

# 189th Airlift Wing WARRIOR



Vol. 21 No. 58

December 2019

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

## YEAR IN REVIEW

2019, pgs. 8-9



Arkansas Air National Guard



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# Commander's Corner

By Col. Dean B. Martin  
189th Airlift Wing Commander

Season's greetings, Wing! I'm sure by now that most of you are in full swing for the holiday season. Thanksgiving is only a couple of days away and family and friends are beginning to gather for the feast. During this time, please remember to be thankful for the blessings in your life and share your blessings with others. Many of our Airmen are far away from their families or may not have any family or friends to be with during the holiday season. Check on your Wingman and make sure he or she is taken care of and not alone for the holidays. You don't want that 20-pound turkey to go to waste, do you!?

During the holidays, I want everyone to keep resiliency in the back of their minds. Ensuring people are taken care of this holiday season is an important factor in fostering a culture of resiliency and the whole Airman concept - mental, physical, and spiritual well-being. We all know that resilient Airmen enhance unit retention and improve morale within the ranks. Keep an open dialogue with your Wingmen and the young Airmen under you. Open dialogue ensures people around you know you are willing to be there for them if and when they need help. Be real with one another, show compassion and care for everyone around you.

Our awesome safety office along with public affairs created a video on holiday safety. You would be surprised at how often accidents occur during this time of the year. If you are looking for a little entertainment to go along with an informative video, check it out on our official Youtube page as well as on Facebook. You'll never forget how to properly hang Christmas lights when you're finished watching it!

This drill weekend, our 189th Airlift Wing Marksmanship Team will be hosting tryouts. If you are interested in becoming part of the team and would like more information, please contact MSgt Matthew Smith or TSgt Scotty Daniel, our marksmanship team captains. The team participates in regional, national and international competitions throughout the year and have many opportunities to travel and see new places and meet new people. It is an excellent opportunity to build bonds and friendships with Airmen of all ranks and career fields.

Lastly, don't forget to buy your tickets for the holiday party. Our holiday party planning committee has been working hard all year to make the event a success for the wing. If you want to see an illusionist, win amazing door prizes, or simply enjoy the company of your fellow Airmen in a casual and fun environment, grab your tickets! Please see a holiday party committee representative for more information.

Enjoy your holidays and the time with your families. Connect and appreciate every moment together. Never take your family time for granted. FOLLOW THROUGH!



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

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

## Publication Staff

Col. Dean B. Martin  
189th Airlift Wing  
Commander

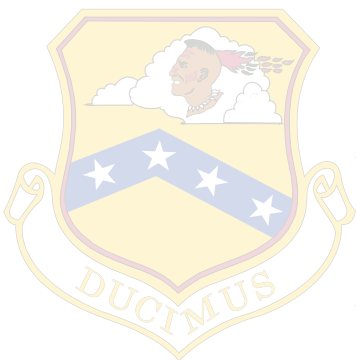
Maj. Casey Staheli  
Public Affairs Officer

Master Sgt. Jessica  
Roles  
Public Affairs Superintendent

SSgt Jonathan Porter  
Editor

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*189th Airlift Wing*

**Stocking  
Stuffer  
Giveaway**  
for £1 - £6

LRS Classroom (Building 122)

**DECEMBER 8, 2019**

1:00PM - 3:00PM

For more information call  
189AW Airman & Family Readiness at  
(501) 987-5952.





# Pearl Harbor Remembrance Day: 78 years later

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

December 7, 1941 was a day that will always live in infamy throughout United States history. The morning of the 7th, more than 3,000 people started their day like it was no different than the day before. While working their way through their daily routine, the Imperial Japanese Navy Air Service struck the U.S. naval base at Pearl Harbor. The attack, which killed more than 2,400 American service members and wounded another 1,100, led to the United State's entrance into World War Two.

Today, we remember all those killed on the island of Oahu on that fateful Sunday morning in 1941, and we honor the American patriots of the Greatest Generation who laid down their lives in the battles of World War II. America is forever blessed to have strong men and women with exceptional courage who are willing and able to step forward to defend our homeland and our liberty.



