

# 189th Airlift Wing WARRIOR



Vol. 17 No. 10

November 2015

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

## 189th participates in Veterans Day Run

Col. Chris Montanaro,  
189th Maintenance Group  
commander, leads a group  
of 189th Airmen during  
the Veterans Day retreat  
run on Nov. 10, 2015

*See page 7  
for more*



Chaplain's article, Pg. 2 // Holiday Safety, Pg. 3 // Warrior of the Month, Pg. 4 // Spouse Orientation Flight, Pg. 5  
Around the Wing photo feature, Pg. 6 // Veterans Day run, Pg. 7 // Promotions, retirements and graduates, Pg. 8



# Lessons of Resiliency

**Col. Robert Ator II**  
189th Airlift Wing commander

Happy Holidays and a very Merry Christmas!

There is so much to be thankful for these days, especially if we break away from the headlines and look at the big picture of where we are and where we are going. Most recently, I relearned the lessons of resiliency with two back surgeries in four months. Let me assure you that I am on the mend, but let me share some lessons I learned along the recovery trail. First,

my family continues to be incredible and give me my reason to fight through pain (mental) and my faith that I would get better and that each of you would continue the amazing work of the Wing. I am especially indebted to Col Wilson and your group commanders, each performed brilliantly to give you the leadership you each deserve (spiritual and social). I was reminded of the great care we receive because for the first time in many months, I am

SEE HOLIDAYS PAGE 8



**Col. Robert Ator**

# The Holiday Blues

**Chaplain (Maj.) Ron Pierce**  
189th Airlift Wing Chaplain

I don't want you to be blue this holiday season (and I'm not talking about lights)! So, how do you beat the holiday blues?

First of all, it is important to go into the holiday season with the proper perspective. Make up your mind that you are going to enjoy making memories with family and friends, and don't let other stressors get in the way of that lofty goal. Let's face it, the holidays can in some ways be a dreaded time because of what it has become – extreme shopping and spending, crowds, busy schedules, picking out gifts, etc. We can get so bogged down in all of that, we push out any chance of enjoying moments with each other and celebrating life. But, somewhere up above all those advertisements for what to spend your money on (that you don't have), there are more important ideals to focus on – family, friends,

relationships, thankfulness, cheer, celebrating, relaxing, giving, etc.

Ok, now that you have the proper perspective, here are a few tips to help stay on that path. Remember to keep what is really important a priority – don't get sucked into the abysmal hole of materialism or way overbooking your schedule. Pace yourself with time and spending, and be able to say "no". Make sure to plan some social time for the holidays. Don't go through the holidays alone. This is especially important if you are feeling down. People can cheer you up! Make sure to keep up the exercise and don't go too crazy with the holiday foods. While it is a great time of the year to enjoy all the delicious treats, eating bad and forgetting to exercise is not good for your body and can contribute to how you feel. Make sure you don't overspend. Many people get depressed at the very thought of how much they are going to spend over the holidays.

Solution? Don't spend it! Please, set a realistic budget according to your means and don't go into debt over gifts! It's not worth it.

Finally, a few words of encouragement if you are facing emotional pain caused by loss. Try not to stay in the past. Someone once said, "When there is a loss or a change in our lives, our traditions must change – and that is hard because we will miss our favorite things." Be open to new traditions and new interactions. Take the best of the old, and embrace the new. Don't try to suppress your pain. Acknowledge your grief and work through it with others you can trust. Let others help support you emotionally and look for ways to forge ahead. As we experience this holiday season, let it be a time of refreshing to "wrap up" the year – a time to reflect, a time to enjoy the "present," and a time to prepare for a new beginning in 2016.

[www.facebook.com/189AW](https://www.facebook.com/189AW)

[www.instagram.com/189AW](https://www.instagram.com/189AW)

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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.caple@ang.af.mil](mailto:ian.caple@ang.af.mil).

