

# RHODE WARRIOR LIGHT



Vol. 1 No. 3 - MAY 2014

**MISSION FIRST, SAFETY ALWAYS!**

## Briefs

### UTA Lunch Menu

#### Saturday:

Philly Cheese Steak  
Chicken Philly Cheese  
Italian Sausage  
Stir Fry Veggie  
Sweet Potato Fries  
Potato Skins  
Vegetable Soup  
Chocolate Chip Cookies  
Oatmeal Raisin Cookies

#### Sunday:

Pork Chops  
Beef Tacos  
Chicken Fajitas  
Stir Fry Veggie  
Yellow Rice  
Au Gratin Potatoes  
Churros

Ice Cream &  
Salad Bar  
Available Both Days

\$4.65 for  
AGRs/Officers

### \$\$Pay\$\$

April 2014 UTA is  
scheduled to pay on  
18 May 2014

### Weather Forecast

Quonset ANGB, RI

Saturday - 66° partly  
sunny

Sunday - 63° partly  
sunny/showers

**RHODE WARRIOR**  
143d Airlift Wing

## MICT is Here to Stay



Col Hamel

When I first heard the term "MICT," I thought it referred to some new refreshing summer beverage from a large fast-food chain. I quickly learned, however, that MICT stands for Management Internal Control Toolset. According to AFI 90-201, "MICT is an Air

Force program of record

used by Airmen to accomplish self-assessment of program management and compliance with higher headquarters directives."

MICT provides visibility and oversight to virtually everyone in the Air Force from squadron commanders to the Secretary of the Air Force. It consists of self-inspection checklists containing compliance requirements from AFIs and other regulatory publications. They are de-

signed to allow airmen to answer questions relating to the status of their programs. It is vital that the answers are accurate and truly reflect the current status of the program at all times. It is far more important that the questions are answered honestly and accurately than the program be fully compliant. Without accurate and timely information, commanders will not have the data needed to make informed decisions, and unseen shortfalls may exist that adversely affect unit readiness.

MICT is here to stay. It is a powerful tool to help leaders at all levels make good decisions and allocate scarce resources more efficiently. As an important member of the Rhode Warrior Team, your active participation in this important process is vital to the success of the Wing both now and into the future.

Colonel Anthony Hamel  
143d Mission Support Group Commander

## 143d Airlift Wing Outstanding Airmen of the Year 2013



Senior Airman Joseph Costello  
143d Operations Group  
Airman of the Year, 2013  
SRA Joseph Costello  
143d Operations Group  
Airman of the Year



Technical Sgt Nicholas DiSalvo  
143d Operations Group  
NCO of the Year, 2013  
TSgt Nicholas DiSalvo  
143d Operations Group  
NCO of the Year



Senior Master Sgt Christopher Nintean  
143d Operations Group  
Senior NCO of the Year, 2013  
SMSgt Chris Nintean  
143d Operations Group  
SNCO of the Year



Master Sgt Steven Fratus  
143d Civil Engineering Squadron  
First Sergeant of the Year, 2013  
MSgt Steve Fratus  
143d Civil Engineering  
Squadron  
First Sergeant of the Year

Please be sure to congratulate these Airmen on their selection as the Outstanding Airmen of the Year for the 143d Airlift Wing. Team Rhody wouldn't be as great as it is without ALL of its outstanding Airmen. Thank you for what you do every day.

### Upcoming Events

Open House Air Show - 17&18 May 14  
UEI - 2-10 Oct 14  
Magown-Roberts Golf - 20 Oct 14

\*For more information about these events contact your First Sergeant or your Orderly Room

# AIRMAN SPOTLIGHT... SSgt Lauren Forrest

## 143d Medical Group

By: Tech. Sgt. Arthur DesLauriers and Tech. Sgt. Jason Long  
143d Airlift Wing, Public Affairs

**Rank/ First & Last Name:**

Staff Sgt Lauren Forrest

**Squadron:**

143d Medical Group (MDG)

**Duty Title:**

Non-Commissioned Officer in Charge (NCOIC) of Immunizations

**Family's Military Heritage:**

Both my father and uncle were in the Air Force. My dad was a mechanic.

**What is your mission here?**

My mission is to train the Airmen of the 143d Medical Group to ensure the RIANG immunization program is on point.

**What are some of the best parts of your mission?**

The people - working with and training Airmen. Overall, working with the people here is the best part of the mission.

**What are some of the challenges you face while conducting your mission and how do you overcome them?**

Obtaining the certifications is very time consuming and demanding.



**Why did you join the Rhode Island Air National Guard?**

I have several family members who served in the armed forces and wanted to keep that tradition alive. I was originally in the Navy Reserves and switched to the Air Force Reserves. I decided to keep on moving up and transferred to the 143d AW.

**What is your civilian occupation?**

I am a Lieutenant in the Weymouth Massachusetts Fire Department.

**How does your civilian occupation and guard job complement each other?**

I have certifications and training for my civilian that assist in the medical field. Some of the training and certifications I have received in the military have assisted me in my civilian career as a fire fighter.

\*\*\*Each month the 143d AW Public Affairs Office will identify and interview an Airman from within the 143d AW for the Airman Spotlight. To nominate one of your Airmen (Enlisted or Officer) please contact the PA office at 143aw.pa@ang.af.mil\*\*\*

**143RD Medical Group Fetal Protection Program**

The health of the pregnant female and her unborn child is of critical importance. In order for the 143d MDG Public Health office to ensure the safety of both the pregnant female and her unborn child, and meet the requirements of both AFI 44-102 (Medical Care Management) and AFI 36-2905 (Fitness Program) the following process needs to be followed.

1. All pregnancies are to be reported to Public Health as soon as possible.
2. The member needs to pick up a letter from Public Health that the members OB/GYN doctor will complete and return to the 143d Public Health office.
3. A workplace interview is completed by the member and certified by her supervisor. Public Health and Bioenvironmental then assess workplace hazards for fetal risk.
4. Each pregnant member will receive educational materials on pregnancy and the hazards that may affect a pregnancy.
5. A profile is then created with restrictions recommended by the members OB/GYN and the military which is then reviewed by a military health care provider.

Six weeks prior to the estimated due date and six weeks after resolution the female will not be allowed to perform military duty. Additional concerns are addressed through Public Health at the time the member reports to Public Health. This will include exemption from the fitness assessment program, restrictions involving the wear of chemical gear, and exemptions from vaccinations.

After the pregnancy and prior to the member returning to work on base a Post Pregnancy letter (acquired through Public Health) needs to be turned into the Public Health office.

143rd Public Health Office Contacts: MSgt Matthew J. Leone  
ATC Jhon A. Pemberty  
401-267-3358



The Providence Bruins stopped in for a visit with the Airmen of the 143d Airlift Wing. The team is always interested to see what the members of our Team do!

## Don't Miss the Low Hanging Fruit!

- Check your Fire Extinguisher Inspections
- Clean up your work centers
- Do your Safety Spot Inspections
- Do NOT have unauthorized equipment or chemicals in your work area
- Practice Customs and Courtesies
- Be a Good Wingman

**Mission First, SAFETY ALWAYS**

## RHODE WARRIOR LIGHT

Volume 1 - Number 3

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