

189th Airlift Wing



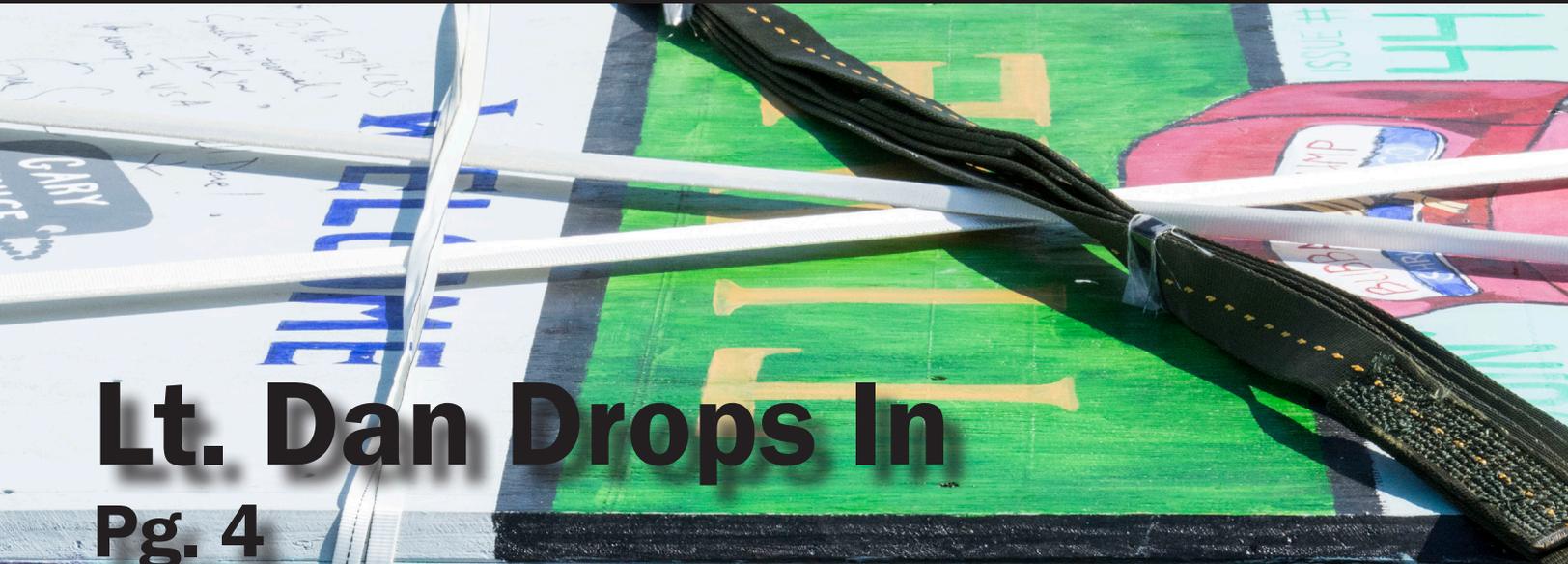
WARRIOR

Vol. 18 No. 4

May 2016

Arkansas Air National Guard

Little Rock Air Force Base, Ark.



Lt. Dan Drops In

Pg. 4



Photo by Senior Airman Kayla Edwards



AWESOME WASSOM SOME WASSOM

189th Airlift Wing

June 4
2016



2-HOLE
PUNCH
&
RON
POWELL

Open to
anyone
with
base
access!

COOL/KOOKY COSTUME 5K

This Year's Theme: HOLLYWOOD MOVIES ♦ \$30 until May 31 ♦ \$40 after May 31 ♦ Top Prize \$250

Come celebrate the incredible life of Dan Wassom at the 2016 AWESOME WASSOM COOL/KOOKY COSTUME 5K! This year's theme is Hollywood Movies and everyone is highly-encouraged to run in costume. **There will also be a 0.5K for children before the official race.** Registration includes t-shirt, race bib & chip, and gift bag with tons of goodies. The top prize of \$250.00 goes to each of the fastest male and female in full costume. Prizes for top male/female runners, top costumed male/female runners, best costume. For more information, check out Facebook at Awesome Wassom Cool/Kooky Costume 5K. Get registered at: <http://getmeregistered.com/AwesomeWassom>

www.facebook.com/189AW

www.instagram.com/189AW

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Open
Editor

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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. Call or [email](#) to be added to the distribution list.