*Above: Smoke pouring from sinking battleship USS California (center); capsized bulk of the USS Oklahoma visible (at right). Above Right: In a flooded dry dock, the destroyer Cassin lies partly submerged and leaning against another destroyer, the Downes. The battleship Pennsylvania, shown in the rear, remained relatively undamaged. Below Right: Military personnel pay their respects beside the mass grave of 15 officers and others killed in the bombing attack at Pearl Harbor on December 7, 1941. A U.S. flag is draped over the coffins. (Photos courtesy of Corbis/Getty Images/Time Life Pictures/U.S. Navy/The Life Picture Collection)*





*Japanese torpedo bombers flew just 50 feet above the water as they fired at the U.S. Ships in the harbor, while other planes strafed the decks with bullets and dropped bombs. (Courtesy the National Archives)*



**Above Left:** Two servicemen sit on the wreckage of a bomber, surrounded by dirt and sandbags, on Hickam Field after the Japanese attack on Pearl Harbor, Honolulu Hawaii. **Above Right:** May 1942: Enlisted men of the Naval Air Station at Kaneohe, Hawaii, place leis on the graves of their comrades killed in the December 7, 1941 Japanese attack on Pearl Harbor. Graves were dug along the shore of the Pacific Ocean. (Courtesy the National Archives)





# Sabotaging Stress

By Lt. Col. Ronald Pierce  
189th Airlift Wing Chaplain

Tuning a guitar is a process of tightening each of the strings until they have the correct amount of tension to produce the desired sound. If you tighten the strings too tight, they can break (trust me, I know from experience!). The correct amount of stress on a string produces a wonderful sound, but too much can be a disaster. It is the same with our lives. Some stress in our lives is appropriate and helpful, and can help us develop physically and mentally. However, too much stress can be overload and cause adverse symptoms. The following are some key things that can help us weather the storms of life and bounce back from adversity (bend, not break). The four pillars of Comprehensive Airman Fitness—mental, physical, social and spiritual, provide a framework for thinking about handling stress.

**Mental Pillar** – Being mentally prepared for stress is a key element in coping and recovery. Here are a few important aspects of being mentally fit for stressors in life. First, understand that stress factors come and go in everyone's life (be mentally ready). Next, allow space in your life to breathe, focus, de-stress, relax. Mental strain in normal day to day life (due to being stretched too thin) weakens our ability to be mentally strong during stressful events. Leave some white space (margin) for handling the unexpected! We tend to fill up our plates to the max and then have nothing left to give when we need it in times of adversity. Finally, schedule some intentional meditation time into your life – yoga, walking, hiking, music, etc. Whatever works for you!

**Physical Pillar** – Airmen understand that exercise is important for passing the physical fitness test!



But, there are many other benefits to being physically fit including the increased ability to handle stress. It is very important to make sure we are getting enough sleep, eating healthy, and exercising regularly. Stress impacts our bodies – be

ready to withstand the physical effects of stress by being physically fit. Don't underestimate the power of being physically fit in combatting stress!

**Social Pillar** – We need each other! Lean on family, friends, workplace, and community. Relationships and resources are foundational to coping with and bouncing back from stress in our lives. Do not suffer alone! Sometimes we just need emotional support and other times we may need more. John Donne wrote, "No man is an island entire of itself; every man is a piece of the continent, a part of the main." The Apostle Paul wrote, "Rejoice with those who rejoice; mourn with those who mourn." The idea is that we are all in this together and all need to support each other. We can't do that in isolation. One way to increase your social network is to make sure you are being a social pillar for those in your life that might need you.

**Spiritual Pillar** – Spiritual resilience can be defined as the ability to sustain an individual's sense of self and purpose through a set of beliefs, principles or values. Purpose and meaning can be different for each person, and it is very important to derive strength and support through our religious practices and beliefs. While each person may have personal convictions, there are two questions we can all ask ourselves that will help give us the drive to get through and overcome whatever comes our way. "How can I help make the world a better place?" and "How can I grow through the adversity/stress in my life?" These two important questions help us put the focus on others instead of ourselves and see adversity as a way to become stronger rather than weaker.

Hopefully, you can see that addressing the four pillars is not just a checkbox list, but actually has real benefit for building strength and resiliency! No broken strings! Just strong vibrations that transform the pressures of life into a song. Let's all tune our lives so that when our strings are plucked we can produce beautiful notes of harmony in the band of life (or a heavy metal riff if you prefer).





# *Simulated training prepares security forces for real-life events*

By Master Sgt. Jessica Roles  
189th Airlift Wing Public Affairs

Lights off, the screen on, two security forces Airmen walk into the simulator and pick up their weapons. Master Sgt. Jeremy Covington, the 189th Security Forces Squadron S4 superintendent and instructor of the use of force simulator, opens the program and a non-lethal use of force scenario appears on the screen. The defenders encounter a clearly agitated individual who will not heed their warnings. Pulling out a taser designed specifically for the training simulator, one Airman feigns the man on the screen into a passive state.

The simulator is interactive and even includes the use of flashlights during night scenarios. The Arkansas Air National Guard defenders practice multiple scenarios using this simulator, meeting the criteria for annual use of force training in the most efficient and cost-saving way. The system is also portable and can be used in recruiting events, family days and to showcase it to the community.

“This is a great way to ensure all our defends receive the proper annual training,” said Covington. “The benefits are cost reduction, ammo conservation,

and they have the opportunity to practice skill-building, and interactive training of lethal and non-lethal use of force. We can also practice this whenever we want, without planning months out and coordinating with different units and locations. It’s not all about the cost of the training but the availability of it. This makes it much better.”

