

Heartland WARRENER

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On the cover...

Maj. Gen. Eric Crabtree, 4th Air Force commander, left, presents the unit flag to Col. William T. "Tim" Cahoon, 434th Air Refueling Wing commander, during a change of command ceremony held here June 6. Colonel Cahoon, a Purdue University graduate, is on his third assignment to Grissom. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

Cahoon takes command

Col. William T. "Tim" Cahoon took command of the 434th Air Refueling Wing during a formal change of command ceremony June 6.

Colonel Cahoon replaced Brig. Gen. Dean Despinoy who retires after a military career spanning more than 37 years.

Colonel Cahoon began his Air Force career in 1977 after graduating from Purdue University in West Lafayette, Ind., with a Bachelor of Science degree in aeronautical engineering. He completed pilot training in 1978 and his first operational assignment was as a KC-135 pilot.

Throughout his career, he has served in a number of command positions. Recent assignments have included commander of the 459th Air Refueling Wing, Andrews AFB, Md., commander of the 931st Air Refueling Group, McConnell AFB, Kan., and AFRC Advisor to the Director of Headquarters Air Combat Command A5, Plans and Programming, Langley AFB, Va.

Additionally, he deployed as the commander for the 451st Air



Col. William T. "Tim" Cahoon

Expeditionary Group, Kandahar Airfield, Afghanistan, in 2006, and commander for the 447th AEG, Baghdad International Airport, Iraq, in 2004.

The colonel is a command pilot with nearly 4,800 flying hours in the KC-135R/A, A-10, F-16A, T-38 A/C and T-37.



Col. William T. "Tim" Cahoon addresses his new unit in a nose dock at Grissom June 6. Colonel Cahoon began his Air Force career in 1977 after graduating from Purdue University, West Lafayette, Ind. He is a command pilot with over 4,700 flight hours. (U.S. Air Force photo/Tech. Sgt. Mark R. W. Orders-Woempner)

Lifesavers: GFD rescues local woman

By Tech. Sgt. Mark Orders-Woempner

Public Affairs staff

The call goes in, the alarm goes off, and the men of Rescue 5 race through the firehouse to their trusted vehicle. Blazing in a red flurry of bright lights and screaming sirens, Rescue 5 does something most Air Force emergency response vehicles don't do: it races off base.

The Grissom firefighters roll up on a house in a local community. Not knowing what to expect, they are met by a terrified man pleading with them to hurry; they know this isn't good and rush in to find a woman clinging to life's last threads.

Far from a scripted scene in a dramatic movie, this story is a real-life account of a recent life-saving run made by Grissom Fire Department's Rescue 5 crew here as told by the woman they saved.

On the morning of May 23, Aaron Dehner, Anthony Harper, Nathan Kraemer and James Jones were dispatched to a local neighborhood where they found Rita Lawrence, who was having respiratory issues.

"Upon our arrival we found an elderly female on the floor with respirations around six per minute; the normal adult respirations are around 12-20 breathes per minute," said Mr.

Jones. "The crew knew right away we needed to put in an advanced airway and breathe for her."

Due to the prompt reaction time of Grissom firefighters, their knowledge and skill, as well as Grissom's proximity to her home, Mrs. Lawrence not only survived, but was able to visit the base and thank Rescue 5's crew for saving her life after going into anaphylactic shock from medication issues.

"The doctor said 'in two more minutes you'd been pushing up daisies,' and I don't even like daisies" said Mrs. Lawrence recounting how close her brush with death was. "Everybody takes (Grissom firefighters) for granted; if they ever stop coming out in this area, we're in a heap of trouble."

And, it is clear that Grissom's finest want to continue providing life saving support to the local community.

"It's important for Grissom Fire to support the community, as many of the base employees and family members live near the base," said Grissom Fire Chief John Ireland. "In addition, our firefighters are on duty 24 hours a day, 7 days a week, fully trained and equipped and want to be involved with the local community."

Firefighter Jones agreed with the fire chief passionately.

"This means a lot to me as firefighters are servants to the community; not only do we have the responsibility to Grissom, but we are lucky enough to be able to

respond off base and help the surrounding community," he explained. "I come to work every day and know that what we do something that will in some way impact someone's life; whether it is putting out a house fire or providing life support to someone trapped inside of a wrecked car."

Personal job satisfaction is far from the only benefit Grissom receives from going off base to help people. Grissom firefighters go through approximately 15 training sessions per month to stay current on various life-saving techniques, but it's the time spent actually saving lives that

provides the most benefit to the base.

"Our firefighters are very good at their job because they are out providing emergency services every day, and gaining invaluable experience," said Chief Ireland. "You can't put a price on a life saved, and the cost is minimal to the government compared to what we receive."