BOUNDARIES

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

Boundaries are very important. For thousands of years, people have marked their land with boundaries – so we know what is ours at what is theirs. This concept applies, not just to land, but also in every facet of our lives.

We should always be mindful of personal boundaries so that we don't let others encroach on our turf and also so that we don't encroach on the turf of others. It works both ways. If we step over someone else's boundary, we are taking advantage of them. If we let others step over our boundaries then we are letting them take advantage of us. Neither situation is healthy.

As a chaplain, I often come across individuals or families who are struggling with various issues, and the culprit is some type of unhealthy boundary! It is important to understand that we all have a right to protect our boundaries and we have a responsibility to respect other's boundaries.

Here are some tips concerning healthy and unhealthy boundaries.

Signs of unhealthy boundaries:

- Going against personal values or rights in order to please others.
- Giving as much as you can for the sake of giving.
- Taking as much as you can for the sake of taking.
- Letting others define you.
- Expecting others to fill your needs automatically.
- Feeling bad or guilty when you say no.
- Not speaking up when you are treated poorly.
- Falling apart so someone can take care of you.
- Falling "in love" with someone you barely know or who reaches out to you.
- Accepting advances, touching and sex that you don't want.
- Touching a person without asking.
-

Establishing healthy personal boundaries:

- Know that you have a right to personal boundaries.
- Recognize that other people's needs and feelings are not more important than your own.
- Learn to say no.
- Identify the actions and behaviors that you find unacceptable.
- Trust and believe in yourself.
- When we have healthy boundaries:
 - We have improved self-confidence and a healthy self-concept.
 - We are more in touch with reality.
 - We are better able to communicate with others.
 - We have more fulfilling relationships.
 - We have more stability and control over our lives.
 -

(Partially adapted from "Healthy Personal Boundaries and How to Establish Them by Z. Hereford at essentiallifekills.net)



Lt. Dan Band Drops In

LITTLE
ROCK
AIR FORCE
BASE, Ark.

Thunderstorms didn't stop actor Gary Sinise from getting to see a hand-painted version of his famous Lt. Dan character from the movie *Forrest Gump*. Especially one that would soon be dropped out the back of an Arkansas Air National Guard C-130.

Sinise visited the 189th Airlift Wing's Aerial Port April 29 to see a special Bubba Gump/Lt. Dan heavy training platform painted by two members of the 189th Logistics Readiness Squadron. The Lt. Dan Band visited Little Rock Air Force Base to perform a free concert for service members and their families as part of a USO tour.

Staff Sgt. Dustin McElyea and Senior Airman Jorge

By Senior Airman Kayla Edwards
189th Airlift Wing Public Affairs

Cantu created the special design on the platform in honor of Sinise's visit to the central Arkansas base, and his well-known support of the military.

"We knew that Gary Sinise was going to be doing a visit to the base and an idea was brought together to actually do a *Forrest Gump* pallet. Once we started doing the planning and layout, we were sketching, gathering ideas about what to do and Sgt. McElyea started with the Tom Hanks portrait on top and I started with the USO symbol on the front. We just kept working our way around the sides and the last part we added was the Lt. Dan Band stencil that I painted the day of his visit," explained Cantu.

