

189th Airlift Wing WARRIOR



Vol. 17 No. 3

March 2015

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

Weekend sees promotion, changes of command



Top to bottom: Col. Chris Montanaro's daughters, Rachel and Ashley, pin on his new rank of colonel during his promotion ceremony held at hangar 207 on Saturday Mar. 7, 2015; Col. Rob Ator II, 189th Airlift Wing commander, passes the guidon to Lt. Col. Don Clark as he takes command of the 189th Mission Support Group at hangar 207 on Sunday Mar. 8, 2015. Col. Tamhra Hutchens-Frye relinquished command to take on the mantle of Chief of Joint Staff for the Arkansas National Guard at Camp Camp Robinson in North Little Rock.

See full story on page 6



Arkansas ANG command change

Col. Robert Ator

189th Airlift Wing commander

Our wing recently received notice that Brig. Gen. Dwight D. Balch, the commander of the Arkansas Air National Guard, is retiring on June 5, 2015. The Arkansas Air Guard command will pass to Brig. Gen. Kurt Vogel, who comes to us from the National Guard Bureau office of Legislative Liaison.

Brig. Gen. Balch is one of our own, a member of our family, who has served the state of Arkansas and the nation for over 35 years. The changes in personality, aircraft, missions and, most importantly, culture during his career is mind boggling!

We are all deeply in his debt for what he has given us as a wing, and to each of us personally. His is, and will remain, an icon in our heritage. On a personal level, he has been my commander from the first day I entered the 189th, and I'm personally indebted to him, especially considering the opportunities he has given me. In the coming months, we will ask the wing for



help in honoring Brig. Gen. Balch for all he has done for us and the state.

SEE COMMAND PAGE 3

Dealing with resentment

Chaplain Ron Pierce

189th Airlift Wing chaplain

Matthew chapter 6, verse 15 in the Christian Bible says, "But if you do not forgive others their trespasses, neither will your Father forgive your trespasses." In that verse, and in several other passages of scripture, there is a very strong emphasis on the idea of forgiveness. I think it is very important for all of us to be reminded that we all tend to want forgiveness from others immediately and abundantly! Yet, so often

we don't have that same attitude when it comes to forgiving others. We are quick to forgive ourselves and slow to forgive others. We need to be quick to offer that same forgiveness that we want others to give us.

However, what about offering forgiveness to those who are not sorry? I get asked this question from time to time and it is a great question! I think it is easy to see (even if it is hard to do) that we should all be more forgiving of those who earnestly seek forgiveness and are sorry

for what they did. But, are we supposed to forgive those who are not sorry? Ultimately, forgiveness is based on the idea that someone has asked for it and/or wants it. But, it is not dependent on it. Unfortunately, our desire to hold onto anger and resentment hurts us worse than the person who caused the anger in the first place.

A chaplain friend of mine, Rob Dunbar, said this about holding onto resentment: "Resentment is a prison. When you've put

SEE RESENTMENT PAGE 8

www.facebook.com/189AW

Publication Staff

Col. Robert Ator, II
189th Airlift Wing
Commander

Maj. Allison Stephens
Public Affairs Officer

Master Sgt. Chris A. Durney
Public Affairs Supervisor

Senior Airman Ian Caple
Editor

This un-funded Air Force newsletter is an authorized electronic publication for members of the 189th Airlift Wing, their families, retirees and community leaders. Contents of the Warrior are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, or the Department of the Air Force. All photographs are property of the U.S. Air Force unless otherwise indicated.

The editorial content is edited, prepared and provided by the Public Affairs Office of the 189th Airlift Wing, 112 MSgt. Dan Wassom Road, Little Rock AFB, AR 72099-4802, DSN 731-6068, commercial 501-987-6068, email ian.caiple@ang.af.mil.

Call or email to be added to the distribution list.



