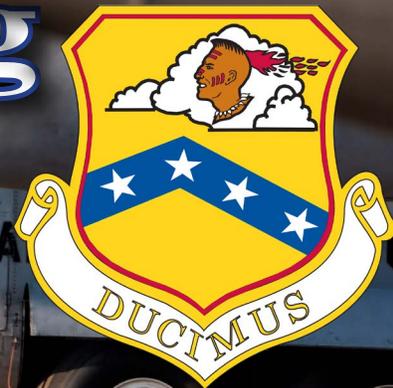


# 189th Airlift Wing



# WARRIOR

Vol. 19 No. 1

October 2016

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

## 2016 Arkansas Military Expo gets big props pgs. 6-7



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# Looking forward

Col. Robert Ator  
189th Airlift Wing, Commander

As we approach the end of fiscal 2016, we now prepare for fiscal 2017. To set the stage of where we are headed, we need to reflect at all that 2016 was to this wing. Looking at our wing priorities of Mission, Airmen, and Vision, the 189th has looked each challenge in the eye and conquered each with the Wing culture of "We Lead!"

**Mission** – The primary mission of being the C-130H formal training unit has given us personnel challenges in our instructor corps, half a runway and bad weather, causing us to be behind our timeline. The wing surged to fix the delayed students, only to be given a new crop of aircraft that had not been maintained to our standard. Through the collective efforts of every member of this wing, we are back on track. This is no small feat and I am immensely proud of the wing for how we all came together to get the mission accomplished.

We continued to send wing members into harm's way to support national objectives, executing more than 120 missions in support of the Governor with our rapid augmentation teams. Most recently, we stood up a new concept in cyber training that will take on its first students in a couple of weeks. We have done this a year early and at less than 50 percent of projected cost. With less than two and a half months from Sight Activation Task Force to

Initial Operational Capability is unheard of and we did it!

**Airmen** – The year showed a further commitment to deliberate force development and for the first time included our officer corps. The wing still leads our Air Force with our other base partners in proactive, positive influence in our professional and personal lives with the Green Dot program. Taking care of each other is our wing culture and this commitment makes the Green Dot program transition simple and logical. Through our Chief's Council and your senior leaders, we have adjusted our drills and weekly meeting schedules to give you more time to focus on the mission and each other.

**Vision** – We have to focus on where we are going and the vision is spelled out in our vision statement; "The center of C-130H Combat Airlift."; building nimble Airmen with a focus on the future. Simply "We Lead!" This year has been full to set the stage of this vision. We have added the cyber training mission to our mission sets. This is an exciting and enduring mission for the wing that will put us on the front line to protect our Nation and the state of Arkansas. We have very special talent here in the wing, a collection of the best C-130 operators and maintainers in the world. In keeping with that elevated capability, the 189th is committed to being the center of all things "Herk."

We have been supporting the test of new capabilities of the C-130H, the propulsion of the C-130H and the training of C-130H maintainers. We are also building a consensus of what the C-130 FTU needs to be so that the enterprise is nimble in the face of changes in a combat airlift fleet full of modernization programs.

Moving forward, the close in rock is the upcoming Air Education and Training Command/Inspector General Capstone event. You have already seen the request to participate in surveys and to forward early deliverables to the AETC/IG. We are in the season. While we have not been inspected under the new Air Force Information Service system, we have adopted the new concept. You all understand that we have been under inspection consistently for quite some time. Now is our chance to explain some the challenges we have overcome and describe some that we still struggle with, but mostly to brag and show off who and what we are to our state and Nation. We will continue to empower each of you to bring your ideas forward and use continuous process improvement on ways to reduce the stressors of the mission.

Each of you have made quite a list of successes and I know that fiscal 17 will be another that we will all look back on as a time of our greatest success and the pride that comes from doing this as a part of one team; after all, "We Lead!"

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# Operation Enduring Freedom: Afghanistan by the numbers

October 7th marks the anniversary of the beginning of Operation Enduring Freedom. Over the past 13 years, the U.S. and coalition forces made great strides toward ensuring independence from al Qaeda and Taliban rule. As a democracy, Afghanistan has built a solid foundation for free speech and women's rights, and have overcome many other political adversities that were once too taboo to mention. While Afghanistan travels down the path ahead, we cannot forget our brothers and sisters in arms who gave their lives to ensure not only the freedom and safety of the Nation, but also of the men and women who no longer have to live in fear of terror.

