

189th Airlift Wing WARRIOR



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Arkansas Air National Guard

Little Rock Air Force Base, Ark.

189th Key Spouse Program

See page 2 for more information on the 189th Key Spouse Program and why it's worth your time.

AF Community Assessment

See page 3 for an in-depth article explaining why the ANG is participating in this assessment.

Photo Features

This month we covered 189th Airlift Wing monthly award winners.

Basic Allowance for Housing (BAH)

See page 4 for information on why you need to update your information as your life changes.

Public Website

Visit www.189aw.ang.af.mil for news, newsletters, photos, videos and more.

RAT Corner

See page 8 for monthly information on Rapid Augmentation Team rotations and seasonal weather alerts.



MSgt. Bill Catton courtesy photo

Master Sgt. Bill Catton, 189th Emergency Management Readiness NCO, informs a group of Air Guardsmen of the power and capability of the ANG Mobile Emergency Operations Center (MEOC). Catton toured Region Six for over a week informing the Air National Guard of the MEOCs abilities.

189th Mobile Emergency Operations Center tours Region Six

By Senior Airman Ian Caple
189th Airlift Wing Public Affairs

Little Rock Air Force Base, Ark – 189th Emergency Management toured Region Six with the Air National Guard Mobile Emergency Operations Center (MEOC) from Mar. 25 to April 3, 2013.

Stopping at several ANG bases, Master Sgt. Bill Catton, 189th Emergency Management Readiness NCO, showed the capability the region has to support Command and Control (C2). The MEOC and capabilities were shown to enlighten the wing leadership of what they have as a rapid

resource to call upon when needed. The tour covered 2,300 miles and six ANG bases including the 138th, 149th, 159th, 188th, 147th, and the 137th. All base agencies, JFHQ, JOC staff and local authorities for each base were invited to attend.

Objectives included familiarization of the EM flight of the MEOC's function and capability, showing of each wing's leadership of the capability of the MEOC, educate personnel of the CONOPS for the MEOC, educate and reinforce the Emergency Communications and Emergency Management

support the MEOC brings to an incident and familiarization of the tasking process for the MEOC and two EM personnel.

"After all stops it was apparent at each base the MEOC Road show was a huge success at meeting the objectives above," said Catton. "The awareness of what the MEOC is and the capabilities it can bring is much more robust than ever before. I feel each region should take their respective MEOC's around to their local ANG bases. Pictures may say a thousand words but one look at the ANG MEOC and its capabilities will leave you speechless."



The 189th Key Spouse Program

By Ed. Summers
189th Family Readiness

Spouses, you are needed for your unit's Key Spouse Program!

You ask, what is the Key Spouse Program and what does it do for me? Great question! The Key Spouse Program is a Quality of Life initiative that developed out of a concern for Air Force families.

The idea was taken from the Navy's Ombudsmen (Spouse Volunteers) program which began in the early seventies.

The Air Force began testing the program in 1996-1998, and then, offering it as a voluntary implementation AF-wide, 1999.

Officially in 2009 Air Force standardize the program Air Force wide. Air Force Instruction (AFI) 36-3009, Para 3.8.4 states that all commanders's (including

Air National Guard and Air Force Reserve) will establish a program according to their specific needs and requirements, or have the ability to implement. In a nutshell, the Key Spouse program is a unit commanders' program, designed to be the link between the unit leadership and the families of the that particular unit.

They promote individual, family, and unit readiness by their continuous contact with unit spouses and/or, family members.

The key spouse is also very instrumental in providing that "peer to peer support. They also provide an informal sounding board for our deployed families. This article would be too long if I went into all the facets of the Key spouse program and how important it is to our leadership at the 189th and our GSUs.



Mr. Ed Summers

Each Key Spouse will be given a five hour extensive training to equip them with the necessary tools to be the best Key Spouse possible.

For more information concerning the Key Spouse program, please contact Ed Summers, Airman Family Readiness Program Mgr., at 501-987-5952 for more information... You can email me at earl.summers@ang.af.mil.

When less is more

By Chaplain Ron Pierce
189th Airlift Wing Chaplain's Office

When is less actually more? Read on to find out! There is a website that I recommend – www.becomingminimalist.com. This website by Joshua Becker focuses on scaling down in our lives to achieve a higher level of happiness. Becker also has a few books out including "Simplify" and "Living with Less." There is a movement in some circles taking hold of the idea to simplify and get rid of the clutter. For some, the idea of simplifying includes getting rid of all the unneeded, unnecessary stuff at the house – cleaning out the attic, taking out some of the furniture and decorations, removing unused clothing items, etc.

