

189th Airlift Wing WARRIOR



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Arkansas Air National Guard

Little Rock Air Force Base, Ark.

Training mission continues to grow



Technical Sgt. Mitch Hall, 154th Training Squadron, imparts knowledge and wisdom to a student prior to a training flight.

See page 8 for more info and photos



Social media do's & don'ts

Capt. Daryl Taylor
189th Airlift Wing JAG office

What are you saying to Facebook? What are you saying to the world?

Facebook has over 1.44 billion active users (yes, that was BILLION), and Twitter has over 288 million users. Social media outlets have a multitude of benefits. They help us to stay connected to friends and family, and allow us to share moments of our lives through words and photos. However, with all of the benefits of social media, there are some drawbacks.

In my civilian capacity as a lawyer, a great number of the cases I file are founded on inappropriate communication on social media outlets. As I scroll through the timelines of

my own social media pages, I witness the negative, inflammatory and threatening tone of posts. In Arkansas, this sort of inappropriate communication can result in criminal charges like cyberbullying, harassing communication and terroristic threatening. It can also lead to civil suits such as slander and libel. Moreover, inappropriate communication brings discredit to uniform that we choose to wear.

Accordingly, keep these rules in mind when posting to social media outlets: generally, never post when you are in the midst of an emotional circumstance (angry or sad). More specifically, heed to these Rules of Engagement taken from Chapter 15 of AFI

35-113.

a. Airmen should use their best judgment remembering that there are always consequences to what is written.

b. Do not post any defamatory, libelous, vulgar, obscene, abusive, profane, threatening, hateful, racially, ethnically or otherwise offensive or illegal information or material.

c. Identify to readers of a personal social media site or post that the views expressed are yours alone and that they do not necessarily reflect the views of the Air Force.

Before you press "POST," consider, "what am I saying to Facebook, what am I saying to the world?"

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

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Call or email to be added to the distribution list.

SEE FRIENDSHIPS PAGE 3

Rekindling friendships

Chaplain Matt Garrison
189th Airlift Wing chaplain

As the crispness of fall subtly encroaches upon us, I can't help but daydream about my absolute favorite pastime: camping. I love the challenge of finding the perfect spot, setting up the perfect camp-site, cooking the most spectacular meals, tasting French-press coffee from the campfire to which no other cup can ever compare. I love the peaceful sounds of crickets and frogs, the awesomeness of the starlit sky, and the list

goes on. I'm pretty sure I could live permanently in the acquired taste of the great outdoors.

The experience of camping reminds me of my childhood, connects me to nature and often reminds me that I'm not completely in charge.

As much as I might plan and prepare, it almost always happens that nature manages to throw a curve. It may be a freak rain-storm while building camp or packing up. Maybe the temperatures aren't quite as cool or breezy

as anticipated. Maybe the weather is drier than expected, making cooking a little more of a challenge. Or, maybe the remnants of past storms make my trek into the woods more challenging and lengthy than I had hoped.

Whatever the curve-ball, it's a good reminder that I'm not always in control, but I still owe it to myself to plan and prepare as much as I can. No matter the situation, work or play, I need to be prepared at



Hunting and outdoor safety

Master Sgt. J.D. Crawford
189th Airlift Wing Safety

Hunting season in Arkansas will begin in September but, for many avid outdoorsmen, planning and preparation for the hunt begin months in advance.

Being prepared is the key to a successful and safe experience in the outdoors. Part of that preparation is that all persons born after December 31, 1968 must complete the Arkansas Hunter Education Course.

This is a 10 hour course that covers such topics as Know your Firearm, Basic Shooting Skills, Primitive Hunting Equipment and Wildlife Conservation. The 189th Airlift Wing will be hosting this course on September 19th from 0700 to 1700 at the Walters Community Center at the Little Rock Air Force Base. This course is open to all Air and Army National Guard, Active Duty, Reserve, retirees and dependents.

There were 22 hunting related incidents reported in 2014 to the Arkansas Game & Fish Commission. Three fatalities were the

result of careless discharge of a firearm and one fatality was the result of falling from a treestand. Four people died while out doing something they enjoyed and 18 others were injured in some manner. Hunting and enjoying the outdoors should be a time of relaxation, a time to spend with friends and family and a time to build memories that you can tell around a campfire for many years. It's not a time to recover from an injury because you fell from a treestand or had a mishap with a firearm, or mourn the loss of a hunting partner or loved one.

One of the key points taught during the hunter education course is to have a hunt plan. Letting someone know where you will be and when you will be returning can be the difference between life and death. Make sure that you have everything you need to survive in the event you become lost or injured while in the outdoors. Lastly, remember the 'Ten Commandments of Firearm Safety.'

