

189th Airlift Wing WARRIOR



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Arkansas Air National Guard

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Out of the ashes: remembering 9/11

By Chaplain (Maj.) Ron Pierce
189th Airlift Wing

Iremember the day so clearly – My wife, Kristin, and I were up and getting ready for the day when it happened. It seemed so “not real” but it was real. At first it was shock at such a travesty and then when the 2nd plane struck the tower, it transitioned suddenly to a sense of dread about what was happening. We knew at that point something more than an accident was going on – we were being attacked!

That day was Sept. 11, 2001. Nothing like that had happened since the attack on Pearl Harbor back in 1941! Many emotions were experienced that day – shock, confusion, anger, and fear were among them. A lot of lives were lost including the lives of those who sacrificed everything to save others. We remember that day as a day of loss, of tragedy, of suffering.

However, we also remember something very special about that time – a time when a country instantly pulled together in unity. We became one and responded as one. We became openly spiritual and pulled together in a way that had been unseen and unfelt in regular everyday life before the attack.

Out of the ashes of such devastation came a sense of pride, duty, and concern for each other as a nation that seemed desperately needed! That day certainly served as a wakeup call in many ways, and had a lasting impact that will carry long into the future.

As we observe Patriot Day this year, let us continue to remember those who lost their lives, those who gave their lives, and their families. There is still grieving and mourning, and a huge sense of loss for so many. Let us not forget them. Let us come alongside them and comfort them.

As the days between the present and that shocking day continue to spread apart, let us also continue to remember and cling to the sense of unity and spirituality and togetherness... and love for each other that sprang forth as a phoenix spreading wing and soaring high. We are reminded to be thankful for all those who serve to protect us, defend us, keep us safe, and rescue us.

We remember, we are reminded, we are thankful - may our sense of unity, duty, and commitment to victory be rekindled and brightly shine for all to see.



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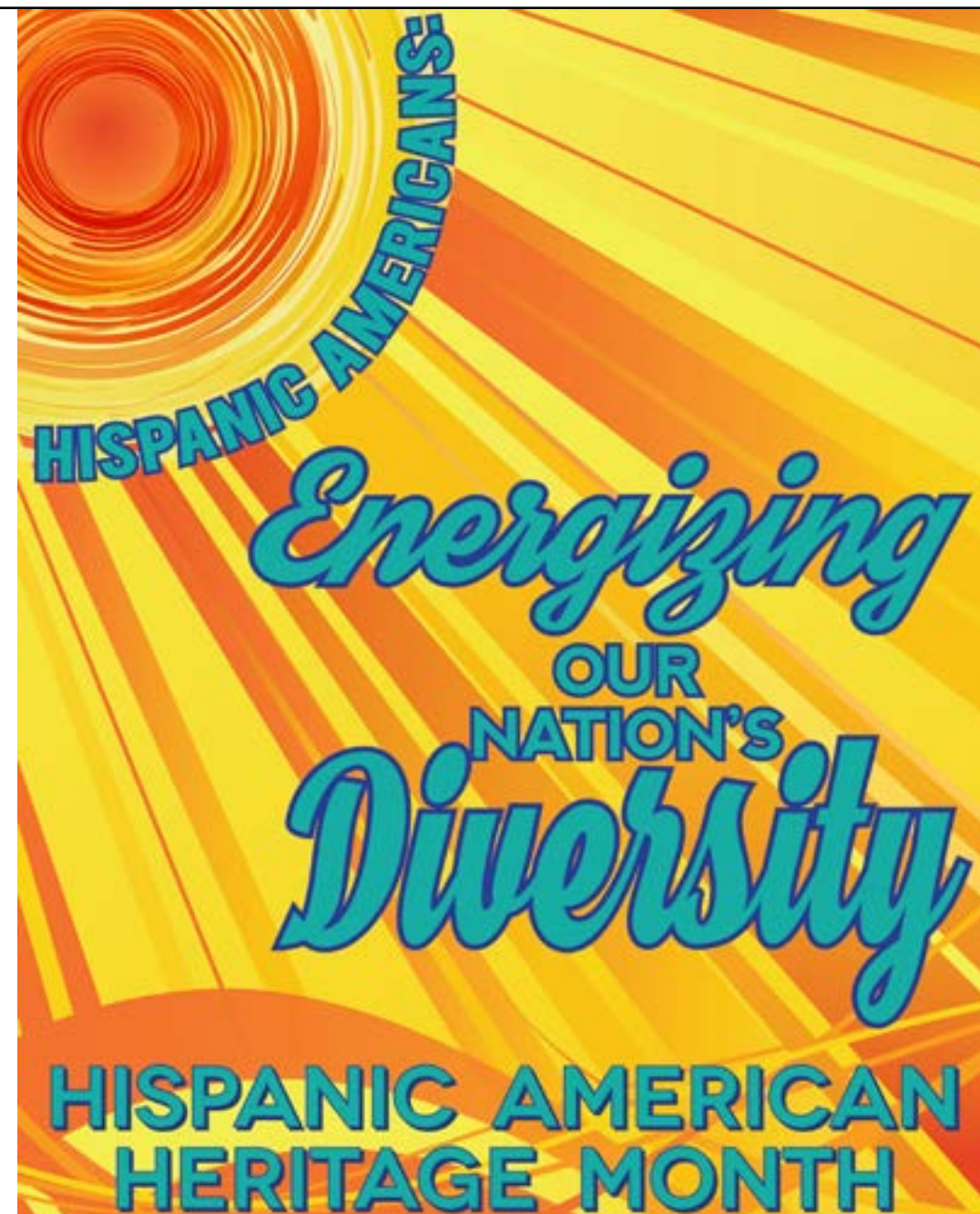
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Arkansas Air National Guard trains with local and state partners