COMMAND

Continued from Page 2

Brig. Gen. Vogel is coming to us from the National Guard Bureau, where he has served as the legislative liaison for Gen. Grass, the chief of the National Guard Bureau. He comes from a KC-135

background, but has served in various capacities at NGB. I first met Brig. Gen. Vogel when he worked in A3 and then A5, specifically on the AMP program. I'm excited as he is a high-energy officer that is excited to come serve you – the Airman of Arkansas. I will also be asking for your help

in insuring that Brig. Gen. Vogel has a smooth landing and is spun up on the wing's mission, and how you all represent the best in the Air National Guard and the Air Force.

These are exciting times and I know that you all will join me in giving a heartfelt thank you to

Brig. Gen. Balch for his incredible service, and a warm welcome to Brig. Gen. Vogel in joining us on the path that we are blazing into the future. In the days ahead we will do what we have always done – “We Lead!”

Maintenance Group commander promoted

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

On the afternoon of Saturday, March 7, the 189th Airlift Wing hangar filled with well-wishers, co-workers, friends and family to see Chris Montanaro promoted from lieutenant colonel to colonel.

Montanaro is the commander of the 189th Maintenance Group and is responsible for all back shop maintenance and maintenance support activities to the wing's fleet of aircraft. He has been a commissioned officer since 1990, and a

member of the Arkansas Air National Guard since 2000.

Col. Montanaro has more than 4,500 flying hours in C-130 aircraft, and served as a C-130 evaluator pilot, assistant chief of current operations, and commander of three different squadrons of the 189th before taking the reins of the Maintenance Group in June of 2014.

Col. Montanaro's wife Martha Ann, and daughters Rachel and Ashley, helped him pin on his new rank during a ceremony that reflected his gregarious personality.



Left to right: Col. Montanaro's wife, Martha Ann, pins on his colonel rank during his promotion ceremony on Mar. 7, 2015; Col. Marc Sicard, Director of Air Staff, AR ANG, stands with Col. Montanaro before the ceremony begins.





Warrior of the Month: Staff Sgt. Ronnetta Johnson-Stump



Rank and Name: Staff Sgt. Ronnetta Johnson-Stump

Unit: 189th Logistics Readiness Squadron

Job Title: LRS Customer Service

Status: Traditional Guardsman

Hometown: Birmingham, Alabama

Civilian Employment: Stay at home wife and mother

Family: John Stump, Morgan Johnson-Stump, India Stewart, and Blaze Stump

Why I joined the Guard: I have always been interested in the military. I liked the idea of being part of something bigger and serving my country. I respected people who were willing to sacrifice their own personal life for the benefit of others. I also knew I could learn valuable skills that could benefit me in my personal and work life. I wanted to challenge myself and to

know that once I completed basic training; I would have accomplished something great that I could have the rest of my life.

Most rewarding part of my job: Assisting customers with their supply needs and the sense of accomplishment I feel when I have successfully done so .

Hobbies: Working with the Special Olympics and reading.

My favorite movie is: A Soldier Story

My favorite TV Show(s): Empire

My favorite book: To Kill A Mocking Bird

A perfect day would be: Time alone with my husband John

I admire: My daughter India Stewart

Something no one knows about me: I was born on the 11th month on the 11th day, and I'm the 11th grandchild born in the family.



Good, bad, ANG members influence community opinion with #selfies

By Senior Airman Penny Snoozy
173rd Fighter Wing

KINGSLEY FIELD, Ore. -- Air National Guard members should use discretion when taking and sharing self-portraits.

With the rise of technology and social media, sharing photos with family and friends is easier than ever. But when using social media like Instagram, Facebook, or Snapchat, the self-portrait, or “selfie” reigns supreme.

If you have a smart phone, you are taking selfies, #broadgeneralization.

Selfie - The mention of this word makes me smile and laugh. Memories of dropping my phone on my face while taking a selfie lying down, or seeing someone share a selfie with their eyes closed captioned #Sleepy #ComeBringMeCoffee #Brunette #Vegan, fill this already silly word with humor. It seems every occasion needs to be commemorated with a selfie these days. Whether it’s a special occasion like meeting your #NewbornNiece #Blessed, or other life events like #BuyingANewCar, or eating #TheBestDinnerEver #ILovePizza.

If you’re not careful, taking self-portraits can become an embarrassing endeavor. We’ve all seen those embarrassing selfies. The selfies with backdrops of unflushed toilets, dirty laundry littered around the bedroom floor, or hashtags so long you have to “see more.”

