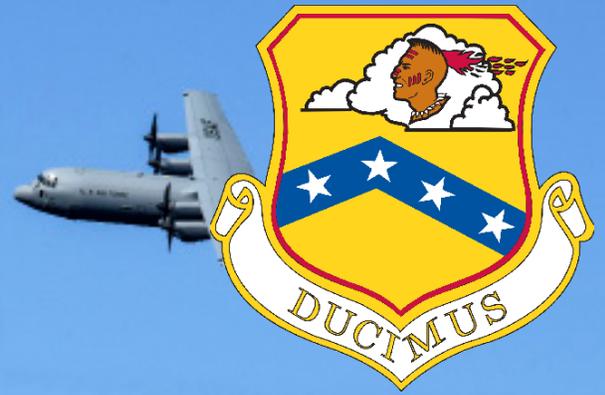


189th Airlift Wing WARRIOR



Vol. 21 No. 50

January 2019

Arkansas Air National Guard

Little Rock Air Force Base, Ark.



**Arkansas Air National Guard
conducts MEDRETE in
Guatemala, pgs. 4 - 7**



Commander's Corner: focusing on the future

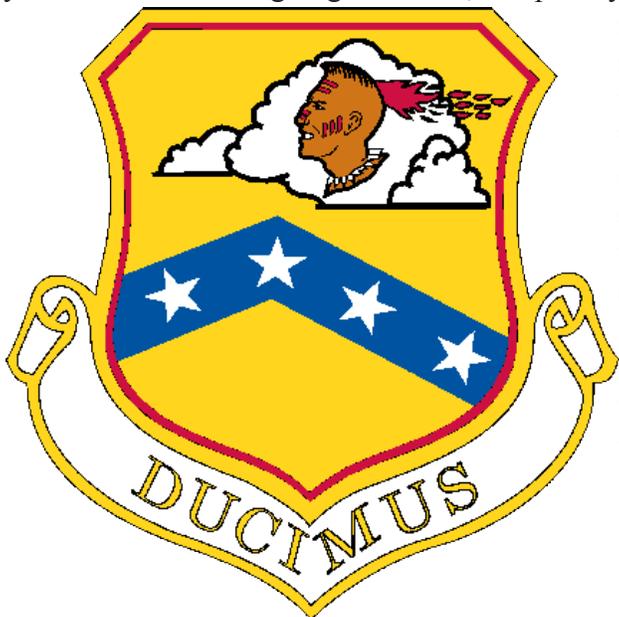
By Col. Thomas D. Crimmins
189th Airlift Wing Commander

Hello Warriors and welcome back! I hope everyone enjoyed their holiday and time off. We are extremely lucky that we have the ability and opportunity to take time like that to spend with our families. I know I am!

I wanted to let everyone know how proud I am of everything we've accomplished the past year! We have met opposition and overcome it, branched our capabilities further than we ever have and established a rapport within the Air National Guard as one of the leading cyber experts in the National Guard. I appreciate every single one of you and what you contribute to the mission!

The next year won't be slowing down any time soon. We have so many projects within our wing that are going to give us even more purpose! From the new test detachment in the works to the inventiveness of our cyber operators and instructors, we have so many things to look forward to!

Focusing on the future also means setting professional and personal goals. If you are interested in going to school, I implore you to visit with our recruiting and retention office. They have so much useful information and will be able to discuss your Post-911 GI Bill benefits as well as career progression. We value your commitment to the Guard and want to do everything we can to show our support for you. Please, do not hesitate to reach out to your supervisor or mentors when you need to. We are a family and as such we should always look out for each other. Thank you for your past service and I look forward to working with you all this year! DUCIMUS – We Lead!



www.facebook.com/189AW

www.instagram.com/189AW

Publication Staff

Col. Thomas D. Crimmins
189th Airlift Wing
Commander

VACANT
Public Affairs Officer

Tech Sgt. Jessica Condit
Public Affairs Superintendent

Senior Airman Kayla K. Edwards
Editor

This un-funded Air Force newsletter is an authorized electronic publication for members of the 189th Airlift Wing, their families, retirees and community leaders. Contents of the Warrior are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, or the Department of the Air Force. All photographs are property of the U.S. Air Force unless otherwise indicated.

