

# 189th Airlift Wing WARRIOR



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Arkansas Air National Guard

Little Rock Air Force Base, Ark.

## Annual Award Winners

See page 5 for this year's annual award winners.

## Photo Features

See pages 6 and 7 for photo coverage of Airmen and events around the wing during the month of November, including winter cleanup, award winners and Holy Soul's visit to the wing.

## Winter Safety

See page 3 for tips and tricks from the Pentagon on how to prepare for the upcoming winter season.

## RAT Team Updates

Which team is in the bucket? Check out page 8 for an update on the 189th Rapid Augmentation Teams.

## 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)



## ANG director presenting Airman's Medal to Wassom family

~ Part of LRAFB street to be named MSgt. Dan Wassom Road

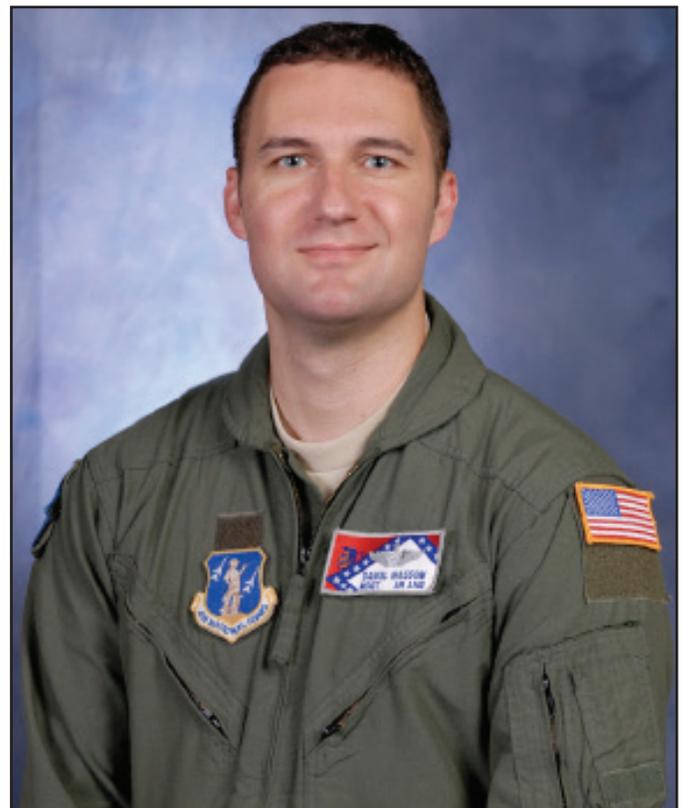
By Master Sgt. Chris Durney  
189th Airlift Wing Public Affairs

LITTLE ROCK AFB, Ark. The director of the Air National Guard will be here Dec. 6, 2014 to present the Airman's Medal to the family of Master Sgt. Dan Wassom, and preside over the dedication of a portion of a Little Rock AFB street in Dan's name.

Wassom was a member of the 189th Airlift Wing when he lost his life April 27, 2014 while shielding one of his daughters as a confirmed EF-4 tornado ripped through Vilonia. Lt. Gen. Stanley E. Clark III, director of the Air National Guard, will present the Airman's Medal to Wassom's wife and father during a ceremony in the wing maintenance hangar, building 207. A portion of CMSgt. Williams Drive that runs through the 189th campus will be renamed as dedicated as MSgt. Dan Wassom road.

"This is a testament to Dan Wassom and his family, to just how big of a hero he is," said Col. Robert Ator II, commander of the 189th. "We are proud to honor Dan's heroism and we will be reminded of that every time we see the MSgt. Dan Wassom Road sign.

"Of course, our thoughts and prayers go out to all of the families of the victims of that



Master Sgt. Daniel Wassom

terrible storm, especially to another member of the 189th family who lost his son," continued Col. Ator. "The Guard is a deep part of the local community so we know just how hard something like this can hit a town."

The Airman's Medal is awarded to any member of the Armed Forces of the United States or of a friendly nation who, while serving in any capacity with the U.S. Air Force, has distinguished

himself or herself by a heroic act such as the voluntary risk of his or her life that does not involve actual combat.

The medal ceremony and street dedication will take place in the 189th maintenance hangar at 10:30 a.m. Saturday, December 6. Lt. Gen. Clarke is the top ranking Air National Guard member at the Pentagon, Washington, D.C., and will be on hand to participate in the ceremonies, and meet and talk with members of the wing.