But if you’re taking selfies at work, you can capture more than an embarrassing moment. With selfies becoming part of daily life for some of us, one may not give a second thought about Personally Identifiable Information, sensitive documents, or classified equipment that could be splashed in their background. As a Public Affairs photojournalist, I can give you some tips to look sharp in your selfies without damaging your self-esteem or professional credibility.

As members of the ANG, you might take a selfie in uniform. When sharing a selfie in uniform, members have a chance to positively or negatively impact the community’s opinion depending on your dress and appearance, professionalism, and the setting of the photograph. Since all military members reflect on the military as a whole, we should hold ourselves to the highest standard in everything--even selfies.

I can’t remember how many times a crew chief has asked me not to take their photo because at some point a photographer took a photo of them without proper personal protective equipment and they were blasted by their supervisor. So, my first tip for selfies is: wear proper PPE when needed, especially if you are going to document that moment in a photo! But why do I need to say this, I’m sure you all wear PPE every time you’re supposed to anyways,

right?

Nothing says “I’m professional” like a selfie in uniform with out-of-regs fly-away hair, a 6 or 7 o’clock shadow, an upturned collar, or a photo where you are too cool to wear a cover outside, “I look cute without it.” Wear a hat when outdoors and follow other customs and courtesies. Make sure your uniform and appearance are, at a minimum, satisfactory before posting a selfie. Or maybe the Public Affairs office can look for selfies with uniform infractions and start using them as learning tools at a commander’s call... Too bad Facebook isn’t public domain. #I’mKiddingItTotallyIsLOL.

As I said before, be aware of the background of your selfie. Whether in uniform or at home, don’t let anything distract your viewers from the #IWokeUpLikeThis attractiveness of your selfie.

Now that I’ve touched on some of the professional aspects of selfies #HowIronic, I can get into the important information; how to look good. Even though everyone is flawless the way they are, #littlewhitelie, we all have certain attributes that we would rather not highlight.

Do you get dark circles under your eyes? Don’t stand directly beneath your lighting source; this will put shadows under your eyes. Open windows with indirect sunlight provide flattering, natural, even lighting. If you’re outside, the sun can cast some nasty shadows. Standing somewhere in the shade will give you much better

lighting.

Do you have a prominent forehead? If you’d like to shorten the appearance of your forehead, raise your chin and take your photo from a lower angle.

Moving down the face, if you are self-conscious of your chin there are a few things you can do. If you have a narrow chin, tilt your chin upwards and take your selfie straight on or from above. If you have a double-chin, raise your chin and take photo from a higher angle.

My last tip of the day goes out to those who aren’t #FeelingTwentyTwo. If you don’t understand that reference, then this tip is probably for you. Balding isn’t usually a feature someone wants to emphasize. So if you take your selfie from a lower angle and avoid back lighting, which creates a “halo” effect highlighting your lack of hair, baldness is less obvious. The wrinkles etched into our skin from all those years of laughing and smiling can sometimes make people sad. Don’t be sad! To reduce the appearance of wrinkles, have a lower light source that’s indirect and soft. Light that comes from beneath will softly fill in wrinkles if it’s diffused light, making wrinkles much less pronounced.

By applying a few of these selfie tips, I’m sure together we can make our social media a better place. A place of pride instead of embarrassment, and a place that is a little easier on the eyes. #You’reWelcome.



189th MSG and FSS, 154th TRS see changes of command

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

The 189th Airlift Wing saw three changes of command over three days this month as recent changes at the state level ripple through the Air Guard and the wing.

On Friday, March 6, Lt. Col. Tom Parker took the reins of the 189th Airlift Wing's 154th Training Squadron during a change of command ceremony in building 118. Lt. Col. Don Clark relinquished command of the wing's flying squadron, which is tasked with the base's formal training unit mission in the legacy C-130 aircraft.

On Saturday, March 7, Lt. Col. Patty Clements passed command of the 189th Force Support Squadron to Lt. Col. David Allen during a ceremony in the Operations building

auditorium. Clements moves on as the deputy commander of the Mission Support Group, while Allen is now charged with guiding the wing's human resources functions for Guardsmen.