Typically, the unit conducts training in the CONEX village located near the firing range to conduct building-entry, patrol movements and shoot-no-shoot scenarios but coordinating is often tricky. It also turns the 1-hour training on the simulator into a full day of training plus additional coordination for simulated rounds and occupancy of the area. Forecasting range days and firing rounds per person is planned nearly a year in advance to accomplish the physical training. While the use of force simulator guarantees training and practice whenever they feel they need it, it doesn’t match the real training scenarios.

“What you don’t get from the sim system is the feeling and genuine reaction of being hit,” Covington said. “When you get hit with an actual sim round, you know it. You lose some of the response on the simulator here in the building when you get ‘shot’ or someone comes at you. People react differently when they take an actual sim round to the chest out in the field. When they take a shot back at their antagonist, the shot won’t be nearly as accurate as it would on the screen.”

The simulator program is currently being used by all security forces units within the Air National Guard in addition to the physical field and range training. More than 27 Guard-specific modules and 300 additional modules are loaded into the software. The program has been utilized for approximately eight years and is constantly being updated to contain new scenarios. This practice, balanced with the traditional methods, continues to be the way-ahead for the foreseeable future.



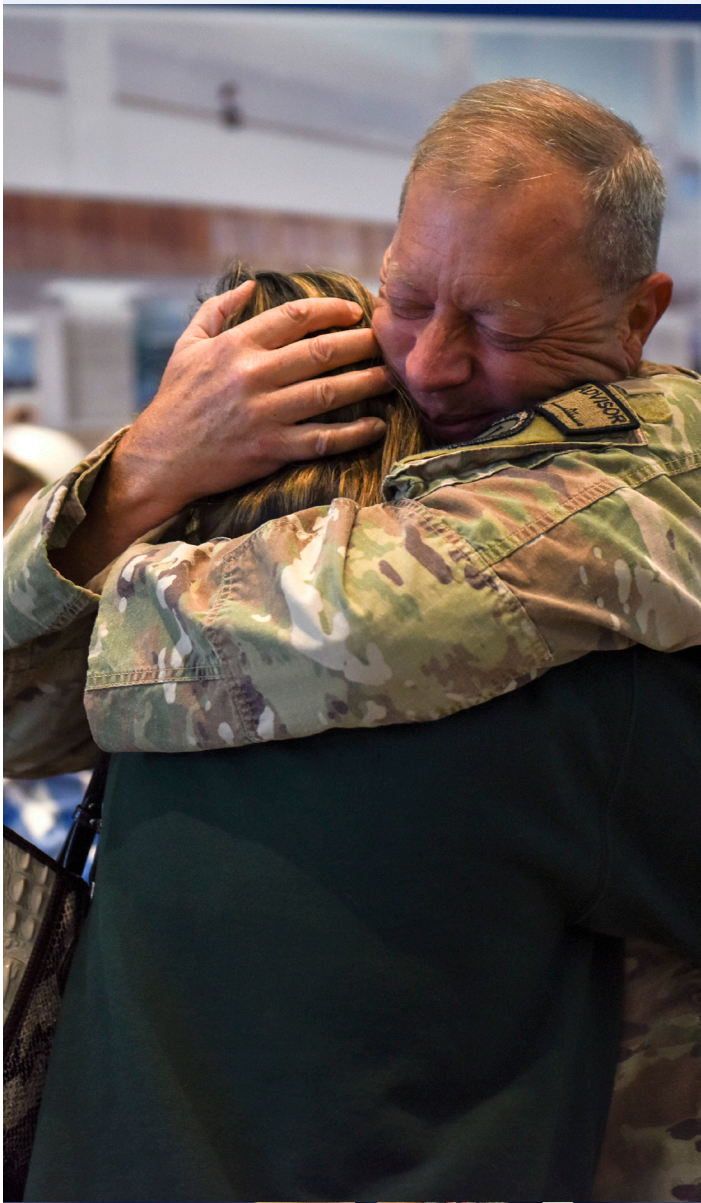
*A 189th Security Forces Squadron defender accomplishes use of force training on the simulator designed to supplement annual training. The simulator offers 27 Guard-specific scenarios to ensure defenders’ currency. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)*





# YEAR IN REVIEW

As the end of the year approaches, we'd like to highlight some of the amazing things that our Airmen have accomplished. We have had some highs and lows within the wing, but we persevered through it all! Thank you, 189th Airlift Wing Airmen for all that you have done and what you continue to do every single day. Because of you, we have developed a Wingman culture of readiness and innovation! Our mission succeeds because of you!