The peak of the force was **100,000** U.S. troops, reached in August 2010 Today it is at **10,600**

Combat lasted **4,831** days

Cost of the war in Afghanistan **\$686 Billion**

U.S. Casualties Killed **2,216** Wounded **19,950**

**823,136** individuals served in Afghanistan, many deploying multiple times.

"A 13-year endeavor filled with significant achievements and branded by tremendous sacrifice."

-U.S. Army General  
John Campbell, Commander  
ISAF and USFOR-A



# A word from the Chaplain Change: put your best foot forward

Chaplain (Capt.) Matt Garrison  
189th Airlift Wing Chaplain

It's mid September and I'm sitting in my living room with the A/C on freezer mode, wearing a sweatshirt and two labs cuddled up next to me. Needless to say, I'm ready for cooler weather.

I love all the seasons; the changes of the trees and plants from one season to another, the changes in weather patterns, and the way people tend to gather to celebrate in different ways as the temperatures rise and fall. The changes of season incite within me a desire to try new things, to take care of projects around the house, to take the bicycle out of the garage, to roll down the windows and drive down a winding road.

Hopefully the seasons of our lives bring about the same type of excitement. Some people become depressed as the days pass by, recognizing only the time that has passed instead of looking forward to all the adventures to come.

As I approach my 40th year in just a couple weeks, I've become more and more aware of the many years that have passed. I'm also excited, however, to experience the lessons and seasons of life still before me. It would be easy to dwell on the very real possibility that I may have already lived half of my life or more, but I choose to believe that the years to come will be even better because of the experiences with which I have been blessed.

*“Approach the changing season with an open mind and an open heart.”*

My prayer for all of you is that you too might approach the changing of seasons with an open mind and an open heart. Do all you can to prepare financially, spiritually, mentally, and physically; so that you and your loved ones might approach each day as a gift to be cherished and an opportunity for new adventures.



# ANG director addresses NGAUS conference

Staff Sgt. John Hillier  
Air National Guard Public Affairs

The director of the Air National Guard spoke about Air Force reserve component issues during a panel discussion at the National Guard Association of the United States' 138th General Conference and Exhibition held here September 10-12.

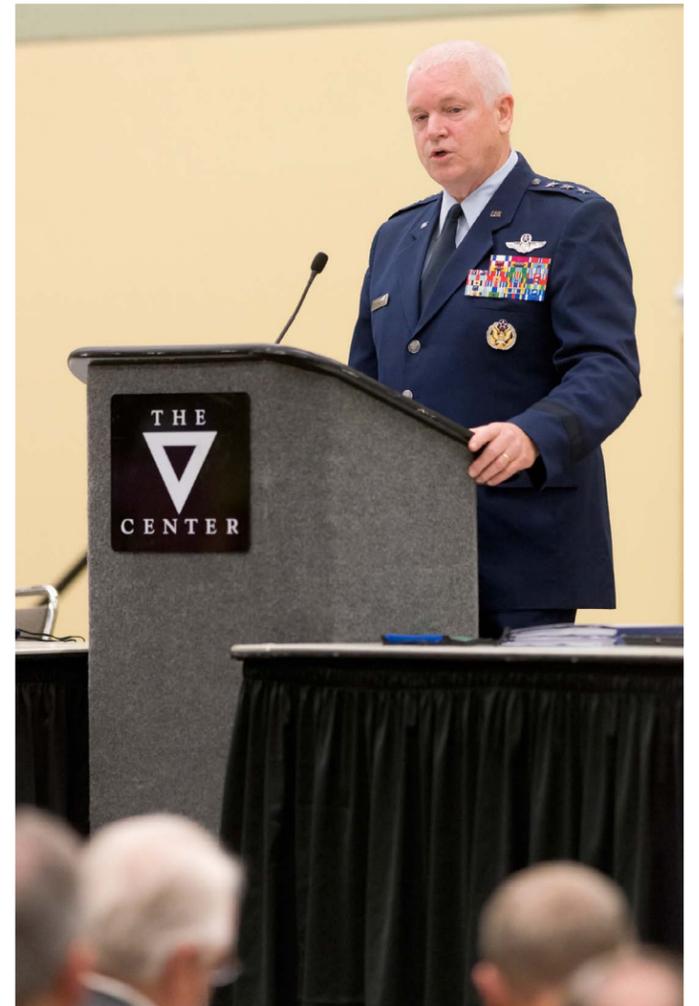
During his address, Director, Air National Guard, Lt. Gen. L. Scott Rice, laid out his key priorities for leading the Guard and its 105,700 Airmen.

