



TRAINING AND DEPLOYING READY RESERVISTS AROUND THE WORLD IN JULY 2012

Mohawk

442nd Fighter Wing

www.442fw.afrc.af.mil

Whiteman AFB, Mo.

Your ticket to a happy life and a military career

Commentary by Brig. Gen. Eric S. Overturf
442nd Fighter Wing commander

As I left the Shoppette yesterday, I noticed the “New PT Rules” cover story on the current Air Force Times. The Air Force has had fitness standards and testing for my entire career, so it made me chuckle to think we’re still making changes to the program after all these years even though the intent has not changed: To support mission accomplishment with the increased productivity and higher level of readiness that come from people who are in good physical condition.

Everyone has their own pet peeves with the fitness program – as a tall guy, my gripe is that the waist measurement should be tied to height – but I think we can all agree that being in good physical condition is a great thing! I had my own PT “awakening” when I went to my flight physical the year I turned 35, and the flight doc said “you’ve gained five pounds per year over the last five years, and that’s not a good trend!”

I hadn’t noticed the weight gain

while it was happening, but when I looked back I realized I’d been exercising a lot less and eating a lot more fried food and desserts. I also realized the doc was right – at that rate I was on track to weigh 290 pounds on my 50th birthday, so I needed to make a change in my lifestyle!

Sticking to a healthy diet without the high-fat food was the first step. Putting exercise back into my schedule was more difficult because it required time that I didn’t think I had, but I made time by waking up a little earlier to exercise and adding sit-ups during TV commercials and evening walks or bike rides with my family. The weight came off the way it went on – a little bit at a time. More importantly, I relearned the side benefits of fitness – more energy and an overall improved outlook on life.

Now that I’m almost a senior citizen, fitness is even more important – not to pass the PT test, but because it makes it more likely that I’ll be around to enjoy a long



retirement with my family. One of my daughters will be a sophomore in high school this fall, and the other, a junior in college. Eventually I’d like to see them get married and have families of their own, and I want to be there to enjoy it (not anytime soon though!)

If you haven’t exercised in a while, you’re not alone. A recent USA Today study found that only five percent of American adults do some type of rigorous physical activity on a regular basis. I’m proud to say the 442nd Fighter Wing statistics show that we are in much better shape than the average American! As of last month, three-fourths of you were passing your fitness tests, and a third of you were in the “excellent” range! Unfortunately, that means one-



fourth of you are still struggling to meet the fitness requirements. That one-fourth includes some of our most talented Airmen who may know their jobs better than anyone in the field, and it includes people in every career field and rank from new enlistees to senior NCOs and officers. When it comes to the PT test, however, rank and career knowledge won’t help you because we are all held to the same standard – not my personal standard, the Reserve standard, or the 442nd Fighter Wing standard, but

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Wing deploys around the world for training

By The 442nd Public Affairs Office

The 442nd Fighter Wing’s top priority for 2012 was to support training deployments, according to Brig. Gen. Eric S. Overturf, commander. To successfully fulfill that priority, hundreds of reservists from the wing have used their annual tour to train with active-duty Airmen in Hawaii, Alaska, England, Korea and South America.

Not only are reservists learning new techniques and skills valuable to their jobs, but they have also supported and trained active-duty Airmen in jobs like vehicle maintenance, operations, supply, aircraft maintenance and public affairs. To see photos England, Hawaii and the upcoming trip to Alaska visit the 442nd FW’s public [website](#) or find us on [Facebook](#)!

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CARING FOR AIRMEN



Commentary: 101 Critical Days

By Brig. Gen. William Binger

Binger, commander of 10th Air Force, NAS Fort Worth JRB, Texas, challenges reservists to strive for zero motor vehicle accidents during the 101 critical days of summer.

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THE ‘HAWG’



Putting the ‘art’ in Barton

By Tech. Sgt. Kent Kagarise

Tech. Sgt. Chris Barton, 442nd Aircraft Maintenance Squadron crew chief, is the master artist behind the door art of the A-10 Thunderbolt II aircraft assigned to the 442nd Fighter Wing at Whiteman.

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TRAIN AND DEPLOY



MDS gets hands-on with air evac

By Senior Airman Wesley Wright

Two members of the 442nd Medical Squadron assisted with an air evacuation mission in Hawaii that tested their knowledge, taught them new skills and helped improved conditions for two infants.

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Also on the web

- Employer Day scheduled for August
- Wing stands up DTF
- 442nd FW July promotions
- Wing welcomes newcomers
- Blount named Tip of the Spear

Command news

- AF suspends C-130 firefighting ops after crash in South Dakota
- Right to brag: Fitness advocate sets example

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