

Heartland WARRIOR

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New IG...2

Red Tags rule...9

Fitness month...10-11

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U.S. Air Force photo by Tech. Sgt. Doug Hays

On the cover...

Doug Beck, 74th Air Refueling Squadron Fightin' Red Tags second baseman, throws the ball to first base as Joel Nickelson, shortstop, ducks out of the way during an unsuccessful double play attempt. The Fightin' Red Tags defeated the 72nd Air Refueling Squadron Dark Side 9-5 to claim the 2013 Jovanovich Cup on the diamond here April 27.

New IG ready to help

By Senior Airman Jami Lancette
Public Affairs staff

Ready to help Airmen, Grissom's new inspector general said she's going to hit the ground running.

Col. Kathryn Russel took over as inspector general May 3 and brought with her wide-ranging knowledge and experience to help her get the job done.

The primary mission of an Air Force IG is to enhance their organization's discipline, readiness and war fighting capability by alerting commanders to systemic issues affecting the organization.

To accomplish this, an IG manages a complaint resolution process and utilizes fact-finding methodologies. They also train unit members about the IG process as well as fraud, waste and abuse issues.

Helping prepare her for her new assignment, Russel has held a variety of leadership roles in the Air Force that has provided a diverse knowledge base.

Her past duties have included military personnel flight chief, personnel presentations chief, military equal opportunity officer, media relations officer, mission support squadron commander, military equal opportunity chief, resources deputy chief and a squadron commander.

Russel said that she's ready to take on her new role and get to know Grissom Airmen.

She also said her office, located in building 596, has an open door policy and encourages people to contact with questions, concerns or complaints.

"Anyone is allowed to talk to me; we want people to feel free to do that, and a lot of times I can refer you to the right location," the IG



U.S. Air Force photo

Col. Kathryn Russel

explained. "So if there's something that's not right with policies or rules and not being followed, I'm here to listen and assist."

"Sometimes something will impact their career and it wasn't explained well," added Master Sgt. Robert Sanders, 434th ARW IG office superintendent. "For example if they feel something was unfair like

"...if there's something that's not right with policies or rules and not being followed, I'm here to listen and assist."

- Col. Kathryn Russel

a promotion or something they can contact us anytime and we can point them in the right direction."

Russel explained that one of her main focuses will be to help educate Airmen, as many times they just need a clarification of rules,

regulations or policies to perform their job with excellence.

"The number one reason people don't do what they are supposed to do in the Air Force is that they didn't know they were supposed to do it," she continued. "Often time's people don't know the rules and I am able to point them in the right direction."

Kirksey tabbed as AFRC command chief

By Staff Sgt. Alexy Saltekoff
AFRC Public Affairs

ROBINS AIR FORCE BASE, Ga. -- A reservist with 25 years of military service has been selected as the next command chief master sergeant for Air Force Reserve Command.

Chief Master Sgt. Cameron Kirksey, currently the command chief for the 482nd Fighter Wing, Homestead Air Reserve Base, Fla., replaces Chief Master Sgt. Kathleen Buckner at Headquarters AFRC.

Lt. Gen. James Jackson, chief of Air Force Reserve and AFRC commander, selected Kirksey for the top enlisted spot in the command.

"I am very privileged that after an extremely thorough interview and selection process, General Jackson had the confidence and trust in my capability and capacity to select me as the AFRC command chief," Kirksey said. "For that, I am both humbled and honored."

A native of Silas, Ala., Kirksey enlisted in the Air Force Reserve in March 1988. His background is in the logistics career field, specializing in fuels management. He spent most of his career at Maxwell AFB, Ala., rising from a fuels specialist



Chief Master Sgt. Cameron Kirksey

to becoming the 908th Airlift Wing command chief. He transferred to Homestead ARB in June 2011, to fill the command chief billet at the 482nd FW.

As the top enlisted leader for one of the Air Force's largest major commands, Kirksey is keenly aware of the responsibilities that await him.

Kirksey said his first priority is to sit down with Jackson and learn his

expectations and to get an understanding of his intent, objectives, goals and policies.

