

THE WARRIOR ARKANSAS



Vol. 13 No. 2

February 2011

Arkansas Air National Guard

Little Rock Air Force Base, Ark.

Drill notes

Commander's Call

The 189th Airlift Wing will have a Commander's Call in the base theater at 0700 Sat. Feb. 12, 2011.

Wingman Day

The 189th Airlift Wing will be having a Wingman Day Sat. Feb. 12, 2011.

New Chapter 54 Scholarship

The Noncommissioned Officer Academy Graduate Association (NCOAGA) Chapter 54 announces the revision to the "Razorback One" scholarship program. See more details on page 4.

189th Airlift Wing gets amped

By Lt. Col. Kevin Tebbutt
*189th Operational Support
Flight Chief of Training*

The U.S. Air Force currently operates a large fleet of mixed C-130 aircraft; from the "E" model initially produced in the early 1960s, to the latest version being currently produced, the "J" model.

The C-130 is the workhorse of our military's airlift capability and is currently being used extensively in operations in both Iraq and Afghanistan. The avionics and navigation systems in the oldest E and H model C-130's have been relatively unchanged since the last upgrade in the early 1990s.

With the worldwide increase in air traffic and congestion surrounding large cities, the precision required to operate in that congested airspace has increased. With the current systems, the E and H model aircraft are unable to meet the required performance.

The E model C-130 fleet is gradually being retired as the newer J models are acquired, and the H model aircraft (produced in the 1980s and 1990s) are still a long way from being retired and will be actively flying long into the future.

Boeing was awarded the contract to update the 221 H model aircraft currently in the



Photo by Master Sgt. Dianna Seerey

Master Sgt. Geno Wages and Master Sgt. Michael Parrett from the 189th OPS Group, Little Rock Air Force Base, review the first C-130 AMP simulator flight training scenarios.

inventory with the Avionics Modernization Program (AMP).

The AMP will decrease the cost to the Air Force of the C-130 fleet by reducing the number of crew-members required to fly the aircraft and through increased reliability and maintainability.

The 189th Airlift Wing has been integrally involved in the AMP upgrade since 2002. We currently have two crews qualified on the three AMP modified aircraft that have been flying in the test program at Edwards AFB, CA. Their inputs have been incorporated into what will eventually become the final operational system.

In addition, the 189th

AMP qualified crewmembers are critical to all aspects of bringing this "new" airplane into the Air Force. From providing inputs to the tech orders used to maintain and fly the aircraft to actually writing the regulations that specify how the airplane is employed, you will find the fingerprints of the 189th.

Our wing is slated to be the first to receive the modified aircraft and will conduct all of the operational testing in conjunction with the Missouri Air National Guard beginning in the first quarter of 2012.

In the future, as more aircraft are modified, the 189th will slowly transition from its current mission of training

See Amped page 3





The ones who always come through

By Col. Jim Summers
189th Airlift Wing commander

As our fellow guardsman from the Army National Guard responded to the I-30 snow storm victims on Jan. 9, I could not help but feeling very proud. Proud to just be part of one of the most helpful, well trained and dynamic strong arms within the state of Arkansas.

Each time our own guardsman deploy to help our neighbors in need I am reminded of how blessed we are to have the National Guard, not only as a state but as a nation.

I commented in an earlier issue of the Warrior of the value of the Guard and it's dual missions for state and

country. These types of critical responses to state disasters coinciding with deploying to various places around the globe and all while our day-to-day C-130 training mission continues uninterrupted, validate time and time again the priceless contribution all of you make through your dedicated service in the Guard.

I will be retiring in May of this year and will definitely miss being a part of the action, but one thing I will miss even more is working along side the men and women of the 189th who day in and day out provide selfless acts of service at the most professional level for whomever is in need. Between tornadoes and snow storms reeking havoc throughout Arkansas, the ones



Col. Jim Summers

who always come through when no one else can, and who always do it with heart and precision, serve in the National Guard.

Thanks for allowing me to be encouraged daily of our state and our nations well being and safety.....Go Guard!

Publication Staff

Col. Jim Summers
189th Airlift Wing commander

2nd Lt. Chris Nelson
Public Affairs officer

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Warrior are not necessarily the official views of, or endorsed by, the U.S. Government, DoD, or the Department of the Air Force. All photographs are U.S. Air Force photographs unless otherwise indicated.

The editorial content is edited, prepared, and provided by the public affairs office of the 189th Airlift Wing, 112 CMSgt Williams Drive, Little Rock Air Force Base, Ark. 72099-4802, DSN 731-6068, commercial 501-987-6068, e-mail christopher.nelson.4@ang.af.mil.

