

189th Airlift Wing WARRIOR



Vol. 21 No. 56

September 2019

Arkansas Air National Guard

Little Rock Air Force Base, Ark.



189th Airlift Wing Test Det
installs pod onto C-130H, pg. 9



Commander's Corner

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

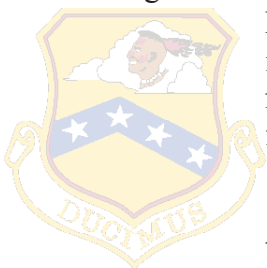
1 89th AW Family - With school back in session and everyone getting back to their daily routines, I want to highlight the stressors that come with everyday life. Balancing work and family can often be a daunting task. That being said, the 189th Airlift Wing has many resources available to Airmen and their families to help with the stressors of day-to-day life. If you find yourself out of options and exhausted, stop by and have a chat with our chaplain, Lt. Col. Ron Pierce. He will always be available to any Airman or family member in need of support, a lending ear or a helping hand. In addition to the chaplaincy, the wing's Airman and Family Readiness coordinator, Ashley Morgan, has valuable information and outlets for families. Some of these outlets include our wing Family Resilience Day October 19th, as well as other family-friendly events throughout the year. Take a break and treat you and your family to some fun!



I want to discuss a topic that has been affecting our Air Force heavily throughout the past year: suicide and suicide prevention. As of August 1st, the Air Force has lost 78 Airmen to suicide as opposed to 58 at this time last year. One loss is too many! Recurring themes leading to suicides include but are not limited to a lack of connectedness, feeling as though you are a burden to others, and hopelessness. I can't over-emphasize how important each one of you is to our mission. Every Airman plays a critical role in our success. We need to focus on a holistic approach to suicide prevention by focusing on primary health care through meaning and purpose, values, relationships, religion and spirituality, and effective problem solving just to name a few. Secondly, when dark clouds start to form, we provide early intervention by facilitating access to care in order to deal with anxiety, depression, substance abuse and mental health. Thirdly, we provide the care and treatment for people at imminent risk.

We as a team must incorporate resilience into our daily lives in order to keep a strong mind. Suicide and interpersonal violence are serious issues that require comprehensive, seamless prevention, intervention, and postvention responses from exceptional leaders. We as Wingman and leaders must familiarize ourselves with available resilience tools and resources to prevent and respond to crises such as suicide.

Lastly, I ask that you take time out to remember the innocent lives that ended too soon on that bright September 11th morning in 2001. Eighteen years ago, through the ashes of a devastating attack on American soil, a bond of togetherness was forged as we united to help our fallen and take up the fight against terrorism. Patriot Day is our opportunity to reflect on our heroes, fellow service members, first responders, and civilians who paid the ultimate sacrifice. Never forget!



I hope everyone has an outstanding drill. We'll see you all out there! FOLLOW THROUGH!

www.facebook.com/189AW

www.instagram.com/189AW

Publication Staff

Col. Dean B. Martin
189th Airlift Wing
Commander

VACANT
Public Affairs Officer

Master Sgt. Jessica
Condit
Public Affairs Superintendent

VACANT
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.



An ounce of prevention

Commentary by Lt. Col. Ronald Pierce
189th Airlift Wing Chaplain

Routine smallpox vaccinations stopped around 1972. Many people have the scar from the vaccine on their upper arm. Why did these vaccinations stop? Because smallpox was eliminated – from the world! This is a great historical example of how prevention accomplished so much more than treatment in response to occurrences.

I recently attended the 2019 DOD/VA Suicide Prevention conference. During one of the breakout sessions, a medical model of prevention was applied to suicide prevention. Three levels along a continuum were discussed; tertiary, secondary, and primary.

In the medical model, tertiary response is basically management of a disease or illness after it occurs, secondary response is early identification and treatment, and primary response is the idea of fostering behaviors, knowledge, and habits to enhance community health (in other words – prevention). The primary response is geared towards prevention of disease and illness, and is often the most neglected part of the continuum.

Application to suicide prevention can be made using the same model. The tertiary response would be care/treatment of persons in whom suicide-related behavior have occurred, secondary responses would be early intervention in response to suicide risk factors, and the primary response would be mitigating occurrence of risk factors by promoting life enhancing practices.

