

Heartland **WARRIOR**

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A man in a green military jacket and beanie is hugging a woman in a black jacket and Santa hat. They are standing in a snowy parking lot. The man's jacket has a name tag that says "AIR FORCE".

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On the cover...

Tech. Sgt. Aaron Dehner hugs his daughter Lindsey, 13, after returning from a four-month deployment to Southwest Asia Dec. 23. Sergeant Dehner and four other 434th Civil Engineer Squadron firefighters were able to come home just before Christmas. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)



Winter safety: *Be cautious when driving*

As the winter weather continues to roll in, the 434th Air Refueling Wing's safety office has a few reminders for how to stay safe while traveling during the season.

Make sure vehicles are ready for winter driving by doing the following:

- Check the fluid levels, service belts and hoses.
- Check to make sure the heater and defroster are working.
- Ensure the tires have good traction and tread.
- Make sure brakes have been checked within the last 5000 miles by a certified mechanic.
- Test turn signals, brake and headlights, and four-way hazard lights.
- Change windshield wiper blades that have cracks and wear.

Even if a car is completely ready for winter driving, it's out on the road where accidents take place. Use the following safety tips while driving:

- Reduce speed when driving on snowy and icy roads.
- Double stopping distances even for wet or rainy conditions.
- Watch for ice on bridges and overpasses.

- Turn on headlights during diminished light conditions.

If an accident should occur, it's always best to be prepared.

For this reason, the safety office recommends having an emergency survival kit in the car at all times.

This kit should include chains, a shovel, blankets, flashlights, matches, candles, a first-aid kit, water, quick energy food, flares and jumper cables.

Whenever going out in the cold, travelers should dress appropriately. Wear several layers of thick loose-fitting clothing and always wear a hat, scarf and gloves as the head and neck lose heat faster than any other part of the body.

Should the need arise to dig or push a vehicle out of snow, avoid overexertion as the strain from cold weather and heavy labor could cause back strains and heart attacks.

The biggest safety tip for this winter season the safety office has is often the least followed. Travelers should allow for extra time when traveling in bad weather and drive with caution.

The key is planning a trip in advance.

Home for the holidays:

Grissom firefighters return from deployment

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

During this holiday season people around the world exchanged gifts, but few got a gift as special as the Grissom family right before Christmas.

Five firefighters from the 434th Civil Engineer Squadron returned home to their family's and friends Dec. 23, after being deployed for four months in Southwest Asia with the 405th Air Expeditionary Group.

"This was amazing, and I didn't think it was going to happen," said Tech. Sgt. Aaron Dehner,

one of the returning Airmen. "Our day (to return) was actually supposed to be Christmas day, and my daughter Lindsey said this would be the best Christmas present ever."

Getting back two days before Christmas allowed the returning Airmen to settle in for the holiday season. Still, Sergeant Dehner said, in some ways, this Christmas had a different feel to it.

"It was weird leaving 80 to 90 degree temperatures and coming home to Christmas two days later," said Sergeant Dehner. "It's like it was right out of the movies, a Norman Rockwell type



Staff Sgt. Travis Bender hugs his mother at Indianapolis International Airport after returning from a deployment to Southwest Asia. Sergeant Bender, along with four other 434th Civil Engineer Squadron firefighters returned home Dec. 23.

thing."

While deployed, the firefighters provided fire

protection for an airfield and tent city at austere base in Southwest Asia.

"The mission itself was getting the supplies to the war fighters," Sergeant Dehner explained. "It had a direct impact to the guys on the ground, and that was important."

The sergeant also explained how proud he was of not only the Grissom Airmen he deployed with, but also with Airmen from other Air Force Reserve and Air National Guard units that integrated seamlessly with them.

"There were Airmen from eight different bases, and for our shift at the firehouse, we went four months with each other day-in and day-out, 24 hours a day," he explained. "We were able to melt together and form a team; it's a part of the Grissom spirit to get things done and mold together as one team."