Future UTAs

- Feb. 12,13
- Mar. 5,6
- Apr. 2,3

Want to receive the newsletter via e-mail? Call or e-mail public affairs to be added to the list.

The 189th Airlift Wing mission: Provide C-130 aircrew training to effectively airlift cargo and personnel supporting national and state objectives, and to develop, maintain, and refine wartime skills to serve, sustain, and support military and civil authorities during disasters or other emergencies.



Photo by Master Sgt. Dianna Seerey

Members of the 189th Airlift Wing stand in group formation on the Little Rock Air Force Base flightline during drill weekend on Jan. 8, 2011. Front and center are Col. James Summers, 189th AW Commander, Col. Paul Heye Jr., 189th AW Vice Commander and CMSgt Gary Wynn, 189th AW Command Chief (holding wing guidon).





Amped Continued from page 1

C-130 instructors in all crew positions to become the C-130AMP schoolhouse. This mission entails training all crewmembers in initial AMP qualification and transition from the older legacy C-130s.

Eventually, just about every Air National Guard and Air Force Reserve C-130 pilot will be trained by the 189th AW in the AMP modified C-130s.

The AMP upgrade is a complete overhaul of the C-130 cockpit replacing all of the gauges, dials, and switches with digital flat-screen displays

and a heads-up-display (HUD) for each pilot. The improvements in navigational accuracy and situational awareness for the crew are difficult to quantify they are so spectacular. The current system with a single inertial navigation system (INS) and single GPS is replaced

with a system that includes two INSs and four GPSs. Also, included as part of the package is highly accurate radar, as well as a caution and warning system that consolidates every possible warning and displays them to the crew in a single location.



Inside the first C-130 AMP simulator, members of the 189th Airlift Wing, Little Rock Air Force Base, review flight training scenarios. The 189th's primary mission will be to train all future C-130 AMP aircrews at Little Rock AFB. Left to right: Lt Col Richard Richard, Major Scott Sims, Major Jay Southerland, Master Sergeant Michael Parrett, and Major Don Clark.

Inside the first C-130 AMP simulator, members of the 189th Airlift Wing, Little Rock Air Force Base, test the abilities of the C-130 Avionics Modernization Program (AMP) simulator. The C-130 AMP upgrade will modernize, standardize and reduce total ownership costs for the C-130 fleet. The C-130 AMP Schoolhouse will be responsible for training active duty Air Force, Air Force Reserve and Air National Guard, and will be the only one of its kind in the world. Left to right: Major Scott Sims, Major Jay Southerland, Master Sergeant Michael Parrett (standing).





Warrior of the month

Rank and Name: SMSgt Dave Andrews (James David)
Unit : 123 Intelligence Squadron
Job Title: Intell Support Superintendant
Status: Traditional Guardsman Activated Supporting Predator Ops AEF
Home town: North Little Rock
Civilian Employment: Electrical and Maintenance Contractor
Family: Wife Mary, Daughters Christy and Carrie
Why I joined the guard: Education benefits and Training in new skills
Most rewarding part of my job: Supporting real world mission
Hobbies: Outdoor activities, Hunting, Fishing. Wood working. Art work. Music. Gardening
Favorite Movie: Drama and action movies
Favorite TV show: Home Repair programs
Favorite book: Mother Earth Magazine
A perfect day would be: Over cast day and the crappie biting
I admire: My Dad for the work ethic he taught me
Something no one knows about me: I enjoy Cooking and gardening



If you have someone in mind that you would like to nominate for Warrior of the Month contact Public Affairs at 987-6232 or 987-6068 or send an email to christopher.nelson.4@ang.af.mil.

“Razorback One” Scholarship Program

The Noncommissioned Officer Academy Graduate Association (NCOAGA) Chapter 54 announces the revision to the “Razorback One” scholarship program. This is the first time that Chapter 54 has awarded scholarships at the local level.

We have two divisions with each scholarship amount being \$500.00.

Submission Period: 6 January – 5 March 2011

Scholarships will be awarded during April 2011 UTA

The objective is to foster a desire to further one’s education and help provide financial support for those that are selected as winners.

Please contact Master Sgt. Paul G. Ording, Arkansas ANG Treasurer, NCOAGA Chapter 54 at 501-987-6666/7958 if you have any questions or need any additional information.