Just like in the medical model, the primary part of the suicide prevention continuum is often the most neglected. It is the area of the continuum that is most concerned with preventing suicide related ideations and occurrences. Yes, we need to keep up the good work on noticing and responding to observed risk factors in ourselves and others, but even more

importantly, we all need to educate and promote lifestyle practices that foster prevention of suicide ideations.

While not an exhaustive list, here are some lifestyle topics relevant to fostering this type of resiliency – identity, values, relationships and social connectivity, meaning and purpose, religion/spirituality, effective problem-solving, and distress tolerance. Think of it as vaccination against suicide ideations that could crop up when we are faced with negative experiences.

Difficult and sometimes tragic things happen to all of us at different seasons of our lives. Hard times come with the package of living as a human on this round globe we call earth. So, just like a vaccine, let's inoculate against suicide ideations.

Recent statistics reveal that society is dealing with an increase in depression, loneliness, isolation, and disconnection. These are the kinds of things we need to address before they lead to suicidal thoughts and ideations. Sometimes, we may even need help in sorting out how to move in a healthy direction.

Contact your chaplain or DPH, visit with your pastor, or chat with a mentor. Talk about these things over lunch with your co-workers. Let's share our successes and what works. Let's share what we struggle with because others might have the same





Arkansas Air National Guard Marksmanship Training team participates in international shooting competition

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

The 189th Airlift Wing's Marksmanship Team selected two outstanding members to represent the wing and the Arkansas Air National Guard in an upcoming international marksmanship match to take place in Canada at the Canadian Armed Forces Small Arms Concentration. The members, Tech. Sgt. Scotty Daniel and Master Sgt. Matthew Smith, will represent the team and the wing this weekend, competing against marksmen from countries around the world.

For the first time in 15 years, the Arkansas Air National Guard will be competing in an international match. According to Daniel, the funding is not always available to compete internationally. Being diligent with resources and time that has been given the two competitors, they were able to qualify and were sent an invitation to participate. In addition to building relationships with other countries during international matches such as this, the team enjoys the camaraderie between each other as well as other branches of service within the Department of Defense.

"These extracurriculars break down barriers for networking," said Daniel. "It's a great way for people of all backgrounds to come together and learn new things. It builds confidence as you get in and get better."

For everyone, the experience is different. Some people join to fulfill an opportunity greater than simply being part of something. Meeting Airmen from across the wing and building good rapport with other service members you would otherwise not have an opportunity to meet, adds to the experience of being a member of the marksmanship team.

"For me it adds to the Guard experience," said Smith. "You get a better picture of more than just your job. If it wasn't for being on the marksmanship team, I would never have met people I now know."

"You got people from the medical group,



Master Sgt. Matthew Smith, a 189th Operations Group loadmaster instructor and 189th Marksmanship Team instructor, demonstrates the proper use of the M-9 during marksmanship training at Camp Joseph T. Robinson, Ark. The team participated in The Adjutant General Marksmanship Competition where they were able to demonstrate their marksman talent. (U.S. Air National Guard photo by Master Sgt. Jessica Condit)

maintenance, mission support and more," said Maj. Seth Connell, a member of the Marksmanship Team. "From maintenance to medical, it's a very interesting dynamic. You see airmen or junior noncommissioned officers working with officers and it really helps to share the positive experience. It's these extracurriculars that really break down the barriers."

The team participates in several different matches throughout the year, earning different achievements. Throughout the matches, marksmen earn titles such as the Governor's 20 Tab, Chief's 50 Badge, Excellence in Competition Distinguished Rifle and Pistol Badge and President's 100 Tab. As the marksmen compete in the different competitions, they also earn cumulative points which help them obtain bronze, silver and gold badges.

The TAG Match, takes place every year at the state level and is hosted by the state adjutant general. Approximately 125 - 150 marksmen comprised of Army and Air National Guard, compete each



year. Unit teams are required to incorporate new members into the team in order to participate, and state coordinators use the opportunity to identify the new shooters to represent their state at regional-level competitions.