1. Treat every gun as if it were loaded.



Senior Master Sgt. JD Crawford, 189th Airlift Wing Safety, teaches students about the ins and outs of deer during the Hunter Education Course last year. Crawford teaches this 10-hour class each and every year.

2. Always be aware of where the gun's muzzle is pointed.
3. Unload guns when not in use.
4. Be sure the barrel is clear of obstructions.
5. Be sure of your target before you pull the trigger.
6. Never point a gun at anything you do not want to shoot.
7. Never climb a tree or fence, or jump a ditch with a loaded firearm.
8. Never shoot a bullet at a flat, hard surface or water.
9. Store guns and ammunition separately.
10. Avoid alcoholic beverages before and during

shooting.

If you have any questions about hunter safety or other outdoor activities, you can contact Senior Master Sgt. James "J.D." Crawford in the 189th Airlift Wing Safety Office at james.d.crawford28.mil@mail.mil



FRIENDSHIPS

Continued from Page 2

all times; we all do. We should all spend a little time every day making sure that we're prepared for whatever curve-balls life might throw our way.

For me, part of my daily preparation means spending some time in prayer and reflection; making sure that I'm just as much mentally and spiritually prepared as I am physically prepared. Without that critical time

each day, I'm sure the stressors of life would get the best of me.

So, as the weather begins to change, and you begin to prepare for more time spent outside with family and friends in the crisp cool

air, don't forget to make sure you are fully prepared in body, mind and spirit, for all that life has to offer.

If you need any help making sure your plan is balanced, don't hesitate to contact your chaplain team.



Warrior of the Month: A1C Candace Culbertson

Rank and Name: A1C Candace Culbertson.

Unit: 189th Logistics Readiness Squadron.

Job Title: At Supply/ Mobility Section as a Materiel Management Handler.

Status: First and foremost I am a Christian. Next would be a Wingman, Leader, Warrior. In the Arkansas Air National Guard I am a Skill Level 5: Journeyman. As a civilian, I am a college student, an employee, and a Notary.

Civilian Employment: I work at the University of Arkansas Federal Credit Union (UARK FCU).

Hometown: North Little Rock, Arkansas .

Family: I was raised by a single mother of three, of which I am the youngest. I also have two nieces and two nephews.

Why I joined the Guard: Once I graduated High School, I went straight into the work force having little time to pursue further education. After a few years I realized I needed more stability as I matured in life. The Guard provided that stability for me. Although I am in college and working a full time job, I also have something else to fall back on and add to my resume.

Rewarding part: The most rewarding part of my job I would have to say is just coming in wearing the USAF uniform. I get the greatest satisfaction in knowing I am a part of something GREAT!

Hobbies: My hobbies consist of working and studying. I enjoy being able to provide for myself and establishing paths that will help my future self. I believe the key is in determination and dedication.

A perfect day: A perfect day for me would be somewhere unfamiliar, experiencing something new in life, seeing something I've never seen or doing something I've never done. Gaining new experiences is one of my greatest desires.

I admire: Other than my admiration and love for my nieces and nephews, one thing I admire