STRESSED OUT ?
(Find us on Facebook)

Call Tanya Phillips @
Camp Robinson - 212-4000
State Suicide Awareness Coordinator
State SARC Coordinator

Family Program
Contact Information
Stephanie Wynn
Phone: (501) 987-5952
Cell: (501) 831-9998
Building 103, Room 125

189th gets in your face...book

We are now on facebook!

Please go to www.facebook.com/189AW and see what’s happening in our wing and around the base. Please leave us a comment (nice ones!).

DO NOT POST CLASSIFIED OR SENSITIVE INFORMATION. FOR EXAMPLE, WHERE YOU ARE GOING OR WHEN YOU ARE LEAVING.



Fitness regulation changes based on Airmen's feedback

By Tech. Sgt. Amaani Lyle
Secretary of the Air Force
Public Affairs

12/22/2010 - WASHINGTON (AFNS) -- As Air Force officials continue to sculpt their fitness program based on Airmen's feedback, service officials issued an AF Guidance Memorandum here Dec. 20 that provides policy changes to AFI 36-2905, Fitness Program, with an implementation date of Jan. 1, 2011.

Compliance with the program is mandatory and outlines notable clarifications from the original July 1 guidance, such as specified waist-measurement procedures, sit-up and push-up instruction and clarity of target-component values to achieve an overall passing score.

"We not only have an increase in 'excellent' scores since the new fitness program's implementation in July, but in terms of the guidelines, Airmen have talked, and we've listened," said Brig. Gen. Sharon K.G. Dunbar, the director of force management policy. "We'll continue to fine-tune the Air Force instruction so that Airmen are afforded the greatest opportunity to succeed with little room for ambiguity or misinterpretation of the instructions."

The service's top enlisted leader said the new guidance will hopefully foster Airmen's continued success and understanding of the program, leading to an overall healthier way of life.

"Airmen are embracing the change in our fitness culture," said Chief Master Sgt. of the Air Force James Roy. "These minor adjustments to the guidance on the test are meant to increase our Airmen's understanding of how the test works. While emphasis may seem like it's on the test itself, we really are encouraging our Airmen to develop healthy lifestyles."

The AFGM 2 contains but is not limited to the following revisions:

-- Fitness assessment cells will supervise Airmen conducting push-ups, sit-ups, and the 1.5-mile run or 1.0-mile walk at a ratio of no

more than 12 members for every one FAC staff member or physical-training leader. When multiple Airmen are testing, they will pair off and count for each other with FAC oversight.

-- For push-ups, Airmen will place their palms or fists on the floor, with hands slightly wider than shoulder width apart and elbows fully extended. Feet should be no more than 12 inches apart and should not be supported, braced or crossed. Elbows will be bent at 90-degree angles and arms should be fully extended but not locked in the up position for the push-up to count. The Airman's chest may touch, but not rest or bounce on the floor. Airmen may move their hands or feet from the floor or bridge or bow their backs, but only in the up or rest position; resting any other body part on the floor is not allowed. Any resting other than in the up position will cause the test to terminate, and the score will be based on the correct number of push-ups performed to that point.

-- For sit-ups, members will cross arms over the chest so that any part of the hands or fingers remains in contact with the shoulders or upper chest at all times. Airmen may request that their feet be held down by the assessor's hands or knees, but the assessor may not anchor members by holding behind the calves or by standing on the feet. When members' hands or fingers come completely away from the chest or shoulder, or if their buttocks or heels leave the ground, the repetition will not count. The member may request a member of the same gender to hold the feet and that request must be granted. Where available, an anchored toe-hold bar may be used.

-- Any attempts to alter heart rate, such as intentional slowing or stopping during the walk, are violations and will cause the test to be terminated, resulting in test failure. Airmen testing via the 1.0-mile walk are required to walk, not run, as quickly as possible, keeping at least one foot in contact with the ground at all times.



(U.S. Air Force graphic/Norma Morgan)

-- Abdominal circumference assessment will begin with the tester on the right side of the Airman, who will stand on a flat surface. The tester will locate the measurement landmark immediately above the right uppermost hip bone, the superior border of the iliac crest, at the side of the body vertically in line with the right armpit (midaxillary line). Airmen may use one hand to initially assist the tester in anchoring the tape measure to the body, but must remove the hand from the tape measure before the official measurement is recorded. Measurement will be taken on bare skin. The free hand may be used to hold the shirt out of the way, but no part of the hands or arms may extend above the shoulders.