“To ensure our Airmen are successful, I have decided to focus on three key areas during my tenure as director: the 21st century Guard Airman, recapitalization and modernization of our forces, and readiness across the 54,” said Rice. “I have selected these priorities as I believe they are critical to ensuring the work from within our 90 wings leads to the outcome we need to sustain the Air National Guard as a professional, relevant, and highly-capable dual-purpose force now and into the future. Attaining success in these priority areas will require a focused and united effort by every Guard Airman.”

Rice also lauded recent announcements by Secretary of the Air Force Deborah James, and Air Force Chief of Staff Gen. David Goldfein streamlining and reducing additional duties.

“We are seeing increasing demand for one of our most valued and scarce resources - our Airmen's time,” said Rice. “Increasing operational demand combined with mission training requirements, PME, ancillary training, and additional duties are vying for our Airmen's attention. With your help, we have reduced the time required to meet the current ancillary training programs by 75 percent, but we must remain vigilant and innovative.”

Formed in 1878, the National Guard Association of the United States is the nation's oldest military association lobbying solely for the benefit of the National Guard of the United States and educating the public about the Guard's role and history in the Armed Forces of the United States.



Lt. General L. Scott Rice, director of the Air National Guard, addresses an audience during the annual conference for the National Guard Association of the United States in Baltimore, Maryland, September 12, 2016. The NGAUS is the nation's oldest military association, lobbies solely for the benefit of the Guardsmen and educates the public about the National Guard's role in the history of the armed forces. (U.S. Air National Guard photo by Master Sgt. Marvin R. Preston)



# 2016 Arkansas Military Expo gets big props

Tech. Sgt. Jessica Condit  
189th Airlift Wing Public Affairs

As pararescuemen slowly descended to the ground after jumping out of the back of a C-130J, months of planning finally paid off as the 2016 Arkansas Military Expo came to a close Sept. 17, 2016, at Little Rock Air Force Base, Ark. From the ground artillery units to the Legacy Herk demonstrating its cargo capabilities, the Arkansas National Guard stepped up the ante and showcased the state's operational capacity. According to Col. Charles Brown, the 19th Airlift Wing commander, the expo played host to more than 30,000, Central Arkansas friends, neighbors and community partners and displayed the air power capabilities of the Arkansas National Guard, the 19th Airlift Wing and supporting Air Force installations around the U.S.



U.S. Air National Guard photos by Tech. Sgt. Jessica Condit

**Above:** Soldiers stationed at Camp Robinson Army Post demonstrate the LH-72 Lakota's airlift and ground capabilities during the 2016 Arkansas Military Expo, at Little Rock Air Force Base, Ark.



**Above:** Visitors wait to board a 189th Airlift Wing C-130H during the 2016 Arkansas Military Expo. More than 30,000 visitors came to watch the air and ground demonstrations of the Arkansas National Guard. **Below:** A visitor checks out the cockpit of a C-130H during the 2016 Arkansas Military Expo. The C-130H is the backbone of the Arkansas Air National Guard's flight training program.



**Above:** The 2016 Arkansas Military Expo hosted many events and static displays for more than 30,000 guests from all over Central Arkansas. The event also showcased small aircraft and UH-60 Black Hawk demonstrations. **Below:** A child sits inside the cockpit of a UH-60 Black Hawk during the 2016 Arkansas





# 189th Airlift Wing warriors complete German Ruck Challenge

Staff Sgt. Jessica Condit  
189th Airlift Wing Public Affairs

On Sunday, Sept. 11, 2016, three members of the 189th Airlift Wing crossed a finish line, completing the German Armed Forces Badge for Military Proficiency challenge, at Camp Joseph T. Robinson, North Little Rock, Ark. The three Airmen completed the challenge along with 42 other Arkansas National Guard service members stationed throughout the state.

