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On the cover

Senior Airman Steven Barte, a communications navigations technician with the 434th Maintenance Squadron, sets up a temper tent at a forward location, as Grissom undergoes an operational readiness inspection designed to test the unit's deployment and warfighting skills.(U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

Focus shifts now to UCI

By Tech. Sgt. Doug Hays
Public affairs staff

With the operational readiness inspection over, Grissom now turns its focus to a unit compliance inspection and associated staff assistance visits.

"We did a good job, and while it is time to exhale, but it is not time to rest," said Lt. Col. Greg DeMaio, performance planning officer for the 434th Air Refueling Wing.

To help prepare for the UCI, Grissom will use a new system designed to help reservists efficiently manage critical resources.

The management internal control toolset program – or MICT – replaces the old self inspection program processes and allows individual offices or functional areas to conduct semi-annual inspections and record results into a central database.

"MITC is the Air Force Reserve Command Inspector General's preferred method for completing and managing the unit self inspection program, Colonel DeMaio said.

The program is available through the Air Force Portal and ARCNET.

"It's very user friendly and can be viewed by 4th Air Force and higher headquarters functional representatives," he added.

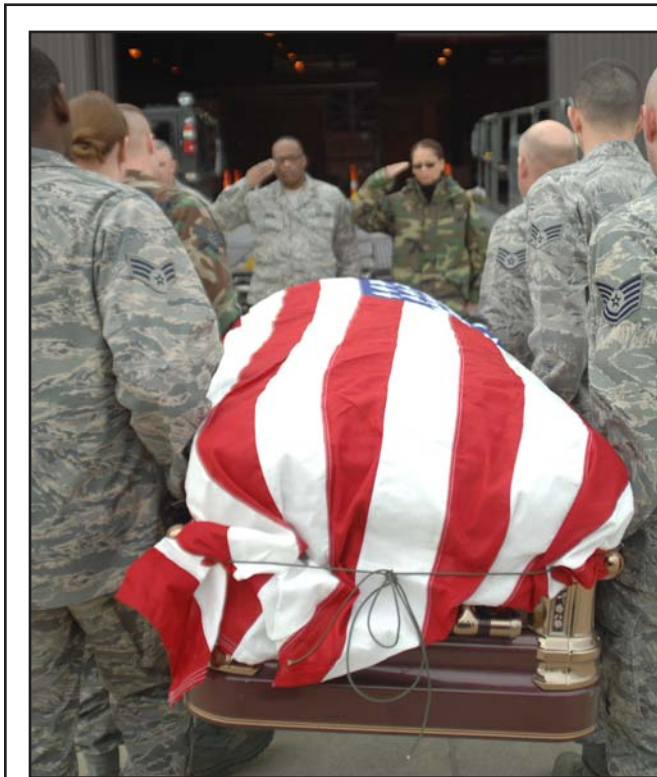
"Through the system, wing leadership can review individual self inspection results to better support mission objectives," Colonel DeMaio said. "And because MICT is web-based, command functional areas have rigid capability to update or revise their respective checklists online and deliver a message of those changes immediately to every assigned a requirement on a particular list."

To get people up to speed, MICT training will be offered here by a team from the 507th Air Refueling Wing at Tinker AFB, Okla.

"Together we'll build a peacetime compliance plan that will be very manageable and allow us to work smarter toward our next big inspections," Colonel DeMaio added.

As the wing progresses toward the UCI, the unit will undergo a staff assistance visit July 7-11, with the actual UCI in 2011.

For more information about the program, contact the colonel at 688-2290.



Paying respect

Chaplain (Maj.) Obadiah Smith, 434th Air Refueling Wing chaplain, and Master Sgt. Trudy Burnett, NCOIC of the chaplain staff, render salutes to a simulated fallen Airman. A service member that gives the ultimate sacrifice is sent home with dignity and respect. The chaplain and the Airmen are practicing the ritual for an upcoming inspection. (U.S. Air Force photo/Senior Airman Carl Berry)

Maintainer pedals his way to fitness

Senior Airman Carl Berry
Public Affairs staff

After receiving poor ratings on physical fitness tests in early 2008, Tech. Sgt. Allen Walden, 434th Aircraft Maintenance Squadron guidance and control system specialist, made physical fitness a top priority in his life and received an excellent rating on his latest physical fitness test in February.