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.



Little Rock Air Force Base Remembers

Martin Luther King Jr.

January 18, 2019

10:00 AM - Herk Hall

Commencement and Commemorative Walk

Join us for an opening ceremony with a guest speaker and a commemorative walk from Herk Hall to Hangar 1080.

11:30 AM - Hangar 1080

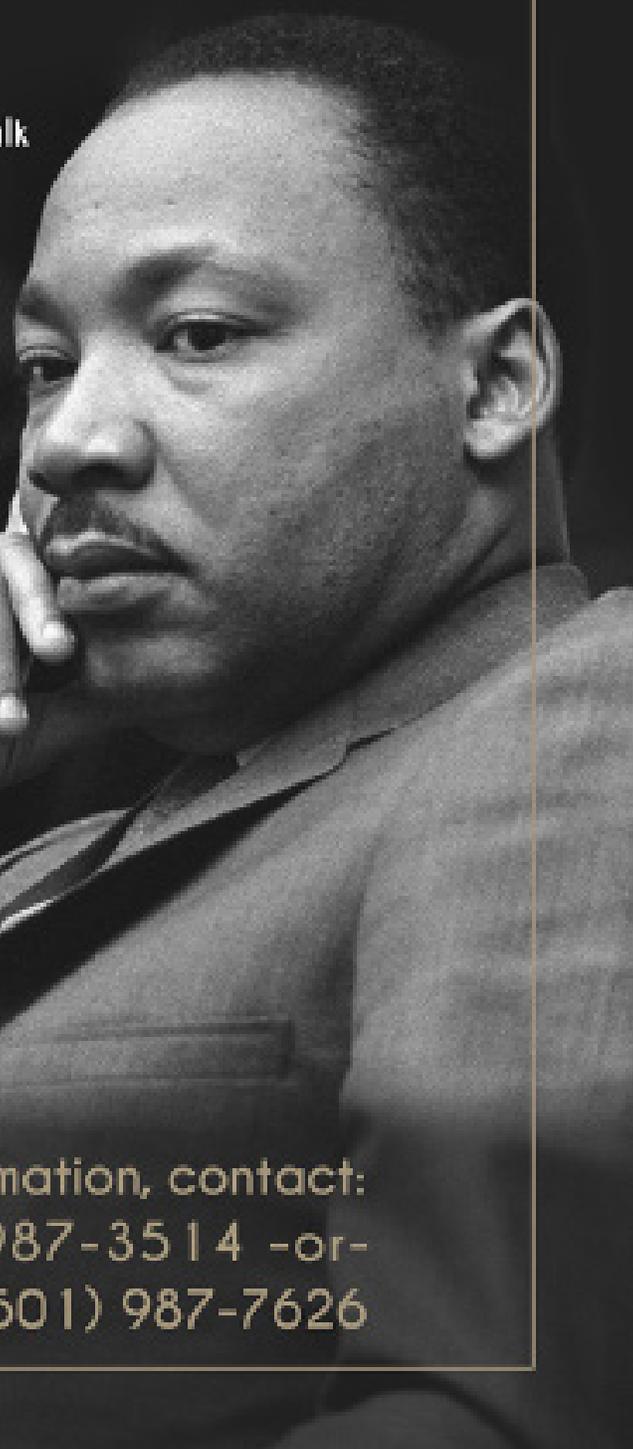
Lunch Reception

Join us for a lunch reception and a second guest speaker.

Lunch cost: \$12.00/person

RSVP for luncheon
by January 11

To RSVP or for more information, contact:
Mr. Imo Taylor (501) 987-3514 -or-
TSgt Dominika Thomas (501) 987-7626





Arkansas National Guard supports Guatemala in State Partnership Program

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

The Arkansas National Guard and the Central American country of Guatemala have worked closely for the last 16 years as part of the National Guard Bureau's State Partnership Program. Whether at home or visiting our partner country, the Airmen and Soldiers of the Arkansas National Guard work hard to ensure relations between the two countries remains one of positivity and resourcefulness.

