

# 189th Airlift Wing WARRIOR



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October 2020

Arkansas Air National Guard

Little Rock Air Force Base, Ark.



*Comm flight creates virtual  
training lab, pg. 7*



# Commander's Commentary

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

Welcome to Fall and October Drill! I am amazed how each of you has balanced the challenges of 2020 while maintaining mission readiness. This weekend, we will have time to catch up on AFSC specific and ancillary training. It's rare that we have an "open" schedule to inwardly focus our training, so please take advantage of this opportunity.



This month, the National Guard is focusing on cybersecurity and how vital it is to our mission and the structure of the Department of Defense. This year's theme is "Do Your Part. #Be Cyber Smart." As leaders in cybersecurity training for Air Combat Command, our 223rd Cyberspace Operations Squadron Airmen have provided more than 200 total force cyber defenders in the past 18 months. Our 189th Communications Flight also plays a pivotal role in cybersecurity by continuously monitoring 882 user devices and over 400 security control measures preventing malware and cyber intrusions. Each of us plays an essential role in protecting our networks and information from malicious actors. Make sure you protect before you connect.

Another important observation in October is Breast Cancer Awareness. According to the Centers for Disease Control and Prevention, breast cancer is the second most common cancer among women in the U.S., only slightly behind certain skin cancers. If you have a history of any type of cancer in your family, make sure you are staying up-to-date on checkups with your primary care manager as well as taking measures for prevention and early identification. For more information, visit <https://www.cdc.gov/cancer/breast/index.htm>.

The election is right around the corner. I cannot stress to you how important it is to vote and make your voice heard. You may think that your vote doesn't matter or that you are the smallest player in the game, but your vote matters more than you know! As military service members, we have options to vote when we are deployed or TDY for training. The absentee ballot is a life-saver for Airmen who are not currently in their home state. For more information on absentee ballot voting, visit our Facebook page.

October is also National Depression Education and Awareness Month. Depression is a serious concern that could lead to decreased work productiveness, damage to your mental and physical health and even suicide in the worst circumstances. According to the WHO more than 264 million people of all ages suffer from depression. It is not a sign of weakness to admit that you are depressed. Know that your Guard family is here for you and your family. There are also many resources for you and family members who are suffering from depression. If you or someone you know needs help, contact Emily Holmes, the 189th AW Director of Psychological Health at 501-987-8752 or [emily.holmes.1@us.af.mil](mailto:emily.holmes.1@us.af.mil).

I hope everyone has a great month and a wonderful drill weekend! I am honored to serve with each of you! FOLLOW THROUGH!

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

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

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# *Airman and Family Readiness Program Provides Stress Relief*

By 189th Airlift Wing Public Affairs  
189th Airlift Wing

The Airman & Family Readiness Program office has recently undergone changes in order to provide Airmen a place to unwind and decompress.

“We have created a sort of relaxation room for our Airmen to to escape the stress of everyday life,” said Tim Boyer, A&FRP program manager. “The room includes our amazing massage chair, fountain, diffuser with calming oils, and resources for those dealing with stress.”

The A&FRP team repurposed an oversized storage closet located in their office to create the room.

“We want people to be able to come in and relax during their chair massage with the privacy of a closed door,” Boyer said. “One of the A&FRP’s core services is to assist with managing stress, and this is a unique, and quite enjoyable, way to do that.” During the 20-minute automatic chair massage, users can connect to the audio system on the chair via Bluetooth.

“You get the opportunity to set the mood you want

to experience during your visit,” said Boyer. “If you want to listen to Enya, connect your phone and do that. If you want to listen to Metallica, you can do that. We are not here to tell you how to relax, we are just here to provide a way for you to.”

The A&FRC office is regularly open Monday through Fridays from 8 a.m. through 3 p.m. and during Saturday drills. To schedule a time to use the new “relaxation room” email Tim Boyer at [timothy.boyer.5@us.af.mil](mailto:timothy.boyer.5@us.af.mil) or swing by the A&FRP office.

“Taking care of our Airman and their families is the goal of everything we do in FSS,” Lt. Col. Erin Burns, 189th Force Support Squadron commander. “This repurposed room highlights our ongoing efforts to improve the health and well-being of our members. We will continue to follow through on our commitment to meet the evolving needs in our Wing so our Airmen keep their focus on mission success.”

