races held at the base lake on June 10, 2014. Boating safety is critical during the 101 days of summer. (Air National Guard photo by Senior Airman Ian Caple)

plan on a tragedy?

During the 2013 Critical Days of Summer period there were seven Airmen killed in vehicle and nine in motorcycle accidents. None planned for this to happen. Regardless of what caused the tragedy, using every risk management tool

reduces your odds of being involved in a mishap.

Everyone at the Safety Office wants all members of the 189th Airlift Wing that have a SAFE and enjoyable summer season.



# June Warrior of the Month: SSgt. Jonathan Madvay

**Rank & Name:** Staff Sgt. Jonathan Madvay  
**Unit:** 189th Avionics  
**Job Title:** Technician  
**Status:** Dual status  
**Hometown:** Woodstown, NJ  
**Civilian Employment:** Technician  
**Family:** Son - Jonathan Madvay Jr.  
**Why I joined the Guard:** I was leaving the Marine Corps and wanted to continue to serve my country  
**Most rewarding part of my job:** Just getting out working on the planes and seeing them fly and getting to work with an amazing group of coworkers.  
**Hobbies:** Boating, Mud runs, shooting  
**My favorite movie is:** Heartbreak Ridge  
**My favorite TV Show(s):** Duck dynasty, The Walking Dead  
**My favorite book:** Hunger Games  
**A perfect day would be:** Going out to the lake spending the day on the boat with my girlfriend and the kids then cooking out when I get home.  
**I admire:** My dad  
**Something no one knows about me:** I joined the service to follow in my dad's footsteps



*Air National Guard photo by Senior Airman Ian Caple*



## New 189AW Honorary Commander

We would like to congratulate our new 189th Airlift Wing honorary commander, **Mr. Terry Weatherford**.

Mr. Weatherford has been a financial advisor at Edward Jones Investment in Jacksonville for the past 20 years.

Welcome to the 189th!



# AWESOME WASSOM 5K RUN



Maj. Joshua Fulcher, C-130 evaluator pilot and event coordinator, waits to crack the whip at the starting line during the first ever Awesome Wassom 5K.



Airmen and Marines prepare to start during the Awesome Wassom 5K race held on June 10, 2014.

## *Run statistics:*

- Total runners:** 228
- Total runners in costume:** 34
- Dogs:** 2 (well..., 1.5)
- Best time:** 18:41
- Number of “official” volunteers:** 54 (a WHOLE LOT more were out there helping)
- Total oranges eaten:** 240
- Peak music level played at the half way point:** 115dB
- Number of people pushing a friend in a wheel chair 3.1 miles:** 1 (Swanny, you are amazing!)
- Number of boxes of sidewalk chalk used on course:** 11
- Peak altitude of camera drone recording event:** 150' AGL
- Miles pedaled by two guys in 70's aerobics instructor costumes on a tandem bike:** 4.7
- Number of “GoPro's” on the course:** 5
- Injuries sustained:** ZERO!! (You're welcome Safety office)
- Number of roller skates used:** 2 pair
- Whips cracked:** 1
- States outside Arkansas where people donated to the cause:** 7 (CA, OH, TN, AL, PR, NY, Puerto Rico)
- Number of United States Flags that were flown over the US Capital in honor of Dan and given to Suzanne:** 1
- Number of Facebook likes:** 748+
- Number of Facebook total reach:** 6152+
- Total \$ raised for tornado victims:** \$4190
- Total in attendance:** 1000+
- Number of people smiling and having a great time:** UNK (how many people are assigned to the 189AW....?)

*Stats brought to you buy Maj. Joshua Fulcher*



189th Airlift Wing Airmen draw one of Master Sgt. Dan Wassom's favorite sayings "Your face!" at the finish line of the Awesome Wasom 5K race held at the 189th Airlift Wing campus on June 10th, 2014 in honor of Master Sgt. Wassom and his family.



189th Airlift Wing Airmen, civilians, their families, active duty Air Force Airmen, Army soldiers and Marines that ran the race in costume, gather for a group photo before the race. Following the run, there was a costume competition judged by Master Sgt. Wassom's daughters. The winner was Senior Airman Kimberly Scott.



Col. Don Clark, 154th Training Squadron commander, runs in costume down First Street.



Lt. Col. James Gourde, 189th Mission Support Group deputy commander, stands in a lift announcing those crossing the finish line at the end of the race.



Master Sgt. James Epperson, Joint Force Headquarters, Arkansas Air National Guard, crosses the finish line dressed as Captain America.



Event coordinator, Maj. Joshua Fulcher, crosses the finish line dressed as a gladiator.



# 189AW COOKOUT & CANOE RACES



Chief Master Sgt. Grady Reed, 189th Maintenance Group, cooks up burgers for 600-plus Airmen during the yearly cookout held at the base lake at Little Rock Air Force Base.



Members of the 189th Airlift Wing struggle to carry their capsized canoe across the base lake during the canoe races.



Canoe race competitors battle it out during the annual canoe races. Those paddling the boats were required to paddle backwards while the pilots sat forwards.



The pilot section canoe team prepares to hit land after winning the final race to take home the winning trophy.



Col. Robert Ator, 189th Airlift Wing commander, presents the pilot section canoe team the winning trophy after two back-to-back races held on the base lake at Little Rock Air Force Base.



Lt. Col. James Gourde, 189th Mission Support Group, shaves Staff Sgt. Jeff Swislocki's hair after a bet following the canoe races.



# Promotions



## To Master Sergeant

Justin M. Tierney, 189 MXS  
Eric D. Erdley, 189 MXS



## To Technical Sergeant

Justin E. Jordan, 189 MXS  
Michael J. Fish, 154 TRS



## To Staff Sergeant

Lindsey M. Marvin, 189 AW  
Joshua T. Moore, 189 AW  
Elijah J. Root, 189 AMXS  
Mitchell H. Kirkpatrick, 189 CES  
Danny G. Wilks, 189 OSS



## To Senior Airman

Christian S. Biggs, 189 SFS  
Jason N. Sled, 189 SFS  
Landon P. Lagree, 189 SFS  
David J. Sweere, 189 CES

# PME Graduations

## Senior NCO Academy

Technical Sgt. Chalk Mitchell, 189 SFS  
Master Sgt. Geoffrey Meyer, 189 MXS

## Airman Leadership School

Senior Airman Tralesa Sims, ALS, 189 MXS

# Retirements

Col. Charles Myers, JFHQ, 17 June 14  
Technical Sgt. Christopher Garner 189 MSG, 18 June 14



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:

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](mailto: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.