According to the National Guard official website, the National Guard's State Partnership Program was established in 1993 with partnerships between the National Guard of designated U.S. States and newly independent Eastern European countries, in coordination with U.S. European Command. The State Partnership Program currently includes 75 partnerships with 81 nations all over the world. The SPP is a Department of Defense joint security

cooperation program administered by the National Guard in support of the combatant commander's security cooperation objectives and ambassador's integrated country strategies. It matches a state's National Guard with a partner country promoting enduring, mutually beneficial security relationships with allies and friendly nations.

More than 30 Airmen from the 189th and 188th Medical Groups packed bandages, toothbrushes, vitamins and other medical supplies to support a medical readiness training exercise in the town on Retalhuleu, Guatemala under the DoD's State Partnership Program. The Airmen spent approximately one week treating patients and working closely with Guatemalan Air Force and Army personnel to maximize their information exchanges and branching their growth within their partner nation.

See **MEDRETE**, pg. 6



Tech. Sgt. Sarah McCabe, a 189th Medical Group medical administrator and Master Sgt. Robert Stephens, the 188th MDG First Sergeant, sign patients out during the Arkansas Air National Guard's medical readiness training exercise, Dec. 5, 2018, in Retalhuleu, Guatemala. The National Guard's State Partnership Program allows Airmen and Soldiers to participate in information exchanges with their partner country and allows the members to gain training opportunities they would not normally experience. (U.S. Air National Guard photo by Tech. Sgt. Jessica Condit)



Above: Civilians in the town of Retalhueu, Guatemala wait in line for the medical readiness training exercise hosted by the Arkansas Air National Guard's State Partnership Program. The Airmen treated more than 2,800 patients over the course of five days, ensuring each participant left with any medication, referrals and assistance they needed. Future MEDRETES are in discussion to help other communities in Guatemala. **Below:** Senior Airman Dane Clark, a 188th Medical Group flight medic, checks the temperature of a patient during a medical readiness training exercise, Dec. 5, 2018, in Retalhuleu, Guatemala. The training exercise provided medical assistance to more than 2,800 patients in the local area with optometry, dental, family practice and other healthcare. (U.S. Air National Guard photo by Tech. Sgt. Jessica Condit)





(MEDRETE, from pg. 4)

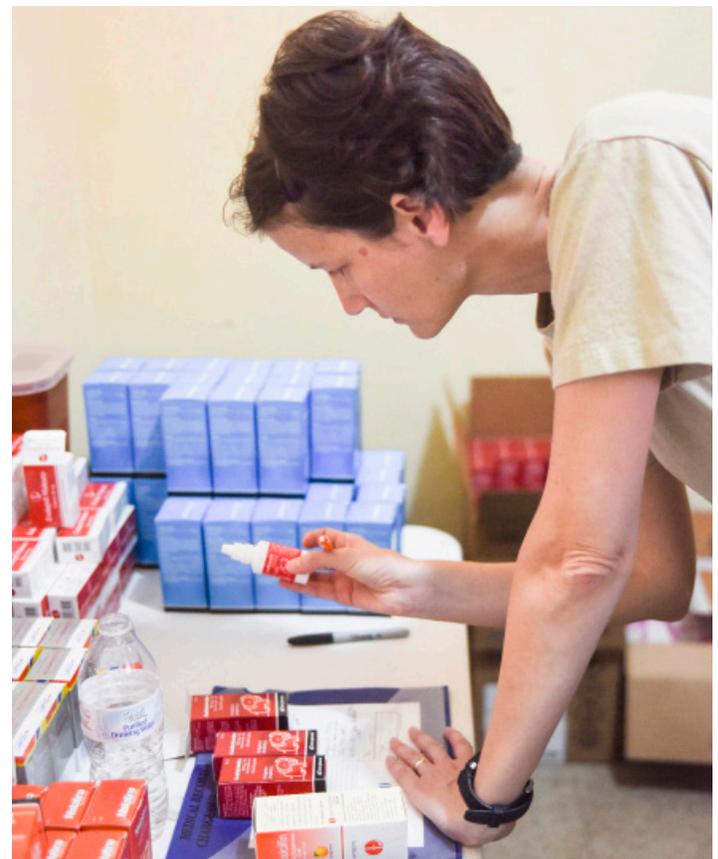
“The event had a tremendous and positive impact on relationships with Guatemala,” said Lt. Col. Paul Sherman, the 189th MDG deputy commander. “The Guatemalan military has very little money. By coordinating the event, Guatemalan military forces gained good faith with the local population. In turn, the relationship between the Guatemalan military and the U.S. military as well as the relationship with their military in the community is strengthened.”

