

A young boy with dark hair, wearing a blue and white striped t-shirt, blue shorts, and a black climbing harness, is climbing a grey rock wall. He is seen from the back, reaching up with his right hand to grasp a brown handhold. The rock wall is covered with various colorful handholds in shades of brown, green, and grey. The background is a bright, sunny outdoor setting.

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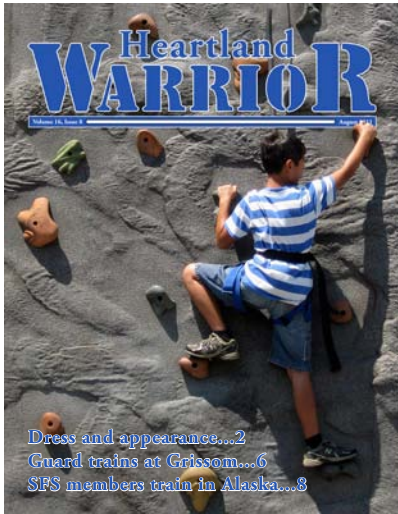
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On the cover...

A child maneuvers his way up the rock wall during Grissom's annual Family Appreciation Day held on the July unit training assembly. Games and activities were just part of the event this year with an information fair, car show and other events also taking place. For more photos, turn to page 5. (U.S. Air Force photo/Tech. Sgt. Douglas Hays)

Dress and Appearance

Air Force announces updates to instructions

By Eric Grill

*Air Force Personnel, Services
and Manpower Public Affairs*

RANDOLPH AIR FORCE BASE, Texas -- The Air Force's instruction on dress and personal appearance recently received an appearance upgrade with the release of the updated instruction July 18.

Air Force Instruction 36-2903, Dress and Personal Appearance, received the facelift after several years of interim updates as uniform items were introduced and phased out.

The last revision to the AFI was in 2006, prior to the release of the Airman Battle Uniform, which replaces the Battle Dress Uniform and Desert Camouflage Uniform Nov. 1, 2011.

Most of the changes to the AFI are more about mechanics and clarification than new policy, said Ruth Ewalt, the Air Force Uniform Programs and Policies chief at the Air Staff. They are intended to make the AFI more user-friendly.

"The changes are a result of Airmen in the field requesting clarification, leadership approving more specific policy, and the need to integrate information from the 98th virtual uniform board and other wear policy approved since 2006," Ewalt said. "We added the ABU, green fleece, and physical fitness uniform information not in the previous AFI and corrected instances of conflicting information."

For clarity and ease of reading, the chapters were rearranged and sections were made inclusive to eliminate turning back and forth to configure a single uniform, she said. The difference in the old and new AFI is that the tables are now integrated into the text. Each uniform has its own section, starting with the most formal through the utility, PT, and distinctive uniforms.

One thing Airmen might notice is the amount of pictures incorporated

into the revised AFI.

"Individuals learn and retain information differently," Ewalt said. "For some, a photo is a better tool than volumes of text or audio. We wanted to make this AFI as 'user-friendly' as possible. It covers every Airman -- from the first-day recruit in Basic Military Training to the 30-plus-year career Airman."

Sections are also inclusive, listing all items that may and must be worn with each particular uniform with the exception of outer garments which are covered in their own section.

The first three chapters cover the basic philosophy, appropriate circumstances to wear uniform items, how and where to purchase them, roles and responsibilities, and grooming and appearance standards.

Chapters four through seven cover uniforms worn and maintained by all Air Force members: dress, utility, and physical training uniforms. Chapters four and five include the dress and utility uniforms. Chapter six explains outer garments, headgear, rank insignia and accessories, and chapter seven covers the physical training uniform.

The remaining chapters "customize" the uniforms of unique populations and discuss badges, awards and decorations unique to individual Airmen.

The final chapter contains instructions for recommending changes to dress and personal appearance policy or uniform designs.

The revised AFI also added a tattoo measurement tool. For online dress and appearance information, go to the dress and appearance webpage on the Air Force Personnel Center's website at <http://www.afpc.af.mil/dress/index.asp>.