David Perryman shakes the hand of Staff Sgt. Christopher Bauchle as he welcomes him home from a deployment Dec. 23. Sergeant Bauchle, along with four other 434th Civil Engineer Squadron firefighters, recently returned just two days before Christmas from a four-month deployment to Southwest Asia. Mr. Perryman is a firefighter with the Grissom Fire Department. (U.S. Air Force photos/Tech. Sgt. Mark Orders-Woempner)

Grissom impacts local economy

By Lt. Col.
Gary Lockard

Public Affairs staff

Every year, KC-135R Stratotankers from the 434th Air Refueling Wing pump millions of gallons of jet fuel into fighter, bomber and cargo aircraft during aerial refueling missions around the globe.

At the same time, the 434th ARW--through annual expenditures, payroll and job creation--pumps millions of dollars into the local Indiana economy.

For the past fiscal year, from October 1, 2009 through September 30, 2010, the economic impact was more than \$130 million, an increase of \$26 million when compared to the previous fiscal year.

The major components of the 434th ARW's economic impact included \$32.2 million for normal operating expenditures such as materials, equipment, supplies, contracts and construction projects; \$56.2 million in payroll

for the wing's military and civilian workforce of more than 2,000; and \$41.9 million in job creation.

The increase in the 434th ARW's economic impact when compared to the previous year was in the areas of annual expenditures and job creation. Using a standard government formula, it is estimated the 434th ARW's presence in the area indirectly created almost 800 jobs for the local economy.

"The 434th Air Refu-

eling Wing is proud of the accomplishments of its personnel who have continued to have a world-wide impact in support of the Air Force mission," stated Colonel William "Tim" Cahoon, commander of the 434th ARW. "The wing is equally proud to have a major economic impact on the Indiana economy. Our day-to-day operations, construction projects and workforce opportunities make major daily economic contributions to the local area."

The 434th Air Refueling Wing is one of the key units in the Air Force Reserve Command and its personnel and KC-135R Stratotanker aircraft routinely deploy around the world in support of various Air Force missions.

In addition to the 434th ARW, Grissom is home to organizations from the Marine Corps Reserve, Army Reserve, and Civil Air Patrol. The economic impact of these units is not included in the data referenced in this article.



Fitness regulation changes based on feedback

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 clar-

ity 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."

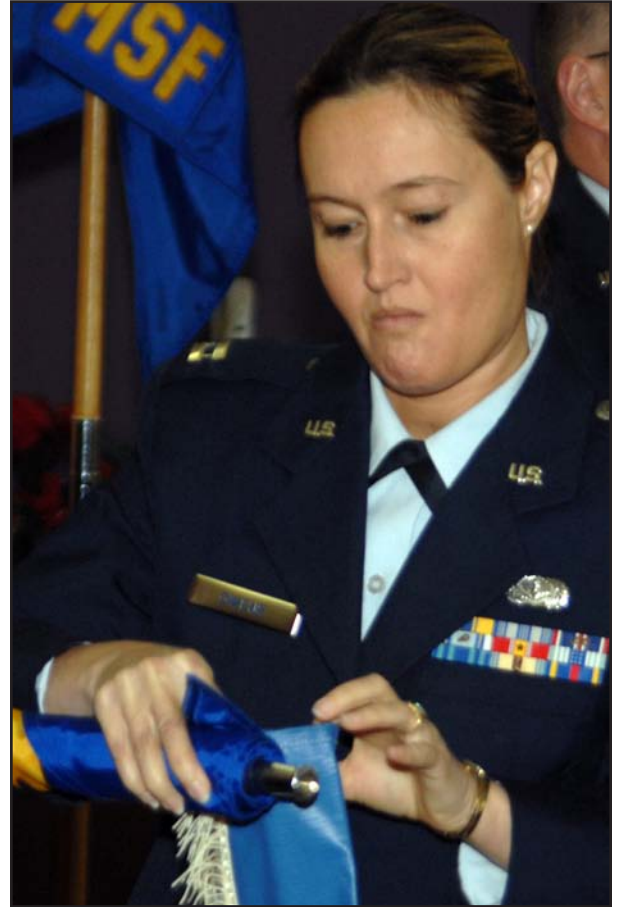
The service's top enlisted leader said the new guidance will hopefully foster Airmen's continued success and understanding of the program, leading to an overall healthier way of life.