“So far there is plenty of availability,” Boyer said. “But I suspect once people discover the benefits to their mental and spiritual health that this can provide, it will get a lot busier.”



*The 189th Airlift Wing Airman and Family Readiness Office offers multiple resources for Airmen and their families, to include a new relaxation room. Please coordinate with the A&FRC office to reserve your session in the relaxation room.*



## ***CDC recommended guidance for a safe Halloween activities***

Center for Disease Control and Prevention  
CDC

**M**any traditional Halloween activities can be high-risk for spreading viruses. There are several safer, alternative ways to participate in Halloween. If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.

### **LOWER RISK ACTIVITIES:**

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

### **MODERATE RISK ACTIVITIES:**

- Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard).
  - If you are preparing goodie bags, wash your hands with soap and water for at least 20 seconds before and after preparing the bags
- Having a small group, outdoor, open-air costume parade where people are distanced more than six feet apart
- Attending a costume party held outdoors where protective masks are used and people can remain more than six feet apart.
  - A costume mask (such as for Halloween)

is not a substitute for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face.

-Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.

•Going to an open-air, one-way, walk-through haunted forest where appropriate mask use is enforced, and people can remain more than six feet apart

-If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.

•Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing

•Having an outdoor Halloween movie night with local family friends with people spaced at least six feet apart

-If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.

### **HIGHER RISK ACTIVITIES:**

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going to hayrides or tractor rides with people who are not in your household
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Traveling to a rural fall festival that is not in your community if you live in an area with community spread of COVID-19



## New CDC Guidance on mask wear

Mask Up Warriors! The CDC recommends that you wear masks in public setting around people who don't live in your household and when you can't stay six feet away from others. Masks help stop the spread of #COVID19 to others. Below is guidance from the CDC to assist you on choosing a mask that is right for you and your family member. The 189th LRS is offering free masks for 189th AW Guardsmen to replace gaiters or worn masks. For more information, go to <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.

### DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

### DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

### Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



Evaluation is on-going but effectiveness is unknown at this time

### Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

### Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin

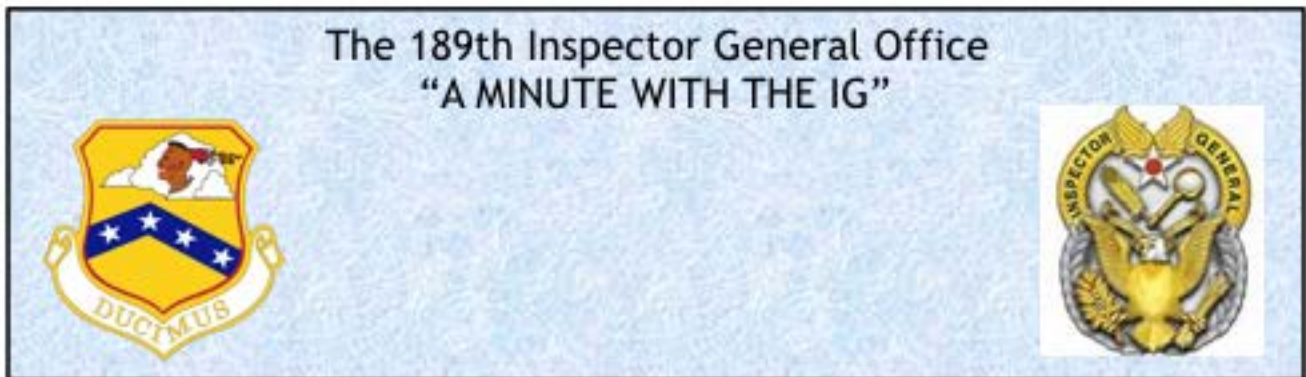


Do NOT put on children younger than 2 years old





# *A Minute With the IG*



## Where Can I Find Inspection Resources?



189 AW  
Inspector General  
Office  
Bldg. 106, Room 103

Congratulations you are now an assessor in MICT, your commander just appointed you to serve on the Wing Inspection Team (WIT), you're a new commander eager to learn all you can about AFIS, Where Do You Go?