"Minimalizing" also involves taking a look at the calendar for too much activity. There is also a shift in thinking to living a simpler life, with less of a focus on needing material things.

Now, there are all different levels of minimalism and every person has to decide how far to take it. But, I think there is some valuable merit to considering how modern American culture could be putting a strain on our lives that is not needed or healthy. Here are a few thoughts on some areas to look at in our own lives.

1. Spend Less/Need Less – this is great advice! One solution to curb spending is to decide you don't need as much. Once we realize we don't have to keep up with the Jones's (no offense to any Jones's!) and that we don't need more "things" to be happy, we can

relieve ourselves from the financial pressures that come with always wanting more.

2. Less Stress/More Rest – How do we have less stress and more rest? One way is to remove some of the business from our schedules. If you are like me, I tend to fill in any empty slots on my calendar and then I end up wishing for an escape! Leave some of those slots empty. Don't get involved in too many things. Don't let your children get involved in too many things. Reserve some space in your lives for some down time, some fun time, some quality rest time.

3. More Freedom/More Productive – needing less and scheduling less will move you into a position to have more freedom, and with more freedom you can actually

SEE LESS PAGE 3

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www.facebook.com/189AW



Air National Guard participates in AF Community Assessment

Courtesy Story
Air National Guard

JOINT BASE ANDREWS, Md. -- "We're listening" is the call from the Air Force Integrated Delivery System (IDS). The AF IDS is sponsoring the 2013 Air Force Community Assessment Survey. For the first time, the Community Assessment Survey will be administered to the Total Force: Active Duty members and their spouses, Reservists and their spouses, civilian employees, and for the first time, Air National Guardsmen and their spouses. The survey plays a key role in identifying where resources are needed most to enhance the well-being of the entire AF community.

The Community Assessment Survey will sample members of the Air Force at installations worldwide along with key

Reserve Installations and Air National Guard Wings. Active duty members, Reservists, Guardsmen and civilian employees will be notified by e-mail to participate in this survey. Spouses will be contacted by postcard with an invitation to participate. Each invitation will include a link to the online survey. The anonymity of survey participants is assured as no personal identifying information is linked to responses. This means that no one - the Air Force, the government, nor the contractor - will be able to link any aspect of your responses to your personal identifiable information. The overall success of this survey relies on the full cooperation and participation of each survey respondent. Guardsman and spouses are strongly urged to take part in this important study.

"Everything we do depends

on our people, the living engine of our Air Force. The entire Air Force leadership team is committed to doing all we can to support our Total Force Airmen and their families. We know that through your valuable input, the state of our Air Force will remain strong, ready and capable of delivering airpower, whenever and wherever the Nation calls."

-- Secretary of the Air Force
Michael Donley

Opinions and comments made from the previous waves of the Community Assessment Survey have directly influenced support activities and family services throughout the Air Force. The benefits of participating in the survey can influence policies and programs that directly impact services and support to members and their families. Policies and programs impacted by this survey include better financial counseling programs, increase



support for Guardsman and their spouses, and reduction of ancillary training requirements, to name just a few of the benefits participation in this survey will produce.

We, ANG are listening, but we need you and your spouse to complete the survey.

If you have any questions regarding the Community Assessment Survey 2013, contact your Wing CAIB/IDS POC or Airman and Family Readiness Program Manager.

LESS

Continued from Page 2

become more productive! You can pour yourself into the few things that you really care about rather than trying to give a halfhearted attempt at everything under the sun. You can actually enjoy your activities because you are not so busy that you can't even think straight. You might even find there is some creativity that has been buried in a sea of stress. You might even have some fun or laugh or actually have a meaningful conversation! Relationships can blossom and you may even be able to see more clearly how to help

others.

4. Happier! This isn't really about doing less - it's about doing more of the things that really matter. It's about quality vs. quantity. It's about making a difference vs. just making it.

Thomas Kempis said, "Purity and simplicity are the two wings with which man soars above the earth and all temporary nature." Becker calls for us to take a look at our lives and make some healthy reductions in such areas as our possessions, time commitments, goals, and tasks. As I contemplate this list it seems to me that many of these things work against us - they lock us down and lock is in.

We become held captive by the prison bars that we put in place! I know all this from experience. I have to continually remind myself not to get too diversified into too many things.