Photo by Senior Airman Kayla Edwards



Clockwise from top: Famed actor Gary Sinise is greeted by Col. Robert Ator II, commander of the 189th Airlift Wing, as he arrives at the 189th Logistics Readiness Squadron's Aerial Port. Sinise enjoys looking over a special heavy air drop training platform that was hand-painted with scenes from the movie *Forrest Gump*. Sinise signs a portion of the pallet depicting Lt. Dan. Sinise visits with members of the 189th Logistics Readiness Squadron, l-r, Senior Airman Jorge Cantu, one of the artists, Staff Sgt. Bradley Clark, actor Gary Sinise, Master Sgt. David Smith, Tech. Sgt. Kyle Robertson and Staff Sgt. Dustin McElyea, the other artist. Sinise puts his autograph on a special hand-painted heavy air drop training platform. The actor, best known for his roll as Lt. Dan in the movie, was at Little Rock Air Force Base as part of the Lt. Dan Band USO tour and took time out of his busy schedule to visit the Air National Guard campus and see the special pallet April 29. The platform was air dropped May 14 over the Blackjack drop zone near Romance, Arkansas.

Photos by Master Sgt. Chris A. Durney



-Cont. from pg. 5

McElyea and Cantu used some stencils to paint lettering and numbers on the pallet, but the majority of the work was done freehand.

“In total, it took us about a week to complete it. We painted after work, skipped lunch and tried to find an hour here or there during our day to get it done,” said McElyea.

Although delayed by bad weather, Sinise kept his promise to tour the 189th and visit with the airmen who hand-painted the heavy training platform just a couple of hours before his concert was scheduled to begin. Staff Sgt. McElyea and Senior Airman Cantu received heaping praise and thanks for the work they did painting the pallet, especially from Sinise, who was overwhelmed by the details and movie references they included on the pallet.

“He was definitely impressed and excited to see it. As he signed the pallet and noted my attention to detail, and thanked me for painting him with nice forearms,” Staff Sgt. McElyea said with a chuckle. Sinise signed the pallet, took photos with unit members and spoke about his love for the military and the veterans in his family.

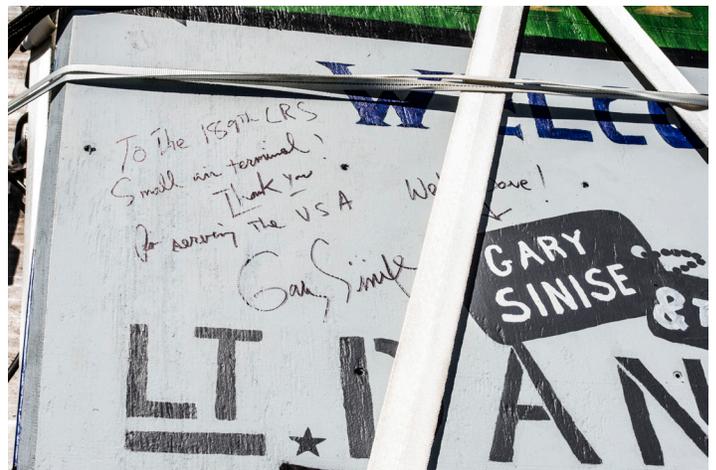
The 189th LRS Aerial Port prepares about five heavy training platforms per day in support of wing training missions. Pallets, which weigh about 2,700 lbs., are rigged with parachutes and loaded onto C-130



H aircraft and precision air-dropped at the Blackjack drop zone, near Romance, Arkansas. After each drop, the Logistics Readiness crew recovers each pallet and returns them to Aerial Port for future training missions.

The special pallet took its first ‘flight’ early on the morning of May 14 during a weekend training flight. The extraction went off without a hitch and the platform was recovered for future use.

The 189th Airlift Wing flies the C-130 H model aircraft and is responsible for the legacy C-130 Formal Training Unit mission. The wing trains more than 700 pilots, navigators, loadmasters and flight engineers, including international and inter-service students.



Top right: A 189th Logistics Readiness Squadron K-loader delivers the platform to an Arkansas Air National Guard C-130. Above left: The hand-painted platform sits ready for its first air drop on May 14. Above right: Actor Gary Sinise’s message to the members of the Aerial Port. Left: Sinise’s autograph on the hand-painted pallet.