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

The 189th Security Forces flight along with the 216th Military Police Brigade, Arkansas State Police and several other local law enforcement units, participated in the annual National Guard Response Force Training Exercise, Aug. 5, 2017, at the Robinson Maneuver Training Grounds, Camp Robinson, Ark. The training provided the military service members the opportunity to experience first-hand, working with civilian law enforcement in the event of a state-wide emergency.

“We are here to support the Arkansas State Police against civil disturbance,” said Lt. Col. Todd Stuff, Arkansas National Guard National Guard Reaction Force commander. “The state police are always in charge. We will support and train with them as much as we can to make sure we all sync together in the event of an emergency.”

During a civil disturbance, the first group of Airmen and Soldiers to get called out belongs to the quick reaction force. The request is made from the governor to the adjutant general of the state. After receiving the request, the adjutant general will activate the QRF. The group is then required to report to the location of civil disturbance within eight hours of activation. If more Guard personnel are requested, the National Guard Reaction Force will then be dispatched and is required to report within 72 hours of the request.

Nearly 300 Airmen and Soldiers participated in several different scenarios to include weapons training, munitions demonstrations and other objectives that require familiarity in the event of a civil disturbance. The groups practiced different tactics and maneuvers for two days before participating in the exercise, leading to a nearly seamless outcome.

“The goal of the training is to successfully combine and integrate our forces,” said Master. Sgt. Matthew

Pfleger, a security forces member of the 189th Security Forces flight. “This is our second year in a row to successfully complete this combined training. We have to be ready to provide support when local and state law enforcement have exhausted all of their resources.”

The Arkansas National Guard’s Civil Disturbance Contingency Plan outlines key responsibilities for preparing for, responding to and recovering from an incident or event that results in the degradation of public law and order, placing public safety at risk and exceeding civilian law enforcement capacity.

“This is the opportunity to demonstrate our capabilities to the state police,” Stuff said. “Within the last year, they have integrated with us in our training to understand our capabilities and what we can support them with.”



Members of the Arkansas National Guard simulate protestors during a civil disturbance exercise Aug. 5, at the Robinson Maneuver Training Grounds, Camp Joseph T. Robinson, Ark. The training was conducted in order to ensure a seamless support initiative in the event of activation to support state and local law enforcement in a state emergency.



Above: An Airman from the 189th Airlift Wing Security Forces flight assists a member of the Arkansas State Police Department in detaining a protestor during a simulated civil disturbance exercise Aug. 5, 2017, at the Robinson Maneuver Training Grounds, Camp Joseph T. Robinson, Ark. The training provided the Arkansas National Guard the opportunity to train alongside state and local law enforcement in a supportive role. **Bottom, Left:** Airmen and Soldiers of the Arkansas National Guard practice riot control during a civil disturbance exercise Aug. 5, 2017, at the Robinson Maneuver Training Grounds, Camp Joseph T. Robinson, Ark. The Arkansas National Guard trained with members of the Arkansas State Police Department as well as local law enforcement agencies throughout Central Arkansas, teaching the Guardsmen the importance of their support role in the event of a civil disturbance. **Bottom, Right:** Master Sgt. Glen Bates, the 189th Security Forces flight first sergeant, plays the role of a protestor during a civil disturbance training exercise at the Robinson Maneuver Training Center Aug. 5, 2017, Camp Joseph T. Robinson, Ark. The training exercise provided military members who are part of the state National Guard Reaction Force with vital training for potential involvement with local law enforcement in a state domestic incident or civil unrest scenario.