This is nothing new. Thousands of years ago, King Solomon said, "And all that my eyes desired I did not refuse them. I did not withhold my heart from any pleasure, for my heart was pleased because of all my labor and this was my reward for all my labor. Thus I considered all my activities which my hands had done and the labor which I had exerted, and behold all was vanity and striving after wind and there was no profit under the sun."

King Solomon was a very wise man and he went through the same process of coming to realize what is really important and the value of putting some focus on our lives. We can learn from him. One more great benefit of all this (and the most important one) is it can give us the space in our lives we need to develop our spirituality and how we express our spirituality in the world - something that it sorely needed. So, when is less actually more? It's when we remove the clutter in our lives to allow us to live more fully and abundantly. Take the challenge and see where it leads - I am thinking it will be good stuff.



Warrior of the month

Rank and Name: TSgt Monica Y. Murray
Unit: 189 Logistics Readiness Squadron
Job Title: Packer
Status: Air National Guard Technician
Hometown: Cedar Bluff, MS
Civilian Employment: Air National Guard Technician
Family: Daughter Naysia (12) and Son Isiah (10)
Why I joined the Guard: To continue to serve my country and move a little closer to home.
Most rewarding part of my job: Seeing new trainees leave for basic training.
Hobbies: Reading, baking, and right now trying to finish college.
My favorite movie is: The Shawshank Redemption
My favorite TV Show(s): Scandal, Law & Order (all of them), NCIS (both of them), Army Wives, The Golden Girls
My favorite book: Any book by John Grisham.
A perfect day would be: Any day with my children and family.
I admire: My mother! Unfortunately I lost her to cancer in 2010 but she will always be my inspiration.
Something no one knows about me: I ran my brother's car in a ditch when I was around 13. I had this guy pull me out and I drove it back home, washed it and parked it back where it was like nothing ever happened! LOL



U.S. Air National Guard photo by Senior Airman Ian Caple

If you have someone in mind that you would like to nominate for Warrior of the Month contact Public Affairs at 987-6232 or 987-6068 or send an email to ian.caple@ang.af.mil.

\$\$ DID YOU KNOW? \$\$

Basic Allowance for Housing (BAH) Entitlements DO NOT change automatically when your life changes! You MUST update your BAH Certification as soon as possible! If you are single, married, divorced, have dependents, or are married to a Military member; ALL of us need to keep this information up to date. To prevent over and underpayments, it is imperative that your dependent situation is accurately documented before performing any Active Duty. Please come to the Finance Office in Building 103 to fill out an AF Form 594.

If you have any questions, please call 987.3662 or 987.5679.



Defense Secretary Hagel announces 11 furlough days for civilian employees

Courtesy Story
Air National Guard

Defense Secretary Chuck Hagel announced plans for 11 furlough days at a meeting May 14, 2013. (Defense Department photo)

download hi-res photo
As you are fully aware, the Department of Defense is facing a historic shortfall in our budget for the current fiscal year. This is the result of current law that went into effect March 1. It imposes deep across-the-board cuts on DoD and other federal agencies. Combined with higher than expected wartime operating costs, we are now short more than \$30 billion in our operation and maintenance (O&M) accounts - which are the funds that we use to pay most civilian employees, maintain our military readiness, and respond to global contingencies.

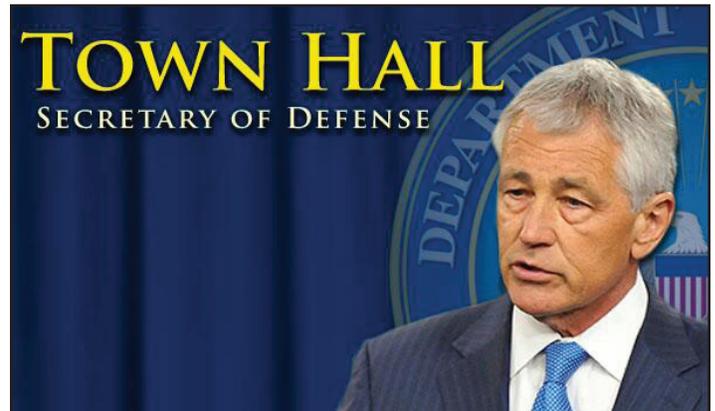
The Department has been doing everything possible to reduce this shortfall while ensuring we can defend the nation, sustain wartime operations, and preserve DoD's most critical asset - our world-class civilian and military personnel. To that end, we have cut back sharply on facilities maintenance, worked to shift funds from investment to O&M accounts, and reduced

many other important but non-essential programs.