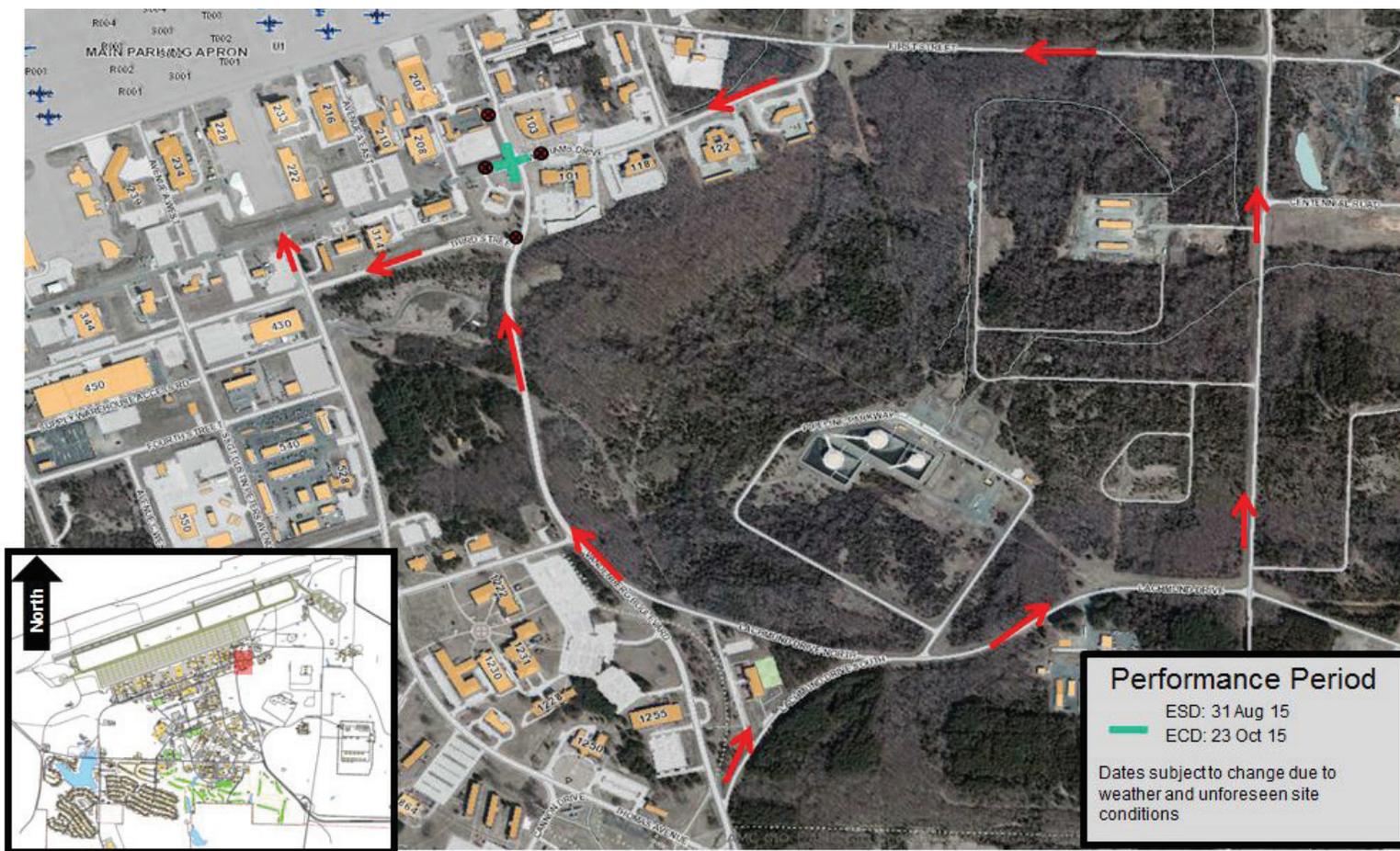


most about myself is my growth. Being raised in a poor community by a single mother was very difficult. I have worked since I could work. I finance myself and take care of my responsibilities. I have two jobs, one very honorable but both commendable and I am also pursuing a college degree. This is not only beneficial for myself but for my nieces and nephews; I want to be the best example for them so they can succeed in life as well.

Something no one knows: If I told you something no one knew, then everyone would know. So just know that I am very hard working and dedicated to succeeding at everything I do. I am consistent, dependable and an overall pleasure to be around. I am young and motivated, willing and ready to make a difference in the civilian world and also in the United States Air Force.



LRAFB construction to improve intersection at 189th



The base has begun construction on a project to repair the intersection of Vandenberg Boulevard and MSgt. Dan Wassom Road (the 4-way stop in front of the 189th Airlift Wing headquarters building and the Minuteman statue). Work is expected to begin on August 31 and is estimated to be complete by around the end of October. While this work is underway, most of the 189th campus will be accessible only by taking a detour around the east side of the campus. If coming from the front gate, this detour will involve turning right on Lachmund Drive (near the day care center) followed by a left on Marshall Road (towards the 1.5 mile physical fitness assessment route), and finally taking another left onto First Street, which will lead to the east side of the 189th Campus. The initial turn onto Lachmund Drive will be well marked by a large detour sign.



Check us out on the follow social media outlets!

(Click the links to visit each page!)



www.facebook.com/189aw



www.instagram.com/189aw



www.twitter.com/189aw



www.youtube.com/189thairliftwing



AROUND THE WING



Air National Guard photo by Senior Airman Ian Caple



Clockwise from left: Chief Sean Harre, 154th TRS loadmaster, exits a C-130 after his his last flight as a loadmaster on Aug. 6, 2015. Here his family and friends spray him with water; Maj. Chris Wolter, former commander of the 189th Communications Flight, officiated the retirement of Chief Master Sgt. Wade McClean on Aug. 1, 2015. Chief McClean retired after 29 years of Air Force and Air National Gaurd service; Lt. Col. Todd Stuff, the 189th Airlift Wing Inspector General, accepts a certificate for 15 years of service as a federal technician in the Air National Guard from Col. Joe Wilson, the wing vice commander; Master Sgt. Ben Howell with the 189th Communications Flight was honored with a coin presented by Mr. Richard Myers of the Little Rock Air Force Base Safety Office. Master Sgt. Howell lent his audio/visual expertise for a base safety day held in May; Lt. Col. John Hunt recieves his Certificate of Retirement from Lt. Col. Susan Dickson in the Ops Auditorium on Aug. 2, 2015.