Connection saves lives: Be there to help prevent suicide

Peter Holstein
Surgeon General Office of Public Affairs

You can make a difference for someone struggling with suicidal thoughts with as little as eye contact and a friendly smile, an arm around the shoulder, or a kind word at the right time. Everyone has a role to play in preventing suicide, a key theme of the Defense Department’s #BeThere Campaign, which encourages making a difference through every day connections.

“Connection saves lives,” said Col. David Linkh, the Air Force Suicide Prevention Program manager. “Isolation, alienation and feeling of a lack of belonging places folks at risk.”

Suicide is a major public health concern in the U.S., and for the Armed Forces. One of the most important and simplest ways to fight back against this threat is to build connections with people in your life, and make sure that people don’t feel alone and isolated.

“If a fellow Airman seems to be struggling, make simple gestures,” said Linkh. “Have lunch with them, talk to them and include them. Ask them how they are doing, or about their family. Stop by their desk and share a little bit about yourself.”

In the right circumstances, those simple, everyday actions really can save a life.

Recognizing that someone is at risk of suicide isn’t always possible. There isn’t always an obvious or



consistent sign that someone may be struggling with suicidal thoughts. People can hide or compartmentalize the underlying stress that lead to suicidal behavior, but there are things you can watch out for.

“We tend think in terms of two things – risk factors and warning signs,” said Linkh. “Risk factors are some of the larger life factors that we sometimes see, like relationship, legal, financial or workplace issues. Warning signs are more behavior changes. That can include mood swings, irritability, anger, depression or social withdrawal.”

This can be especially true for people who are usually engaged and outgoing. It can be a concerning sign if they start avoiding eye contact, skipping social events and stop associating with family, friends or coworkers. Drug or alcohol abuse is another critical indicator that a person may be dealing with issues that could lead to self-harm.

There are some other warning signs that a wingman, supervisor or colleague might notice as well.

“Changes in work behavior, like showing up late to work, unexplained absences, or missed deadlines by folks who were previously on the spot can be concerning,” said Linkh. “Really, any change in behavior, especially one that suggests the person may be struggling in areas of their life. People shouldn’t be afraid to engage on these issues in a supportive way.”

If you are concerned about a person, start by just talking to them. It may seem simple, but not only can it help you get a sense of whether something is bothering them, it also reinforces relationships and can keep the person from feeling isolated. Being attentive to someone struggling with suicidal thoughts or depression can encourage them to open up and tell you that they are having trouble.

“We can’t always know what our wingmen or coworkers are dealing with,” said Linkh. “Taking the time to know one another and go out of our way to help each

other can help change the culture. Small acts of kindness, small moments of connection can make us all safer.”

For more information about suicide prevention and additional resources, visit the Air Force Medical Service Suicide Prevention page, or the U.S. Air Force Wingman Online page. If you are having suicidal thoughts or are worried that someone you know may be about to engage in self-harm, call the Military Crisis Line at 1-800-273-8255 and press “1” for assistance.



189th Airlift Wing hosts Arkansas STAFDEL visit
Photos by: Senior Airman Kayla Edwards
The 189th Airlift Wing welcomed Heba Abdelaal, legislative assistant to Senator John Boozman, as part of the Congressional Delegate Staff Orientation Tour Aug. 29, 2017, at Little Rock Air Force Base, Ark. The tour provided Ms. Abdelaal the opportunity to experience first-hand what the Airmen of the 189th Airlift Wing and the Soldiers of Camp Joseph T. Robinson accomplish for the Arkansas National Guard.





Guatemalan Air Force visits 189th MDG, receives patient movement demos

Senior Airman Kayla K. Edwards
189th Airlift Wing Public Affairs

The 189th Medical Group hosted members of the Guatemalan Air Force during a three-day patient movement event as part of the Arkansas State Partnership Program on August 8-10. The National Guard State Partnership Program is a National Guard Bureau initiative that pairs a state with a foreign nation in order to encourage interoperability between nations. The primary purpose of the visit was to exchange information with subject matter experts about the techniques and processes utilized for patient transport during a natural or manmade disaster.