"I'm not a one-man show; from key positions in the private sector to leadership positions in the command, I believe that facilitating leadership and building teamwork is how to get the mission accomplished efficiently and effectively," he said. "Contrarily, I will make the hard call and stand by my decision when the buck needs to stop at me."

Kirksey said the job is about leadership.

"In the words of Gen. Colin Powell, 'Leadership is solving problems. The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help or concluded you do not care. Either case is a failure of leadership.'

"Again, I am truly grateful for this once in a lifetime opportunity," Kirksey said. "I look forward to being the eyes, ears and voice of our enlisted ranks to General Jackson, and I want every Airman who is a part AFRC to know that I am extremely honored to serve them as their senior enlisted leader."

McConnell reservists to first fly new KC-46 tanker

MCCONNELL AIR FORCE BASE, Kan. -- Air Force officials announced today McConnell Air Force Base, Kan., as the preferred alternative for the first active duty led KC-46A main operating base.

"We are proud that our Total Force McConnell Airmen have been entrusted with this new mission and are confident in their ability to bring the new aircraft online," said Col. Ricky Rupp, 22nd Air Refueling Wing commander.

McConnell AFB was selected as the preferred alternative for the KC-46A, termed MOB 1, because it has the lowest military construction costs and is located in a region of high air refueling receiver demand.

McConnell AFB will receive 36 KC-46A aircraft. This will require the lowest manpower adjustments of the candidate installations.

"This is an important step in recapitalizing our tanker fleet. The KC-46A is the first of a 3-phase effort to replace our aging tanker fleets," said Rupp. "The KC-46A is expected to produce better mission-capable rates and less maintenance downtime. This is another step in

maintaining our global reach for years to come."

Since the KC-46A is a replacement for the KC-135, 36 KC-135s at McConnell will be retired.

"I am very pleased that the proposed location of the main operating base at McConnell means that our Citizen Airmen will be among the first to fly and maintain the KC-46A," said Col. Mark S. Larson, commander of the 931st Air Refueling Group. "We look forward to working together with our active duty partners in the 22nd Air Refueling Wing in successfully performing this new mission."

Altus Air Force Base, Okla., was selected as the preferred alternative for the KC-46A formal training unit, and Pease Air Guard Station, N.H. was selected as the preferred alternative for the first Air National Guard KC-46A main operating base.

Forbes AGS, Kan. was selected as one of the reasonable alternatives for basing, MOB 2.

The FTU and MOB 1 will begin receiving aircraft in fiscal year 2016. MOB 2 will receive aircraft in fiscal year 2018. (AFPS)



U.S. Air Force photo by Staff Sgt. Andrew McLaughlin

Chelsea and Austin Shaw pin silver eagle rank on their dad, Col. Larry H. Shaw III, during a promotion ceremony here May 4. Shaw was the 434th Operations Support Squadron commander prior to taking an assignment at MacDill Air Force Base, Fla.

Shaw pins on eagles amid family, friends

By Staff Sgt. Andrew McLaughlin
Public Affairs staff

Surrounded by family, friends and colleagues, a newly promoted colonel reflected on his time at Grissom before bidding farewell.

Col. Larry H. Shaw III, 434th Operations Support Squadron commander, pinned on his silver eagles during a special ceremony here May 4.

During the ceremony, Maj. Brian Thompson, 74th Air Refueling Squadron assistant chief pilot, summarized Shaw's life and career and also noted how military service runs deep in the Shaw fam-

ily.

Many of the new colonel's close relatives have also worn a military uniform, including his father, Larry H. Shaw II, who retired as an Air Force senior master sergeant.

After his children, Chelsea and Austin, pinned colonel insignia onto his shoulders, an emotional Shaw expressed his appreciation to his family, friends and fellow Airmen for their support.

He spoke of how proud he was of his children and also shared the story of how he and his wife, Kris, first met. He also thanked his mother, Joleen, who was in attendance, for how she

raised him and kept him in line during his youth.