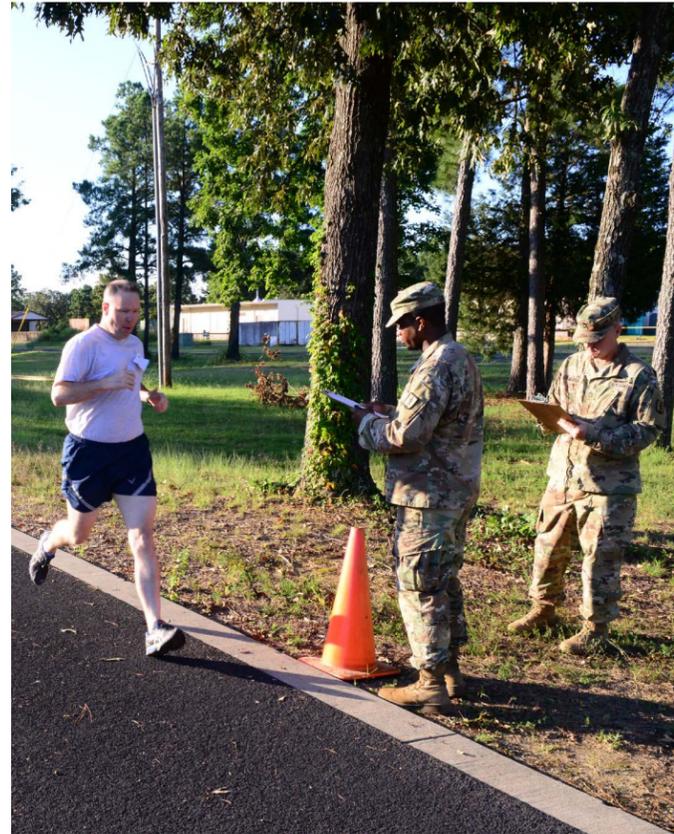
“It was great to work with the Army in this capacity,” said Master Sgt. James Epperson, the 189th Airlift Wing retention noncommissioned officer. “Going into this, most of the other guys were a lot younger and a lot stronger, but throughout the event, we all learned to rely on each other.”

The event, introduced

by the German Armed Forces in 1971, is one of the few foreign awards approved to wear on a U.S. military uniform and one of the most sought after to achieve. It can be worn by a service member of any rank who withstands the test of strength, endurance and mental capacity.

“Understanding foreign military standards such as how the German forces do their physical training test and how they apply that to combat action is important,” said Epperson. “I felt proud to be able to go through what they go through.”

The competition included a 100-meter swim, road march, marksmanship test using the M-9, and a German physical training test. During the road march, participants were required to carry 33 pounds of



military-grade supplies within the allotted time frame to receive a gold, silver or bronze badge.

“I encourage anyone to go for it,” Epperson said. “It’s all about what you

put into it and what you really want. If you want that badge, you have to practice, not just once or twice, but on a regular basis. We need the representation on the Air National Guard side.”



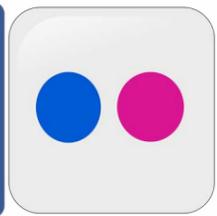
**Above:** Master Sgt. James Epperson, 189th Airlift Wing retention noncommissioned officer does pullups as part of the physical training test for the German Armed Forces Proficiency Challenge Sept. 10, 2016. **Right:** Master Sgt. James Epperson marches during the 5.6-mile ruck challenge. Participants were required to carry a 33-pound bag of military gear during the march. **Below:** Tech. Sgt. Hope Town tests her M-9 skills on the shooting range during the German Armed Forces Badge for Military Proficiency Challenge. **Left:** Master Sgt. Jassen Travis completes the running portion of the German Armed Forces Badge for Military Proficiency Challenge.

U.S. Air National Guard photos by Senior Master Sgt. Chris Durney



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# OPSEC: think twice before you tweet

189th Airlift Wing Public Affairs

Everything you do, whether for the small or big picture, has an effect on the Air Force and the Airmen who ensure its success. To protect valuable resources and assets, the Air Force continually stresses the importance of operational security. Without protecting this vital mission information, the potential for failure increases immensely.

The Air Force defines OPSEC as the ability to identify critical information to determine if friendly actions can be observed by the enemy, and implements actions to eliminate or reduce successful adversary collection and exploitation of critical information.

“OPSEC deals with all unclassified information,” said Maj. James Anderson, the 189th Airlift Wing operational security manager. “By putting many unclassified pieces of information together, however, the enemy has the ability to figure out exactly what we are doing. Sometimes, enough unclassified information can reveal classified information and be detrimental to the mission.”

There are many ways that you as an Airman can protect the Air Force mission. Ensuring all information pertaining to wing activity is safeguarded and shredded when not needed anymore will significantly decrease OPSEC vulnerabilities. Before releasing information to the public, ensure the wing public affairs office has reviewed and approved the material. Flight line photography is prohibited unless authorized by the public affairs office for official military business.