Realizing that he wasn't getting any younger and desiring to further his Air Force career, Sergeant Walden knew that he had to make some changes in his physical fitness routine.

The change that he made in this area of his life was to make bicycling a part of his life.

"In the past, I viewed biking more as a leisure activity, but in 2008 biking became more than a leisure activity, it became a daily part of my fitness regimen," said Sergeant Walden.

Biking certainly did become a part of his life, in 2008 the sergeant cycled 3,000 miles and in 2009 he accumulated 4,000 miles, and has set a goal of cycling 5,000 miles in 2010.

He also purchased a stationary trainer in January allowing him to keep his mileage up through the winter months when inclement weather doesn't allow him to ride outdoors.

After cycling more than 7,000 miles in two years the sergeant has been able to improve his 2008 low fitness score of 53.75, by nearly 69% to 90.6.

"I knew that if I made a concerted effort to exercise every day that meeting the Air Force Fit-to-Fight standard would ultimately take care of itself, but quite frankly I was surprised when I scored a 90.60 on my latest physical fitness test in February," said Sergeant Walden.

"While meeting the Fit-to-Fight requirements became a top priority, my primary focus and effort was reaching the goals that I set for
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Sergeant Walden

myself and the Fit-to-Fight requirements through cycling," he added.

Although, it was the sergeant who peddled his bicycle, he shared that he would not have been able to meet his goals without the support of his supervisors.

"My supervision [at Grissom] was and continues to be very supportive," said Sergeant Walden. "They have been very helpful and understanding, looking at me as an individual member, having worked with me in a manner that not only has helped me reach my own personal fitness goals but also the Air Force Fit-to-Fight standards."

The sergeant's supervisors considered their support as one that is both an obligation and a privilege.

"Encouragement is the job of every supervisor, it is important to provide tools to our members to be successful and then get out of the way and let them achieve their

goals," said Senior Master Sgt. Richard Scully, 434th AMXS specialist flight chief.

Senior Master Sgt. Rodney Gunter, 434th AMXS specialist flight chief, shared "All that know Allen have seen this amazing transformation and have been nothing less than inspired by him."

Not only has his physical fitness improved, but by keeping a consistent exercise routine he has found that he has a lot less stress in his life.

"Biking has provided a two-part benefit for me, one part is improved health / fitness, and the other part is reduction in work-related stress," said Sergeant Walden. "I currently commute by bike to my civilian employment 2 - 3 days / week when the weather allows and have found that cycling helps release much of the stress I experience at work on a daily basis."

The sergeant has also been able to combine community service with his love for cycling, by participating in various charity bike events such as the Hope Ride, in which the majority of the proceeds for the event went to the local food bank.

"Bicycling just happens to have been the means I chose to meet my own personal physical fitness goals, but there are many other activities an individual can participate in to achieve their own goals," said the sergeant.

"My advice to anyone seeking to improve their physical fitness is to first consider an activity they truly enjoy, set realistic goals and keep a personal log to document their progress," said Sergeant Walden.

"Once they find the physical activity they enjoy most and works best for them, work at it to become the best you can be, then meeting the Air Force Fit-to-Fight standards will take care of themselves," he concluded.

ORI and NORI tests wing personnel



Members from Grissom and Martinsburg wait for a bus during the operational readiness exercise held recently. Official grades are for official use only and not releasable. (U.S. Air Force photo by Master Sergeant Emily Beightol-Deyerle)



An Airman guards the entry control point for the transportation building shortly after an 'attack' during an operational readiness inspection. (U.S. Air Force photo by Master Sergeant Emily Beightol-Deyerle)

By Tech. Sgt. Doug Hays
Public affairs staff

Reservists from Grissom and Guardsmen from Martinsburg, W.V., combined forces to show their wartime capabilities Air Mobility Command inspectors during combined nuclear and conventional operational readiness inspections.

The scenario called for a deployment to a fictitious base in the Pacific theater of operations.

Inspection ratings themselves are privileged information and therefore publishing the actual grades is prohibited.

Grissom and Martinsburg have worked together closely over the last year or so, teaming to practice during fly-away exercises and joint training opportunities.

During the exercise, inspector's key on four separate areas; positioning the force, employing the force, sustaining the force, and ability to survive and operate.

Operational Readiness Inspections evaluate and measure the

base's ability to operate in wartime or during a contingency, as well as the ability to transition from peacetime to wartime.