Shaw, who has flown missions in support of Operations Enduring Freedom and Iraqi Freedom, also reflected on the wartime missions he conducted with his fellow flyers.

"It was an honor to serve with you," he said.

Shaw was commissioned as a second lieutenant after completing ROTC at the University of Nebraska in 1988 and then began his regular Air Force career as a KC-135 Stratotanker navigator.

In 1996, he joined the 72nd Air Refueling Squadron here as a traditional reservist,

where he served for six months before joining the 74th ARS. In 1997, he attended undergraduate pilot training at Laughlin Air Force Base, Texas.

After completing pilot training, Shaw returned to Grissom to serve in his new role. Over his career, he has accumulated more than 5,700 military flying hours.

With his promotion, Shaw will move on to his new position as 927th Operations Group commander at MacDill Air Force Base, Fla. In this position, Shaw will be directly responsible for the day-to-day mission of the 927th Air Refueling Wing's KC-135 flying mission.

Grissom looking for tough, valuable diamonds to take lead



U.S. Air Force photo by Tech. Sgt. Mark Orders-Woempner

Senior Master Matthem Zahradka, 434th Maintenance Squadron first sergeant, talks with Senior Airman Jasmine Nicholas, 434th MXS personnel apprentice, during the June unit training assembly. First sergeants help maintain good order and discipline within a unit while helping Airmen in their military and civilian lives.

Senior Airman Jami Lancette 434th ARW Public Affairs

Diamonds are not only one of the toughest materials on earth, when refined they are some of the most brilliant and most valuable items in the world.

Perhaps that's why a diamond was chosen to represent the ranks of U.S. military first sergeants as they lead by example, while ensuring mission success and supporting their troops.

Currently, 434th Air Refueling Wing leadership is looking for qualified candidates willing to take on this special role.

"The first sergeant is the right-hand person to the commander, and they are responsible for all the commanders programs within the squadron," said Chief Master Sgt. Karen Perkins, 434th ARW command chief. "They're responsible for the morale of their squadron and keep their commander apprised of the good and bad that's going on."

In that unique role, first sergeants are placed on the front-lines of military life and take on challenges head-on.

"Basically first sergeant's can be a problem solver for Airmen within

their squadron," said Perkins. "First sergeant's have access to all agencies on base whether they're having financial trouble, family or legal, and can point them in a right direction if they need help with something."

First sergeants also help the commander maintain good order and discipline within their unit, ensuring standards are met, as well as recognize top performers.

There's a lot more to it than just discipline, explained Perkins.

"First sergeants do a lot of great things like helping with award packages, decorations and enlisted performance reports by helping to make sure that they're ready," she added.

And while most Air Force Reserve first sergeants are traditional reservists, their job goes well beyond one weekend a month and two weeks a year.

"You have to be able to communicate and be available even if as traditional reservist; a first sergeant duty is not a two day a month job," said Master Sergeant Tony Gonzales 434th Security Forces Squadron first sergeant. "As a first sergeant you have to deal with not just the military side of your troops lives, you

have to deal with the civilian side too.

"These people have lives, they have jobs, they have families and other obligations outside of the military that affect their military life, as well as their military life affecting their civilian jobs," Gonzales added, stating that a first sergeant helps an Airman bring all those sides of life into harmony.

Despite all of the hard work first sergeants must put into their duty, units and Airmen, both Perkins, a former first sergeant, and Gonzales said it is worth it.

"It's extremely rewarding and a good way to give back," Gonzales elaborated.

With their wide variety of duties assigned to them, potential candidates for a position are required to fulfill certain obligations in order to be considered for such a calling.

Candidates must possess an extensive supervisory background with exceptional leadership skills and must possess a seven level in their Air Force specialty, said Perkins, adding that candidates must exceed minimum standards regarding military image, professionalism and conduct.

Applicants must also have a minimum Armed Services Vocational Aptitude Battery test score of a 41 in the administration category and a 62 in general, and have a current and passing physical fitness test score.

For those meeting the high standards for qualification, positions are currently open.