Team members must be in a military status in order to participate in matches and practices. Full-time as well as traditional Guard members are encouraged to sign up. Tryouts for the team are on Dec. 8th. The team will use live-fire rounds under the supervision of range control experts to test our Airmen on their firing skills.

“We’re always looking for new team members,” said Daniel. “The more team members we get, the more resources we get. The more we have the better we can do. The wing leadership has done a tremendous job supporting us. The things they’ve been able to provide us, the more we have to spend on other things we need.”

Throughout the past three years, the team has

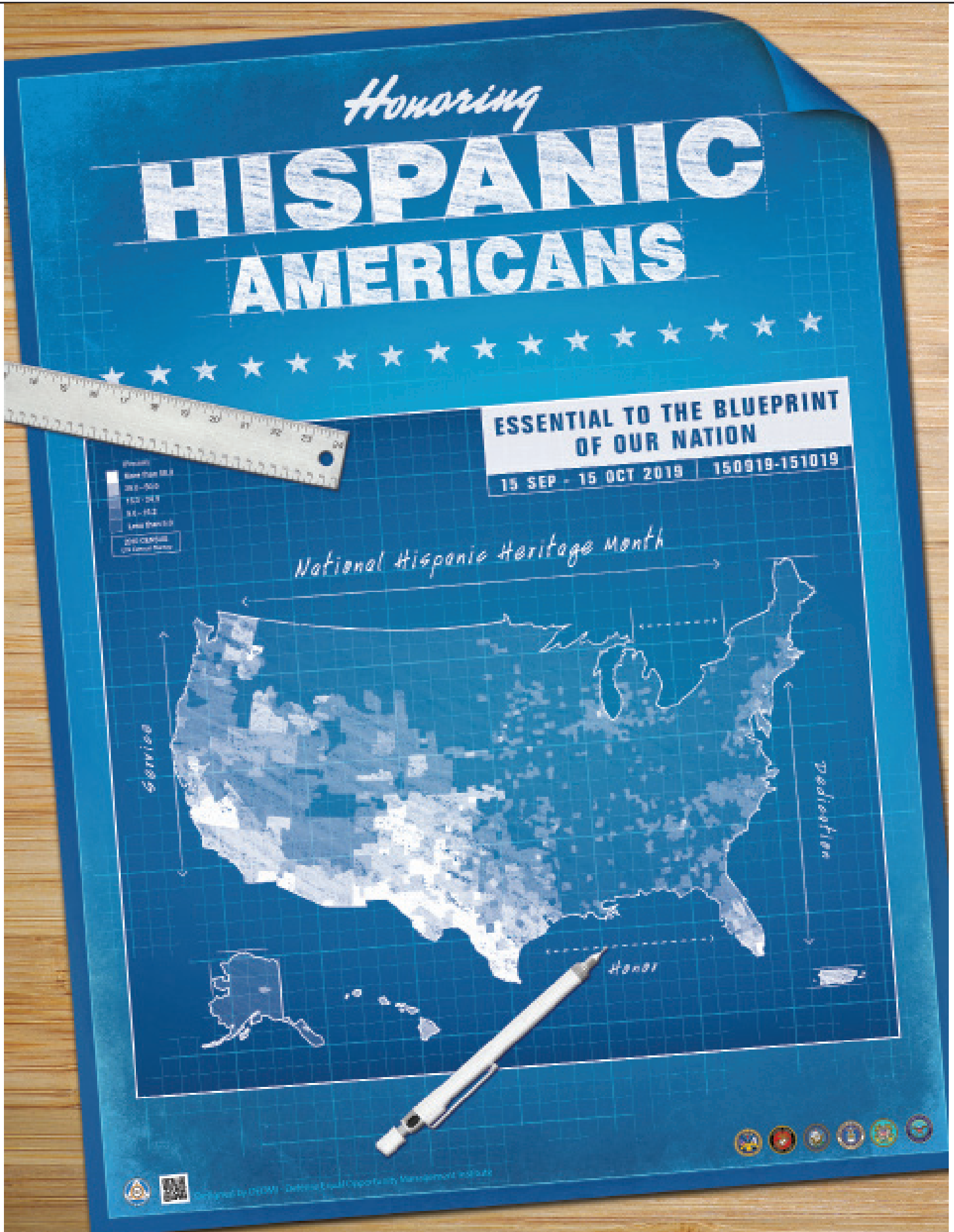
proven more than ready and capable to handle the responsibility of training. According to Smith, the Marksmanship Training Center, located at Camp Joseph T. Robinson, Ark., allows the team to organize and train their own own teams as well as other teams to compete for the state of Arkansas. The close proximity to the Army National Guard base allows them to utilize the asset as well as the professional instruction from trained personnel.