# *DoD delays Post 9/11 GI Bill changes*

By Staff Sgt. Courtney Dotson-Essett  
434th Aerial Refueling Wing Public Affairs

The Department of Defense delayed the implementation of a policy that would limit a service member's ability to share education benefits with family members.

The policy, originally slated to take effect July 12, will discontinue the transfer benefit for members with 16 years or more of service.

The implementation has been delayed until January 12, 2020, giving long-serving members more time to transfer their education benefits to spouses or dependents.

Currently, members who serve a minimum of six years and commit to serving another four years can transfer their education benefits to dependents.

Those who agree to four additional years but who are unable to complete them because of a service-connected injury, medical discharge or receive a

waiver can also keep their transfer benefits.

If a service member has more than 16 years of service after January 12, 2020, he or she will not be able to transfer GI bill benefits.

Purple Heart recipients will be able to transfer any unused benefits regardless of years of service.

"This extension will be significant for our Airmen, or any service member, with longer careers," said Senior Master Sgt. Adam Oswalt, 434th Air Refueling Wing training technician. "It gives them more time to make an informed decision or start the transfer process."

To learn more about education benefits, visit: <https://www.va.gov/education/> or contact Master Sgt. Jaclyn Cole at (501) 533-8370 or email [jaclyn.l.cole.mil@mail.mil](mailto:jaclyn.l.cole.mil@mail.mil).

# Post 9/11 GI Bill changes







# *Warrior of the Month:*

## *Staff Sgt. Ethan Winsor*



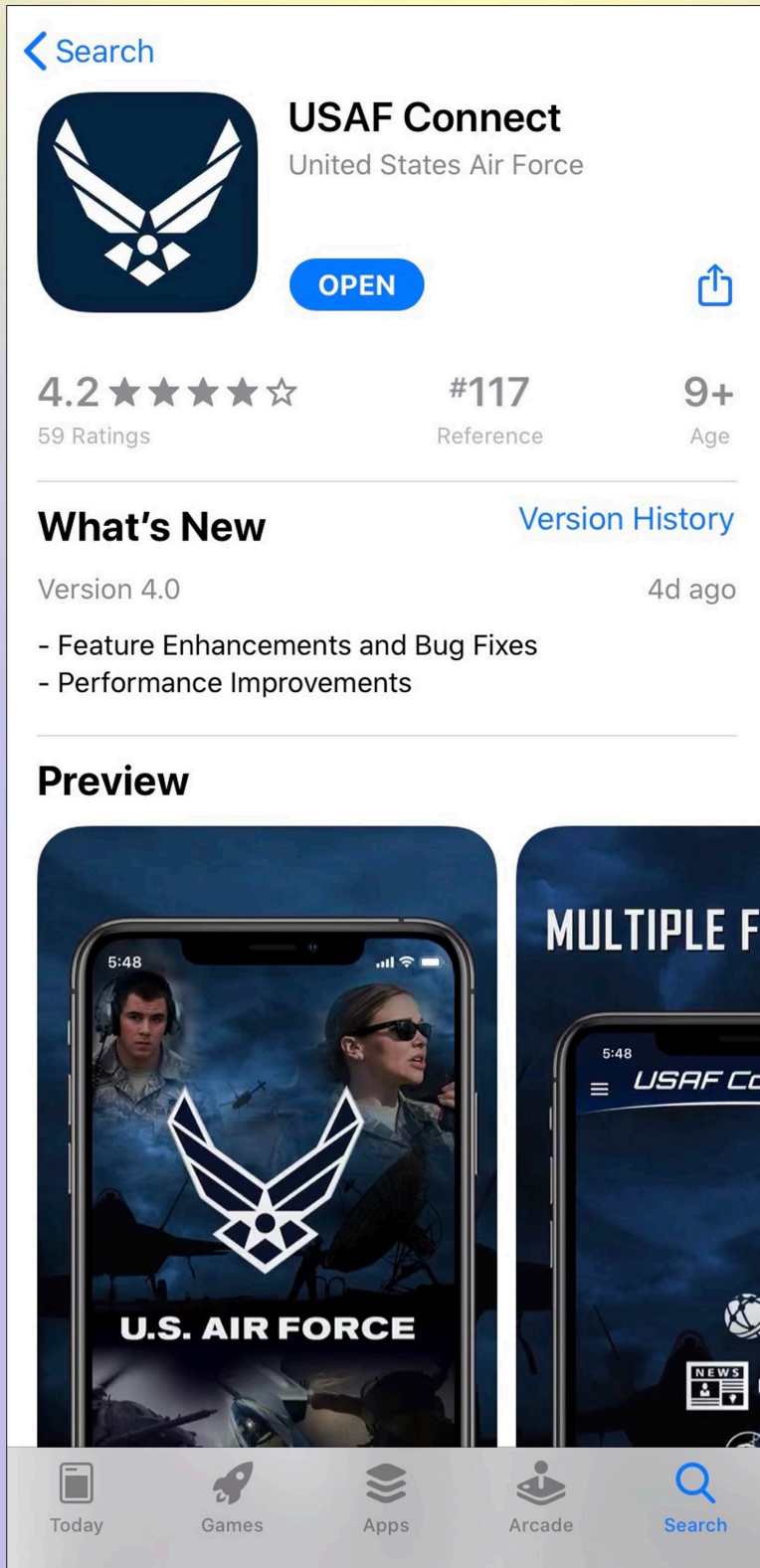
*Staff Sgt. Ethan Winsor, a 189th Maintenance Squadron hydraulic technician installs an end piece to a brake hose Oct. 21, 2019, at Little Rock Air Force Base, Ark. Regular maintenance is necessary to ensure all components that assist the C-130H are working correctly. Winsor is a member of the 189th Airlift Wing Honor Guard team and was selected as the Warrior of the Month. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)*

