

Heartland

Warrior

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Serving the men and women of the 434th Air Refueling Wing, Grissom ARB, Ind.



Photo by Tech. Sgt. Patrick Kuminecz

Boom change

Tech. Sgt. Kevin Hutchison, aircraft hydraulic system mechanic, and Senior Airman Joe Meyer, crew chief help guide the tail end of a refueling boom to be reattached on a KC-135R Stratotanker.

Safety focuses on critical days of summer

The 434th Air Refueling Wing Safety Office, and the newest edition of "Letter to Airman," are focusing on safety issues and the 101 critical days of summer.

Off-duty outdoor activities are the leading cause of fatal mishaps between Memorial Day and Labor Day.

Last year 19 Airmen Air Force-wide died during this 101-day period.

The 101 Critical Days of Summer Campaign runs from the beginning of the Memorial Day weekend through the end of the Labor Day weekend in September.

As people get out and enjoy the warmer weather and outdoor activities, supervisors should routinely brief their folks on safety said Delbert Meador, Grissom's ground safety manager.

"Drinking and driving should be stressed as well as over extending yourself while driving, seatbelt use, drinking and boating, sun hazards, etc.," he added.

Information is available in the book racks outside the safety office and on both the AFRC Safety site and the AF Safety site.

For information on how to help make this a safe summer, contact the safety office at Ext. 3357, or drop by the office located in Bldg. 596.

The complete Letter to Airmen along with other senior viewpoints can be found in the Library section of Air Force Link.

Always give your best, and nothing less

By Maj. Michael Johnson

455th ECES commander

BAGRAM AIR BASE, Afghanistan -- I've always believed what you get out of an assignment or deployment is equal to what you put into it.

No matter where we are or what we do, we can learn something.

Even when I was sent remote for a year, I had a very positive experience. It was the opposite of what I was expecting, and one in which I made lasting friendships.

Attitude and a positive outlook drastically affect our lives. Colin Powell said, "Perpetual optimism is a force multiplier."

Over the years, I've tried to implement a few simple principles that have really made a difference, not only professionally but also personally.

Build relationships, not just contacts

Life is so much more than simply knowing who to talk to in order to take care of business.

Building relationships is about getting to know people, what's on their minds, and most importantly, how you can help them.

Take the time to talk about something other than work. I've found that sitting down at lunch or dinner with folks has been a great time.

Not only does it tend to be a lot of fun, but also I get to know the people I'm working with better.

Take the time to plan a cookout or organize some kind of get together. These things build teamwork.

Leave the place better than when

you arrived

Things can always be improved. There are plenty of opportunities to leave your mark.

It can be something to do with your job or just getting involved off-duty.

Solve problems, don't just identify them

My first commander told me to have one or two possible solutions for every problem I briefed him about.

Being able to provide solutions is invaluable to any organization. When you see a problem or something that needs improvements, fix it.

There are a lot of things needing to be fixed that may not necessarily fall into your job description.

If you can figure a way to get the job done, you'll make life better for everyone else around you.

Give credit to the team for success and take failure as your own

We rarely accomplish anything alone. In a past deployment, Lt. Gen. Gary L. North, the 9th Air Force and U.S. Air Forces Central commander, gave out some coins to Airmen.

General North asked them what they did to deserve his coin. I didn't hear a single one start off with "I did."

Instead, they talked about their accomplishments as a team effort, "My shop ... our team ... we did ..." They embodied service before self.

It is as a team that we can accomplish our greatest goals.

Volunteer for projects

One of my previous commanders termed these as CLP's, or *Crappy Little Projects*.

There are always projects that need to be done at every assignment that do

not neatly fall into a single career field.

Use these opportunities to learn and lead multifunction teams early.

Not only will you fill a gap, but you will gain invaluable experience that'll pay dividends in the future.

These projects include things like airshow preparation committees, distinguished visitor visits, base appearance cleanup days, etc.

Don't be afraid to learn something new or to get out of your comfort zone.

Do your best in every aspect of life

Excellence in all we do is not just a catch phase; it should be a way of life in and out of the Air Force.

No one can expect more than your best. I think Aristotle said it best, "We are what we repeatedly do. Excellence then, is not an act, but a habit."

This idea transcends our job and spills over into our personal lives and interactions with family, schools, church, and anything we're involved with.