"There are currently two vacancies here for a first sergeant position", said Perkins. "One is at the 434th Aerospace Medicine Squadron, and another is at the 434th Maintenance Operations Flight."

Anyone considering a career as a first sergeant must submit a package that includes copies of their last three EPRs; last three PT scores; both military and civilian resumes, which are limited to two pages; a copy of their records review report; and a letter of recommendation from their current commander.

SecAF: Sequestration hitting readiness

By Jim Garamone
Air Force Print Service

WASHINGTON -- Sequestration has hit the Air Force particularly hard, impacting its force structure, readiness and modernization, senior Air Force leaders said here today.

Air Force Secretary Michael B. Donley and Gen. Mark A. Welsh III, the chief of staff, said Congress must provide a solid budget number so the Air Force can ground its planning in reality.

The Air Force understands it must do its part to work through the debt and deficit reduction problem, Welsh said.

“We just want to get to the bottom line or the new top-line budget ... and get on with preparing our Air Force to remain the best in the world,” he said.

Sequestration has hit the Air Force hard and the effects are felt throughout the full range of accounts from force structure to readiness to modernization, Donley said during his last scheduled news conference as secretary.

On April 26, Donley announced plans to step down June 21 as the Air Force’s top civilian after serving as secretary for nearly five years.

“Twelve combat-coded squadrons have stopped flying, and important training has been canceled,” Donley said. “Weapon system sustainment reduc-



U.S. Air Force photo by Scott Ash

Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Mark A. Welsh III field questions from members of the Pentagon press corps at the Pentagon, May 24, 2013. During the press briefing, Donley and Welsh addressed the force structure, readiness and modernization challenges the Air Force is facing in the current fiscal environment.

tions will delay maintenance, increase costs and create backlogs. The impending civilian furlough will hamper us further and will impact morale and reduce productivity across the Air Force.”

Even before sequestration there was a readiness crisis in the Air Force, the secretary said.

“The readiness hole that we have been trying to dig out of just got deeper, and we are facing a readiness crisis from which it will take many months to recover,” he said.

And it is not just operations and readiness accounts that are at risk, said Donley, noting the Air Force needs modernization --

in aircraft, missiles, and capabilities.

“As advanced technologies proliferate around the globe, these cutbacks in modernization would put at risk the Air Force capabilities this nation will need in the decades ahead,” Donley said.

“Despite our near-term and long-term concerns, we are working to ensure that our most significant Air Force priorities remain on track, including the fifth-generation F-35 Joint Strike Fighter, the KC-46 tanker, and the long-range strike bomber.”

Aircraft must support the warfighters, but budget cuts mean that airmen cannot train for full spectrum opera-

tions, Welsh said.

“And our readiness continues to decline, even while calls for potential no-fly zone or air policing operations in response to Syrian violence are reaching a new crescendo,” he said.

“We’re still the best Air Force in the world,” Welsh said. “And our great airmen will rely on experience and their unmatched dedication to succeed in any operation that we’re asked to execute.”

“But atrophied skills elevate risk, and stagnant proficiency will only grow over time if we can’t restore some sense of budget normalcy. And so that’s what we’re hoping for,” he concluded. (AFPS)



U.S. Air Force photo by Staff Sgt. Carl Berry

Generating a partnership with Grissom, Air Force Reservists Senior Airman Jonathan Kocak and Airman 1st Class David Brand, 514th Civil Engineer Squadron electric production specialists, perform maintenance on a generator here May 3.

Reservists generate power for Grissom

By Staff Sgt. Ben Mota
434th Public Affairs

Two civil engineers from joint base McGuire-Dix-Lakehurst, N.J. generate electricity and a working partnership with Grissom.

Airman 1st Class David Brand and Senior Airman Jonathan Kocack, 514th Civil Engineer Squadron electric power production specialists, recently completed a 55 day temporary duty here to ensure Grissom's fleet of generators were functional and prepared for deployment.

"These generators we have been working on have several purposes," said Kocack. "They can be used for training, overseas deployments, and even local disasters."

Grissom has several generators in its inventory, but in order for the generators to be used they must be functional and the preventative maintenance must be current.