While there are many vulnerabilities that the OPSEC program covers, social media is one of the biggest OPSEC obstacles in the Air Force today. Posting



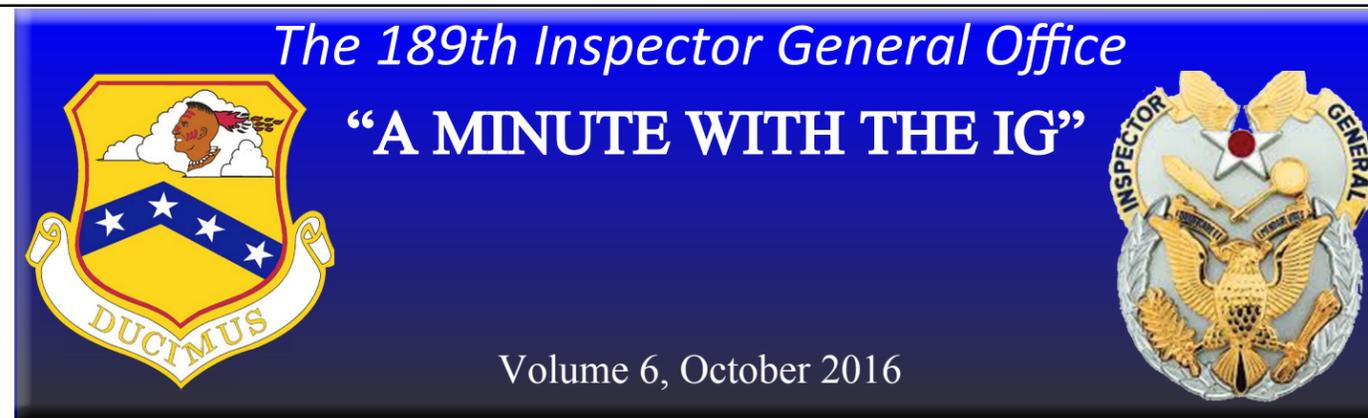
information on social media creates boundless avenues of opportunity for the enemy to gain access to information that cannot be removed.

“The biggest problem right now is posting all kinds of things on social media,” Anderson said. “Everyone has a smart phone and post photos, locations and interests. I’ve seen people post deployment flight itineraries and photos of aircraft on the flight line.”

With unlimited access to social media, enemies all over the world use the platforms to gain access to not only your personal information, but also your family’s and friends’, even taking photos from your page. Ensuring family members and friends are up to speed with good OPSEC practices will ensure that extra safety precautions are in place regarding posts to social media.

Protect yourself and your mission. Check and double-check that you are always practicing safe OPSEC. By understanding what OPSEC encompasses and what you can do to prevent violations, you can carry out the Air Force mission safely and securely. Practicing safe OPSEC is vital to the success of the 189th AW. Without ensuring that training schedules, flight line activities and other sensitive wing information are protected, the mission could be compromised significantly.

For more information about the 189th AW OPSEC program or to report an OPSEC violation, contact Maj. James Anderson at 501-987-7501 or [james.w.anderson220.mil@mail.mil](mailto:james.w.anderson220.mil@mail.mil) or your unit commander.



## CPI = Continuous Process Improvement

What does CPI do for you as an Airman? It gives you the ability to play a role in improved mission effectiveness. We have all heard the saying, “Work smarter, not harder.” With the downsizing of personnel and resources in today’s Air Force, it is extremely important that we are working to resolve issues that prevent us from being efficient as an organization.

How do I begin? One method is to apply the “Five Why’s.” Here is an example:

1. Why did the aircraft launch late? Because the fueling team was slow.
2. Why was the fueling team slow? Because one of the Airmen was in the infirmary with a broken leg.
3. Why did the Airman break his leg? Because the Airman slipped on an oil spill in the hangar.
4. Why was there an oil spill in the hangar? Because a machine in the hangar had old washers that were leaking oil.
5. Why didn’t the maintenance department change the washers? Because the maintenance department’s budget was cut, and they chose to slide all the preventive maintenance by six months.

A good test of the logic in the drill down is to see if the chain works in reverse. Start at the fifth why and work back to the first, but instead of asking why, say therefore...

It all begins with a commitment to process improvement throughout our organization. Everyone in our organization has the ability to be a problem solver.

If you have training through your civilian employment in CPI and have received a green or black belt, please contact the IG office.