Never give up

Throughout our nation's history, achievements have been made by regular men and women who've achieved great things through hard work and perseverance.

Thomas Edison tried more than 1,500 materials before finding the right one for the light bulb.

Things may seem hard, almost impossible, to get accomplish but stick with it.

You'll be glad in the long run knowing you gave it your best. Nothing more can be asked for than your best. (AFPN)

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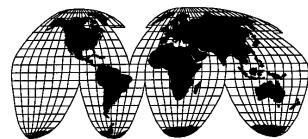
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Photo by SrA. Ben Mota

Members of the 434th Communications Squadron participate in a fitness run. Exercise and fitness have become a routine part of their unit training assembly schedule.

Fit-to-fight fosters healthier lifestyle

By SrA. Ben Mota
Public Affairs staff

For some, fitness is an everyday part of life, but for those who it is not spring is a great time to get started.

The Air Force's current military fitness program requires Airmen to stay "fit-to-fight". As deployments increase so do stress and the demands on Airmen, said Lt. Col. Greg DeMaio, chief of performance management. Staying fit ensures that each individual can do their job in a safe and efficient manner he added.

"I recommend at least three to four aerobic activities a week," said Colonel DeMaio. "Exercising on a regular basis helps to create a healthy lifestyle and a healthy lifestyle is the main purpose of the Air Force fitness program," he said.

The Air Force's fitness plan currently awards points in four areas to include aerobics, body composition, push-ups and crunches. These points are added up to get a score that places

Airmen into the three categories of excellent, good, and failure.

In 2007 the "marginal" category was eliminated, and the test is now either pass or fail. Previously, Airmen who scored below 70 on the fitness test failed, and those who scored between 70 and 74.9 received a marginal rating, while Airmen who scored 75 or above passed. With the change, any score below 75 is considered a fail, and Airmen will have to retest within 90 days.

In 2007, the Air Force announced that fitness test results will be included on all future performance reports, so failing the fitness test can have a significant negative impact on an Air Force member's career (promotions, assignments, retention, etc.), the colonel said.

"It is each Airman's responsibility to keep up with their physical fitness," said the colonel. "That task can be more difficult for Reservists because we are only on the base one weekend a month and the majority of Reserve bases do not have resources such as

dietitians."

One squadron that has taken a proactive stride towards their physical fitness program is the 434th Communications Squadron.

Each unit training assembly the squadron will gather and perform group physical training.

"I think that physical training is an important aspect of what we do here," said Maj. Rebecca Fox, commander of the 434th Communications Squadron. "Not only because it affects our performance reports, but also because it allows us to perform our civilian and military jobs better."

Major Fox says she hopes that her program will act as a foundation towards good health by encouraging her staff to exercise and stay healthy.

"The whole purpose of this program is for every Airman to adopt a healthy lifestyle which includes diet and exercise," Colonel DeMaio added.

To learn more about living healthy or improving your physical fitness scores contact your first sergeant.

Feature

Grissom hosts two-day c



Base personnel participate in a simulated exercise where an Airman has been exposed to chemical weapons and are using the 'buddy system' to help treat a victim. Chemical, biological, radiation and nuclear training, also known as CBRNE, was given to a large number of Grissom members during a recent unit training assembly.

Master Sgt. Tim Cahill, a member of the 434th Air Refueling Wing safety office, demonstrates the proper way to prepare a gas mask for storage.



Master Sgt. Donald Ripplinger, 434th Communications Squadron, participates in a simulated chemical warfare exercise. A large number of base personnel participated in chemical, biological, radiation and nuclear -- or CBRNE -- training during a recent unit training assembly.



Staff Sgt. Kevin McCarty, 434th Communications Squadron, receives intense instruction on how to live and work in a chemically contaminated battlefield.

