

189th Airlift Wing WARRIOR



Vol. 23 No. 04

April/May 2021

Arkansas Air National Guard

Little Rock Air Force Base, Ark.



Vaccination progress: a key element to a post-COVID future, pg. 7



Commander's Commentary

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

Welcome back to another drill! I want to say right off the bat, that I have been amazed at what you all have accomplished over the last year. Your agile adaptation to our ever-changing environment across multiple levels has been incredible. You are a continuous testament to the strength and cohesiveness of our nation's military. Your drive to focus on the mission while still adhering to CDC-recommended guidelines has proven successful in curbing the COVID-19 virus that initiated the global pandemic last year. The 189th Medical Group is offering COVID-19 vaccinations to our Airmen, but the window to receive it is closing soon. This is the last drill to begin the two part series, for more information contact our MDG. There are pharmacies and clinics in the local economy offering the vaccination as well, check the Arkansas Dept of Health website at <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-vaccination-plan>.



More than 500 doses of the vaccine have been issued to Airmen throughout the wing. Let's bring that number up and COVID cases down! April is recognized as Sexual Assault Awareness and Prevention Month. Throughout the month, our Sexual Assault Response Coordinator, Mrs. Patricia Davis-Fordyce, hosted events either virtually or in-person to bring awareness to sexual assault. Throughout the month, Mrs. Fordyce collected shoes to donate to the Lonoke County Women's Shelter, hosted a virtual 5K and much more. Additionally, she shared the first-of-its-kind for the wing, SAPR training. During the training, the SARC, 189 IG, and the wing's victim advocates presented scenarios to wing leadership, sharing the other side of the process. Leadership was given the opportunity experience the emotion and stress of the situation as well as ask questions after each scenario, allowing for a better understanding of the reporting process and the responsibilities of SAPR representatives.

Recently, we honored A1C Noah Welch from the 188th Wing, who played a pivotal role in the Arkansas National Guard's tuition assistance program. Because of him, Guardsmen will have even more opportunities to receive tuition assistance while waiting for clearances and technical training. I implore each and every one of you to share your ideas and speak up! Because of Airman Welch's innovative idea we now have this amazing opportunity! You never know where your ideas will take you or how they will help others unless you share them!

As we prep to highlight all the amazing airmen and programs to the AETC IG Team in August, I would ask you to take some time and become familiar with your wing and squadron strategic plans. The wing plan was not developed in a vacuum but culminates several months of collaboration between senior leaders, squadron commanders, chiefs and airmen. It is imperative that our efforts are synergized as we execute each of our critical missions and that we have a vision along with measurable goals that assess our progress. Your leadership team believes that vision without action is merely a dream and action without vision is a nightmare! However, when you combine vision and action, you can change the world.

Lastly, great info is pushed through our social media channels every day. From visuals and information about our Airmen around the wing to updates on COVID-19 and more, our social media is the gateway to the wing. I would encourage anyone who needs this information or would like to stay updated on base and wing changes, to follow us on Facebook, Instagram or Twitter. FOLLOW THROUGH!

www.facebook.com/189AW

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/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.



Protecting Our



PEOPLE

Protects Our



MISSION

**Each of us has a role to ensure we live and work
without the threat of sexual assault**



www.deomi.org



www.milsuite.mil



www.sapr.mil



National Asian Americans & Pacific Islanders Heritage Month
Unite Our Voices By Speaking Together
May

Issue: 1-877-1-ASIAN (2762) Fax: 204-644-7444 Email: info@warriornews.com Web: www.warriornews.com Art: R. Martinez Design, Inc.





MAY



#breakthestigma

MENTAL HEALTH AWARENESS MONTH



189th Airlift Wing Conducts Extremism Stand-Down Training

By 189th Airlift Wing Public Affairs
Arkansas Air National Guard

In support of Secretary of Defense Lloyd J. Austin III's Department of Defense-wide order to address and discuss the issues of extremism within the ranks, the 189th Airlift Wing held a wing-wide Extremism Stand-Down Day, April 9, 2021, at Little Rock Air Force Base, Arkansas.

All groups within the wing participated in the stand-down to discuss the issue of extremist ideology, focus on the Oath of Enlistment each service member recites when they enter or re-enlist, reviewed impermissible behaviors and how to report them through the chain of command and how extremist actions are prohibited under applicable law and DoD policy.

Col. Dean Martin, 189th AW commander, supported the Secretary of Defense's proclamation in a virtual address to the wing along with 189 AW Command Chief, Chief Master Sgt. Brian Rohauer.