For more information about personnel issues, visit the Air Force personnel services website at <https://gum-crm.csd.disa.mil>. (AFNS)

Physiologist can help with fitness goals

By Tech. Sgt. Doug Hays

Public Affairs staff

Walk into Juli Phelps' office and you'll see posters of the human body, muscles, a skeleton, books and pamphlets on healthy living and physical fitness.

As Grissom's exercise physiologist, Phelps' task is simple – promote a healthy life style and manage the wing fitness program.

"I can help people achieve their fitness goals," the South Dakota native said. "Through one-on-one counseling I can help people start on a fitness program that meets their needs. They put in the work but I can give them the tools and guidance they need to best use those tools."

Phelps, a retired Air Force medic, also has a background in injury rehabilitation.

"If an old or lingering injury is affecting people, I may be able to offer some suggestions to help them overcome that injury and improve their fitness levels," she said.

With the fit to fight program in the forefront of so many Airmen's minds, Phelps said she can help with that as well.

"She has suggested a program for me to help burn the maximum calories," said Maj. Frank Hollifield, staff judge advocate.

"You can tell just by talking to her that she's very knowledgeable in exercise physiology, she doesn't have to get back with you with an answer – she knows what she's talking about, and she doesn't hesitate to help," he added.

"People just need to give me time to help them; you can't walk into my office on Monday with a test on Saturday and expect great results," she said. "But if you give me time, I can help draft a plan that will help."

"Juli showed me how to exercise better and see better results for my time spent exercising," said John Somsel, a construction inspector with the 434th Civil Engineers Squadron. "She kept me
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Juli Phelps, base exercise physiologist, helps Michael Riley, an air traffic control specialist with the 434th Operations Support Squadron, use proper technique while working out at the fitness center. Phelps can help tailor exercise plans to help members meet their fitness goals. (U.S. Air Force photo/Tech. Sgt. Douglas Hays)

motivated and didn't allow me to make excuses for any shortcomings that I may have experienced. She showed me how to work around those shortcomings versus letting them stop me."

The fitness center offers a variety of classes to help people achieve their goals, and Phelps teaches strength and conditioning on Mondays, Wednesdays and Fridays.

"Anyone who has access to the

fitness center on base can come to the classes, or make an appointment with me," she said.

Phelps hopes to expand some of the services she offers as she gets settled in.

"I hope to add a spin class this fall and am looking at working with our retiree population on some specialized programs for them as well," she concluded.



Senior Airman Richard Barrett, 434th Security Forces Squadorn, has his identification checked at the Troy Rogers, a Department of Defense police officer, as he pulls up the main gate. Barrett raised his goggles for the ID check and then lowered them before departing. (U.S. Air Force photo/Tech. Sgt. Douglas Hays)

Rules to ride enforced at Grissom

The sunshine and warmth of the summer season allows motorcycle enthusiasts plenty of opportunity to get out and ride.

However, when riding on Grissom, riders need to heed additional rules that the state does not require.

Helmets, eye protection, full-fingered gloves, sturdy over-the-ankle footwear and reflective gear are required for all riders – and their passengers, said Staff Sgt. Andrew Julius, 434th Security Forces Squadron. In addition, brightly colored outer garments must be worn on the upper body – even with the Airman's battle dress uniform," said Delbert Meador, base safety manager. "That includes back-

packs. Riders wearing a backpack must have reflective gear on it as well."

"Government owned all terrain vehicles must be designed for multiple passengers and there must be a valid operational need as well," Meador added.

"Many people feel that having a windshield on their bike eliminates the need for eye protection – it does not," Julius said. "Goggles, wrap-around glasses or a full face helmet that meets the standards must be worn. The face shield on the helmet must be lowered and in place."

Any questions about motorcycle safety can be direct to the base safety office at 688-3357.

IDEAs pay off for maintainers

By Tech. Sgt. Mark Orders-Woempner

Public Affairs staff

As Victor Hugo once put it, "there is one thing stronger than all the armies in the world, and that is an idea whose time has come."

And for two Grissom maintainers, their ideas' time not only came, but improved the Air Force and paid them rewards.

Senior Master Sgt. Charles Hoover and Master Sgt Tommy Patton, both air reserve technicians with the 434th Aircraft Maintenance Squadron, submitted their ideas through the Air Force Innovative Development through Employee Awareness (IDEA) Program, which is an incentive program that promotes process improvement and resource savings through ideas submitted by military and civilian employees.