"For us responding off base, we receive training, medical direction and supplies from Miami County (Emergency Management System), not to mention the experience which makes our firefighters better, and in turn makes us more capable of protecting the base be-



Grissom firefighters, from left to right, Anthony Harper, Aaron Dehner, James Jones and Nathan Kraemer pose for a photo with Rita Lawrence and her grandson, Brandon, in front of Rescue 5. Mrs. Lawrence and her family visited the fire department recently to thank Rescue 5's crew, who saved her life. Without Grissom's expert care and quick response, she said Brandon wouldn't have a grandma anymore. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

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GUS firefighters train for air medevac

Grissom Fire Department personnel recently got the chance to practice loading patients into a medevac helicopter during a training exercise held at Grissom June 10.

A local aeromedical evacuation team from Kokomo, Ind., recently visited the base and gave the firefighters a hands-on training experience in transporting and loading patients into a running medical transport helicopter.

Grissom's emergency responders are often called to respond to off-base incidents and have had to use medevac helicopters to get a critically ill or wounded patient to the best treatment facility as quickly as possible.

The firefighters practiced both "hot" and "cold" loads. A hot load is a term used to describe when a patient is loaded into a helicopter while the aircraft is still running. A cold load is a term used to describe loading a patient when the helicopter is shut down.



Grissom firefighter Jamie Maxwell works with Rob Steele, a flight nurse with a local medical evacuation team, to load a simulated patient into a medevac helicopter during a training exercise held here June 10. The firefighters got a hands-on training experience in transporting and loading patients into a medical transport helicopter. (U.S. Air Force photo/Tech. Sgt. Mark R. W. Orders-Woempner)

Fitness program rewards 'excellent' Airmen

By Beth Gosselin

SECAF Public Affairs

WASHINGTON -- Based upon service-wide feedback, Airmen who earn an "excellent" on the new fitness test will now only have to test once a year according to a new revision to the Air Force Fitness Program.

"We believe this will recognize fitness excellence and serve as an incentive for more Airmen to improve their fitness," said Col. Joan Garbutt, the chief of military force policy division.

The revision, which takes effect the same day the new program kicks-off on July 1, allows those Airmen who test in all four components of the test and receive an overall score of 90 or better to test only once a year. The four compo-



nents of the new fitness test include a 1.5-mile timed run, abdominal circumference, push-ups and sit-ups. Prior to this revision, all Airmen were required to test twice a year.

Approximately one of every five fitness scores documented in 2009 was "excellent" for those Airmen who tested in all four categories, said Capt. Sean Brazel, the chief of officer promotions, evaluations and fitness policy.

"Factoring in these numbers, we forecast a reduction in the fitness testing workload when this new policy takes effect," the captain added.

Airmen must test under the new standards to qualify for this change. Therefore, only Airmen who test after June 30 will be able to earn the opportunity to do their fitness test once a year. Airmen who score an "excellent" but were medically exempt from testing in one or more of the four components will still need to test twice a year. In other words, Airmen must successfully complete all four components of the fitness test to qualify for the once a year testing.

"We believe this is another step in the right direction towards cultivating a fitter Air Force," Colonel Garbutt said. (AFNS)

Heartland Warrior

SFS members return from deployment



Master Sgt. Chris Miller, squad leader for the 434th Security Forces Squadron, gets a kiss from his granddaughter, Aspen Moolenaar, upon his return from a six-month deployment from Kirkuk, Iraq. Holding Aspen is Sergeant Miller's wife Jodie.



Kasey Potts is all smiles as she gets a look at her husband, Senior Airman Timothy Potts, a 434th Security Forces Squadron fire team member, upon his return from a six-month deployment to Kirkuk Iraq. (U.S. Air Force photos/Tech. Sgt. Doug Hays)
July 2010

More than 20 members of the 434th Security Forces Squadron recently returned home from a six-month deployment to Iraq.

The security forces members were welcomed here by a host of family friends, coworkers and commanders as they wrapped up their deployment.

Following leave, the members will transition back to their civilian careers.



Staff Sgt. Alexander Harris, a fire team member with the 434th Security Forces Squadron, is greeted by a family member as he returns home from a six-month deployment to Kirkuk, Iraq. Sergeant Harris, along with other members of the 434th SFS, recently returned to Grissom ARB and were warmly greeted by family, friends and co-workers.

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cause we are not just training for emergencies we are actually responding to them every day,” he added.

And, all that training and experience is what Mr. Jones would gladly put his trust in should the need arise.

“The training we get is the meat and potatoes of our job, and our confidence comes from the hours of training and job studying that we do,” he said. “Without a doubt if I was in an accident I would want the Grissom firefighters working on me; we go through so much training, I have no doubts that our guys could handle any type of emergency thrown their way.”