Heartland Warrior

Feature

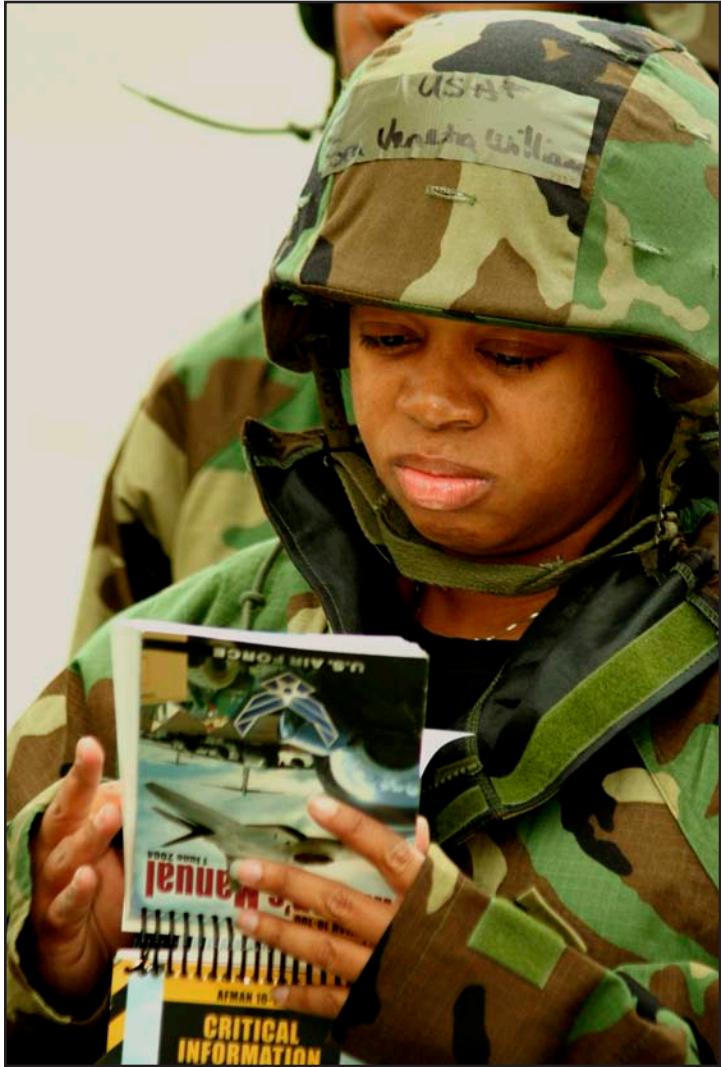
chemical warfare training



ations Squadron, watches an Airman get a drink of water while in his personnel participated in chemical, biological, radiation and nuclear, assembly.



Squadron, instructs a group of Airmen on hazards they may field. As part of their "Ability to Survive and Operate" training, Airmen work while wearing chemical warfare suits and gas masks.



Tech. Sgt. Venetia Williams, 434th Services Flight, uses her Airman's Manual to reference various aspects of wartime skills training.



Photos by Tech. Sgt. Patrick Kuminecz

Students pay close attention as instructors lead the training.



Photo by Senior Master Sgt. Chuck Gill

Helping hands

Senior Airman Kent Hinshaw, 434th Civil Engineers Squadron, straightens insulation in the floor of a home he and other members of the 434th CES are constructing in Gallup N.M., for the Southwest Indian Foundation. The houses, and materials are donated to Native American families who need them the most. The project is authorized under the innovative readiness training program.

Restrictions lifted on special detergents

Airmen are now authorized to wash their Airmen Battle Uniforms in regular detergent, regardless if the detergent uses optical brighteners announced Air Force leaders recently.

The Army recently released a memorandum concluding that ABUs laundered with detergents containing optical brighteners do not pose a detection threat to the wearer in an operational environment.

"After reviewing Army test results and conducting follow-on evaluations we have determined that changes from laundering ABUs in detergents

containing optical brighteners are negligible," said Lt. Col. Chuck Arnold, chief, recognition and uniforms branch, directorate of force development at the Pentagon.

While any detergent can be used to launder the uniform, fabric softeners or bleach should be avoided.

The uniform should be tumble dried at the low heat setting, too.

The ABU, which replaces the temperate and hot-weather Battle Dress Uniform and the Desert Camouflage Uniform, made its first appearance in 2007 when it was issued to Airmen

deploying to Iraq, Afghanistan and Southwest Asia.

It was also issued in October to basic trainees in their initial-issue.

It was authorized for wear by all Air Force personnel, including Reserve and National Guard, in November.

The ABU, which was fit-and-wear tested in 2004 and altered based on feedback, is designed to be a wash-and-wear uniform.

Starching and hot pressing is still prohibited; these procedures deteriorate the fiber in the uniform.