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# Holiday Safety



Thanksgiving and Christmas are just around the corner and many of you will be traveling, putting up decorations and consuming vast amounts of delicious food. We've all seen the movies where decorating for the holidays becomes a slapstick fiasco (National Lampoon's Christmas Vacation comes to mind). You may want to deck your home out for the holidays but you don't want to create a holiday hazard.

Before crawling up on the roof to string miles of Christmas lights, you need to know that, every year hospital emergency rooms treat about 12,500 people for injuries such as falls, cuts and shocks related to holiday lights, decorations and Christmas trees, according to the U.S. Consumer Product Safety Commission (CPSC). And let's not forget that all of these precautions apply to workplace decorating too. Here are a few tips for ladder safety when hanging decorations:

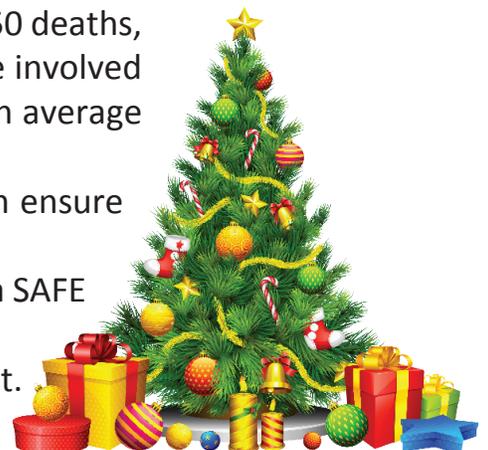
- 1. Carefully inspect the ladder for defects, checking for cracks and corrosion, and that bolts and rivets are secure.**
- 2. Make sure the ladder's feet work properly and have slip-resistant pads.**
- 3. Use a fiberglass ladder if there is any chance of contact with electricity.**
- 4. When setting the ladder, look for a safe location with firm, level, footing and rigid support for the top of the ladder. Be sure to set an extension ladder at an angle per the manufacturer's guidance. (Your ladder should be one foot away from the structure for every four feet of ladder height.)**
- 5. When climbing off of a ladder at an upper level, make sure the ladder extends three feet above the landing.**
- 6. When climbing the ladder, use three points of contact at all times.**
- 7. Never carry a load that could cause you to lose your balance.**
- 8. Never stand on the top of a ladder.**
- 9. Don't pull, lean, stretch or make sudden moves on a ladder that could cause it to tip over.**
- 10. Avoid setting the ladder next to exit doors, near the path of pedestrians or vehicular traffic.**

In addition, candles start about 11,600 fires each year, resulting in 150 deaths, 1,200 injuries and \$173 million in property loss. Christmas trees are involved in about 300 fires annually, resulting in 10 deaths, 30 injuries and an average of \$10 million in property loss or damage.

Remember that good planning and the use of risk management can ensure that you and your loved ones have a safe and enjoyable holiday.

From the Safety Office we wish you a SAFE Happy Thanksgiving and a SAFE Merry Christmas.

- Lt. Col. Jim Gourde, Senior Master Sgt J.D. Crawford, Master Sgt. Brian Mortier and Technical Sgt. Tiffani Sherrill





# Warrior of the Month: Technical Sgt. Shawn Fahey



**Rank and Name:** TSgt. Shawn M. Fahey

**Unit:** 189th Logistics Readiness Squadron.

**Job Title:** Supply Technician.

**Status:** AGR.

**Hometown:** Hammond, Indiana.

**Civilian Employment:** 189th Logistic Readiness Squadron.

**Family:** Michelle R. Fahey (wife), Patrick T. Fahey (son), and Olivia R. Fahey (daughter).

**Why I joined the Guard:** After leaving Active Duty, I felt the need to continue my military career. The Arkansas Air National Guard afforded me the opportunity to continue my military career and be there for my family.