Lt Col Sims (IG)  
Lt Col Howard (IGQ)  
Lt Col Marcelle (IGI)  
MSgt McGilton (IGI)  
SMSgt Sauvage (IGI)

The answer is the Inspector General page on the 189th Airlift Wing SharePoint site from this link: [https://org2.eis.af.mil/sites/34153/Wing/IG/\\_layouts/15/start.aspx#/SitePages/Home.aspx?FollowSite=1&SiteName=IG](https://org2.eis.af.mil/sites/34153/Wing/IG/_layouts/15/start.aspx#/SitePages/Home.aspx?FollowSite=1&SiteName=IG)

MSgt McGilton  
987-6615  
SMSgt Sauvage  
987-3863

The "Links" section on this page provides you quick access to MICT and IGEMS Production and Test sites.

IG Group E-mail Box:  
[189.AW.IGI.Org@us.af.mil](mailto:189.AW.IGI.Org@us.af.mil)

Under "CCIP Resources" you can find the Self-Assessment Program and IGEMS Business Rules and How to Guides to help you navigate these systems. The calendar contains inspections and exercises for our wing.

Remember our team is an email, phone call, or a visit away!



# Comm flight creates virtual training lab

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

Military communications covers a broad variety of fields. At the 189th Airlift Wing, the communications spectrum ranges from different roles within the cybersecurity field to communication repair and communications help desk support and wing programs. Recently, the 189th Communications Flight developed a virtual laboratory in their classroom which allows Guardsmen within the wing to visit and practice their cybersecurity skills with the assistance of a subject-matter-expert, teaching people the importance of recognizing potential OPSEC vulnerabilities on work and personal devices.

With ten laptops and five virtual hosts attached to the lab, the possibility of virtual devices to work with is nearly limitless. Every virtual device is essentially located in a cyberspace environment or server. The virtual devices have the tools loaded to train in program languages, cybersecurity, as well as offensive and defense cyber warfare.

“There are is unlimited amount of virtual things you can do in this lab,” said Airman First Class Robert Burns a 189th Communications Flight client systems technician. “This is where someone would go if they want to start learning about cybersecurity.”

The lab is virtual, and air gapped from DODIN, allowing people to make mistakes, simulate virus attacks, practice mitigation techniques, and much more without exposing the DODIN to any actual threats. Coaching airmen how to threat hunt and identify vulnerabilities within their work and personal systems teaches them how to prevent it in the future. The lab is an excellent primer to the 223rd Cyberspace Operations Squadron’s Mission Defense Team training, and also provides airmen who have completed the training an environment to build and hone their capabilities.



environment where we can essentially test things and break them without putting it out on the internet,” Burns said. “One of the things we were put on orders for is to build a tracking system for LRS, which has a lot of capabilities to keep things in order. This lab is helping us with that and letting us test the system.”

The goal of the tracking system will potentially allow people within the wing to track their orders through LRS and see where everything is at in the process. Through the 189th Airlift Wing Innovation Team and the 189th CF, the tracking system has the potential to streamline order processes throughout the wing. Using the communications lab, Burns and Airman First Class Stuart Wright, a Cyber Surety expert, are utilizing the lab to test the vulnerabilities and security framework of the tracking system.

“This is a new learning experience for both of us,” said Wright. “I’ve learned at least four new coding languages and that helps with civilian resumes as well as here at the wing. We’re really getting our hands in the mix and learning about things we’ve never had to do before. It’s good training for the wing, our careers, and civilian experience.”

The experience and practice they’ve had on this project sparked another request from wing leadership. The internet protocol television utilized throughout the wing is the next possible candidate for improvement with the assistance of Burns, Wright and other communications specialists.

“Innovation is extremely important and a huge part of the Air Force culture,” said Burns. “Its programs and ideas like this tracker that help make things better. Even if a project doesn’t end up going anywhere, we still learn from it. We’re all for making work life easier for people. The Air Force is known for its innovative Airmen.”







## **ANG Federal Tuition Assistance BETA Program**

DSGs (Enlisted and Officer) can now take advantage of Fed TA to pursue off-duty educational opportunities!



### **ANG Federal Tuition Assistance BETA Program**

DSGs (Enlisted and Officer) can now take advantage of Fed TA to pursue off-duty educational opportunities!