**Rank/Name:** Staff Sgt. Ethan Winsor  
**Unit:** 189th Maintenance Squadron  
**Guard Status:** Full-time  
**Position:** Hydraulics Technician  
**Hometown:** Riverside, California  
**Time on Station:** 6 years  
**Time in Service:** 14 years  
**Goals:** Staying fit to fight  
**Hobbies:** Living the Air Force core values and staying highly motivated and highly dedicated to the mission  
**Core Value Portrayed:** Service Before Self  
**How this core value is portrayed:** SSgt Winsor is the ultimate team player. He

consistently gives of his time to support the unit and that is why feel portrays Service Before Self Core Value. He is a member of the 189th Honor Guard Team. He served on 16 base events in 2019, many of these events required him to travel on his off days. He was also the 189th Student Flight NCOIC, training young students about Air Force customs and courtesies. He was the 189th Team Leader for Be Your Best Day. The team finished 2nd to the 39th Infantry Team. SSgt Winsor volunteered 16 hours at Jacksonville Christian Academy painting classrooms. Lastly, he gave his holiday time to assist in the Freedom Feast on the 4th of July.



# Steps to download t



STEP 1

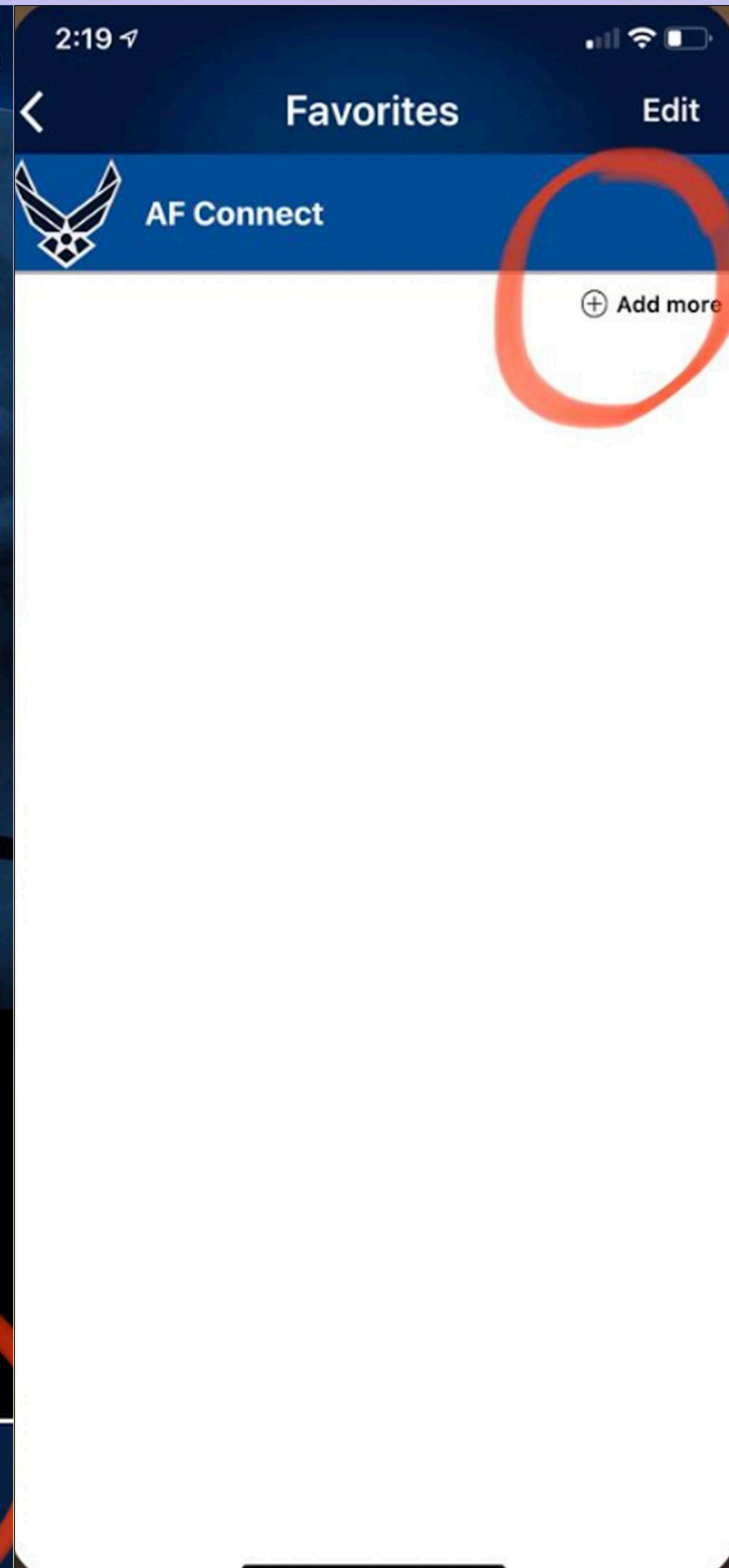


STEP 2

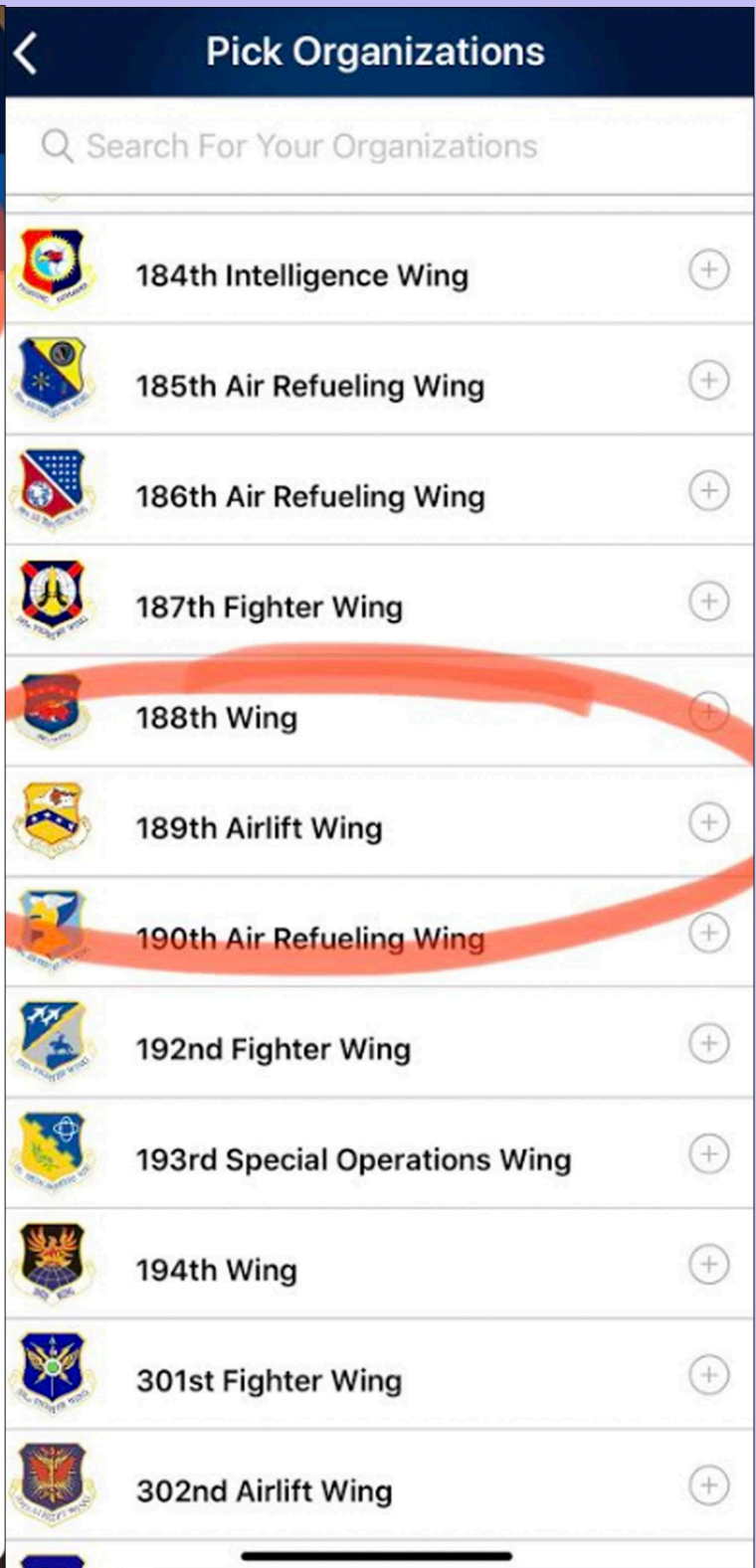




# the AF Connect app:



**STEP 3**



**STEP 4**





# Cyber community makes plans for new AFSC

By Master Sgt. Jessica Roles  
189th Airlift Wing Public Affairs

Career field managers and functional area managers within the Total Force cyber community gathered at the 189th Airlift Wing Nov. 19 - 20, 2019, at Little Rock Air Force Base, Ark. The group collaborated over the course of several days to develop a training plan, establish new expectations of students and instructors, improve the mission defense team training plan and incorporate the developments into a new cyber Air Force specialty code. The new AFSC, 1D7, is expected to become an operational AFSC, separate from the communications career field.