"While we take the steps to complete this training, we need to remember the reason for bringing this topic to the forefront of our minds," he said. "If we cannot overcome extremism within our ranks, we cannot complete our mission successfully. We cannot discount someone because their opinion differs from ours. As the Secretary of Defense stated, 'Actively



Emily Holmes, the 189th Airlift Wing Department of Mental Health coordinator, leads discussion with the 189th Medical Group during the wing's extremism standdown training. Each unit within the wing was assigned a trained subject-matter-expert to lead the discussions and work through questions for individual sections.

supported hate and discriminative ideologies will not be supported within our military organizations."

Martin also reiterated the importance of mutual respect and understanding as well as the necessity of seeking out and eliminating extremism within the ranks.

"As members of the Profession of Arms, our success relies on teamwork," he said. "We're all asked to take incredible risk that requires equally incredible trust in each other. Anything that divides us and undermines that unit cohesion, undermines that service. As American Airmen, we must remember that there is more that connects us than separates us."



In support of Secretary of Defense Lloyd J. Austin III's Department of Defense-wide order to address and discuss the issues of extremism within the ranks, the 189th Airlift Wing held a wing-wide Extremism Stand-Down Day, April 9, 2021, at Little Rock Air Force Base, Arkansas. All groups within the wing participated in the stand-down to discuss the issue of extremist ideology, focus on the Oath of Enlistment each service member recites when they enter or re-enlist, reviewed impermissible behaviors and how to report them through the chain of command and how extremist actions are prohibited under applicable law and DoD policy. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)



As Arkansans continue to make progress towards life after COVID-19, the 189th Airlift Wing Medical Group is making great strides on the vaccination front. To date, more than 500 doses of the vaccine have been provided and almost 300 wing personnel have completed the COVID-19 vaccination series. Not only is the 189th MDG team making strides by administering the vaccine, vaccinated 189th team members are contributing to the overall solution by enhancing their safety. To find a vaccination location visit www.healthy.arkansas.gov.





Mental health awareness month: preventing burnout from prolonged stress

By Mrs. Melody Daniel
189th Airlift Wing Public Affairs

May is Mental Health Awareness Month. The Air Force remains dedicated to ensuring that programs and resources are available to help airmen maintain a healthy lifestyle.

The past year has been different for everyone, but also difficult for many. COVID-19 brought many changes into the lives of airmen and their families. From restrictions that limited activities to increased, or in some cases decreased, workloads almost everyone shares the experiences of significant stress from COVID-19. Stress can manifest in an unlimited number of ways and there are an equally unlimited number of ways to cope with stress.

People experiencing a mental health event might exhibit stress indicators that include muscle tension, headaches, irritability, decreased energy, and changes in sleep or appetite. They may also experience feelings of loneliness, worthlessness, helplessness, or anger. They might appear to have issues concentrating or performing routine tasks at work, home, or school.

One potential side effect of stress is burnout. Although stress is a part of life and cannot be avoided, with stress management techniques burnout may be avoidable. Burnout can be caused by prolonged stress and people experiencing this side effect of stress have a wealth of tools at their disposal to help combat the negative aspects of this type of mental health event.

At the personal level, people can take actions to manage their stress level during difficult times by limiting their intake of alcohol and ensuring that they do not mix alcohol and prescription drugs. Other actions a person can take to directly manage their stress include engaging in regular physical activity, eating a balanced diet, getting 7-9 hours of sleep each night, and finding time to conduct “self-care”. Self-care can include setting time aside most days to do things that help recharge a person’s “mental batteries”. These activities might include pursuing a hobby,

spending time alone, or finding an activity that is far removed from the original source of stress.

Sometimes it may be necessary to seek assistance from outside resources to combat the negative effects of stress, burnout, or mental health events. Once again, there are a variety of resources available to airmen and their families to overcome these situations.

The 189th Airlift Wing provides several services that can build on the healthy habits airmen implement in their lives to form a strong defense against stress and the ensuing mental health events caused by stress. The 189th Airman and Family Readiness Program can assist with stress management and counseling referrals. They can be reached at 501-987-7485. The 189th Chaplain can also assist with counseling services and other mental health assistance. The office phone number for the Chaplain is 501-987-1050. Finally, the 189th Director of Psychological Health can be reached by calling 501-987-8752.

There are additional resources available to airmen and their families through programs such as Military OneSource, and the National Suicide Prevention Hotline. The Veteran’s Crisis Line provides confidential support 24/7 during personal mental health events and is available to all veterans, all service members (including the National Guard and Reserves), and their family members and friends. They can be reached by calling 1-800-273-8255 and selecting option “1”. Additionally, the Veteran’s Crisis Line can be reached by texting 838255 or using the online chat feature at www.veteranscrisisline.net/.