The ANG Fed TA program will pay 100% of your tuition not to exceed:

- \$250 per semester credit hour, or
- \$166 per quarter credit hour, and
- \$3,750 maximum per fiscal year

ANG Fed TA will approve up to 124 Semester Hours (186 Quarter Hours) for an undergraduate degree and 42 Semester H (70 Quarter Hours) for a graduate degree.

The institution must be a national or regional accredited institution, recognized by the U.S. Department of Education and have a signed DoD Partnership MOU.

Request Fed TA through the Air Force Virtual Education Center no earlier than 45 days and no later than 7 days PRIOR to course start date.

Contact your Education Services Office NCOIC for more information:

TSgt Arianne Pierpoint @ (501) 987-1443 or  
arianne.pierpoint@us.af.mil





## ADDITIONAL INFORMATION

\*\*AFVEC has been updated to a new platform and everyone must to use Chrome in order to log in\*\*

- Members MUST have the initial counseling/briefing and all info in their AFVEC profile updated prior to adding an education goal, please contact the Education Services Office NCOIC to schedule your counseling.
- Briefings will be available every month on Saturday afternoon of drill, there will be a maximum limit of 10 members allowed and a calendar invite will be sent out to the first 10 that request to attend.
- If members are unable to attend the in-person briefing, the ESO is offering an electronic version of the counseling/briefing, accomplished via email correspondence.

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# Personal Financial Counselors are **here to support** you virtually.

- 📍 Are you off a military installation, but still desire financial support?
- 📍 Would speaking to a professional, virtually, give you peace of mind?
- 📍 Are you ready to boost your monetary might?



Did you know Personal Financial Counselors (PFCs) can provide no-cost support services virtually?

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs can provide face to face counseling and/or deliver presentation to service members and their families using telephonic or electronic modes like the Zoom platform.

PFCs are:

- Professionals with experience and specialized training
- They hold a minimum of a bachelor degree
- They hold National certifications for financial counseling and education

## Follow the Office of Financial Readiness

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- [www.FINRED.USAEARNING.GOV](http://www.FINRED.USAEARNING.GOV)
- <https://www.medium.com/@DoDFINRED>

## Local Contact Information

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Personal Financial Counselor (PFC)  
Cell Phone: (501) 553-8625  
Email: PFC2.AR.NG@zeiders.com







# *Warrior of the Month*

## *MSgt Brandon McGilton*



**Rank/Name:** MSgt Brandon McGilton

**Unit:** 189th Airlift Wing/Inspector General office

**Guard Status:** Full-time

**Position:** Inspection Coordinator

**Hometown:** Hamburg, Ark.

**Time on Station:** 15 years

**Time in Service:** 15 years

**Goals:** Finish Bachelor's degree and enjoy the little things in life

**Hobbies:** Hunting, fishing, hiking, and enjoying the outdoors

**189th Airlift Wing priority portrayed and why:**  
Innovation

**How this core value is portrayed:** MSgt McGilton

has a keen eye for identifying areas needing improvement and developing innovative solutions to address those areas. He developed virtual training for assessors in the Management Internal Control Toolset to support COVID mitigation efforts in our wing. This training has been shared with both AETC and NGB. Another approach MSgt McGilton implemented for training involved a hands-on portion to self-assessment program manager training with the addition of two workstations for SAPM's to train in our office. MSgt McGilton is innovative and possesses a strong ability to follow through on process improvement.



# *Secretary of Defense Employer Support Freedom Award request for nominations*

## **About the Freedom Award**

**T**he Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the Guard and Reserve.

Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.

The award was created to publicly recognize employers who provide exceptional support to their Guard and Reserve employees. It is the highest in a series of employer recognition awards given by the Department of Defense.

Almost one-half of the U.S. military is comprised of the Guard and Reserve. The Department of Defense shares these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve in the Guard and Reserve. This award recognizes employers who provide the most outstanding support for their Guard and Reserve employees and is presented annually by the Secretary of Defense.

## **History of the Freedom Award**

The Secretary of Defense Employer Support Freedom Award was instituted in 1996 under the auspices of Employer Support of the Guard and Reserve (ESGR). ESGR is a Department of Defense office established in 1972 whose mission is to gain and maintain employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing

awareness of applicable laws and resolving conflict between employers and service members.