"It is our responsibility to ensure that these generators are functional and prepared for service so they can be accessible when they are

needed," said Kocack. "We were asked to come to Grissom because at the time Grissom did not have any one in our career field available to do the necessary maintenance, diagnostic and repairs needed to make the generators serviceable."

Some of the generators the Airman serviced are 20-30 years old and had not been used for long periods of time.

"Generators are a lot like cars, and if they are not used every day the fuel can deteriorate, corrosion can build on the electrical components, and the batteries can fail," said Kocack. "We check all the fluids to ensure the generators are operating properly, and then we check all the major components of the generator to ensure they will remain operating for prolonged future use."

The team also assessed generators to determine if it would be more cost effective to make repairs or to replace them.

"Sometimes it is more cost effective to replace an old generator

than to fix it," said Brand. "When this happens it is important to identify the issue so the generator can be replaced and so future preventative maintenance is not wasted on them."

The working relationship with other units helps Grissom stay prepared and mission ready. At the same time it provides other units with on the job upgrade training and valuable experience that can only be gained with real life scenarios.

"This tour helped me out because I got hands on experience with the generators that had malfunctions similar to those that would be seen in a deployed environment," said Brand. "We were also able to build a working relationship with Grissom that benefited both of us in a positive way."

While at Grissom, the two Airmen conducted preventative maintenance and inspections on more than 50 generators, but most of all they demonstrated how the mission is a team effort that can only be accomplished with teamwork.

Grissom announces Airmen Promotions

U.S. Air Force graphic by Tech. Sgt. Mark Orders-Woempner

By Tech. Sgt. Mark Orders-Woempner
Public Affairs staff

From their first to their last, America's Airmen earn each stripe of rank.

Nearly 30 Airmen from the 434th Air Refueling Wing here recently earned their next stripe. Their names are as follows:

To master sergeant -- Tony Russell, 434th Security Forces Squadron

To technical sergeant -- Jacqueline Holmquest, 434th Operations Support Squadron; Jan Markiewicz, 434th Aircraft Maintenance Squadron; Michael Meyer, 434th Air Refueling Wing; Daniel Stout, 434th Maintenance Squadron; Zsolt Szivak, 434th AMXS; and Gerald Smith, 434th AMXS.

To staff sergeant -- Joseph Fruggiero, 434th MXS;

and Erica Sherwood, 434th Force Support Squadron.

To senior airman -- Janette Arnold, 434th MXS; Torrie Bailey, 434th MXS; Nicholas Baker, 434th FSS; Dionta Bonner, 434th FSS; Justin Lindstrom, 434th Logistics Readiness Squadron; Jason Noralez, 434th AMXS; Nolan Ritter, 434th LRS; Christopher Robinson, 434th MXS; Darin Simpson, 434th Civil Engineering Squadron; David Smart, 434th AMXS; and Lauren Werner, 434th Aerospace Medicine Squadron.

To airman 1st class -- Jasmine Guyton, 434th FSS; Keneisha Richards, 434th SFS; Lauren Roberts, 434th CES; David Ruffin, 434th CES; Joshua Schumacher, 434th AMXS; Zachariah Smith, 434th SFS; and Jordan Suchovsky, 434th OSS.

To airman -- Samone Hankins, 434th SFS; and Damion Reed, 43th SFS.

Nineteen Grissom Airmen earn medals

By Tech. Sgt. Mark Orders-Woempner
Public Affairs staff

For their meritorious service in the U.S. Air Force, 19 Grissom Airmen were recently awarded medals.

Meritorious Service Medal -- Lt. Col. Miles Heaslip, 72nd Air Refueling Squadron; Lt. Col. Victor Verboncoeur, 434th Operations Group; Maj. Timothy Kerrigan, 434th Logistics Readiness Squadron; Maj. Michael Martini, 434th Maintenance Squadron; Maj. Anne Noel, 72nd ARS; Maj. Douglas Perry, 434th Air Refueling Wing; Senior Master Sgt. Donna Pierce, 434th Force Support Squadron; Master Sgt. Stephen Edington,

434th Aircraft Maintenance Squadron; Master Sgt. Billy Goldsberry, 434th AMXS; and Master Sgt. Brian Rude, 434th LRS.