The inspections are held every five years.

First up was the NORI inspection and Grissom members were 'truly head and shoulders above' everyone, said Brig. Gen. Dean Despinoy, 434th Air Refueling Wing commander during the formal outbrief. "It was a beautiful team effort, and the IG had opportunity to see that," he said. "In that white-hot spotlight, we truly excelled."

"I'm very, very proud of our performance in both inspections," the general said. "We recognized what we had to do, and everyone stood up to the line and got it done."

Our performance speaks to the quality of the people that we have in this wing.

You did a wonderful job, came together worked hard, and had a fantastic attitude, and I'm very proud of what we've done," he concluded.



Senior Master Sergeant Dave Stevens, left, assists Technical Sergeant Robert Fluharty, a facility manager for the 103rd Air Expeditionary Wing, as he hands out ID cards during a practice of emergency exit procedures early during the ORI. (U.S. Air Force photo by Master Sergeant Emily Beightol-Deyerle)



Tech. Sgt. Jeffrey Allen clears his weapon with assistance from Staff Sgt. Mark Garcia at the 103rd Air Expeditionary Wing armory during the ORI. (U.S. Air Force photo by Master Sergeant Emily Beightol-Deyerle) April 2010



Tech. Sgt. Timothy Wootton, a flight management specialist, right, and SrA. Edward Lawton, an information specialist, begin hardening a facility as part of the ORI. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

Air Force creates family fitness website

By Harry Lundy
ACC Public Affairs

JOINT BASE LANGLEY-EUSTIS, Va. -- Air Force officials launched FitFamily Jan. 30 to encourage and reward children and adults for leading an active lifestyle.

The program is designed to increase fitness levels and supplements the Air Force's youth fitness program, FitFactor.

"FitFamily promotes the importance of healthy lifestyle choices and encourages Air Force families to be active together," said Derrick Ross, the FitFactor coordinator at Joint Base Langley-Eustis, Va.

With the addition of FitFamily, Mr. Ross will now manage both programs here because they build off of one another, he said.

Mr. Ross' job is to get the kids out and active for 60 minutes a day and also to encourage parents to be active for 30 minutes a day.

"If children see their parents do it, then the children want to do it," Mr. Ross said. "Children have the tendency to imitate what their parents do."

Since 2005, the Air Force has been successful with the youth fitness and health initiative. More than 60,000 youth have participated in the Web-based program, said David Brittain, youth development specialist for the program at the Pentagon.

"In keeping with the Year of the Air Force Family, Air Force leadership felt it would be a great opportunity to build upon the success of FitFactor and get families involved and active together," Mr. Brittain said.

FitFamily's focus is on the entire family and the slogan sums up the mission: "Get up, get out and get fit together."

"Healthy habits start early and can last a lifetime," Mr. Brittain said. "It's important that parents play an intricate role in forming their children's habits and they can help themselves in the process by being active together."



Get up. Get out. Get Fit.
Together.

More than 2,000 families -- more than 7,200 total members -- are currently participating in the FitFamily program.

Tech. Sgt. Lou Urban, currently deployed from the 1st Equipment Maintenance Squadron, and his wife, Carol, signed up shortly after the program launched and have noticed that their children request

to do activities, cook together as a family and learn about nutrition.

"A program to get families up and doing things together is invaluable," Mrs. Urban said. "We participate in activities together, and it gives everyone an individual goal also."

Because the program is Internet-based, it can be used anywhere.

Anne Jennings, a health fitness specialist at the JB Langley Health and Wellness Center, said her office shares a goal with FitFamily, and that is creating healthy habits.

"Being active should be as simple as brushing your teeth every day," Ms. Jennings said. "It should be something that we incorporate daily."

To help families stay in line with their goals, the HAWC provides classes on weight management where members can receive tips on staying fit. Several nutrition classes are also.

Families can enroll in the program by logging on to <http://www.USAF-FitFamily.com>.

Once registered, participants will receive fitness tips, learn about nutrition and have access to recipes that are quick and easy to prepare.

The FitFamily Web page also has a list of activities, tracking tools for goals and allows photo submissions of family activity to share with others.

The program is open to family members of active-duty, Guard and Reserve members; Department of Defense civilians; retired military members; honorably discharged veterans with 100 percent service-connected disability; and former or surviving military spouses and their family members. (AFNS)