Focused

Staff Sgt. Charles Coyne, 434th ARW Maintenance Squadron, operates a Bridgeport milling machine to manufacture a guide plate, while wearing the appropriate eye protection. Using the proper safety equipment, including proper eye protection, is critical to Air Force mission. Statistics show that during each working day more than 2,000 workers in the U.S. suffer job-related eye injuries, with 10 to 20 percent of them classified as disabling because of temporary or permanent vision loss. Ninety percent of these injuries could be prevented with the correct protective eyewear.



Photo by SrA. Chris Bolen

Commissary, exchange hold sale June 7

The Harrison Village Commissary and Base Exchange will have a sale at Grissom from 9 a.m.-5 p.m. June 7.

The sale will be held in the Army Reserve Center and is open to all current military members, military retirees and dependents.

Proper military identification will be

required to shop.

To assist military personnel who will be on duty that day, there will be a dedicated check-out line for those in uniform.

Additionally, military personnel on duty will have priority at other check-outs.

Even though the sale ends at 5 p.m., on-duty military personnel will be allowed to shop as long as they are in line before 5 p.m.

The 434th Services Flight will also be at the sale site and will have breakfast and lunch items available for purchase.

In the limelight

Promotions

To senior master sergeant— Michael Miller, 434th Aircraft Maintenance Squadron.

To technical sergeant— Patrick Barringer, 434th Security Forces Squadron; Joshua Suchovsky, 434th Operations Support Squadron; Ronald Maxwell, 434th Civil Engineers Squadron; Philip Deckard, 434th CES; Leslie Nance, 434th SFS; Nathaniel Greathouse, 434th Maintenance Squadron; and Damon Spradlin, 434th Aerospace Medicine Squadron.

To staff sergeant— Tony Russell, 434th SFS; Richard Rinella, 434th SFS; Charles Marrillia, 434th SFS; Robert Laviolette, 434th AMDS; and Lydia Douglas, 434th AMDS.





U.S. Air Force photo

Senior Master Sgt. Robert Moore, center, is presented the Air Force Reserve Component Fuels Senior Noncommissioned Officer of the Year Award for 2007, by Maj. Gen. Gary T. McCoy, left, director of logistics readiness, Office of the Deputy Chief of Staff for Logistics, Installations and Mission Support, HQ USAF; and Chief Master Sgt. Scott Baker, the fuels career field manager, Air Staff, HQ USAF, Washington D.C.

Fuels NCO named tops in command

By SrA. Chris Bolen
Public Affairs staff

Air Force Reserve Senior Master Sgt. Robert Moore of Muncie, Ind., was recently named the 2007 Fuels Senior Non-Commissioned Officer of the Year for the Air Reserve Component.

Sergeant Moore is the 434th Logistics Readiness Flight fuels superintendent.

He has more than 19 years of combined military service.

He is responsible for all aspects of the fuel processing and storage to support Grissom's KC-135R Stratotanker aircraft.

The award is given yearly to service members who demonstrate exceptional expertise, professionalism and advanced skills in their jobs, while supporting the mission at their home unit, AFRC and active-duty forces.

The sergeant previously won the same top fuels award as the NCO of the Year for 2003.

He is the only individual to win the Air Reserve component award twice.

This type of recognition is not new to Sergeant Moore.

He has previously been named Grissom's Senior NCO of the Quarter twice and Senior NCO of the Year once.

The award came after he competed at the Air Force Headquarters level. The award also recognizes the top fuels NCO for the Reserve and National Guard.

The award not only recognizes his performance at Grissom but also during what he regards as the most challenging temporary duty he has ever completed.

In early 2007 Sgt. Moore deployed to Afghanistan and served as the

455th Air Expeditionary Wing's fuels manager.

"I was deployed to Bagram AB, Afghanistan supervising active-duty personnel from Shaw, Scott, Dover and Charleston Air Force Bases," he explained. "We serviced over 7,200 aircraft and issued over 15 million gallons of aviation fuel."

Among his notable achievements was the development of a long-term fuel facility plan at Bagram.

"This included the rebuilding of the fuel bladder storage areas and equipment," he explained. "We dealt with a lot of challenges including fuel shortages during combat operations."

"I am very honored for being recognized for my efforts, but it's not just me, it's the team I had there at Bagram," he added. "Here at Grissom I am honored to have some outstanding Airmen working in my flight."