Air Medal -- Senior Airman Stephanie Wiggins-Ward, 434th Operations Support Squadron

Air Force Commendation Medal -- Master Sgt. Johnny Armes, 434th ARW; Master Sgt. Terry Way, 434th LRS; Tech Sgt. Rosa De La Paz, 74th ARS; Tech. Sgt. Joseph Scurto, 434th AMXS; and Tech. Sgt. Joshua Welch, 74th Air Refueling Squadron

Air Force Achievement Medal -- Capt. Ashley Lehman-Bush, 74th ARS; Tech. Sgt. Jason Darland, 434th MXS; and Tech. Sgt. Kevin Mortier, 434th MXS.



U.S. Air Force graphic by Tech. Sgt. Mark Orders-Woempner

Red Tags down Dark Siders for Jovanovich Cup



U.S. Air Force photos by Tech. Sgt. Doug Hays

Joel Nickelson, 74th Air Refueling Squadron Fightin' Red Tags shortstop, positions himself to field a ground ball during the 7th Annual Jovanovich Cup on April 27. The Red Tags shot down the 72nd Air Refueling Squadron Dark Siders 9-5.

By Tech. Sgt. Doug Hays
Public Affairs staff

The 74th Air Refueling Squadron Fightin' Red Tags out battled the 72nd Air Refueling Squadron Dark Side 9-5 to claim the 7th Annual Jovanovich Cup here April 27.

Red Tag Ken Hatcher was the softball game's most valuable player, slugging a base-clearing, three-run, inside-the-park homerun to break the game open.

The windy day played havoc with the pitchers from both teams as Doug Gullion from the 72nd ARS and Dave Marien from the 74th ARS struggled to put the ball over the plate. That same wind blew in from the outfield and helped ensure nothing left the yard.

The annual outing is held in memory of Lt. Col. George Jovanovich, a 434th Air Refueling Wing aircrew member who died in 2006. His wife Phyllis attended the game and presented the cup to the winning team.

"It's always a fun time for us when we can honor a squadron member and have some friendly



Dan Keeney, left, 74th Air Refueling Squadron Fightin' Red Tags outfielder, jokes with Chad Tice, 72nd Air Refueling Squadron Dark Side third baseman, after making it safety to the bag during the 7th Annual Jovanovich Cup here April 27.

competition," said Joel Nickelson, Red Tags shortstop.

Don Windt, a long-time Red Tags team member retired moments before the game, but emphasized the importance of the friendly competition.

"We play to remember George," Windt said, "He was a fun-loving guy who would enjoy this event."

The annual event draws a crowd from across the base to watch the often costume-clad competitors face off on the diamond.

Focus on fitness leads to month-long activities

By Tech. Sgt. Doug Hays
Public Affairs staff

Grissom's Fitness Center sprang into action during May to get base members up and moving and fan competitive flames.

"The Air Force designates May as Fitness Month, so along the staff here came up with ideas on what we could do," said Zac Holmes, a Grissom Fitness Center instructor.

Holmes met with Bruce Cannady, a Grissom Fitness Center technician, and other staff members, each bringing event plans to the table.