**Most rewarding part of my job:** Being able to assist my customers in keeping the mission going.

**Hobbies:** Bowling and fishing.

**My favorite movie is:** "Facing the Giants."

**My favorite TV Show(s):** "American Pickers," "Chopped," "Diners, Drive-ins and Dives" and "BBQ Pitmasters."

**My favorite book:** "The Illustrated Man."

**A perfect day would be:** Spending the day with the family in Branson, Mo.

**I admire:** My wife for the sacrifices she makes as a military spouse.

**Something no one knows about me:** I am hooked on cooking shows.



# Spouse Orientation Flight



On a beautiful November 7th, 189th Airlift Wing spouses were given the rare opportunity to experience the Air Guard mission up close and personal. Approximately 35 wives and husbands were given a briefing on the wing's mission and, in two groups, provided an orientation flight on a C-130 H. Above: One group of spouses stand next to their "ride." Clockwise from below left: One of the wing's pilots prepares for a flight; a 189th loadmaster helps get everyone strapped in; spouses are given a quick look at the wing's mission; deplaning after the first flight; happy wives prior to take off. (Air National Guard photos by Master Sgt. Chris Durney)





# NOVEMBER AROUND THE WING



**CLOCKWISE FROM TOP LEFT:** Mark Hart, 189th Logistics Readiness Squadron commander, is pinned a Lt. Col., by his wife and oldest son during a promotion ceremony Nov. 7, 2015 at the 189th Airlift Wing campus of the Little Rock Air Force Base; Newly-promoted Lt. Col. Clifford Franklin, 189th Maintenance Group deputy commander, gets help with his new rank from his daughter and wife during his promotion ceremony Nov. 8, 2015; Members of the Yellow Ribbon group gather for a During Deployed Yellow Ribbon event for spouses of the deployed on Nov. 7, 2015 at the Walter Community Center at Little Rock Air Force Base.





# Veterans Day Retreat Run



**CLOCKWISE FROM TOP LEFT:** Col. James Dryjanski, 314th Airlift Wing commander, Col. Jeffrey Gast, 314th Airlift Wing vice commander and Chief Master Sgt. Brian LaBounty, 314th Airlift Wing command chief, lead the pack during a Veteran’s Day retreat run on Nov. 10, 2015.; Col. Chris Montanaro holds the guideon steady before the run begins, Col. Montanaro speaks with 189th Airmen about the run and why they participated; Members of the 189th Airlift Wing, 19th Airlift Wing, 314th Airlift Wing and 913th Airlift Group run across Little Rock Air Force Base in honor of Veterans Day; Members of the 189th Airlift Wing run past at the beginning of the Veterans Day run.



*Photography by Senior Airman Ian Caple*



# Don't campaign for trouble!

## *Be smart about political activities*

2016 is an election year and federal, state and local political campaigns are already in full gear. Department of Defense Directive 1344.10 will help you exercise your rights and keep you clear of trouble.

- **From beginning to end:** A political campaign or election begins with a formal announcement by a candidate, and does not end until a week after the election.
- **Exercise your rights:** All members of the armed forces are encouraged to carry out the obligations of citizenship. The Federal Voting Assistance Program works to ensure all service members who want to vote have the tools and resources to successfully do so from anywhere in the world.
- **But, don't be partisan:** Don't engage in partisan political activities to avoid the perception of DoD sponsorship, approval or endorsement, including wear of the uniform at any political event.
- **What is prohibited?**

Don't campaign for a candidate, campaign or cause as a member of the military.

Don't solicit contributions, march in a parade or go to a partisan event in uniform.

Don't show up in a campaign commercial as a member of the military.





## HOLIDAYS

Continued from Page 2

(physical and mental). Most of all I am thankful for YOU, because I knew without a doubt that you would carry the mission, carry each other and carry me (mental and social). I am thankful for you and your families for what you do every day, and the values you exhibit in your every act. I am back on my feet because of YOU. Thank You!

Let us also be thankful that we are closing a very successful year! We trained 600 students without enough aircraft, while maintaining a fleet twice the size we are manned for. The Wing

supported the FTU mission and still deployed two of our squadrons into harm's way.