The new training outline drives a more relevant curriculum for the cyber community, especially for mission defense teams. The planning committee discussed issues such as how pipeline training will be conducted and how follow-on training will fit into the schedule. Some cyber fundamentals such as networking, LINUX, operating system comprehension, and others will continue to be a requirement for both the 3D and proposed 1D career field.

The committee met at the 189 AW to ensure the instructors and members of the 223rd Cyberspace Operations Squadron knew exactly what to expect once all conclusions were met. Knowing where to begin with pipeline MDT students is crucial to successful follow-on training for all levels of cyber defense. The facilitation of the training planning team ensured the cyber defenders a first-hand account of what to expect in the future for the cyber community.

“We need to know where they end so we know where to start,” said Lt. Col. Eroica Waggoner, the 223 COS commander. “They have the first part of training so we need to know what they’re teaching them before they show up here. We need to make sure that all the people coming through here have the required fundamental training so we can effectively train them further.”

Mission defense teams are vital to the Total Force mission. Air Force MDT’s are at the tactical edge of

weapons systems platform defense. MDT’s provide an inherent cyber risk assessment to each weapon system’s mission operation and provide mitigation capabilities and coordination efforts to obtain the required level of mission assurance for their assigned weapon system. MDT’s perform five core functions:

**Identify** - Develop the organizational understanding to manage cybersecurity risk to systems, assets, data, and capabilities.

**Protect** - Develop and implement the appropriate safeguards to ensure the delivery of critical infrastructure services.

**Detect** - Develop and implement the appropriate activities to identify the occurrence of a cybersecurity event.

**Respond** - Develop and Implement the appropriate activities to take action regarding a detected cybersecurity event.

**Recover** - Develop and implement the appropriate activities to maintain plans for resilience and to restore any capabilities or services that were impaired due to a cybersecurity event.

“The proposed 1D7 AFSC will drive a more relevant curriculum,” Waggoner said. “We’re preparing to facilitate approximately 560 students this fiscal year as well as training 84 MDT’s across the Air Force. This will make it a more streamlined effort.”