“You prove success with what you got,” said Connell. “We’re finally at that next step where we can prove our worth. The more you get your name out there, the more you can ask for. Start off small and keep it going.”

The team is currently looking for new members to join. During the 189th Airlift Wing Family Day, Oct. 19, the team will be available to answer questions and bring new people onboard. If you are interested in joining the team, please contact Tech. Sgt. Scotty Daniel at scotty.w.daniel.mil@mail.mil or Master Sgt. Matt Smith at matthew.b.smith57.mil@mail.mil.



Members of the 189th Airlift Wing Marksmanship Team practice target shooting at Camp Joseph T. Robinson, Ark. The team consists of members of all ranks who compete at the regional, state and national level. The team has selected two members to represent the Air National Guard during the Canadian Armed Forces Small Arms Concentration match. (U.S. Air National Guard photo by Master Sgt. Jessica Condit)





IN CELEBRATION OF

HISPANIC AMERICAN

HERITAGE MONTH

SEPTEMBER 15 - OCTOBER 15

TEAM LITTLE ROCK

HISPANIC HERITAGE FESTIVAL

Monday, Sept. 30

11 a.m. - 1 p.m.

Walters Community Center Ballroom

Bring a dish to represent your Hispanic or Latino culture and sign up for the salsa and pico de gallo competition!

For more information or to sign up, contact: MSgt Erin Evans, erin.m.evans14.mil@mail.mil or call 987-6735



TEAM LITTLE ROCK HONORS HISPANIC AMERICAN HERITAGE MONTH

The observance recognizing National Hispanic American Heritage Month is observed from September 15 - October 15 each year. The observance is celebrated during this timeframe due to many significant events for various hispanic communities which fall within the observance period. The President issues a Proclamation each year calling on the people of the United States, especially the educational community, to observe National Hispanic Heritage Month with appropriate ceremonies and activities. Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community. (Courtesy DEOMI)



AIC Scott Cheek, 19th AMXS: I've always liked the idea of serving others. This observance gives me time to reflect on my heritage and upbringing. It also reminds me of my grandmother, who would always tell me stories about her life. I am very family-oriented and being close to home gives me plenty of opportunities to visit them.



Capt. Gabriela Rosas, 19th MDSS: My father served in the Air Force Reserves after becoming a legal citizen. I wanted to be part of an organization that was larger than myself and live up to the core values the Air Force stood for. As a first generation born child, I felt honored to have the opportunity to live a life by my choosing. This observance gives me the chance to tell my story.



SrA Javier Paredes, 189th MDG: I joined to better myself, to find more career opportunities and to help pay for college. I love giving back to this country, my country and am thankful for everything it's given me. It is an honor to help the community and contribute to the success of the country. It is an honor to be considered for this recognition.



AIC Moises Garrido, 19th MXS: It was always one of my dreams to join the military. Little did I know it would be my son's dream as well and the new age policy made it possible for both of us to join. I'm very proud of my Hispanic heritage and very proud to serve our great Nation. It gives me joy that we commemorate the remarkable contributions Hispanics have made throughout history.



Lady Tebo, 19th MDSS: I joined for the sense of pride I feel serving my country. It was amazing when I discovered working for the U.S. government was a possibility and I jumped at the opportunity to show how much I wanted to be part of an Air Force family. This observance gives me the opportunity to assess my life and remember the path I took to get where I am today.



SSgt Mariah Small, 314th MXG: I joined because the Air Force was a way for me to get out of my city and work on my growth as a person. I love the Air Force culture. So many people from around the world with different backgrounds and stories and we get to work as one. I'm proud of my Hispanic culture.