The Airmen also used the opportunity to create best practices and ensure the well-being of the community they were supporting. During the MEDRETE, the Airmen spent approximately nine hours each day balancing the needs of the many with the supplies on hand. Nearly 2,300 pounds of medical supplies including \$15,000 worth of medication, \$20,000 in prescription eyewear, and 4,000 toothbrushes were sent to Guatemala on a C-130H along with the Airmen who responded to the call.

“This experience made me feel human,” Senior Airman Dane Clark, a 188th Medical Group aerospace medical technician stated. “There is the language barrier here but laughter and a smile are universal. This is so enlightening for me and makes me realize what I’ve taken for granted and helps me learn to appreciate things more.”

From the beginning of the State Partnership Program to now, the Arkansas National Guard completed MEDRETE’s, learning exchanges, contingency training and assisted in other humanitarian exchanges, to include training Guatemalan military medical personnel at home station. The members of the Arkansas National Guard work diligently to ensure the well-being of the partner nation and practice pristine interoperability during each encounter.

For more information on the National Guard’s State Partnership Program in Arkansas and other states and territories of the United States and other programs the DoD manages, please visit www.nationalguard.mil.



Left: Staff Sgt. Braylin Richardson, a 188th Medical Group aerospace medical technician, checks temperatures during check-in Dec. 4, 2018, in Retalhuleu, Guatemala. **Right:** Lt. Col. Katherine Travis, a 189th Medical Group clinical nurse specialist, prepares prescriptions during the State Partnership Program’s medical readiness training exercise, Dec. 6, 2018, in Retalhuleu, Guatemala. More than \$15,000 in medication was prescribed and distributed to the local community during the MEDRETE. (U.S. Air National Guard photos by Tech. Sgt. Jessica Condit)



Top: Lt. Col Benjamin Hall, a 188th Medical Group dentist, inserts a local anesthetic into a patient's mouth during the Arkansas Air National Guard's medical readiness training exercise, Dec. 6, 2018, in Retalhulea, Guatemala. Hall, with the assistance of Cindy Larin, a civilian dentist who grew up in Guatemala, treated patients and handed out more than 4,000 toothbrushes to patients. **Bottom:** Maj. Gen. Mark Berry, the Arkansas National Guard adjutant general and Chief Master Sgt. Eddie McElyea, the Arkansas Air National Guard command chief, play ball with a child during a medical readiness training exercise, Dec. 6, 2018, in Retalhulea, Guatemala. Arkansas National Guard leadership arrived in Guatemala to visit the Airmen conducting the MEDRETE and show their support. (U.S. Air National Guard photos by Tech. Sgt. Jessica Condit)





GUEST SPEAKER ON RESILIENCY

AIR FORCE KEY SPOUSE OF THE YEAR

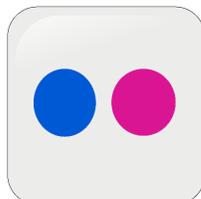
"Let's use the beautifully raw experience from our lives that we've gotten through to help others conquer their challenges..."

**SUNDAY, JAN. 13TH
10 A.M. AND 2 P.M.
HERK HALL
KEY SPOUSE LUNCHEON AT 11:30 A.M.**



**FOLLOW
US**

Click icon to follow





WINTER SAFETY TIPS

Raking isn't just for fall

Roof rakes allow you to safely remove snow from your roof and prevent roof collapses.

BE PREPARED for a power outage



Research alternative heat sources and have an emergency kit with three days' worth of food, water, medication and other supplies.