Photos by Senior Airman Kayla Edwards



A happy, safe summer is only a Check 3 away

Senior Master Sgt. J. D. Crawford

189th Ground Safety Superintendent

This spring and summer, many of us will be enjoying the things we were dreaming about during the cold winter months. Trips to the lake, camping at your favorite spot, completing that home project or just taking a road trip to visit friends and family. All these activities and many more come with some degree of risk, so preparing yourself and your family will ensure they are enjoyable and safe.

Arkansas is blessed with an abundance of lakes and waterways, where you can fish, ski, wakeboard or float leisurely down a river. The Arkansas Game & Fish Commission reports that each year in Arkansas there are an average of 74.4 accidents reported in the state. In 2014 there were 72 accidents which resulted in nine fatalities and 34 injuries. The nine fatalities that year were all due to drowning, and not a single victim was wearing a life jacket when they entered the water. It is state law that persons being towed, persons under 13 years of age and persons on personal water craft are required to wear a life jacket.

While at the lake you might also be camping and enjoying the many hiking trails that the area has to offer. Camping is a great way to get physical activity. Do things such as walking, hiking, biking or swimming to stay active during your camping trip. Be sure to bring protective gear, such as helmets, sturdy shoes, and life jackets. Avoid poisonous plants, like poison ivy, poison oak and poison sumac. Know your limits, and take steps to avoid injury during activities. If camping in a tent or RV, know that carbon monoxide is odorless and colorless and can cause illness or death in people and pets. Never use fuel-burning equipment such as gas stoves, heaters, lanterns, and charcoal grills inside a tent, camper, or other enclosed shelter.

The majority of us have projects that we want to accomplish during the summer months. Gardening, yard work, building a new deck or just mowing the lawn also come with their share of dangers. Be sure you know how to operate the equipment. Know where the controls are and what they do. Make sure the equipment is in proper operating condition and guards or other safety devices have not been removed or disabled. And always wear personal protective equipment while using these items.

The Consumer Product Safety Commission reports that each year 230,000 people are treated in hospital emergency rooms for injuries relating to various lawn and garden tools.

Participation or involvement in these and many other activities require planning and preparation to ensure that they are safe and enjoyable. One good way is by using the Check 3, GPS model. This allows a quick review of your activity to highlight any issues or hazards. For instance, "G," or gear, may encompass details such as personal protective equipment, your vehicle, or availability of drinking water. "P," or plan, may encompass the time line, weather, sequence, emergency contact/backup, as well as other facets. "S," or skills, may mean are you rested for the activity, or your overall experience level with the activity. If you see an issue or hazard in any of the areas, then assess if you can adjust an area to mitigate the hazard, especially the plan.

This framework allows anyone, regardless of experience or knowledge, to have a quick mental method to begin assessing all their activities. As a person becomes more experienced and knowledgeable in any activity, their "Check 3" will become more effective. For more information go to <http://check3gps.com/>



www.facebook.com/189aw



www.instagram.com/189aw



www.twitter.com/189aw



www.youtube.com/189thairliftwing



Top: Gen. Frank Grass, chief of the National Guard Bureau, thanks members of the Arkansas National Guard for their help during his recent visit to Arkansas April 29, 2016. **Middle:** Col. Joe Wilson, vice commander of the 189th Airlift Wing, personally leads a tour of the maintenance hanger for 14 foreign exchange students May 11, 2016. **Bottom:** Master Sgt. Justin Tierney, Inspector General Office superintendent, receives the 2015 Air Force Association Airman of the Year award May 14, 2016. The awards was presented by Jerry Reichenbach, Air Force Association chapter president.

Arkansas Governor Asa Hutchinson is presented the Employer Support of the Guard and Reserve Patriot Award by Maj. Gen, Mark Berry, the adjutant general of Arkansas, and Arkansas state Senator Jane English.