The Guatemalan Air Force Unidad Humanitaria y de Rescata service members began their visit with a tour of the 189th MDG building. Lt. Col. Paul Sherman, 189th MDG medical administrative officer explained that the visit was part of a long-term effort to continue fostering positive exchanges of critical mission capabilities during a natural disaster.

“We’ve done some patient movement exchanges, subject matter expert exchanges, and have visited Guatemala to show them our techniques and they’ve shown theirs. This visit is a follow-up and we’re demonstrating some of the techniques we use here for patient movement on our aircraft,” said Sherman.

In an effort to provide a closer view of the proper techniques utilized for patient movement on a military aircraft, members from the 137th Aeromedical Evacuation Squadron located in Oklahoma City, Oklahoma participated in a C-130H aeromedical evacuation demonstration. Guatemalan UHR members were able to perform a litter carry of a medical simulation mannequin onto the aircraft, shown the proper techniques to stabilize the litter, and had

the opportunity to watch the medical evacuation technicians simulate triage on the mannequin. The Guatemalans also visited the Army Aviation Support Facility at Camp Joseph T. Robinson Maneuver Training Center, where they received a briefing and demonstration of patient movement onto a UH-60 Blackhawk.

Sherman stated that the overall goal for the demonstrations was to provide our state partners with knowledge on both sides so that they have a better understanding of patient movement.

“There may be a situation where they’ve had a major earthquake, which is a concern for Guatemala, or a mudslide. They may have U.S. aircraft on the ground, loading and unloading, to move patients,” he said. The patient movement event was the perfect way to showcase the capabilities of aircraft that may arrive to aid in rescue efforts. The UHR also toured the Arkansas Department of Health Emergency



Lt. Col. Luz Arlene Chinchilla Mena, the Unidad Humanitaria y de Rescata executive officer, executes a litter carry onto a C-130H during a three-day patient movement demonstration at Little Rock Air Force Base, Ark. on Aug. 9, 2017. Members of the Guatemalan Air Force participated in a three-day patient movement tour with the Arkansas National Guard.



Above: Lt. Col. Luz Arlene Chinchilla Mena, the Guatemalan Air Force Unidad Humanitaria y de Rescata executive officer, checks the simulated pulse of a practice mannequin during a patient movement event hosted by the 189th Medical Group at Little Rock Air Force Base, Ark. on Aug. 9, 2017. The event was coordinated as part of the Arkansas National Guard's State Partnership Program with Guatemala. Below: Lt. Col. Luz Arlene Chinchilla Mena, Guatemalan Air Force Unidad Humanitaria y de Rescata executive officer, enjoys the aerial view of Little Rock during a UH-60 Blackhawk incentive flight on Aug. 10, 2017. Members of the Guatemalan Air Force UHR participated in a three-day patient movement during a State Partnership Program visit. (U.S. Air National Guard photos by Senior Airman Kayla K. Edwards)



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Breaking Barriers: Air Force celebrates 70 years

Courtesy SAF/PAI



American Airmen have been breaking barriers for 70 years in air, space and cyberspace, resulting in global vigi-lance, reach and power. They've shown tenacity in Korea's MiG Alley, endurance in Vietnam's Rolling Thunder cam-paign, decisiveness over the skies of Baghdad during Desert Storm and resilience in Iraq and Afghanistan. Airmen are now fully engaged as part of America's Joint Force in every region of the world and every mission area across the full spectrum of military operations. Airmen span the globe and Airpower has become the "oxygen the joint team breathes."

1983: Operation Urgent Fury

In October 1983, the attention of the United States was drawn to the Caribbean island of Grenada, where a military coup had just occurred. At the time, hundreds of U.S. citizens attended medical school on the island and President Ronald W. Reagan was concerned for their safety. After an official request from the Organization of Eastern Caribbean States, President Reagan decided to intervene to protect the medical students, to restore democracy to the tiny nation, and to eliminate an ever-increasing Cuban presence on the island. The Department of Defense

began to work on plans for an invasion, code named Operation Urgent Fury.

The U.S. joint task force formed to conduct the operation was led by Vice Adm. Joseph Metcalf III, the commander of the U.S. Navy Second Fleet. On his staff were U.S. Air Force officers Maj. Gen. Robert B. Patterson and Brig. Gen. Richard L. Meyer, who advised Admiral Metcalf on airlift and strategic and tactical airpower forces. The invasion plan called for U.S. Marines to assault the northern half of the island

while the USAF would airlift U.S. Army soldiers onto the southern section of the island near the capital, St. George's. The invasion was scheduled for October 25. In preparation, the USAF deployed E-3 Airborne Warning and Control System aircraft and F-15 fighters to Puerto Rico, where, refueled by Strategic Air Command tankers, they patrolled the Caribbean Sea to forestall possible Cuban intervention. In addition, USAF strategic and tactical reconnaissance aircraft flew over Grenada to gather information on enemy forces and to locate the medical students.