# My thoughts on Thanksgiving

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

With the holidays bearing down on us and our folks getting some much deserved time off, I wanted to pass on my thoughts of Thanksgiving. This past year has been a challenge with the shift of responsibility of the C-130H FTU mission to our campus. In every section in the 189th, we have been pushed to keep the mission going unabated and to continue the work of the Initial qualification mission. Absorbing a 300-400% mission increase without the resourcing to match would challenge any Wing to include the 189th. I would go further to say that it would have been impossible except for YOU. YOU are the reason for the success. Each and every one of you have endured every

possible challenge an Airman can face and not only endured but leaned into the pressure and excelled! Just look at the awards that YOU have amassed this year alone while facing these challenges

As Thanksgiving is mere days away, I am thankful for our freedoms, our nation and state, but most specifically each and every one that makes this Wing! I am thankful personally for the ability to stand before anyone (and I do!) to brag on what YOU have accomplished. It is an absolute thrill to beat my chest and tell your story because it is an incredible story! I am also thankful to each of you for allowing me the chance to spend time with you in your spaces. Being out in the Wing with you, getting to know you better is the fuel that gets me ready to face the next



Col. Robert Ator, II

challenge. As commander, I am often faced with some of the unpleasant stuff, but after my time out with you all, I am ready to get back to work, SO THANK YOU!

It is my hope that you make Thanksgiving a day of reflection and to thank those that make your life YOURS. As for me, I am especially thankful for YOU! God Bless

# Standing strong

By Chaplain Ron Pierce  
189th Chaplains Office

Resilience is the ability to withstand, recover and grow in the face of stressors and changing demands. There is no magic formula for being resilient, but there are some things we can do that will help us stand strong against whatever comes our way. There is a parable in the Christian Bible that describes the difference between building on sand and building on rock – the house on sand will crumble when the rain and winds come, but the house on rock will withstand the attack.

Everyone faces challenging circumstances, but service members face unique stressors that can add to the “rain and

winds” that bombard our “houses.”

Here are 10 tips experts at Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury shared that if practiced may help service members better adapt and manage stressful situations:

Communicate regularly and effectively. Express what you think, feel or believe in a way that will help you solve problems and receive the outcome you desire.

Maintain positive and personal connections. When you’re challenged or stressed, sometimes it’s easier to respond successfully with the support of family and friends.

Avoid seeing a crisis as unconquerable. Even if



you can’t change a stressful situation, you can change your reaction to it.

Be accepting of change. Accepting the things you cannot change allows you to focus on the things you do have control over.

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## STRONG

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Move toward your goals. Focus on goals you can achieve in the near future instead of focusing solely on distant goals.

Take positive, decisive actions. Don't view problems as permanent. Explore actions you can take that will give you more control over a situation.

Look for opportunities for self-discovery. We can often learn valuable life lessons as a result of a traumatic event.

Nurture a positive view of yourself. Develop confidence in your ability to solve problems and learn to trust

your instincts.

Keep things in perspective. Focus on the broader context and keep a long-term outlook.

Look to a hopeful future. Visualize what you want your life to be, rather than fearful of what it could be.

As I read through these 10 tips, it stands out to me how important it is to lean on others and have a positive attitude.

It is not healthy to live in isolation, especially when we get down on what life throws our way. We need to stay connected to others. A wise king once said, "Two are better than one, because they have a good return for their labor:

If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

We also need to regularly check our mindset. The same king also said, "A cheerful heart is good medicine, but a crushed spirit dries up the bones." It is important to remind ourselves that, although we cannot always determine what will happen to us, we

can always determine how we will respond – forging ahead, seeing the bigger picture, learning lessons, etc. While I do not look forward to adversity, I do appreciate what it teaches me and I can look back and see that the valleys in life have made me stronger and better. It really is important to see the glass half full. It is also important to see the glass a fourth full and an eighth full, and to forge ahead with refilling the glass! Robert Louis Stevenson said, "The habit of being happy enables one to be freed, or largely freed, from the domination of outward conditions."

## Winter Preparedness 2015

### Polar Vortex Strikes Again!

We have become familiar with this weather phenomenon in recent years, and it means one thing for the National Capital Region: Arctic cold temperatures.

The National Weather Service's (NWS) 2015 winter forecast seems only to validate the recent cold snap.

In addition to unseasonably cold temperatures, the NWS is predicting higher-than-normal precipitation.