The extreme changes brought into airmen’s lives from COVID-19 are only one example of situations that can breed high levels of stress. Regardless of the situation, airmen can feel confident and comfortable that a variety of tools are available to help overcome stress before, during, and after a mental health event.



Aerialport takes innovation to the next level

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

The U.S. Army Natick Soldier Systems Center, located in Natick, Massachusetts, sent four engineers from their Aerial Delivery Support Team to observe the 189th Aerialport Flight's newest design for improved aerial delivery function February 24, 2021, at Little Rock Air Force Base, Arkansas. The engineering team tested the function of the newly-designed piece, provided input and discussed future testing options for it.

The "Weng flange," designed by Tech. Sgt. Ryan Weng, a 189th Maintenance Squadron fabrications specialist, went through several evolutions of change before being presented to the engineers from the center. Originally designed to take slack out of a specifically sized cable when placed in the actuator which initiates the aerial container delivery system drops, the flange now has the potential to ensure full use of any sized cable available. The cables used for aerial delivery are several different sizes, creating the need for a single adjustable flange that fit each cable uniquely. The Weng flange meets the required criteria for this specification.

"We have more than \$250,000 in cable assets between the Army and the Air Force that can't be



Senior Master Sgt. David Smith, the 189th Aerialport Flight superintendent, explains the purpose of the "Weng Flange" to the U.S. Army Natick Soldier Systems Center Aerial Delivery Support Team, February 24, 2021, at Little Rock Air Force Base, Arkansas. The flange went through three evolutions before being presented to the team. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)

utilized properly because of the cable sizes," said Capt. Heather Baxter, the 189th Logistics Readiness Squadron operations officer. "Regardless of the amount of money, these cables are what's left out there and we are in a holding pattern with a contract for new cable being 18 months to two years away

(Cont. on pg. 10)



Senior Master Sgt. David Smith, the 189th Aerialport Flight superintendent, provides a tour to the U.S. Army Natick Soldier Systems Center's Aerial Delivery Support Team February 24, 2021, at Little Rock Air Force Base, Arkansas. The civilian engineer team toured the aerialport facility and discussed the options for the new flange created to support the wing's mission. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)



Tech. Sgt. Ryan Weng, a 189th Maintenance Squadron fabrications specialist, discusses the "Weng Flange" with a member of the U.S. Army Natick Soldier Systems Center's Aerial Delivery Support Team February 24, 2021, at Little Rock Air Force Base, Arkansas. Weng was crucial in the design and creation of the flange that could potentially improve the aerial delivery mission for the Department of Defense. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)

from being approved. This flange will allow us to use the assets we have until we get a new cable contract and new cables that fit."

The need to create a solution to the extra slack issue was crucial to ensuring maximum use of all cables currently in the flight's inventory. Senior Master Sgt. David Smith, the 189th Aerialport Flight superintendent discussed the compatibility of the flange with the Natick team who decided that the piece would be compatible with more than 90 percent of the DOD's cable inventory.

"During this visit, the Natick team deemed this a viable option for a solution to the cable shortage," Baxter said. "Before they came out, we sent the team blueprints and different iterations of the flange which allowed Natick to test the piece in their own laboratories, understanding the concept of it better before their visit. This led us into the discussion of our next step to create a proposed testing plan."

In the absence of replacement cables, the flange will allow the aerialport flight to continue the wing mission and potentially the Department of Defense mission without stoppage until new cables are available for the aerialport community.



A member of the U.S. Army Natick Soldier Systems Center's Aerial Delivery Support Team inspects the actuator that holds the "Weng Flange" and cable used for aerial delivery support Feb. 24, 2021, at Little Rock Air Force Base, Ark. The 189th Aerialport Flight hopes to use this flange to extend the inventory of cargo delivery cables for the wing. (U.S. Air National Guard photo by Master Sgt. Jessica Roles)



Air National Guard (T32 AGR/DSG) Fitness Guidance due to COVID-19 due date matrix



Air National Guard (Title 32 AGR/DSG) Fitness Guidance due to COVID-19 Due Date Matrix