Know how to brake on wet, icy or snowy roads

If you have antilock brakes, apply firm, continuous pressure. If not, pump the brakes gently.



INSPECT YOUR TIRES

As the temperature drops, so does tire pressure. Check your vehicle's tire pressure and make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure.

Avoid FLOODING

- Remove snow piled against your house.
- Carefully remove gutters of debris.
- Seal all cracks in your foundation.

Prevent FROZEN PIPES

Insulate your pipes and keep your house temperature above 32 degrees (water's freezing point).



What's a winter weather advisory?

A weather term used when conditions are likely to cause significant inconveniences and may be hazardous. Use caution.

Be careful with SPACE HEATERS

They're the leading source of fires in winter. Use one with an automatic shutoff feature and keep away from flammable items.

Sources: Insurance Institute for Business & Home Safety and National Highway Traffic Safety Administration.



Airman fixes equipment at local hospital during Guatemalan MEDRETE

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

Throughout out the week-long medical readiness training exercise, 30 Airmen from the 189th Airlift Wing and 188th Wing saw more than 2,000 patients. While that number is a feat in itself, one Airman used his knowledge to support the local community in a different way.

Walking into a dusty neonatal intensive care unit, windows open, at 90 degrees Fahrenheit, Master Sgt. Colton Guilliams, the 189th AW noncommissioned officer in charge of public health, used the skills he learned previously as a biomedical equipment technician to support the local hospital, Hospital Nacional De Retalhuleu, in Retalhuleu, Guatemala. The public hospital used the assistance of Guilliams to fix more than eight pieces of equipment, including 3 ventilators in the NICU.

“I love every aspect of this job. From the biggest thing, to the tiniest things, you get to work on everything,” Guilliams said. “I just want to use my skills to the best of my ability and using them to help somebody else, especially in an area where there aren’t people who have the same skills. That has a huge impact. I am blessed with the ability to be able to do this and teach the people who work at the hospital new things. This changes the way you look at healthcare and the hospitals you have at home.”

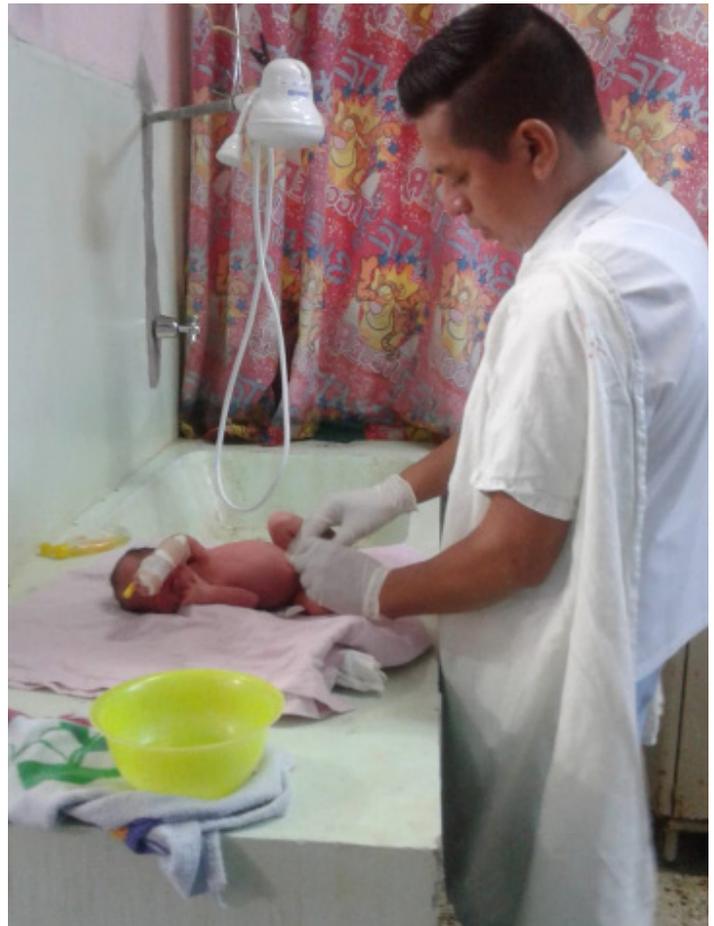
With more than 16 million people who live in



Master Sgt. Colton Guilliams, the 189th Medical Group noncommissioned officer in charge of public health, troubleshoots one of the three ventilators brought in from the neonatal intensive care unit at a local hospital in Retalhuleu, Guatemala.