With winter rapidly approaching, now is the time to winterize your home and car and update your vehicle emergency kit to combat the hazards of the season.

Carbon monoxide poisoning from the use of alternate heating sources is another winter-related hazard. Now is the time to Be Winter Ready.

### Winterize Your Home

1. Know how to shut off the main water shutoff valve in case of a water line freeze or burst pipe.
2. Leave cabinets to water pipes open to ensure warm air flow.
3. Remove hoses from outdoor water faucets.
4. Turn off water to all outside faucets.
5. Caulk your windows.
6. Add weather stripping to exterior doors.

### Winterize Your Vehicle

1. Maintain at least a half tank of gas at all times.
2. Check antifreeze levels and add as necessary.
3. Ensure the battery is in good condition.
4. Check the tire tread; use a penny to measure tread depth (see picture).
5. Check your window washer fluid level.

If you have any questions or would like to know more about winter safety, contact Master Sgt. JD Crawford at the 189th Safety Office at 501-987-7959/james.crawford@ang.af.mil



## Carbon Monoxide – The Silent Killer

1. **General:** With the mercury beginning to fall, we often use alternate heating sources (such as fireplaces, generators and kerosene) to either supplement the furnace or heat the house during power outages. But if not vented properly, these alternate sources of heat increase the risk of carbon monoxide poisoning. Carbon monoxide (CO) can be created when fuels such as gasoline, wood, coal, natural gas, propane, and oil burn incompletely.
2. **Affects:** Carbon monoxide is harmful when breathed because it displaces oxygen in the blood and deprives the heart, brain, and other vital organs of oxygen. Large amounts of CO can overcome you in minutes without warning, causing you to lose consciousness and suffocate.
3. **Symptoms** include headache, fatigue, dizziness, drowsiness, or nausea. Sudden chest pain may occur in people with angina; and, during prolonged or high exposure, symptoms may worsen. These symptoms include: vomiting, confusion, physical collapse, loss of consciousness, and muscle weakness. CO poisoning may happen more quickly in vulnerable populations – i.e., young children and the elderly, people with lung or heart disease, and those with elevated CO blood levels, such as smokers.
4. **Prevention:** To stop carbon monoxide poisoning:
  - a. Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
  - b. If the alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
  - c. Call for help from a fresh air location and remain there until emergency personnel arrive to assist you.
  - d. Never use generators, grills, camp stoves or other gasoline, propane, natural gas or charcoal burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate carbon monoxide-generating devices away from doors, windows, and vents that could allow carbon monoxide to come indoors.



## Warrior of the Month: Staff Sgt. Ebone Sturgis

**Rank and Name:** SSgt Ebone Sturgis

**Unit:** 154th TRS

**Job Title:** Human Resource Specialist

**Status:** AGR

**Hometown:** Belleville, IL

**Family:** I am the baby sister/only girl to two brothers, O'Donnis and Ray II. I am the daughter to Ray and Tyres Sturgis. My daddy is retired active duty air force, and my mommy is the Technical Supervisor, Client Services in the phlebotomy room at Scott AFB IL. Military Brat!

**Why I joined the Guard:** I joined the Air National Guard to initially pay for college and still be able to live the college life while having a career.

**Most rewarding part of my job:** I have recently just started this job I am in, but for the few months I have been here. I would say it's the positive attitudes that everyone has here. They are a great smiling & fun group of individuals.

**Hobbies:** I love to write and read poetry. I love to play all sports. I recently just found a love for fitness and competing, so now that is a hobby and I will be doing fitness competitions.

**My favorite movie is:** Love Jones, Love and Basketball and the Notebook

**My favorite TV Show(s):** Power and The Voice

**My favorite book:** The Bible

A perfect day would be: Sitting out in nature (Spring Time) with my family and



friends and enjoying the love.

**I admire:** I admire my parents. I don't have any children, but the way they have raised me and the drive they both kept to live life even after they lost a child is powerful to me. It lights a fire in me to know and understand that regardless of the pressures of life, it is solely up to you to decide whether to build on it and keep moving up or let it crush you.

**Something no one knows about me:** I read a book almost every week. I love to read and write short stories; a low key nerd.