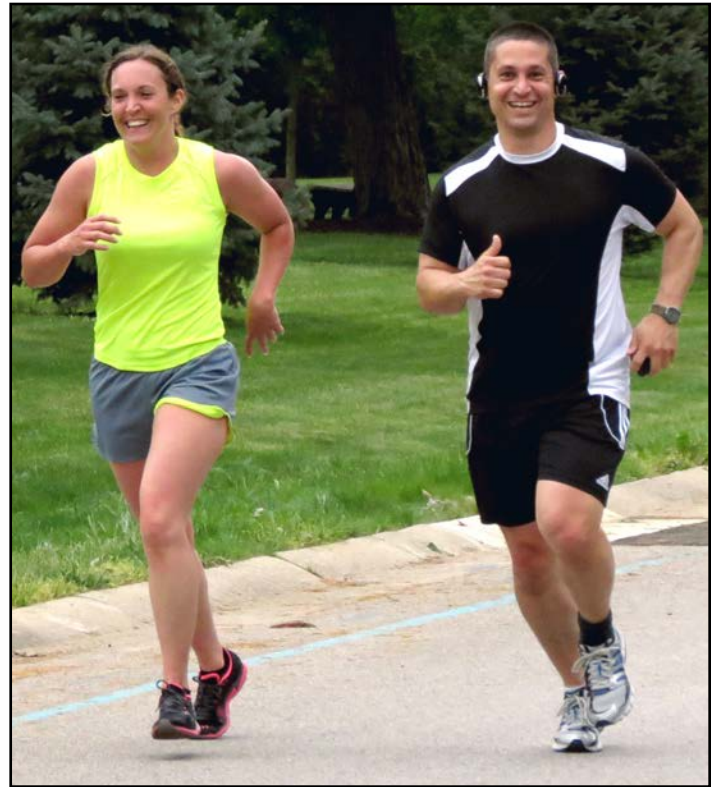
"We merged the list and whittled them down into what we thought was a robust schedule," said

Holmes.

The event was given a giant push with a push up contest on May 2. The winner of that contest was Charlie Coyne, 434th Maintenance Squadron metals technology technician, was the big winner, pumping out 93 pushups in one minute.

Kasey Potts, a Grissom Fitness Center instructor, was the female pushup winner, pushing out 32 in one minute.

The competitions bounced on May 7 with a three-on-three basketball tournament with a team of Brian Wright, a combat readiness technician, Chris Trigg, warehouse specialist, Matt Maverick and Derek Nolley, both 434th Maintenance Squadron



Brandie VanDokenburg, 34th Maintenance Squadron, and John Pedro, 434th Logistics Readiness Squadron, head down the final stretch of the a 5K run held here May 10.



U.S. Air Force photos by Becca Hammer

Mark Federspiel, Det. 1 Communications Company, Headquarters and Service Battalion, 4th Marine Logistics Group, strains as he participates in a bench press competition at the Grissom Fitness Center here May 13.

aircraft electrical and environmental systems technicians, taking the hardwood crown.

On May 10, the staff hosted a traditional 5K race.

Male winners were:

- Ages 20-29: Justin Krautkremer, 434th Civil Engineer Squadron explosive ordnance disposal technician

- Ages 30-39:

Jeremy Beachy, 434th Operations Support Squadron aircrew flight equipment technician

- Ages 40-49:

Rich Percival, 434th Communications Squadron, telecommunications technician

- Ages 50-59: Tim Wood, Honor Guard program manager

- Ages 60+: David Hughes, base civil engineer

The female winners were:

- Ages 20-29: Kasey Potts, a Fitness Center instructor

- Ages 30-39: Brandie Vandokkenburg, 434th MXS KC-135R crew chief

- Ages 40-49: Cathy Castleberry, 434th Maintenance Operations Flight maintenance scheduler

Markus Trouerbach, Detachment 1, Communications Company, Headquarters and Service Battalion, 4th Marine Logistics Group inspector instructor here, dominated the men's bench press May 13 pressing 275 pounds; while Torrie Bailey, 434th MSX crew chief won the women's crown with a 115-pound effort.

In a one-day



Joe Jusino, a Marine from Det. 1 Communications Company, Headquarters and Service Battalion, 4th Marine Logistics Group, takes the baton from a fellow Marine as and begins his portion of a 2400-meter relay May 16. The Grissom Fitness Center held various competitive events throughout the month as part of the Air Force's recongition of May as Fitness Month.

racquetball tournament May 15, Stephen Heidrich, 434th Aircraft Maintenance Squadron outlasted Kevin Yeager, 434th CS.

On May 16, competitors gathered for a track meet.

The Track Day featured a 600-meter relay; 1.5 mile run; 600M race; and a 2400-meter relay.