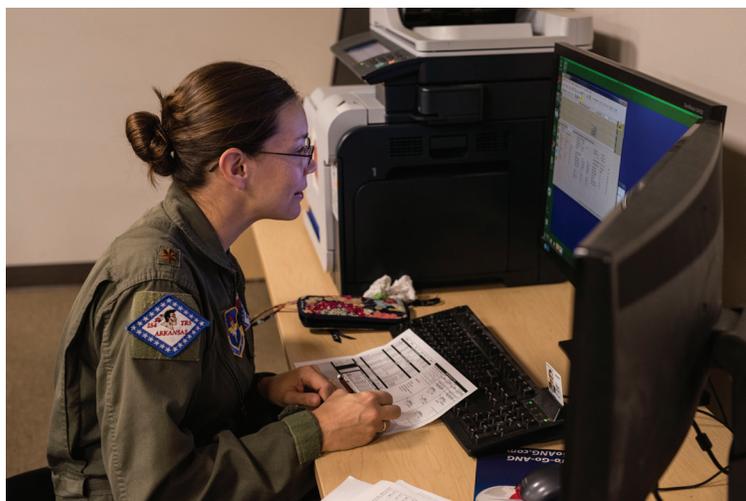
Air National Guard photos by Master Sgt. Christopher Durney



Training mission continues to grow



Clockwise from top: Senior Airman Daniel Tremblett, left, of the 328th Airlift Squadron, 914th Airlift Wing, Niagra Falls Air Reserve Station, is trained by Tech. Sgt. Mitch Hal, center, of the 189th Airlift Wing's 154th Training Squadron, and Staff Sgt. Brittan Hahn of the active duty 314th Airlift Wing's 62nd Airlift Squadron. The Arkansas Air National Guard unit is responsible for all C-130 H flight training, working closely with the 314th at the Little Rock Air Force Base, Jacksonville, Arkansas; Capt. Jeremy Reynolds, left, of the 440th Operations Support Squadron, 440th Airlift Wing, Pope Field, North Carolina, receives pre-flight instruction from Lt. Col. Chris Raymond of the 189th Airlift Wing's 154th Training Squadron; Maj. Sarah O'Banion of the 189th Airlift Wing's 154th Training Squadron prepares for an early morning flight training mission.





FOD WALK



Members of the 189th Airlift Wing gather at the northwest corner of Hangar 207 every month to volunteer their time to participate in foreign object debris (FOD) walks. Once everyone is gathered, Master Sgt. Justin Tierney, who heads the monthly FOD walks, briefs Airmen on what to look for, what not to bring on the flight line and what to do once they are done. After walking the length of the 189th's flightline area, Airmen usually come back with a plethora of random objects that have flown onto the flightline each and every day. Doing these walks keeps our Airmen and aircraft safe by decreasing the chance of foreign objects flying into engines and/or hitting passerby. You can help the wing by volunteering every month! The more the merrier.





Promotions



To Master Sergeant
Matthew Hunter, 189 MSG
Brian Swanson, 154 TRS



To Technical Sergeant
Jacob Ellis, 189 SFS



To Staff Sergeant
Vicki Wray, 189 AW
Justin Harmon, 189 SFS
Dylan Seaton, 189 CES



To Airman 1st Class
Ray Whitmore, 189 AW

Retirements

Lt. Col. David Treybal, 154 TRS, 1 Aug 2015
Tech. Sgt. Raymond Caldas, 189 MXS, 19 Aug 2015

PME Graduations

Airman Leadership School

Senior Airman Dylan Seaton, 189 CES, 1 July 2015
Senior Airman Steve Byrom, 189 MXS, 1 July 2015
Senior Airman David Sweere, 189 CES, 15 July 2015
Senior Airman Whitney Cunningham, 189 LRS, 15 July 2015

Non-Commissioned Officer Academy

George Lee, 189 LRS, 2 Aug 2015

The RAT Corner

QUICK NOTES:

We are always recruiting for new members to join the Rapid Augmentation Team so please spread the word. As we lean into future operations I believe we will be as busy as ever and therefore need to always be ready at a moment's notice. Please contact the Emergency Management flight if you would like to join or if you would need to leave the team so we can update our recall list.

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.

CONTACT INFO:

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