*Leadership within the cyber community discuss the way-ahead for the cyber AFSC as well as the newly proposed 1D7 cyber operational AFSC, Nov. 13, 2019, at Little Rock Air Force Base, Ark. The team worked over the course of several days to develop curriculum and to discuss the future of MDT’s. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)*





# Air Force Mission Defense Teams

Patricia TACKETT MENARI 19-1  
U.S. Air Force graduate  
Master Sgt. Dennis Putman

IDENTIFY • PROTECT • DETECT • RESPOND • RECOVER

## Capabilities

- Mission Relevant Terrain Cyber (MRT-C)
  - Survey
  - Secure
  - Protect
- Inform Commanders Critical Information Requirements
- Traffic Monitoring
- Data Analytics
- Defend Known Threat Vectors
- Adversarial Threat Detection
- Incident Response
- Mitigation of Known Threats
- Restoration of Mission Operations

## Environments

- Mission Design Series Weapon Systems
- Mission Systems
- Industrial Control Systems
- Traditional & Cloud Based Networks

"The Department of Defense (DoD) faces mounting challenges in protecting its weapon systems from increasingly sophisticated cyber threats." — OASD-19-108



Air Force **Mission Defense Teams (MDT)** are at the tactical edge defending these weapon systems platforms. MDTs provide inherent cyber risk assessment to each weapon systems mission operation and provide mitigation capabilities and/or coordination efforts to obtain required level of mission assurance for their assigned weapon system.

The **Federal Cyber Workforce Assessment Act of 2015** (contained in Public Law 114-113) requires the coding of filled and vacant cyber positions across the Federal Government (civilian positions by April 2018 and military positions by September 2018). The DoD Cyber Workforce Framework (DCWF) is the **standardized cyber workforce lexicon** of work roles that are used for coding positions.