Top left and right: students from Pulaski Academy toured the 189th Airlift Wing Thursday and Friday May 13 and 14, and had a great time checking out a C-130 and a fuel truck. **Above:** 2nd Lt. Michelle Malone receives a surprise ‘thank you’ from Col. Robert Ator II, commander, and Col. Joe Wilson, vice commander of the 189th, for her time with the unit as the enlisted executive assistant. **Left:** Home schooled children and their mothers got the chance to tour the wing and see a C-130 H up close, thanks to Master Sgt. Bobby Dugger, who arranged the special tour. **Bottom left:** Brig. Gen. Kurt Vogel, commander of the Arkansas Air National Guard, coins Matthew Head, a member of the 189th Student Flight, during a visit May 15. The overhead projector provided the interesting image on Matthew’s face.



Com Flt. Airmen awarded medal multitude

Lt. Col. Eric Polta, 189th Communications Flight commander, handed out awards May 15 to several members of the flight for their hard work and dedication to the unit's mission, including two Meritorious Service Medals.



Senior Airman Austin Appleby – Air Force Achievement Medal.



Tech. Sgt. Olda Cannon – Air Force Commendation Medal.



Tech. Sgt. Salvador Diaz III – Air Force Commendation Medal.



Tech. Sgt. Earnest Donnell – Air Force Commendation Medal.



Master Sgt. Benjamin Howell – Meritorious Service Medal.



Master Sgt. Kenneth Jones – Meritorious Service Medal.



Tech. Sgt. Tammalah Matlock – Air Force Commendation Medal.



Senior Airman Eric Richard – Air Force Achievement Medal.



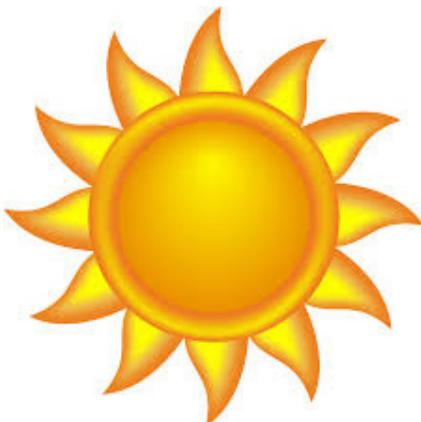
Staff Sgt. Jeremy Skaggs – Air Force Commendation Medal.



Staff Sgt. Cody Smith – Air Force Commendation Medal.



Staff Sgt. Zachary Stookey – Air Force Commendation Medal.



189th Airlift Wing Family Day

June 4, 2016 1030 - 1400

LRAFB Big Lake

Free Food ♦ Bounce House

Archery Stations ♦ Face Painting ♦ & More!



A Minute with the IG

*The 189th Inspector
General Office*



“How do I know which communicators to load?”

Everyone has the ability to search for communicators (formerly checklists, except when referenced in MICT).

Searches can be done for a communicator or for individual communicator questions. Once a specific communicator is located, it can be tracked or a new instance of the communicator can be created from the “Search” screens, depending on your permissions.

You begin the search from the “Search” tab in MICT. You have three options to search by: Checklist, Checklist Questions, and Assessed Questions. “Checklist” is the search you will use

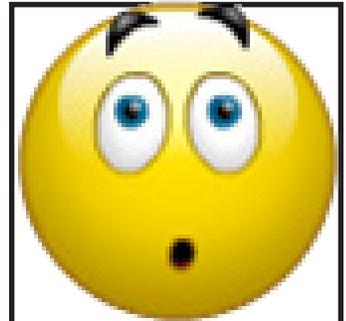
most often.

Once you select “Checklist” you can narrow the search by filters from the drop-down menus. You can filter “MAJCOM” by selecting HAF, then AETC, and ANG. You can also filter the directorates but it’s actually better to leave the default “All Directorates.”