-- Active-duty, Air Force Reserve, and guardsmen under Title 10 Airmen must retest within 90 days following a failed fitness assessment. Unit commanders may not mandate Airmen to retest any sooner than the end of the 90-day reconditioning period. However, Airmen may volunteer to do so. Retesting in the first 42 days after an "unsatisfactory" test also requires unit commander approval in accordance with medical guidelines. It is the Airman's responsibility to ensure he or she retests before the 90-day reconditioning period expires and non-currency begins on the 91st day.

-- Any Airmen deployed for less than one year to a location that administers fitness assessments may complete fitness assessments on a volunteer basis only. Airmen

will automatically be considered "exempt" if they are in a deployed location and their current fitness assessment expires.

-- Commanders will exempt Airmen who are on terminal leave or permissive temporary duty in conjunction with retirement or separation, incarceration, on appellate leave or excess leave pending separation from the fitness assessment.

-- Basic military training Airmen will complete official fitness assessments via training cadre physical training leaders. Graduated BMT Airmen will hand carry fitness assessment score sheets for input into the Air Force Fitness Management System by the FAC at their first duty station or the military training leader or unit fitness program manager at technical training school, whichever location they report to first.

-- Recognition patches for members achieving and maintaining "excellent" fitness assessment scores is deleted.

For the complete AFGM 2, visit the Air Force e-publications site. An Air Force assessment video will be posted to the Air Force Fitness Program web page <http://www.afpc.randolph.af.mil/affitnessprogram/index.asp> in January 2011. It will provide a definitive set of instructions for administering and taking the Air Force physical fitness test. The video shows proper form, the "do's and don'ts," and common pitfalls to avoid for the push-ups and sit-ups.



- FEATURE -

First Air National Guard third generation family

Just a note from an old retired 189th'er about a recent Warrior picture.....

In reference to the father and son picture of the McElyea's: MAN ! I was obviously born 50 years too soon! He came out of basic with two stripes and ribbons.

I came out of basic as a private with no stripes and no ribbons. WOW!....this new air guard is something else !

I admire the McElyea's for their family tradition with the air guard. By the way, my family did pretty well in that respect also. My father Lt. Col. Louie S. Hoffman (now deceased), myself , Lt. Col. USAF Retired and my son, Bill Jr, A1/c ETS were all members of the 154th. In fact....we were the first Air National Guard third generation family in history. I'm proud of that.

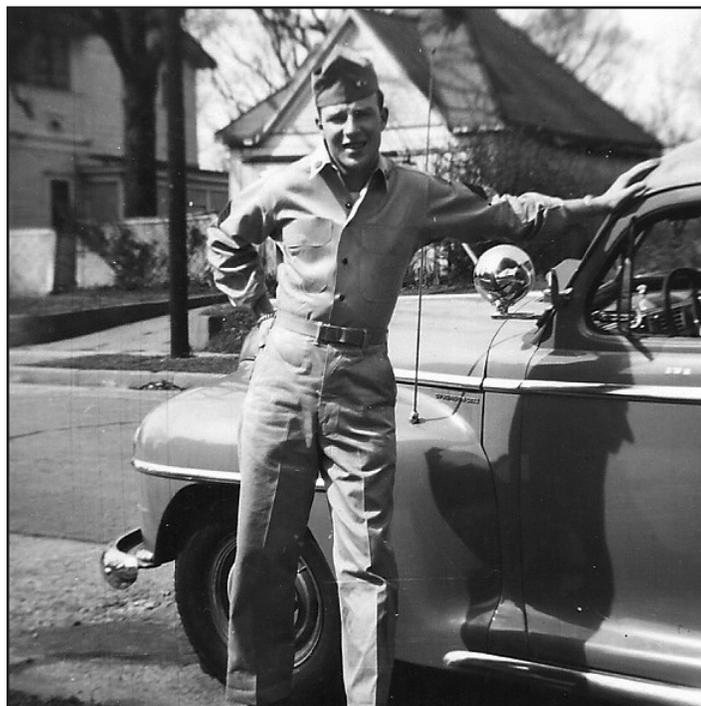
As to the remark about rank above. My dad & I both started as enlisted. He made it to staff. I on the other hand as my "real" friends would tell you, made it to buck sergeant.and couldn't make staff so they made an officer out of me. Ha ha.

We enjoy the WARRIOR...please keep it coming.

Bill Hoffman

PS: I majored in journalism at the University of Alabama (ROLL TIDE !) and worked at it off & on all of my life. I still edit and publish the Snoflake News which is a weekly for our running group. Keep up your good work.

Here are some pictures I scanned in for you. Some are a little blurry.