Still, these steps have not been enough to close the shortfall. Each of the military services has begun to significantly reduce training and maintenance of non-deployed operating forces - steps that will adversely impact military readiness. And even these reductions are not enough. Since deeper cuts to training and maintenance could leave our nation and our military exposed in the event of an unforeseen crisis, we have been forced to consider placing the majority of our civilian employees on administrative furlough.

After extensive review of all options with the DoD's senior military and civilian leadership on how we address this budget crisis, today I am announcing that I have decided to direct furloughs of up to 11 days for most of the Department's civilian personnel. I have made this decision very reluctantly, because I know that the furloughs will disrupt lives and impact DoD operations. I recognize the significant hardship this places on you and your families.

After required notifications, we will begin the furlough period on July 8 at the rate of one furlough day per week for most personnel. We plan to continue



Defense Secretary Chuck Hagel announced plans for 11 furlough days at a meeting May 14, 2013. (Defense Department photo)

these furloughs through the end of the current fiscal year. If our budgetary situation permits us to end furloughs early, I would strongly prefer to do so. That is a decision I will make later in the year.

Furloughs for 11 days represent about half of the number we had originally planned, reflecting the Department's vigorous efforts to meet our budgetary shortfalls through actions other than furlough. There will be exceptions driven by law and by the need to minimize harm to the execution of our core missions. For example, all employees deployed or temporarily assigned to a combat zone will be excepted from furloughs.

Your managers have been given authority to develop

specific furlough procedures to minimize adverse mission effects and also limit the harm to morale and productivity. They will be in touch with you to provide guidance and answers.

The President and I are deeply appreciative of your patience, your hard work, and your dedication and contributions to the critical mission of helping protect America's national security. I am counting on all of you to stay focused on this vital mission in the days ahead. As I said the day I assumed the responsibilities of Secretary of Defense, I'm proud to be part of your team and I'm proud to serve with you.



The 189th Airlift Wing mission:

Provide C-130 aircrew training to effectively airlift cargo and personnel supporting national and state objectives, and to develop, maintain, and refine wartime skills to serve, sustain, and support military and civil authorities during disasters or other emergencies.



- FEATURE -

May UTA Commander's Call Awards



U.S. Air National Guard photo by TSgt. Billie Thompson

Col. Steve Eggensperger, 189th Airlift Wing commander, presents Master Sgt. Jennifer Poindexter, 189th Airlift Wing Logistics Readiness Squadron, material management supervisor and Technical Sgt. Nathan Poindexter, 189th Maintenance Squadron, isochronal inspection specialist, the 189th Airlift Wing Guard Family of the Year Award during the May UTA commander's call on May 5, 2013. Standing with them is their son and Jennifer's parents Trish Sakiewicz and John Sakiewicz.



U.S. Air National Guard photo by TSgt. Billie Thompson

Col. Steve Eggensperger, 189th Airlift Wing commander, presents Shelly Chynoweth the 2012 Air National Guard Outstanding Volunteer of the Year award. Standing with her is her son Dakota, daughter, Abigail and husband, Staff Sgt. Evan Chynoweth, 189th Fuels Safety NCO. Mrs. Chynoweth also received a certificate of appreciation from the 19th Airlift Wing for her outstanding volunteer service to the military.



U.S. Air National Guard photo by TSgt. Billie Thompson

Col. Steve Eggensperger, 189th Airlift Wing commander, presents Maj. Mark Hart the Family Readiness Arkansas Air National Guard Military Member POC of the Year award during the May UTA commander's call on May 5, 2013. Standing with him is his wife, Christy Hart and Command Chief Ricky Sowell, 189th Airlift Wing command chief.



U.S. Air National Guard photo by Senior Airman Ian Caple

Command Chief Ricky Sowell, 189th Airlift Wing command chief, presents Airman 1st Class Jared Dumas, loadmaster, the Chief's Council 2nd Quarter Outstanding Airman Professionalism award during the May UTA commander's call on May 5, 2013.



May Award Winners



U.S. Air National Guard photo by Senior Airman Ian Caple

Col. Ray Jeter, 19th Medical Group commander, Master Sgt. Brent Carper, CMSgt. Sean Harre, Master Sgt. Carper's supervisor and Col. Chris Montanaro, all of the 154th Training Squadron, pose for a group photo during the 2013 Air Force Volunteer Excellence Award Ceremony held at Little Rock Air Force Base. Master Sgt. Carper was a recipient for his exceptional work on the Wounded Warrior Project where he put in over 800 hours of community service.