Next you can do a “Wildcard Search” to find communicators that pertain to your core area duties and additional duties that you are assigned. It’s best to use the wildcard search as you have to be very specific when using the “Search by

Title” filter. To view a more consolidated screen set your page size to 50. Click on the title of communicator to view the entire communicator. Make sure that the communicator you are considering tracking is at your correct level. (i.e. SQ, Wing+Below, WG). A communicator title in RED indicates a revision within the past 90 days.

If you decide that you need to be tracking on the communicator, contact your Self-Assessment Program Manager (SAPM) or MICT Manager, they will track the communicator in MICT and assign you as an “Assessor”.



MICT UPDATE:

Version 2.0.17 release date is expected to be in Summer 2016.

189th Airlift Wing Inspector General Office

501-987-6615

SAPM IG Group

email box:

[usaf.ar.189-aw.](mailto:usaf.ar.189-aw.mbx.igi)

[mbx.igi](mailto:usaf.ar.189-aw.mbx.igi)

IG TEAM



Warrior of the Month: Senior Airman Keith Schalk



Rank and Name: Senior Airman Keith Schalk.
Unit: 189th Communications Flight.
Job Title: RF Systems Technician.
Status: Technician.
Hometown: Searcy, Arkansas
Civilian Employment: IT specialist.
Family: Wife Heather, four boys – Peyton, Gavin, Aydon and Wyatt.
Why I joined the Guard: To serve my country and to make myself better.

Most rewarding part of my job: Working with great people and doing a great job.
Hobbies: Boating, camping and video games.
My favorite movie is: *Bourne Trilogy*.
My favorite TV Show(s): *Big Bang Theory*, *House of Cards*, *Scandal*.
My favorite book: I don't read much.
A perfect day would be: Out on the lake.



Promotions



To Senior Master Sgt.

John Ashworth, 189 MXS
 Jerry Parsons, 154 TRS
 Phillip Pulliam, 189 FSS
 Ryan Worcester, 189 AW



To Master Sgt.

Travis Alkire, 189 MDG
 Brandon Aylett, 189 MXS
 Stephanie Bates, 189 OSS
 Jeffrey Browning, 189 AMX
 Angela Dohm, 189 FSS
 Bryan England, 154 WF
 Joseph Kraska, 154 TRS
 Jeremy McMaster, 189 MXS
 Jason Prichard, 189 AMX
 Adeleida Werner, 189 MXS



The 189th will be hosting the Arkansas Boater Education Course on June 10, 2016 from 0800-1500 in Building 112 (Com Fit) classroom. We will take a break for lunch from

1130-1230, so make plans to bring a lunch or go somewhere on base. Anyone born on or after Jan 1, 1986 and of legal age to operate a motorboat or sailboat, must have successfully completed an approved AGFC Boating Education Course and carry proof while operating a motorboat or sailboat on Arkansas water.

To register for the class go to www.register-ed.com and select Arkansas in the drop down menu. Find the section labeled Boater Education Classroom and select the View upcoming events tab. Find the Arkansas Boater Education Classroom event on June 10th, 2016 at Little Rock AFB and click the View Event tab. At this page you can register for the course. If you have any questions, please [email](mailto:) or call Senior Master Sgt. J.D. Crawford.

PME Graduations

NCO Academy

Tech. Sgt. Michelle Edwards, 189 FSS
 Tech. Sgt. Jacob Ellis, 189 SFS
 Tech. Sgt. Jessica Sterlin, 189 FSS

Airman Leadership School

Senior Airman William Abbott, 189 MXS
 Senior Airman Jerry Ellis, 154 WF
 Senior Airman Evan Lackey, 189 MXS.



What is Ransomware?

- You're duped into clicking on an infected popup advertisement or you visit an infected website.



However, instead of just trying to trick you into buying fake antivirus software, the bad guys hold your computer hostage and attempt to extort payment.

FBI Link

<https://www.fbi.gov/news/stories/2016/april/incidents-of-ransomware-on-the-rise/incidents-of-ransomware-on-the-rise>

Be safe surfing the Internet.