Hoover's IDEA submission was to inspect all fuel tank filler caps for proper installation and condition only, not part number, which takes too many man hours as all incorrect caps were replaced in 2009.

Patton's IDEA submission was to change an incorrect part number in a technical order.

Both ideas, filed under the Air Force Technical Order section of the IDEA program, paid each maintainer \$200.

On top of their cash awards, both maintainers were publicly recognized by Col. William T. "Tim" Cahoon, 434th Air Refueling Wing commander, during a civilian commander's call held here recently.

Annual picnic celebrates families



Mark and Troy, a local band, performs in Dock 6 during the event. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

Left, Senior Master Sgt. Tim O'Brien, superintendent of logistics plans, attempts a flip on a trampoline during Grissom's annual Family Appreciation Day. (U.S. Air Force photo/Tech. Sgt. Douglas Hays)



Above, this young artist got close to her work as she decorated a star during the annual Family Appreciation Day. (U.S. Air Force photo/Tech. Sgt. Douglas Hays)

Left, Lt. Col. Daniel Harrison, 434th Force Support Squadron commander, is bucked from a mechanical bull. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

Guard unit conducts training at Grissom

Indiana National Guard Soldiers assigned to 38th Sustainment Brigade set up a tactical operation center from the ground up and immediately began training on new digital equipment at Grissom Air Reserve Base July 19-23.

The 38th Sustainment Brigade, which is based out of Kokomo, Ind., chose to use Grissom to setup their TOC because of the base facilities and available room for their multi-tent structure, said Capt. Bernice Spencer, 38th Sustainment Brigade.

The brigade's new equipment is part of an Army-wide cohesion of digital operating systems. The Battle Command Sustainment Support System, Tactical Battle Command operating system and other communication devices were the primary focus of the training.

During the training, the Soldiers learned how the software programs work as a fully-integrated system and provide accurate and timely information for those operating on the battlefield.

Civilian trainers from a contracting company led most of the instruction for the Soldiers. Lawrence Hillman, senior Army battle command systems integrator and course instructor, said these systems are crucial for the battlefield.

"It gives you real-time tracking on all equipment and units traveling from point-to-point," said



Capt. Eva Kelly, 38th Sustainment Brigade, receives instruction from Tony Torres on a tactical battle command system in a tactical operation center setup at Grissom July 19. (U.S. Army photos/Sgt. William Henry)

Hillman. "All of these systems help you understand what's happening on the battlefield."

Hillman also stated this training is very important, especially because of the National Guard's increased involvement with overseas contingency operations over the last ten years.

"We are one Army, the National Guard, reserve and active duty, and we all are using the same equipment," he added.

Approximately 100 Army units

them," said Knight. "You can pull up satellite photos of the area of operations, search for enemy activities and plan a safe route based on intelligence."

"These systems make our jobs more efficient," Knight added. "It allows us to concentrate on supporting our troops better."

The 38th Sustainment Brigade is part of the Indiana National Guard's 38th Infantry Division, which deploys and conducts full spectrum operations to fight and

win decisive campaigns to stabilize nations abroad and support communities in the homeland.

Grissom is home to the 434th Air Refueling Wing, the largest KC-135R Stratotanker unit in the Air Force Reserve Command.

(Editor's note: Story compiled from information provided by U.S. Army Sgt. Sgt. William E. Henry, Indiana National

Guard Joint Forces Headquarters public affairs and Tech. Sgt. Mark Orders-Woempner, 434th ARW public affairs)



A tactical operation center setup by the Indiana National Guard's 38th Sustainment Brigade at Grissom can be seen here July 20. The guard unit from Kokomo, Ind., set up their TOC at Grissom because of the facilities and land available on base.

each year receive training on the Army Battle Command Systems and Hillman said the 38th Sustainment Brigade is one of the better



Tech. Sgt. Michael Holmes, 434th Communications Squadron radio frequency transmission technician shows 2nd Lt. Dustin Schimp, 434th CS operations officer a piece of communication equipment during a unit training assembly here. (U.S. Air Force photo/Senior Airman Damon Kasberg)

Lieutenant draws on NCO experience *Communicator earned 'Top Hawk' award at OTS*

By Senior Airman Damon Kasberg
Public Affairs staff

In pursuit of excellence one Grissom Airman used his background as a non-commissioned officer not only to excel during Officer Training School, but to also help others.