The weekend culminated with the Mission Support Group change of command on the afternoon of Sunday, March 8 in the 189th Airlift Wing's hangar. Lt. Col. Don Clark accepted command of the group from Col. Tamhra Hutchins-Frye, who is moving on as the Arkansas National Guard's chief of the joint staff under new Adjutant General Maj. Gen. Mark Berry.

The Mission Support Group includes the Force Support Squadron, the Civil Engineering Squadron, Logistics Readiness Squadron, Security Forces Squadron, and the Communications Flight.



Air Force photo by Technical Sgt. Efren Lopez



Air National Guard photo by Senior Airman Ian Caple



Air National Guard photo by Senior Airman Ian Caple

Clockwise from left: Col. Rob Ator, 189th Airlift Wing commander, passes the guidon to Lt. Col. Don Clark as he takes command of the 189th Mission Support Group at hangar 207 on Sunday Mar. 8, 2015; Col. Tamhra Hutchins-Frye passes the guidon to Lt. Col. David Allen as he takes command of the 189th Force Support Squadron at the 189th Operations Group on Saturday Mar. 7, 2015; Col. Domenic Sarnataro, 189th Operations Group commander, passes the guidon to Lt. Col. Tom Parker as he assumes the position of commander of the 154th Training Squadron during a change of command ceremony Mar. 6, 2015.



189AW deployable airmen participate in yearly Expeditionary Skills Rodeo



Air National Guard photo by Master Sgt. Chris Durney



Air Force photo by Technical Sgt. Efren Lopez



Air Force photo by Technical Sgt. Efren Lopez



Air Force photo by Technical Sgt. Efren Lopez

Clockwise from top left: Tech. Sgt. Colton Guilliams, 189th MDG, teaches 189th Airmen techniques for using a stretcher in different situations; Airmen search for information on MOPP procedures during one of the many stages of the Expeditionary Skills Rodeo; A member of the 189th helps his partner suit up during MOPP training; Members of the 189th participate in MOPP exercises during the Expeditionary Skills Rodeo held at the 189th Logistics Readiness squadron on Saturday Mar. 7, 2015.



RESENTMENT

Continued from Page 2

When you've put someone in your jail cell of hatred, you are stuck guarding the door. If you're out to settle a score, you are never going to rest. How can you? Your enemy may never pay up. As much as

you think you deserve an apology, your debtor may not agree. The racist may never repent. The chauvinist may never change. As justified as you are in your quest for vengeance, you may never get a penny's worth of justice. And if you do, will it be enough? You see, resentment is a prison."

Are you holding onto something that is wearing you down? Let it go! (I'm not talking about building snowmen...) Sometimes people go for years and years, or even their whole lives never forgiving and they are the ones who suffer the most! It is liberating to forgive – relationships can

be restored, burdens can be lifted, and hearts can be freed all in the act of forgiveness. My daughter, Rebecca, has a mantra, "Am I loving enough?" Maybe a little more loving and a little less resentment is just what the doctor has ordered for you. Will you fill the prescription?

PME Graduations

Senior NCO Academy

Master Sgt. Michael Tibbs, 123 IS, 18 Feb 2015

Airman Leadership School

Senior Airman Dustin McElyea, 189 LRS, 11 Feb 2015

Senior Airman Ryan Weng, 189 MXS, 12 Feb 2015

Promotions



To Technical Sergeant

Andrew W. Kestner, 189 AMXS

Philip J. Tawney, 189 MXS

Jonathan W. Grady, 189 MXS

Gregory L. Burks, Jr., ARNG HQ

Retirements

Technical Sgt. Keith Michael, Mar. 1, 2015

Senior Master Sgt. Steven Garrison, Mar. 1, 2015

Master Sgt. Michael Parrish, Mar. 31, 2015



To Senior Airman

Justin J. Willis, 189 MXS

Keyon D. Evans, 189 SFS

Hunter B. Weimann, 189 LRS

Jorge R. Cantu III, 189 LRS



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