Current as of 1 April 2021

ANG (Title 32AGR/DSG) Official Physical Fitness Assessment Due Date Matrix			
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019	Mar 2020	Mar 2021	Mar 2022
Apr 2019	Apr 2020	Apr 2021	April 2022
May 2019	May 2020	May 2021	May 2022
Jun 2019	Jun 2020	Jun 2021	June 2022
Jul 2019	Jul 2020	N/A	July 2021
Aug 2019	Aug 2020	N/A	Aug 2021
Sept 2019	Sept 2020	N/A	Sept 2021
Oct 2019	Oct 2020	N/A	Oct 2021
Nov 2019	Nov 2020	N/A	Nov 2021
Dec 2019	Dec 2020	N/A	Dec 2021
Jan 2020	Jan 2021	N/A	Jan 2022
Feb 2020	Feb 2021	N/A	Feb 2022
Mar 2020	Mar 2021	N/A	Mar 2022

Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON-CURRENT SCORES	
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019 – Mar 2020	Jul 2021

FITNESS CATEGORIES	
Excellent	All Components have been tested and the member received a score 90 or higher
Satisfactory	All Components have been tested and the member received a score 75 to 89
Pass	Member Passed the Components with an Exemption in one or more Components
Unsatisfactory	All Components have been tested and the member didn't pass one or more components
Fail	Member failed one or more Components with an Exemption in one or more Components
DNF	Didn't finish the Assessment



ANG Federal Tuition Assistance BETA Program

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



DSGs (Enlisted and Officer)/Technicians 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
- \$4,500 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.

1 AFSC and 1 Leadership certification under the AF COOL Program

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:
MSgt Arianne Pierpoint Located in Bldg 103 Room 100 @
(501) 987-1443 or arianne.pierpoint@us.af.mil



Published: 01 January 2020

Free College Tuition for all Guardsmen!

Arkansas National Guard Tuition Waiver Program (NGTW)

Who is eligible? All current National Guard Soldiers that meet the following criteria:

- Arkansas Resident
- Completed Basic Training
- Does **not** already hold a bachelor or higher degree
- Enrolled in undergraduate degree program at Arkansas public institution of higher education
- Not currently flagged for serious misconduct (such as AWOL, ASAP, etc.)

How do I get NGTW?

- Enroll in an Arkansas **public** institution of higher education
 - Must be considered to be in "good standing" by that institution
 - Complete FAFSA studentaid.ed.gov/sa/ and YOUuniversal scholarships.adhe.edu/ applications
 - Let your school know you plan to use the NGTW and follow their policies
- Submit application in accordance with the directions at:
 - <https://arkansas.nationalguard.mil/EIB/NGTW/>
 - Application is available online at <https://arkansas.nationalguard.mil/EIB/NGTW/> (click on Financial Aid and then NGTW)
 - Download the application, read the attached Statement of Understanding, complete the form, and submit in accordance with the directions
 - Complete NGTW application each semester and submit 60 day prior to - 30 days after the start of the semester, along with your 'Letter of Good Standing' memo signed by Commander
 - Send to Education Services POC listed below, they will verify eligibility and forward approvals to Arkansas Department of Higher Education and they will pay the school directly for the hours.

What does NGTW cover?

- Pays tuition; may cover mandatory fees; does not cover other fees, books, etc.
- Pays up to 120 credit hours or until completion of bachelor's degree, whichever comes first

How is NGTW different from FTA, GI Bill, & GTIP; and can I use those too?

- Federal Tuition Assistance covers credit hours beyond a bachelor's degree, pays tuition only, and usually can't be used in conjunction with GI Bill
- GI Bill is paid directly to the Soldier and can be used to pay tuition, fees, books, etc., but has very strict eligibility guidelines based on each Soldier's service
- NGTW CAN BE USED WITH GI BILL- NGTW will be applied to tuition first so that your GI Bill can be used to cover all addition costs, if you choose to use them both
- NGTW is replacing GTIP so they can't be used together and no new GTIP applications are being accepted (with the exception of a few grandfathered Soldiers)

For More Information:

- ❖ Visit us On-Line: <https://arkansas.nationalguard.mil/EIB/NGTW/>
- ❖ Contact the Arkansas National Guard Education Services Office:
 - Email to arianne.pierpoint@us.af.mil
 - Call 501-987-1443 Education Services NCOIC: MSgt Arianne Pierpoint



EDUCATION SERVICES INFORMATION

****AFVEC must be accessed Thru the AF Portal via Chrome ****

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, a calendar invite will be sent out to the members and/or supervisors 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.

ED SERVICES INFO CONTINUED...

**** NGTW Updated Website and Application ****

- Please review the new updated NGTW flyer, as the website has changed as well as the application. Applications are no longer in excel format and are PDF only, with either the member's digital signature or printed out and signed by hand.

****Education Services Has Moved to a New Location!****

- The Education Services NCOIC has moved to room 100, still in building 103 (Wing Headquarters), right near the front door of the building where the Retention office is also located.
- Come see MSgt Pierpoint for all voluntary education needs! She can assist you with Federal TA, NGTW, AFVEC, transcripts and anything having to do with your education record.