U.S. Air National Guard photo by Senior Airman Ian Caple

Mrs. Chynoweth was recognized for her 636 volunteer hours with an Outstanding Volunteerism Award, during the 2013 Air Force Volunteer Excellence Award Ceremony held at Little Rock Air Force Base. (l to r) Col Ray Jeter, 19MDG commander, Mrs. Shelly Chynoweth, and Maj Mark Hart, 189LRS Deployment and Distribution Officer.



U.S. Air National Guard photo by TSgt. Billie Thompson

Mrs. Shelley Chynoweth, Master Sgt. Jennifer Poindexter, Technical Sgt. Nathan Poindexter and Maj. Mark Hart stand with their awards during the May UTA commander's call.



U.S. Air National Guard photo by Senior Airman Ian Caple

Staff Sgt. Brian Swanson, 154 TRS, C-130 Loadmaster, Technical Sgt. Yolanda Winston, 189 MDG, Technical Sgt. Janette Williams-Smith HQ AR ANG, Master Sgt. Taunya Kidd HQ 189 AW, 189AW Executive Assistant and Technical Sgt. Amber Brown HQ AR ANG, Headquarters Administrative Assistant gather for a group photo after their CCAF degree graduation at Hangar 1080 on May 9, 2013.



50% more cash?

Capital One credit card offers 50% more cash. Man that sounds great! What if I said there was a way to get 100% cash? Now you're talking!

What are you throwing away at home? Credit card statements, medical bills, credit cards, etc? Is your social media locked down and secured? What about Facebook Friends of friends? All I need is a little of information that is critical to you and an internet search engine and I could possibly make a 100% more cash for me...thanks to you.

Guardsmen are encouraged to take home OPSEC practices we perform at the Guard. Shred, destroy, or protect paper that could be used against you by an adversary. With a little savvy and critical thinking from an adversarial perspective, you can protect yourself and especially the family.

Please do your due diligence when using social media, be careful what you post. After all, it is there permanently. There are a lot of references online how to secure social media, please lock it down.

Keep 100% of your cash, practice good OPSEC at work and home. If you have any questions regarding OPSEC, please feel free to give me a call at 501-987-7501.

Lt. Col. Scott Dillman, 189AW OPSEC Program Manager.

Promotions



To Captain
Chris D. Nelson, 189 AW/PA



To Technical Sergeant
Donald A. Dodson, 189 MXG



To Senior Airman
Cody L. Ealy, 189 SFS
Tracy J. Shatwell, 123 IS
Dakota M. Norwood, 189 CES
Kimberly J. Scott, 189 CES
Rachel A. Freeman, 189 SFS

PME Graduations

Senior Non-Commissioned Officer Academy
MSgt. Thomas Simmons, 01 May 2013, 189 LRS
Airman Leadership School
SrA Jennifer Evans, 01 May 2013, 61st CST
SrA Brandon Garrett, 08 May 2013, 154 TRS

Retirements

Lt. Col. Grant Exton, 154 TRS, 31 May 13
MSgt. Lindsey Edenfield, NGMTU, 28 May 13



Scan me with your smart phone to visit the 189th Facebook page! Download "Scanlife Barcode Reader" from the Android or Apple App Store to scan.

The RAT Corner

QUICK NOTE:

Team "C" you are in the "bucket" as of MAY 01; are your bags packed and are you ready to assist affected local communities at a moment's notice?

DID YOU KNOW?:

During late April 2011, at least one tornado touched down somewhere in Arkansas on 6 consecutive days (April 22 - April 27) On April 25th alone, 17 separate tornadoes were confirmed in Arkansas.

The EF2 tornado that struck Vilonia on April 25, 2011 covered a path of more than 51 miles in length through Pulaski, Faulkner and White counties (initially touched down near the town of Ferndale and finally dissipated near the town of Joy).

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.

RAT ROTATION SCHEDULE:

Team B: "In the bucket" February 01, 2013 - April 30, 2013
Team C: "In the bucket" May 01, 2013 - July 31, 2013
Team A: "In the bucket" August 01, 2013 through October 31, 2013.

CONTACT INFO:

If you have any questions or would like to join a team, please contact CMSgt Ken Fisher at 501-987-7978 or MSgt Bill Catton at 501-987-2169