If you see areas that you feel could benefit from process improvement, your IG office can provide information on how to get started.

**189th Airlift Wing Inspector General Office**  
501-987-6615

**SAPM IG Group email box:**  
[usaf.ar.189-aw.mbx.igi](mailto:usaf.ar.189-aw.mbx.igi)

### MICT Update

In January 2014, the 189th Airlift Wing aligned the Inspector General’s Office with AFIS and implemented our own CCIP. Tailored to meet the needs of the commander’s intent, great progresses and accomplishment was made and will continue to be made because of you. Your drive for process improvement and mission success is our CCIP cornerstone. The “We Lead” attitude is alive in our AFIS program and the Inspector General’s office could not be more proud to work and support all of you.



**Pg. 12, Clockwise from right:** Lt. Col. Patricia Clements, 189th Mission Support Group deputy commander, receives the Meritorious Service Medal. Senior Airman Charles Chambers, 189th MSG Airman of the Year, 1st Lt. Carrie Collier, 189th MSG Officer of the Year, Senior Master Sgt. Joshua Angus, 189th MSG Senior NCO of the Year, Master Sgt. Bradlee Coen, 189th MSG First Sergeant of the Year. 189th SFS and 189th LRS members receive Certificates of Appreciation for support during the 2016 Memorial Day events held at the Arkansas State Veterans Cemetary

**Pg. 13, clockwise from top:** , Tech. Sgt. Aaron Anderson, 189th MSG NCO of the Year, Master Sgt. Michael Ellis is presented his certificate of retirement. Master Sgt. Myron Brammer is presented his certificate of retirement. Master Sgt. Jeremy Monds receives a certificate of graduation from the Air Force First Sergeant Academy. Master Sgt. Michael Conrad receives a certificate of retirement. Senior Master Sgt. J.D. Crawford conducts a Hunter's Education course. Airmen from the 189th Maintenance Group run during the POW/MIA Vigil Run. Master Sgt. Jassen Travis recieves a professional manager's certification



## Warrior of the Month: Capt. Scott Griffith



**Rank and Name:** Capt. Michael Griffith.  
**Unit:** 189th Medical Group  
**Job Title:** Physician Assistant  
**Status:** Traditional Guard  
**Hometown:** Jonesboro, Ark.  
**Civilian Employment:** Northeast Arkansas Baptist Orthopedic Surgery  
**Family:** Wife, Ruth Griffith, who is a registered nurse, and son Koen, who is two years old  
**Why I joined the Guard:** I felt a sense of duty to my country. My grandfather was a Navy Sea Bee and Korean War veteran. I had two uncles that served in the Army and another in the Navy. My brother is an active duty Air Force oral surgeon. My mother worked for the VA as a registered nurse and recently retired. I wanted to do my part. I wanted for my wife and I to be able to keep our civilian jobs and keep our

roots planted for a more stable family life. The Guard was the best way for me to do that.  
**Most rewarding part of my job:** Being able to apply my medical knowledge toward military service and helping keep our Airman healthy enough to stay mission ready and able to perform their duties  
**Hobbies:** Working on cars and exercise/running  
**My favorite movie is:** *Blood Sport*  
**My favorite TV Show(s):** *Marco Polo*, *Narcos* and *Sons of Anarchy*  
**A perfect day would be:** A day at the beach with my wife and son  
**I admire:** Anyone in a public service position: military, police, firefighters, healthcare workers, first responders etc.  
**Something no one knows about me:** Sorry that's classified

## OCTOBER IS BREAST CANCER AWARENESS MONTH



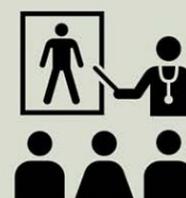
EARLY DETECTION SAVES LIVES

According to the John Hopkins medical center, 40% of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.

### KNOW THE FACTS

- 1 in 8 women will be diagnosed with breast cancer in her lifetime
- When breast cancer is detected early (localized stage), the 5-year survival rate is 98%
- Breast cancer is the most commonly diagnosed cancer in women
- Breast cancer is the second leading cause of death among women
- Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer
- Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection and increased awareness

### WHAT CAN YOU DO TO FIGHT BREAST CANCER?



Ask a Women's Health professional at your local medical group to learn how to detect breast cancer symptoms

Maintain a healthy weight, stay physically active and eat fruits and vegetables every day



Limit alcohol consumption and avoid smoking cigarettes

Information provided by the National Breast Cancer Foundation, Inc.