Wing test detachment installs Litening pod to Illinois Air National Guard C-130: begins testing

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

The 189th Airlift Wing test detachment recently completed a round of testing on the Litening pod this month, at Little Rock Air Force Base, Ark. The Air National Guard and Air Force Reserve Test Center, which provides operational tests for wings across the Air Force, finished the next step in the pod testing successfully. The testing is for the Guard and Reserve forces, who tend to fly the legacy fleet more than their active duty counterparts, to ensure their aircraft remain viable and lethal in the next contingencies, wars and environments they go to for years to come. This is done by equipping the aircraft with new technology such as hardware or software to modernize them. The detachment tests the process first in order to acquire and handle components that need fielding.





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.

Post 9/11 GI Bill changes





Warrior of the Month:

Tech. Sgt. Robert Smith



Tech. Sgt. Robert Smith, a 189th Aerialport Flight Air Transportation Craftsman checks the parachute restraint strap and guillotine knife for proper placement and security Aug, 9, 2019, at Little Rock Air Force Base, Ark. Proper measures are put in place to ensure the parachute does not shift on the heavy platform during transport and flight and the knife does not cut the strap prematurely. (U.S. Air National Guard photo by Master Sgt. Jessica Condit)

Rank/Name: Tech. Sgt. Robert Smith

Unit: 189th Aerialport Flight

Guard Status: Full-time

Position: Air Transportation Craftsman

Hometown: North Little Rock, Arkansas

Time on Station: 15 years

Time in Service: 13 years

Goals: Make MSgt and become a first sergeant

Hobbies: Cycling, running, water sports, camping and being with family

Core Value Portrayed: Service Before Self

How this core value is portrayed: TSgt Smith is all about taking care of Airmen and leading them in the right direction for success. As a full-timer, he

believes in mentoring younger Airmen on how to rig and recover airdrop and showing them the proper way to carry out our day to day mission. TSgt Smith never uses the word no, but instead “what time does the event start”, or “what time do I need to be there”, and so on. He is the first to volunteer for any given thing that comes up. He has stepped up to fill the role on drill weekend as our alternate first shirt and performs his duties on a top-notch level. TSgt Smith also takes care of lodging each month for the folks driving out of town, he prepares the awards to be read and given out, he makes himself available to anyone needing questions answered, answering them himself or pointing people in the right direction.



Check out the upcoming events courtesy of the 19th FSS! Details in flyer.

PRESENTED BY THE AIR FORCE SERVICES CENTER

A NIGHT OF VARIETY & COMEDY

Free Show... Family Friendly

Ivan Pecel

MAKING JUGGLING TOLERABLE

Russ Merlin

HIGH ENERGY COMEDY
LAS VEGAS RESIDENCY


LIVE STAGE
AN AIR FORCE ENTERTAINMENT PRODUCTION

HANGAR 1080 (CONSOLIDATED CLUB) 14 SEPTEMBER, 1900

BROUGHT TO YOU BY
FOOTBALL FRENZY
AIR FORCE SERVICES CENTER

ARE YOU READY?

CATCH THE ACTION AT HANGAR 1080
EVERY THURSDAY NIGHT FROM **7 - 9 PM!**

\$5 DOMESTIC BEER PITCHERS // \$.70 WINGS // \$6 MARGARITA PITCHERS
at HANGAR 1080 | 987-5555



Upcoming 189 AW Airman & Family Readiness Events

For more information, contact Ashley Morgan in the A&FR office at 501-987-5952.



Sharing Thanksgiving 2019

in support of the 189th Airlift Wing


"Sharing Thanksgiving" through the FACT (Family Activities & Community Team) is an annual donation drive to help support 189th Airlift Wing service members and their families during the Holiday season and throughout the year that have been affected by financial hardship. All donations will be used to purchase gift cards for service members of the 189th Airlift Wing.

To donate, please visit:

www.gofundme.com/f/annual-sharing-thanksgiving-fundraiser

The collection period for 2019 donations will be
7 September through 3 November.

The FACT is an official 501(c)3. This is a private organization/unofficial activity and is not part of the Department of Defense or any of its components and has no government status.





PROMOTIONS



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!