While the Marine assault in the north met little resistance, the two battalions of Army Rangers airlifted to Point Salines near the capital by USAF C-130s faced a more daunting task. Air Force AC-130 gunships supporting the airlift observed construction equipment blocking the runway and alerted the inbound C-130s, causing the mission to change from an airlift to an airdrop of the Rangers. One C-130 was damaged by ground fire before the AC-130s could suppress the enemy fire. By the time the rest of the C-130s were ready to drop their troops, dawn had arrived and a well-prepared enemy waited.

Still, the first wave of airdropped Rangers managed to clear the runway, and C-141s and C-130s began landing and unloading troops and cargo. At the same time, the Rangers freed 138 medical students held at a nearby campus. However, resistance increased and more students remained trapped four miles behind enemy lines. The USAF also encountered difficulties with the short length and limited ramp space at Grenada's airports, causing many tanker and transport aircraft to use staging bases, such as in nearby Barbados.

To rescue the remaining hostages, the Rangers deployed from Marine helicopters supported by AC-130 gunships. As fighting diminished, USAF A-10 attack aircraft supported U.S. Marines who captured a suspected enemy base on the nearby island of Carriacou. By early November, all military objectives had been met and an interim government was established until a democratic government could be elected. In total, the USAF airlifted nearly 700 medical students out of the country, as well as 755 Cubans for repatriation to that nation. Overall, the U.S. Air Force supported Urgent Fury through a wide

range of missions, including reconnaissance, close air support, troop and cargo delivery, casualty and evacuee transportation, air refueling, psychological warfare missions, and communications and air control.

When U.S. troops finally left Grenada, USAF aircraft transported at least 6,000 back to their home stations. As in other operations, the U.S. Air Force gathered important lessons from Urgent Fury, such as the need for adequate staging bases, better navigation equipment for its C-130 fleet, and, as the Point Salines drop demonstrated, the requirement of air superiority for a successful airlift. Indeed, Operation Urgent Fury convinced the USAF to continue its development of the C-17 transport, an aircraft that could function as a strategic airlifter but with the ability to take off and land from short fields. Overall, the invasion of Grenada was considered a success and historian Daniel L. Haulman noted, "The many missions that air power performed in URGENT FURY proved its indispensability in a future of joint contingency operations."

Capt Gregory Ball, USAFR, Ph.D.





Warrior of the Month: Lt. Col. Katherine Travis



Rank and Name: Lt. Col. Katherine Travis

Unit: 189th MDG

Hometown: Clarksville, TN

Guard Status: Traditional

Civilian Employment: Pediatric nurse practitioner

Family: Husband: MSgt Jassen Travis, Son: A1C

Chris Travis, Son: Hunter, Daughter: Zoe

Hobbies/Goals: Traveling with my family and reading a good book

Why I joined the Guard: I had been a nurse for many years, and was looking for a new experience. The ANG provided different ways for me to use my skills as a nurse

Most Rewarding Part of my Job: Meeting and mentoring Airmen

Core Value: Service before self - as a nurse this comes naturally to me. I am proud to serve the Airmen of the 189th Airlift Wing



PROMOTIONS

To Senior Master Sgt.
Matthew R. Hunter
Nathan D. Howell
Darren P. McGuirk

To Master Sgt.
George Burns, Jr.
Todd Belverstone
Nathan Michael
Walter Peck

To Technical Sergeant
Jeffrey Evans
Heath Cupples

To Staff Sgt.
Russell Olrick

To Airman First Class
Tristan Saunders
Devin Weatherford

U.S. Navy Senior Enlisted Academy
Senior Master Sgt. DeeDee Glodowski

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!



YOU ARE A TARGET!

Recently, there has been an **INCREASE** in **FOREIGN** nationals attempting to add USAF members on **SOCIAL MEDIA** in an attempt to elicit information!

- Have you received a Facebook friend request from someone you don't know, who appears to be from a foreign country?
- Have you received social media messages from foreign nationals requesting your assistance?



If this has happened to you, contact

SA MEGHAN HILTON

IMMEDIATELY

at 501-987-6116 or

meghan.hilton@us.af.mil or

call the duty agent at 501-779-0043

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