## Airman Leadership School

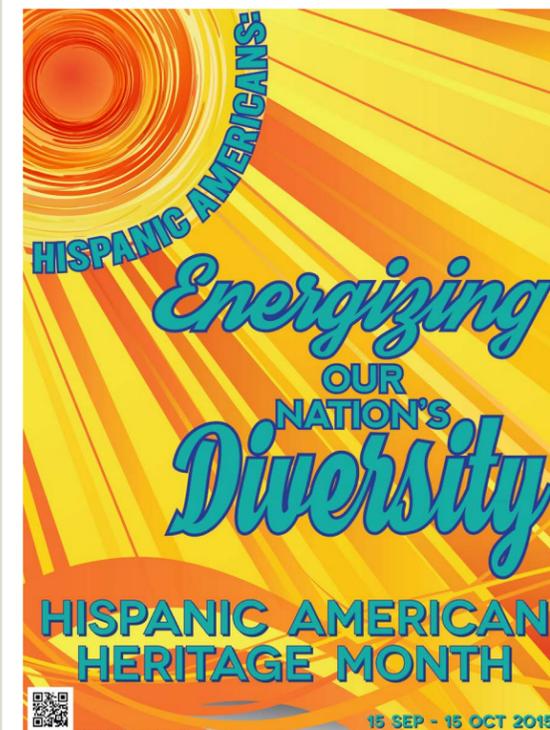
Senior Airman Corridor Vaden, 189 CF  
 Senior Airman Endia Johnson, 189 MDG

## NCO Academy

Staff Sgt. Aaron Anderson, 189 SFS  
 Tech. Sgt. Steven Schochler, 189 MXS

## Promotions To Senior Airman

Braylon M. Watson  
 Jazzmin N. Hayes  
 Jacob A. Duff  
 Jimmie R. Duvall



**Editor's note:** The publishing date for the *Warrior* newsletter has been adjusted to reflect the coming month rather than the previous month. This will allow the wing to address special observances and awareness months ahead of time. To facilitate the change, a June issues was not published. Please send submissions and ideas to: [christopher.a.durney3.mil@mail.mil](mailto:christopher.a.durney3.mil@mail.mil)



# Domestic Violence: identify, eliminate

## Ed Summers

189th Airlift Wing Family Readiness

During the month of October, Domestic Abuse Awareness Month is recognized. The monthly observance stresses the issue of domestic violence and focuses on different outlets of opportunity for help and counseling for victims of domestic abuse.

According to National Coalition Against Domestic Violence, domestic violence is defined as violent or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner. The frequency and severity of domestic violence can vary dramatically, however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It is often accompanied by emotionally abusive and controlling behavior that is only a fraction of a systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma and, in severe cases, death. The devastating physical, emotional and psychological consequences of domestic violence can cross generations and last a lifetime.

It is not always easy to determine in the early stages of a relationship if one person will become abusive. Some examples of abusive tendencies include but are not limited to:

- Telling the victim they can't do anything right
- Showing jealousy of the victim's family and friends, and time spent away
- Accusing the victim of cheating
- Keeping or discouraging the victim from seeing friends or family
- Embarrassing or shaming the victim
- Controlling every penny spent in the household
- Taking the victim's money or refusing to give them money for expenses

- Looking at or acting in ways that scare the other person
- Controlling who the victim sees, where they go or what they do
- Dictating how the victim dresses, wears their hair, etc.
- Stalking the victim or monitoring their victim's every move
- Preventing the victim from making their own decisions
- Telling the victim that they are a bad parent or threatening to hurt, kill or take away their children
- Threatening to hurt or kill the victim's friends, loved ones or pets
- Intimidating the victim with guns, knives or other weapons
- Pressuring the victim to have sex when they don't want to, or do things sexually they are uncomfortable with
- Forcing sex with others
- Refusing to use protection when having sex or sabotaging birth control
- Pressuring or forcing the victim to use drugs or alcohol
- Preventing the victim from working or attending school
- Harrassing the victim at either school or work
- Destroying the victim's property

To report domestic abuse safely and securely, contact the Military One Source 24/7 call center at 1-800-799-SAFE (7233). For more information on Domestic Abuse Awareness Month, visit [www.militaryonesource.org](http://www.militaryonesource.org). Military One Source provides a plethora of information for anyone in need of domestic abuse support.