Guatemala, healthcare is a hot commodity. While many people are in need of healthcare, they have difficulties affording private healthcare. The hospital sees hundreds of patients each day and often must turn away people because of the number of requests or the inability to provide assistance because of a lack of equipment and medical supplies to do so. Unfortunately, this is a common instance in the Guatemalan public healthcare system. When replacing the ventilators in the NICU, one nurse explained that there is a 75 percent mortality rate in the NICU and that these would surely help bring that number down.

Guilliams, along with Master Sgt. William Darnall, the 189th Medical Group first sergeant, drove around the city of Retalhuleu searching for parts and supplies for the hospital. Finding everything within the community, Guilliams not only fixed the equipment but taught



A doctor washes an infant with the new hot water heater and shower system installed in the neonatal intensive care unit at Hospital Nacional De Retalhuleu, Dec. 4, 2018, in Retalhuleu, Guatemala.



hospital staff how to repair the equipment should in need maintenance in the future. While the equipment was dated, the team worked diligently to ensure maintenance workers were able to care for and maintain the machines, even showing them where they could buy parts.

“This all goes back to wanting to help people,” Darnall said. “That’s the best part of it. I’ve been in medical since high school. Being able to take care of and help people is a great feeling. That’s what the medical career field is all about. Taking care of patients and people to the best of your ability. The people who work in this hospital come into working with nothing and still do their best to genuinely help people each day. When we brought the working equipment back to them, the genuine thankfulness was gratifying. Being able to take the wealth we have in America and sharing that with somebody who doesn’t have that, is big to me.”

While Guilliams and Darnall are finished with the MEDRETE, their plans for future support continue. From fundraisers to equipment collection, the pair are currently thinking of creative ideas to provide even more support for hospitals similar to the one the two visited in Guatemala. Other ideas the two have are training hospital staff to fix the equipment on their own, effectively removing the bandaid to create a permanent solution. Guilliams’ expressed that his hope is to have a special team designated to work on BMET projects within the local hospitals wherever the next Guatemala MEDRETE takes the Arkansas Air National Guard.

Guilliams specialty skills earned him the affectionate nickname of “Macgyver” with the hospital staff. He used the skills and knowledge he obtained from the Air Force as well as in his civilian capacity to indirectly save lives.



Master Sgt. Colton Guilliams, the 189th Medical Group noncommissioned officer in charge of public health, and Master Sgt. William Darnall, the 189th MDG first sergeant, assist local hospital staff with moving equipment to inspect Dec. 4, 2018, at the Hospital Nacional De Retalhuleu, in Retalhuleu, Guatemala. Guilliams and Darnall fixed several large pieces of equipment for the hospital including three ventilators assigned to the neonatal intensive care unit. (U.S. Air National Guard photos by Tech. Sgt. Jessica Condit)



Working on the Bush funeral train detail: “It was the chance of a lifetime”

By Senior Airman Kayla Edwards
189th Airlift Wing Public Affairs

Having served in the Arkansas Air National Guard as a member of the 189th Services Flight for the past 19 years, a police officer with the North Little Rock police department for more than 16 years, and a Special Agent with Union Pacific for the past 3 years, Master Sgt. Shana Cobbs knows a thing or two about commitment to duty. Recently, her job as a special agent with Union Pacific provided her with a unique opportunity to participate in a special assignment that she says she feels that she was uniquely prepared to handle.