MDTs primarily align to the DCWF category **Protect & Defend**. With respect to the assigned weapon system, MDTs **perform 5 Core functions**:

**Identify** – Develop the organizational understanding to manage cybersecurity risk to systems, assets, data, and capabilities.

**Protect** – Develop and implement the appropriate safeguards to ensure delivery of critical infrastructure services.

**Detect** – Develop and implement the appropriate activities to identify the occurrence of a cybersecurity event.

**Respond** – Develop and implement the appropriate activities to take action regarding a detected cybersecurity event.

**Recover** – Develop and implement the appropriate activities to maintain plans for resilience and to restore any capabilities or services that were impaired due to a cybersecurity event.







The mission of the 223rd Cyber Operations Squadron is to maintain an operational mindset led by members who use agile cyberwarfare instruction to provide qualification training, exercises, and assessments for total force utilizing a diverse ensemble of qualified cyberwarfare operators and cyberspace ranges for the purpose of evolving persistent cyber defense capabilities.

## MDT Initial Qualification Training

DCM informed (after input) & Defend (intended) to  
course materials

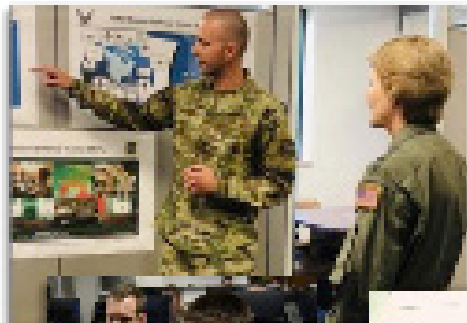
- Cyber Fundamentals
- CVA/H Fundamentals
- MDT Overview
- Survey
- Secure
- Plan, Brief, Execute, Debrief
- Capstone & Basic Cyber Qualification Event

## MDT Standardization and Evaluations

- Qualification to operate per ACC 17-2 CVA/H Volumes 1-3
- Plan in action to build CCV capabilities at unit level and achieve MDT Mission ready

## MDT Job Qualification Standard

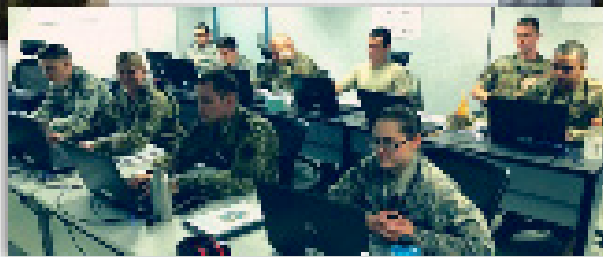
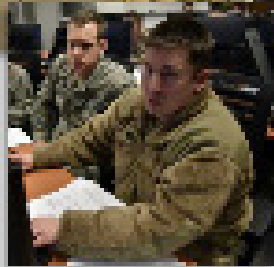
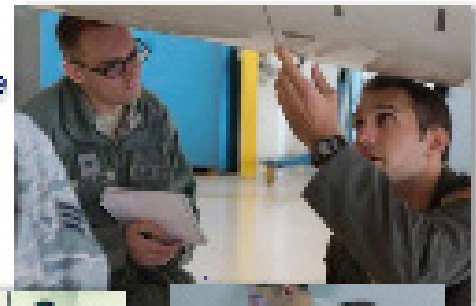
- AFJQSXXXXX-240a posted and managed by the Air Force Career Field Managers and the 8th Training Wing Support Squadron (Q Flight)



## 84 MDTs across the Air Force

56 geographic locations

## Learning 41 MDS



For more information, contact



doi:10.1016/j.jmb.2006.05.001



MDT General	USN 575 7564	757 225 7564
MDT Resources	- (756) 574-9961	757-704-9961
MDT Readiness	- (756) 574-7712	757-704-7712
MDT Training	USN 574 2714	757 704 2714
MDT ASETS	USN 575 8234	757 225 8234

<https://nsl.shawimelibrary.gov/docs/default.aspx?docid=1076&category=1076&cid=1076>



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<https://doi.org/10.1016/j.sbsbs.2019.05.001>  
 Workgroup: <https://www.elsevier.com/locate/sbsbs>



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221 004

<https://doi.org/10.1016/j.jm.2019.05.002>





# **H**OLIDAY LIGHTING SAFETY TIPS



Consider purchasing LED holiday lights; they are cool to the touch and more energy efficient than incandescent bulbs.

Test holiday lights by connecting each strand before hanging them.



Make sure there are no broken bulbs or damaged or frayed cords. Discard any defective strands.

Use holiday lights that include the Underwriter's Laboratories (UL) label.



Avoid resting bulbs on tree needles and branches. Try using a clip to keep the bulbs upright.

Do not overload electrical outlets or extension cords.



Turn off all indoor and outdoor holiday lighting before leaving the house or going to bed.