For more information, contact Master Sgt. Arianne Pierpoint at 501-987-1443.



Warrior of the Month: *Master Sgt. Clinton Elkins*



Rank/Name: Master Sgt. Clinton Elkins

Unit: 154 TRS

Guard Status: Full-Time

Position: Loadmaster FTU Instructor/Student Flight

NCOIC

Hometown: Texarkana, TX

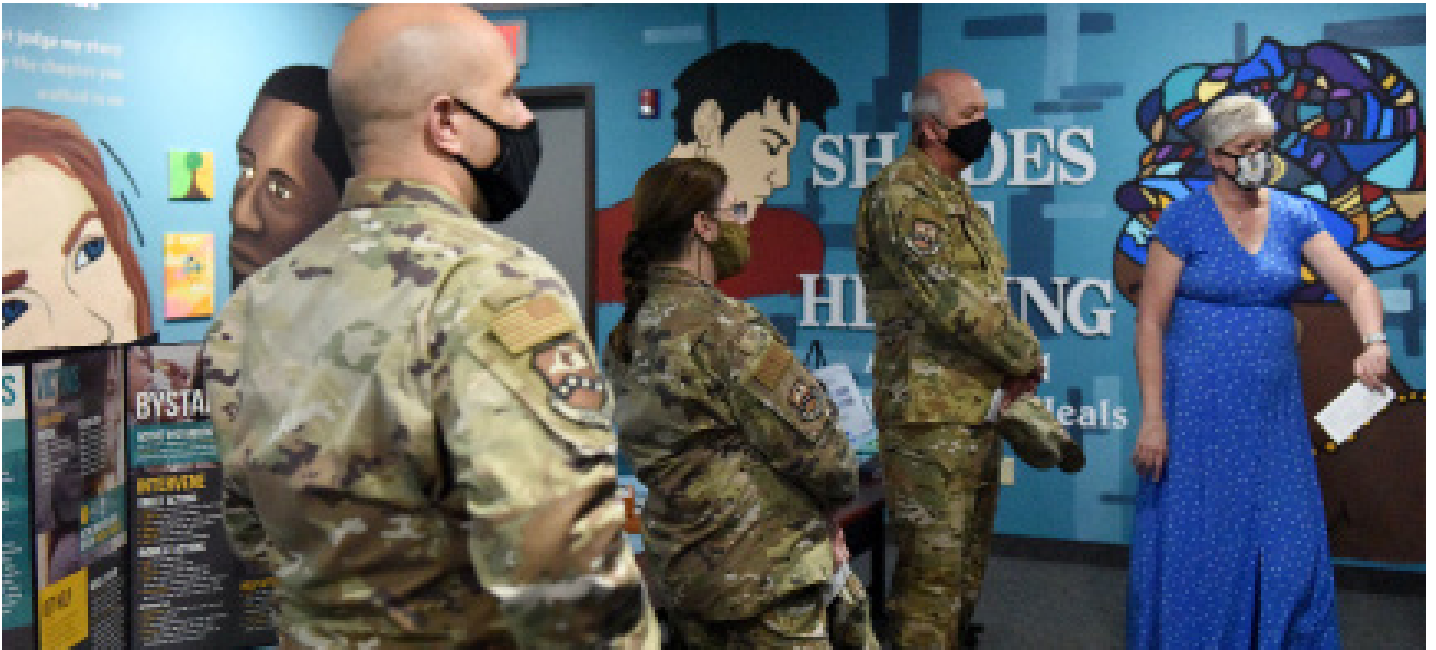
Time on Station: 5 years

Time in Service: 17 years



Sexual assault awareness and prevention month brings new visual experience

By Mrs. Melody Daniel
189th Airlift Wing Public Affairs



April is Sexual Assault Awareness and Prevention Month. Some activities conducted by the 189th Airlift Wing included a virtual 5K race, sexual assault response training that included a re-enactment of a sexual assault case intake, and the “Walk A Mile In Their Shoes” campaign. The month culminated with several visits by 189th AW staff to the 19th Air Mobility Command SAPR Office’s Stages of Healing Mural (pictured).

“It’s a powerful display and it gives me a chance to see a side of this process that I wouldn’t normally see. Sexual assault can happen at any time, any place, to any person. Becoming more aware of what victims experience helps all of us understand how to improve our wingman culture and prevent these situations.” - Col. Dean Martin

For individual photos, please click the Flickr icon or visit us on Facebook,