As testament to their advanced training and experience, Grissom’s firefighters so far have confirmed saving two lives, and typically can confirm saving an average of four lives a year, but that number may be significantly lower than reality.

“It’s really hard to say when you look at all the runs we respond to and administer emergency care,” explained Chief Ireland. “It’s hard to say what the outcome would be to those people without our response and immediate care.”

And, saving those lives can sometimes appear to be a thankless job said Mr. Jones explaining that it’s not often someone comes to the fire station to thank the firefighters for saving their life. But, that’s not why they do it, he added.

“I think every guy here goes to bed at night with a smile on his face because of what he has contributed as a Grissom firefighter; I know I do,” said Mr. Jones. “Mrs. Lawrence introduced her grandson to us and said if it wasn’t for us that he’d no longer have a grandma.

“She also said because of us she now has two birthdays; her original day and the day we saved her life,” he added. “That in itself is thanks enough.”



Filled with emotion, Grissom firefighter James Jones and Rita Lawrence embrace at the Grissom fire station. Mr. Jones, along with three other Grissom firefighters, responded to an emergency call off base, where they found Mrs. Lawrence in anaphylactic shock and were able to save her life. (U.S. Air Force photo/Tech. Sgt. Mark R. W. Orders-Woempner)

In the limelight

Promotions

To Airman:

Jacobia Doyle, 434th Services Flight

To Airman 1st Class:

Jack Brooks, 434th Maintenance Operations Flight; Qiana Jackson, 434th Aerospace Medicine Squadron; Danielle Singleton, 434th Logistics Readiness Squadron; and Gabriel Wood, 434th Civil Engineer Squadron

To Senior Airman:

Ryan Strole, 434th Aircraft Maintenance Squadron

To Staff Sergeant:

Zachary Felton, 434th Communications Squadron; Mark Peavler, 434th AMXS; Cassandra Preston, 434th AMXS; and Francisco Reyes, 434th LRS

To Technical Sergeant:

Michael Judson, 434th LRS; Robert Laviolette, 434th AMDS; Eddie



Stapp, 434th AMXS; and Victor Unroe, 49th Aerial Port Flight

To Senior Master Sergeant:

Richard Vanneste, 434th AMXS

GUS PSYOP Soldiers train for combat

By Senior Airman
Carl Berry
Public Affairs staff

The U.S. Army Reserve's 316th Tactical Psychological Operations Company, a tenant organization located at Grissom, recently held a five-day combative level one certification course at Peru High School located in Peru, Ind.

"Psychological operations are planned operations to convey selected information and indicators to foreign audiences to influence their emotions, motives, objective reasoning and ultimately the behavior of foreign governments, organizations, groups and individuals," said Maj. Scott Thompson, 316th PSYOP Co. commander.

Tactical PSYOPs are conducted in the area assigned to a tactical commander across the range of military operations to support the tactical mission against opposing forces.

"Our company will likely be tasked with a deployment, that is why sought to make this training available to them, however I did not make it mandatory, but many of the Soldiers are here this week," said Major Thompson.

The certification course is a 40-hour, one week course that is tailored for developing Soldiers with enough knowledge of



Soldiers from the 316th Tactical Psychological Operation Company, a tenant unit located at Grissom Air Reserve Base, train to become level-one certified in hand-to-hand combative skills at Peru High School located in Peru, Ind. (U.S. Air Force photo/Senior Airman Carl Berry)

basic combative tactics. During the week long course Soldiers also learn to teach the techniques of basic combative skills to each other.

The fourth day of combative training is focused on clinching an opponent and for many Soldiers it will be their first time ac-

tually taking a live punch.

"The clinch drill focuses on basic principles and live drills that teach Soldiers the basics of working in the clinch," said Sgt. Ryan McRoberts, lead trainer for the combative certification. "It's one of the goals of the Army to make sure

that every Soldier has received their first punch before going to battle."

Soldiers from the 316th PSYOP Co. were required to use the training they received the previous days to successfully complete the clinch drill.

"I'm a little intimidated by the clinch drill, but I have been trained well, so I just need to put what I have learned to practice," said Spec. Tiffany Willoughby, 316th PSYOP Co. member. "This certification is important, because it may potential save my life or my buddy's life."

"In the highly constrained clinch drill, the strategy is to move rapidly while protecting yourself from punches and kicks," said Sergeant McRoberts. "Once the distance is closed, the hardest part of this drill, the Soldiers are to grab a hold of something and absolutely don't let go and work from there."

On the final day of training the Soldiers are taught different types of takedowns and self-defense

moves. At the end of the day each Soldier is level one combative certified.

"Not only are we level one certified, but each Soldier has learned to close the distance with the enemy no matter the situation or how unfair the advantage," explained Major Thompson.