# 2014 Annual Award Winners

## Airman of The Year



*Airman 1st Class Endia Johnson*

## NCO of the Year



*Technical Sgt. Kaitlyn Borozinski*

## SNCO of the Year



*Master Sgt. Gregory Clayton*

## Officer of the Year



*Capt. Jeremy Stevens*

## Honor Guardsman of the Year



*Staff Sgt. Ebone Sturgis*

## First Sergeant of the Year



*Senior Master Sgt. Jamar Bennett*



# Around the Wing



*Air National Guard Photo by Master Sgt. Chris Durney*

Children from Holy Souls middle school in Little Rock tour the 189th Aerial Port building during a class field trip to the wing. Students had the opportunity to see how night vision goggles work and got to tour a 189th C-130H.



*Air National Guard Photo by Senior Airman Ian Caple*

Master Sgt. Ryan Worcester, 189th Force Support Squadron and Master Sgt. Chris Durney, 189th Public Affairs, clean the outside of the 189th Headquarters building during the yearly cleanup day.



*Air National Guard Photo by Senior Airman Ian Caple*

Master Sgt. Ryan Worcester, 189th Force Support Squadron, cleans the outside of the 189th Headquarters building with a pressure washer during the yearly cleanup day.



*Air National Guard Photo by Senior Airman Ian Caple*

Hard work, elbow grease and a little window cleaner helped put some sparkle on the 189th campus during a wing-wide cleanup day.



# Around the Wing, con't



*Air National Guard Photo by Master Sgt. Chris Durney*

Capt. Kenneth Simon receives his Air Force Commendation certificate from 189th Airlift Wing Vice Commander Col. Marc Sicard during the November UTA headquarters roll call.



*Air National Guard Photo by Master Sgt. Chris Durney*

Members of the 189th Security Forces Squadron secure the 189th Force Support Squadron offices in the 189th headquarters building during an active shooter exercise held on Sunday Nov. 2, 2014.



*Air National Guard Photo by Senior Airman Ian Caple*

1st Lt. Shalin Gieson presents Staff Sgt. Jason Fuller the Air Force Commendation Medal for outstanding achievement while assigned to the 189th Aircraft Maintenance Squadron. Sergeant Fuller was recognized for his professional abilities and specialized skills in support of the wing's rigorous 7,300 annual programmed flying hours and a numerous amount of sorties.



*Air National Guard Photo by Senior Airman Ian Caple*

Master Sgt. Jim Martin, 189th Aircraft Maintenance Squadron, and Staff Sgt. Jason Fuller's mother apply the technical sergeant patches to each of his arms just moments after Fuller received an Air Force Commendation medal, recognizing his outstanding achievement while working as a member of the wing Aircraft Maintenance Squadron.



# Promotions



**To Master Sergeant**  
Jassen C. Travis, 189 AW/HQ

# PME Graduations

## Senior NCO Academy

Master Sgt. Jerry Parson, 21 Nov 2014, 189 MXS

## Non-Commissioned Officer Academy

Technical Sgt. Melissa Prowse, 5 Oct 2014, 189 OSS

Technical Sgt. Monica Murray, 9 Oct 2014, 189 LRS

Technical Sgt. William Yoakum, 19 Nov 2014, 189 OSS

## Airman Leadership School

Senior Airman Cameron Kohler, 9 Oct 2014, 189 CES

Senior Airman Jay Mandrell, 29 Oct 2014, 189 SFS

Senior Airman Cody Ealy, 2 Nov 2014, 189 SFS

Senior Airman Jacqueline Pope, 5 Nov 2014, 123 IS

# Retirements

Lt. Col. Daren Dickson, 28 Dec 2014, 189 AWHQ

Maj. Joshua Fulcher, 1 Dec 2014, 154 TRS

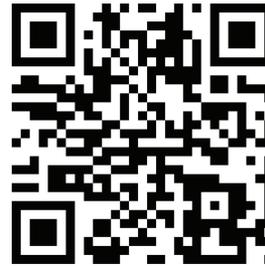
Master Sgt. Christopher Cowan, 1 Nov 2014, 189 LRS

Technical Sgt. Thomas Ray, 31 Dec 2014, 189 AMXS

## 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



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## The RAT Corner

### QUICK NOTES:

Team "C" you are now in the "bucket" through January 2015; 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 C: "In the bucket" Nov 01, 2014 through Jan 31, 2015  
TEAM A: "In the bucket" Feb 01, 2015 - Apr 30, 2015  
TEAM B: "In the bucket" May 01, 2015 through Jul 31, 2015

### CONTACT INFO:

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