That's me in front of 154th aircraft at Adams Field. It's an O-38. My dad was the crew chief. I was probably about 7 or 8 yrs old. My dad and uncle Bob joined the unit in the early 30's (not too long after it was formed). I spent many a happy Sat. Sun. afternoons at Adams crawling all over the aircraft , trucks, and etc. By the way, we lived close enough to the field that we could often hear the aircraft "warming up". I was outside playing one evening and heard the engine on the O-38 that lost it's prop that killed Lt. George Adams for whom the field is named.

Picture of me around 1947-50. I spent a short Active Duty term as an army draftee right out of Little Rock High School. I got credit for active WW II service. I joined the Air Guard 15 Jan 1947 as they reformed after WW II. My dad came out of WW II as a major. He took a temporary slot with the ANG at Adams as a First Sergeant. Then he assumed command of an air reserve unit here. I stayed with the 237th ASG ANG as an aircraft armourer (combat weapons tech), then made Buck Sgt and crew chief. We had F-51's.



The group picture was made at summer camp and was probably at San Marcos, Tx.

I went to Bama to school and came home to Little Rock and the ANG during summer vacation. I graduated Aug. 1951. My dad pinned on my ROTC 2nd Lt. bars in New Orleans where he was on Active Duty. I went to two years of USAF extended Active Duty in Dec. of 51 during Korea.



My other two kids. This picture was made at Fort Rucker Alabama when Randy got his wings as Army Aviator. He served in 82nd Airborne before flying. My daughter Sue Ann was extended Active Duty Army and later went through crew chief school at Fort Rucker. She joined the Army reserve after Active Duty.



I rejoined the ANG Jan. of 54. I was first a Squadron Adjutant and then for a long time I was a Group Adjutant through at least four Group Commanders. My son Bill Jr joined in early 1970's. We had RF 101's then and had moved to LRAFB. Bill Jr was in the photo section. I got called up with the unit in 1968 for years on extended Active Duty.



Me and Randy in Germany. He was with the 2nd ACR...flying the border during the cold (hot) war. I hooked a ride while over there on a visit.

Randy spent about 10 yrs on EAD then joined the Arkansas Army Guard at Camp Robinson. He was full time until a couple of weeks ago. He is still in traditional guard status. He did well. Was one of few Chief Warrant Officer 5's. Randy was the Air Field Officer. He is a master Army Aviator.



189th Airlift Wing Public Affairs
112 CMSgt Williams Drive
Little Rock AFB, AR 72099-4802
OFFICIAL BUSINESS

PRSR STD
AUTO
U.S. POSTAGE
PAID
JACKSONVILLE, AR
PERMIT NO. 11

For the family of ...

Promotions



To Master Sergeant

Justin D. Moody, 154th Training Squadron
Troy A. Grooms, Headquarters
Ralph Grinnell, 189th Logistics Readiness Squadron



To Master Sergeant

Jerald D. Hogan, 189th Civil Engineering Squadron



To Staff Sergeant

Danial W. Hallock, 123rd Intelligence Squadron
Tomie Sue Taylor, 189th LRS
James E. Freet, 189th Maintenance Squadron



To Senior Airman

Gregory L. Burks, Jr, 189th LRS
Joshua E. Summers, 189th LRS
Jennifer L. Evans, 189th CES

Retirements

Chief Master Sgt. Donald O'Conner, 154th TRS, Feb. 1, 2011
Chief Master Sgt. Arthur Sears 189th MXS Feb. 26, 2011
Master Sgt. Donald R. Breshears, 123rd IS, Jan. 24, 2011
Master Sgt. Pamela Boles, 189th MXS, Feb. 7, 2011
Technical Sgt. Richard Greenwood, 189 LRS, Feb. 6, 2011

PME Graduations

Air Command and Staff College

Major James Gourde, 154th Training Squadron

Senior Non Commissioned Officers Academy

Master Sgt. Roger Weng, 189th Maintenance Squadron

Non Commissioned Officers Academy

Technical Sgt. Janette Williams-Smith, Headquarters AR ANG
Staff Sgt. Tyrone Davis, 189th Security Forces Squadron

Airman Leadership School

Senior Airman Xavier Ballew, 189th Civil Engineering Squadron
Senior Airman Corey Davis, 189th Logistics Readiness Squadron

189th gets in your face...book

We are now on facebook!

Please go to www.facebook.com/189AW and see what's happening in our wing and around the base. Please leave us a comment (nice ones!).

DO NOT POST CLASSIFIED OR SENSITIVE INFORMATION. FOR EXAMPLE, WHERE YOU ARE GOING OR WHEN YOU ARE LEAVING.