The U. S. Air Force OTS at Maxwell Air Force Base, Ala., is a 12-week program consisting of military instruction and leadership development for college graduates which leads to a commission as a second lieutenant.

"My background as a NCO set me apart," said 2nd Lt. Dustin Schimp, 434th Air Refueling Wing operations officer. "I don't allow myself to be satisfied with mediocrity."

While attending OTS earlier this August 2011

year Schimp was assigned as the wing community relations officer, drill leader and flight information officer.

As a community relations officer, he organized many volunteer events including working with the Montgomery, Ala., Humane Society, Habitat for Humanity and the "Y".

Schimp said he also organized volunteers to clean the 102-year old Lincoln Cemetery in Montgomery, an event which received local media coverage because the historic site had been neglected for so long.

To achieve all that he did in an already stressful time period, the lieutenant did have to sacrifice his personal time.

"During OTS he was really char-

ismatic and was there for everyone," said 2nd Lt. Taylor Duncan, 50th Space Wing space missile operator, who was Schimp's roommate during OTS. "He was always organizing something and rarely had a Saturday with nothing to do."

During Schimp's OTS graduation, he was recognized as Top Hawk in the Goldhawk Squadron and awarded the General Daniel "Chappie" James Jr. plaque for outstanding community service and the promotion of diversity.

"It really makes me feel great to be recognized, but none of it would be possible without the support of my flight," said Schimp. "Remember the core values, if you apply the core values you're in good shape; live a life of Integrity, excellence in all you do and service before self, and you'll stand out to everyone."

Maintenance operations gains new commander

By Senior Airman
Andy McLaughlin
Public Affairs staff

Maj. Joel Brecount took the reins of the 434th Maintenance Operations Flight as commander July 9.

Brecount replaces Maj. Mike Polomchak who retired.

The major enlisted in the Air Force in 1984 as an a regular Air Force aircraft electrician at Grissom. He left in 1988 and transferred to the Air Force Reserve, continuing to serve here.

In March 2000 he was commissioned and began a career as a maintenance officer.

This is his first command position, and he said the biggest change

in moving from a maintenance officer to commander is learning about the Analysis, Training, Plans and Mobility and Maintenance Control functions that support maintenance operations.

“I’m excited to be joining a very talented team with lots of expertise,” he said.

Of his 27 years in the Air Force, he said the most memorable highlights of his career have been the deployments because “you get to know the people you work with and really get to focus on the mission and job.”

During his career, Brecount has participated in deployments to Central America, Iceland, Europe, Turkey and Southwest Asia.



Maj. Joel Brecount, right, takes the 434th Maintenance Operations Flight flag from Col. Paul Weimer, 434th Maintenance Group commander, during an assumption of command ceremony held July 9. (U.S. Air Force photo/Senior Airman Damon Kasberg)

Security members training in Alaska

By Staff Sgt. Carl Berry
Public Affairs staff

Members of the 434th Security Forces Squadron are heading to the ‘Land of the Midnight Sun’ for annual tour at Joint Base Elmendorf-Richardson, Alaska.

Thirteen security members will support the 673rd Security Forces Squadron during an air expeditionary force changeover, giving the Airmen a chance to gain experience a high-tempo joint operation.

Master Sgt. Lloyd Padgett, 434th SFS squad leader, said his personnel were excited to participate.

“There is a greater variety of security and law enforcement posting available at Elmendorf-Richardson, exposing our personnel to new opportunities for learning,” he added.

At Elmendorf members will be protecting the flight line as well as performing law enforcement functions on the base, which has more than 5,500 personnel.

Since the recent unit compliance inspection personnel have been spending their unit training assemblies preparing equipment and recertifying with their weapons systems.

“We have been reviewing our use-of-force training, and making sure that all of our equipment is functional,” said Tech. Sgt. Brian Haase, fire team leader. “My Airmen are all excited to participate in this annual tour for a lot of them it will be their first time doing their job off Grissom.”



Tech. Sgt. Brian Haase, 434th SFS fire team member, checks equipment as he prepares for his annual tour. (U.S. Air Force photo/Staff Sgt. Carl Berry)