Winners for the 600 were Brian Wright, Zac Holmes and Chris Wiley, a fitness center instructor.

The 1.5 mile race was won by Joe Jusino, a Marine from Det. 1.

The 600 was won by Javier Medina, a Marine from Det. 1.

The 2400 relay was won by Wiley, Holmes, Percival and Cory Walters, 434th CS biological scientist.

The events went back

to the hardwood on May 21 for a two-on-two basketball tournament where players pulled names from a hat to determine their teammate. Walters and Shawn Boston, 434th Air Refueling Wing military pay technician were paired and scorched the nets on their way to victory.

The final event of the Month was a predicted time 5k with Jon Murphy, 434th Force Support Squadron force support officer, nailed his prediction of 21:21 edging Zach Blow, 434th MXS metals technology apprentice who was two seconds off his predicted time of 23:00, finishing in 23:02.

"We really had good participation during the course of the month,"

Holmes said. "And we hope to expand that participation and refine events that draw more people in next time."

"We're hoping we can work with leadership and supervisors to maximize participation with people's fitness time," he added.

"The whole month went really well," echoed Wiley. "Our events had participation from all sides of our community – reservists, Marines, civilians and dependents. I couldn't have asked for more.

That success has both Wiley and Holmes hoping that people see the fitness center staff has a lot to offer.

"We're more than just a place with weights and cardio equipment," Wiley concluded.

Summer safety program now underway

By Tech. Sgt. Mark Orders-Woempner
Public Affairs staff

As the heat rolls in, even a little fun in the sun can quickly turn dangerous.

For that reason, the Air Force has started its 2013 Critical Days of Summer campaign

“This is a program put together by the Air Force to teach people about safety and try to prevent mishaps or fatalities,” said Johnny Armes, 434th Air Refueling Wing ground safety manager. “We want to make not only their lives safer, but the lives of their coworkers, dependants and spouses safer.”

The CDS campaign will go from now until Sept. 3, and this year’s theme is “Safe-n-Sound, All Year Round.”

That theme was cemented with in a memorandum from Michael Donley, Secretary of the Air Force; Gen. Mark Welsh III, Chief of Staff of the Air Force; and Chief Master Sgt. James Cody, Chief Master Sergeant of the Air Force.

“Taking care of yourself and your wingmen this summer will help ensure that our entire Air Force team can perform our mission wherever and whenever the Nation calls,” they wrote. “As you participate in summer activities with your family and friends, don let your story end with an unsafe choice.”

The campaign will use the military structure to

help train Airmen on how to be safe and watch out for their fellow wingmen, which is something Chuck Hagel, Secretary of Defense, said was vital to ensuring a safe summer.

“Each of us must do our part to keep everyone around us safe off duty, as we do on duty,” Hagel said in a message to all Department of Defense personnel. “Fundamental military lessons of working together, exercising leadership, focusing on the mission, and having the courage to say no to a risky situation are all essential to enjoying the summer and returning to your units.”

During the 14-week campaign, Grissom’s safety office, like safety offices throughout the Air Force, will focus on a variety of summer safety issues such as motor

vehicles, alcohol, heat, inclement weather, fireworks, water, exercise and sports.

Armes said it’s no surprise that summer can be hazardous as people venture out to have fun, but often forget their limits or neglect common sense.

“After being cooped up for the winter it’s time to get out and play, get on the road and enjoy your time off, but we all forget that we’re not immune to bad things happening,” he continued. “Don’t forget we’re all human, accidents occur, and it can happen to any one of us, no matter who we are.”

While the safety office will provide specifics on

each topic every week, Armes said there is an overarching theme on how to remain safe.

“Focus on the common sense part of it, and use risk management throughout the day,” he said. “If you use your risk management skills and wingman skills, it will automatically pull you back to being safe and doing the right things.”

And, that wingman concept is key to safety.

“Don’t go out and be alone,” explained Armes. “The whole point of having a wingman is to prevent things from going wrong, and if they do go wrong, you have somebody who has your back who can help you out of it.”