We deployed the wing to Gulfport and showed how Airmen take care of each other.

We sent people and aircraft to a partner nation in Guatemala to strengthen our relationships.

We did all this while keeping our eyes to the future with a possible addition of a cyber mission to the wing, standing up a test operation for the C-130, building a training capacity for maintenance, and increasing our partnership with the 314th Airlift Wing through MOAs in the C-130J. You all have been busy and it is a joy

to watch how "Excellence" is done, and done right!

I am so very thankful of the work of all our chiefs, especially Command Chief Sowell, in developing our Airmen to ensure they have a voice and a clear and unmistakable path to their full potential. We will continue to grow in how we develop our Airmen and will use our professional organizations as a springboard to get that done.

More than anything else, I am thankful how you each live your lives and care for each other. Again and again you have demonstrated how to be a Wingman and create an environment where all are

safe and encouraged to grow to your full potential.

It is my sincere hope that you will take time to count your blessings, enjoy your family, and take some much deserved time off to recharge your batteries. Please be safe as you are all vital to this Wing and we need you back for what looks to be a very full and exciting 2016.

I again want to thank you for the distinct honor of serving with you, and I assure you that you fill my tank with renewed energy every day. To each one of you, please have a very Merry Christmas!

# Influenza (Flu) Vaccine and What You Need to Know

The Center for Disease Control, [www.cdc.gov](http://www.cdc.gov), states that **Influenza (flu)** is a contagious disease that spreads throughout the United States every year, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can contract the flu and when they do, it strikes suddenly and can last several days, with varying symptoms that can include: fever/chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose. Flu can also lead to pneumonia and blood infections, and can cause diarrhea and seizures in children. If you have a medical condition, such as a heart or lung disease, flu can make it worse.

Flu is more dangerous for some to include infants/young children and people over 65, pregnant women, and those with health conditions or a weakened immune system are at greater risk. Thousands of people are hospitalized and/or die from flu every year. The Flu vaccine can keep you from getting the flu, if you get the flu it can make it less severe and it can keep you from spreading the flu to your family and other people.

A dose of flu vaccine is recommended **every flu season** adding children younger than 9, may need two doses during the same flu season.

The live, nasal spray should be given to healthy, non-pregnant people. This spray is made from weakened flu virus and does not cause flu. Each year this spray is made to protect against four viruses that are like most likely to cause disease in the upcoming flu season. When the vaccine doesn't exactly match the four viruses, it may still provide protection. It takes about 2 weeks for protection to develop after vaccination, and protection lasts through the flu season.

If you have questions on what vaccination you should receive, injection/nasal spray, we ask that you visit the CDC website or contact us here at the **189 Medical Group, 987-6951**.



# Promotions



## To Captain

Jeffrey Alan Porter, 189 FSS



## To Senior Master Sergeant

Jeremiah Joseph Brewer, 189 FSS

Jacob Ezekial Lambert, 189 CF



## To Master Sergeant

Jonathan David Darnall, 189 MDG



## To Technical Sergeant

Phillip Ryan Council, 154 TRS



## To Staff Sergeant

Christopher Kelley Townsend, 189 MXG

Shawn Paul Huckey, 189 MXG

Jonathan Paul Summers, 189 MSG

Alexander Joseph Bush, 189 MXS

Ellen Renee Pratt, 189 AW



## To Senior Airman

Zachary B. Bell, 189 MSG

Chase N. Erickson, 189 MSG

# Retirements

Master Sgt. Joanne Ruffner, 189 CES, 20 Nov 2015

# PME Graduations

## Senior Non-Commissioned Officer Academy

Master Sgt. James Epperson, 4 Nov 2015, HQ AR ANG

## Airman Leadership School

Senior Airman Scotty Strayhorn, 18 Nov 2015, NGMTC

## The RAT Corner

*By Master Sgt. William Catton*

Emergency Management Superintendent

### 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 of 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.

### CONTACT INFO:

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