Secretary of Defense William Perry authorized the first award in 1996 and presented it to Schneider National, McDonnell Douglas, United Parcel Service Central Florida District, Tektronix, Inc. and National Life of Vermont. In the years since, a total of 280 employers have received this prestigious award. Today, up to 15 awards are presented each year to employers in three categories, large business, small business and the public sector.

The nomination process is open to all Guard and Reserve personnel or a family member acting on their behalf and applications are submitted online to ESGR. A national selection board comprised of senior Defense officials and business leaders select the award recipients.

## **Nomination Information**

Do you have the flexibility you need to succeed at work and in the military? Does your employer support your service from drill weekends to deployments without concern for your job? If you answered “yes,” consider nominating your employer for the Secretary of Defense Employer Support Freedom Award.

Nominate your employer at <https://www.freedomaward.mil/>. The nomination form takes about 10 - 15 minutes to complete. Just click “Nominate Employer” on the FreedomAward.mil homepage to share how your employer supports you and fellow military employees.

Nominations must be submitted by Dec. 31, 2020.







# Social Security Payroll Tax Deferral

Defense Finance and Accounting Services

In order to provide relief during the COVID-19 pandemic, a Presidential Memorandum was issued on August 8, 2020 and guidance followed from Internal

Revenue Service on August 28, 2020, to temporarily defer Social Security (Old Age, Survivors, and Disability Insurance (OASDI) tax withholdings. This change is effective through the end of the 2020 calendar year.

**Military Members -** Effective for the September mid-month pay, DFAS will temporarily defer the withholding of your 6.2% Social Security tax if your monthly rate of basic pay is less than \$8,666.66. If your monthly rate of basic pay is at or above this threshold, your social security tax withholding will not be affected by the temporary deferral. Military members can use their August or prior LES as a good reference for their typical Social Security tax amount. The Social Security tax is labeled as "FICA-SOC SECURITY" on the LES and is calculated as 6.2% of basic pay.

**Civilian Employees -** Effective pay period ending September 12, 2020, DFAS will temporarily defer your 6.2% OASDI tax withholding if your wages, subject to OASDI are less than \$4,000 in any given pay period. Employees can use the "Taxable Wages" on the LES as a good reference for whether they will

have OASDI tax deferred. The OASDI deduction is found on your LES under the deductions tab/section.

Military members are not eligible to opt-out of the deferral if their Social Security wages fall within the stated limits. The deferral will happen automatically.

Civilian employees are not eligible to opt-out of the deferral if their Social Security wages fall within the stated limits. The deferral will happen automatically.

Per IRS guidance, collection of the deferred taxes will be taken from your wages between January 1 and April 30, 2021 for both military members and civilian employees. Additional information on the collection process will be provided in the future.

If a military member or civilian employee separates or retires in 2020 before the Social Security tax can be collected in 2021, they are still responsible for the Social Security tax repayment. Additional information on the collection process will be provided in the future.

For questions on the temporary deferral of the 6.2% OASDI withholding visit the IRS page:

<https://www.irs.gov/newsroom/guidance-issued-to-implement-presidential-memorandum-deferring-certain-employee-social-security-tax-withholding>.

# MILITARY MEMBER

## FAQs





## *Little Rock Air Force Base celebrates 65th anniversary and thanks community for support*

Since Little Rock AFB first opened its gates on October 9, 1955, the greater local community has extended unparalleled support to our Airman and their families. Little Rock AFB would not exist as it does today had the community not purchased the land it donated to the Air Force for the base in 1952. This same supportive community has been essential to the success of members across Team Little Rock as we execute our Department of Defense mission of training, projecting, and sustaining agile combat airlift across the globe. While we had to make the difficult decision to cancel the Thunder Over the Rock Airshow due to COVID-19, we thought it appropriate to still pause to recognize the significant milestone of Little Rock Air Force Base turning 65, and to offer our gratitude for your outstanding and enduring community support.

On Oct. 9, aircraft flown by members of the 19th Airlift Wing (AMC), 314th Airlift Wing (AETC), 189th Airlift Wing (ANG), and 913th Airlift Group (AFRC), along with the C-47, will celebrate our heritage by performing an aerial review of the greater Little Rock area to thank Arkansans for their unwavering community support. The attached flyer provides our planned route of flight and times over respective cities.



**This Aerial Review HONORS 65 years of Community Support. TIMES ARE SUBJECT TO CHANGE.**