"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

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Heartland Warrior

Grissom stands up force support squadron



Above: Lt. Col. Daniel Harrison, right, accepts the unit flag for the new 434th Force Support Squadron, from Col. Betty Bowen, 434th Mission Support Group commander, during a unit activation ceremony held during the December unit training assembly. The 434th FSS, combines the former 434th Services Flight, 434th Mission Support Squadron and civilian personnel under one unit.

Right: Capt. Amanda Owens, 434th Services Flight commander, covers the unit flag as the unit deactivates prior to merging with mission support and civilian personnel to form the new 434th Force Support Squadron during the December UTA. (U.S. Air Force photos/ Tech. Sgt. Doug Hays)

Retiring...

Chief Master Sgt. David Sajdyk, 434th Civil Engineer Squadron fire chief, rings a fire bell Dec. 5 during his retirement ceremony here. Friends, family and other 434th CES firefighters were on hand for the ceremony as Chief Sajdyk retired from the Air Force Reserve after 29 years of service. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)



Fitness, from page 4

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.

Push ups

-- 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.

Sit ups

-- 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.

Run/Walk

-- 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.

Waist measurement

-- 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.



Pinning on colonel

Laen August, 434th Operations Group Deputy Commander, was promoted to the rank of colonel. Pinning on Colonel August's new rank are family members Lisa, Alex, William and Christian. (U.S. Air Force photo)

Public health

All pregnant employees need to be referred to Public Health immediately to ensure the employee is protected from hazards that may have an adverse effect on the pregnancy.

Public Health is required to interview all reserve personnel and civilian government employees who have confirmed pregnancies.

Duty restrictions are directed through the Aerospace Medicine Squadron.

Please direct any questions regarding this matter to Jeff Castleberry, at 688-3598 or Master Sgt. Becky Mattox at 688-2624.

Air Force marathon

WRIGHT-PATTERSON AIR

January 2011

FORCE BASE, Ohio -- Air Force Marathon officials announced they will open registration for the 2011 marathon Jan. 1, with special sale pricing for New Year's Day.

The 15th annual event will occur Sept. 17 at the National Museum of the United States Air Force here. In addition to a full 26.2 mile marathon, runners also can compete in a 13.1 mile half marathon, a 10K run or a 5K race.

"In 2010, every single event sold out, with more than 12,000 runners registering," said Molly Loudon, the race director. "We are increasing our race caps to 13,000 this year in order to accommodate those runners who didn't register in time last year, but we fully expect to sell out even earlier this year."

In the limelight

Medals

Meritorious Service Medal:

Senior Master Sgt. Shawn Sandridge, 434th Aerospace Medicine

Squadron; and Master Sgt. Lous Wise, 434th

Logistics Readiness Squadron

Aerial Achievement Medal:

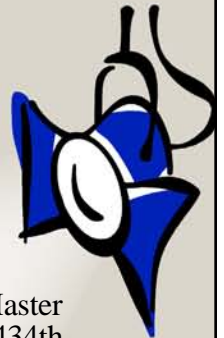
Lt. Col. Victor Verboncoeur, 434th Operations Group; Maj. Eric Aufderheide, 72nd Air Refueling Squadron; and 1st Lt. Daniel Kartchner, 72nd ARS.

Air Force Commendation Medal:

Maj. Curtis Deloach, 434th AMS; Capt. Brandon Bush, 72nd ARS; and Staff Sgt. Adam Loos, 434th Civil Engineer Squadron.

Non Article 5 NATO Medal International Security Assistance Force (Afghanistan):

Senior Master Sgt. William Hamilton, 434th Security Forces Squadron.



Promotions

To master sergeant: Scott Allen, 434th Operations Support Squadron.

To technical sergeant: Gregory Wilson, 434th SFS; and Ryan Monahan, 434th SFS.

To staff sergeant: Nathan Foxworth, 434th Maintenance Squadron; John Vanrees, 434th Aircraft Maintenance Squadron; Eileen Zlaty, 434th AMDS.

To senior airman: Jeremy Ellert, 434th AMXS; Alexander Gin, 434th AMXS; Anthony McClure, 434th MXS; and Marcus Sharpless, 434th CES.

To airman: Brian Humphrey, 434th CES; and Abigale Wakefield, 434th MXS.