Cobbs was one of the agents assigned to provide security for the President George H.W. Bush funeral car train while it was in Spring, Texas. The motorcade transporting the remains of the 41st president left Houston, Texas and arrived at the Union Pacific Railroad Westfield Auto Facility in Spring, Texas on December 6. Cobbs’ duties included securing the Westfield site and Locomotive No. 4141, the George Bush Locomotive, prior to the arrival of the motorcade. Cobbs explained that she had been preparing for the detail for awhile prior to its final execution.

“I live and work out of Arkansas but I’d made several trips to Spring, Texas in recent months to prepare for this event. [Locomotive] 4141 has been ready to transport President Bush for awhile,” Cobbs stated.

As a Union Pacific Special Agent, Cobbs’ job is to investigate threats of terrorism and derailments, theft of property, handle trespassers and vandalism, and provide overall security on railroad properties. Cobbs acknowledges that her experience as a police officer qualified her for the job but her military training has also proven useful as well on numerous occasions.

“My military experience has definitely helped me in my career. Learning how to adapt and overcome is an important part of being a military member,” she stated.

Cobbs recognized the opportunity to participate in the

funeral detail as a remarkable chance to take part in a historical event.

“These types of events don’t come along very often and it was an honor to be a part of such an important moment in history,” she said. “I appreciate Union Pacific for allowing me the opportunity and I would be honored to participate in something of this magnitude again.”

After arriving at the Westfield facility in Spring, Texas, Former President Bush’s remains were transported by the George Bush 4141 to College Station, Texas, where he was interred. The George Bush 4141 was unveiled in 2005 during a ceremony near the George Bush Presidential Library and Museum located on the Texas A&M University campus in College Station, Texas. The train had been stored and maintained at the facility in North Little Rock since 2010.

According to the Union Pacific website, the George Bush 4141 locomotive is traveling to various Union Pacific facilities around the United States to give employees a chance to view it firsthand but no public displays are currently planned.



Master Sgt. Shana Cobbs, a 189th Airlift Wing traditional Guardsman served as security for the President George H.W. Bush funeral car train. Cobbs is a special agent with Union Pacific Railroad. (Courtesy Photo)



Warrior of the Month:

Airman 1st Class Ashley Long



Rank/Name: Airman 1st Class Ashley Long

Unit: 189th Communications Flight

Guard Status: Traditional

Civilian Job: Full-time student

Position: Cyber Transport System Apprentice

Hometown: Cabot, AR

Time on Station: 2 Years

Time in Service: 2 years

Family: Father, mother, younger sister

and two dogs

Goals: To finish my bachelors in computer engineering and open my own business

Hobbies: Hiking, glamping and hanging out with friends

Most Rewarding Part of My Job:

Knowing that I contribute to completing the wing's mission

Why I Joined the Guard: To serve my country and to receive all the great benefits the Air National guard offers



The Arkansas Air National Guard Presents

SNCO



INDUCTION CEREMONY



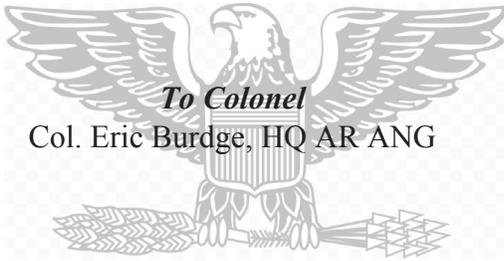
FEB 9TH

*Holiday Inn - Airport
Little Rock*





PROMOTIONS



To Colonel

Col. Eric Burdge, HQ AR ANG



To Chief Master Sergeant

CMSgt Vinson Hulen, 189th MXG
CMSgt Redo Reed, 189th MSG



To Senior Master Sergeant

SMSgt Joseph Kraska, 189th MXG



To Technical Sergeant

TSgt Jennifer Williams, 189th MSG



To Staff Sergeant

SSgt Adrian Pettypool, 189th MXG
SSgt Jochen Emrich, 189th MSG



To Senior Airman

SrA Dillon Halsted, 189th MSG
SrA Larry Spafford, 189th MXG



To Airman First Class

A1C Jaylin Smith, 189th MSG

Congratulations promotees and PME graduates on reaching the next level in the Air National Guard. Your dedication and service to the Arkansas Air National Guard did not go unnoticed! Keep up the good work!