

Heartland WARRIOR

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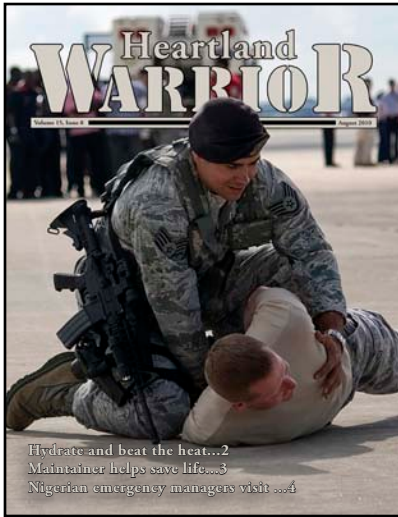
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On the cover...

Staff Sgt. Tim Holmgren, a 434th Security Forces Squadron security response team member, searches a simulated perpetrator as Nigerian emergency managers watch. The demonstration was put on for the Nigerians, who visited to learn more about emergency management and response. (U.S. Air Force photo/Tech. Sgt. Mark R. W. Orders-Woempner)

Hydrate to beat the heat

Senior Airman Carl Berry
Public Affairs staff

It doesn't take a computer pop-up to tell you it's hot, but the information on those alert notifications also known as AtHoc might take some deciphering.

When it comes to temperatures and heat specifically, the Air Force uses something called the wet bulb globe temperature chart. The chart is a guideline that Airmen should refer to for proper fluid replacement and work/rest cycles that will help sustain peak work performance and avoid dehydration and other heat related illnesses.

The WBGT is a composite temperature used to estimate the effect of temperature, humidity, wind speed and solar radiation on humans and helps determine appropriate exposure levels to high temperatures.

In accordance with Air Force Pamphlet 48-151, Airmen are required to drink adequate water before, during and after high thermal risk activities.

"Water is the key component of sweat that enables heat loss to occur, therefore it is essential to maintain fluid intake to make losses secondary to evaporation and maintain hydration," said Lt. Col. Miles Heaslip, 434th Air Refueling Wing chief of safety.

The AFPAM lists some general precautionary measures Airmen should apply when exercising in the heat such as wearing lightweight and loose fitting clothing, because dress and equipment increase the risk of heat illness by increasing workload and by reducing the body area available for the evaporation of sweat.

Another reason to maintain proper hydration is to avoid heat illness, because a heat illness will affect the Air Force mission. In general, individuals experiencing dizziness, confusion, nausea, disturbed vision or loss of consciousness during physical activity in a hot environment or while wearing protective



Whether working, or performing physical training, Airmen should avoid dehydration and heat related illnesses. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

clothing should be presumed to be suffering from heat illness.

"Recognition of heat illness is a key principle in treatment and management that's why it is important for supervisors to have Airmen hydrate properly," said Colonel Heaslip. "Airmen should be instructed to hydrate whether they are exposed to hot environments or working inside."

Drinking water only when you are thirsty is not a good a habit to have, because it means that the dehydration process has already begun.

"Hydrating only when you are thirsty is wrong, because you're already behind the power curve," said the colonel. "It is also important to know that carbonated and caffeinated drinks prevent water from entering the system, which makes them counterproductive to hydration."

Airmen seeking more information about proper hydration rest times during hot weather may visit <http://www.e-publishing.af.mil/shared/media/epubs/AFPAM48-151.pdf>, and see attachment five which has the WBGT chart that Airmen are to follow.



Staff Sgt. Joseph Meyer, a 434th Maintenance Squadron pneudraulic systems mechanic, was recently awarded an Air Force command civilian award for valor after helping save a man's life. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

Maintainer recognized for life saving actions

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

Sitting and waiting, surrounded by cornfields as a red traffic light makes the entire world appear to grind to a halt; then, suddenly a monotonous morning drive is torn apart by sounds and sights of tractor-trailers slamming into each other, sending mangled metal and dangerous debris flying.

While it sounds like a scene straight out of a Hollywood blockbuster, this is exactly what one Airman witnessed when heading to the base for work earlier this year.

Faced with chaos and sheer devastation,
August 2010

Staff Sgt. Joseph Meyer stopped his car, raced to the crash site and provided first-aid to one of the drivers; a feat for which he was recently awarded an Air Force Command Civilian Award for valor.

"I thought I was going to find someone dead," recalled Sergeant Meyer, who is a pneudraulic systems mechanic with the 434th Maintenance Squadron.

He ran to the semi that was hit in the driver side door, where he found the door wedged closed by a mirror. He bent the mirror back to gain access and found the driver unconscious and bleeding profusely from the head.

"I jumped in the

truck, found a roll of paper towels and used them to apply pressure to his head wound," he explained. "I checked his pulse and breathing, determined he had both, stabilized his head and kept talking to him."

Sergeant Meyer continued to care for the driver until emergency medical technicians arrived.

After the EMTs put the driver in a neck brace, he helped move the injured man onto a backboard and into a waiting ambulance.

Wanting to know if his efforts helped save the man's life, the sergeant said he later followed up on the injured driver and learned he had survived.

"I was worried about

him and his family," he added.

Sergeant Meyer credits his extensive training in self aid and buddy care from the Air Force for giving him the ability to help the man.

"Emergencies happen in an instant," he said. "Just be prepared and relay on your training."

When asked why he acted to quickly to help, Sergeant Meyer said it wasn't really a choice.

"I honestly don't know why I decided to help, I just jumped right in," he said. "I guess I just felt it was the right thing to do."

"I would only hope if it was me hurt in that truck, someone would take the time to help me," he concluded.

Nigerian emergency managers visit Grissom



Four members of an emergency management delegation from Nigeria walk by an aircraft fire simulator as they prepare to witness a demonstration put on by the Grissom Fire Department here June 24. The Nigerians were in Indiana to witness an exercise held at the Indianapolis International Airport and to spend a day exchanging information with Grissom emergency managers and responders. Exchanges like these help foster cooperative relationship as well as provide valuable insight to all involved. (U.S. Air Force photosTech. Sgt. Mark R. W. Orders-Woempner)



Above, The Grissom Fire Department blasts water at a simulated aircraft fire here June 24. Grissom firefighters use training tools such as the aircraft fire simulator to stay proficient on how to respond to various types of emergencies.

A group of Nigerian emergency managers visited Grissom recently to gain a better understanding of how the U.S. Air Force responds to emergency situations like aircraft fires and security breaches.

While at Grissom, demonstrations were conducted by both the Grissom Fire Department as well as the 434th Security Forces Squadron.

The group, sponsored by U.S. African Command's 17th Air Force, also spent a few days at the Indianapolis International Airport while in Indiana to witness an emergency exercise held there as well.

Heartland Warrior



Retired Lt. Col. Julius Jackson, a member of the historical Tuskegee Airman, signs an autograph for Amn. Tiera Betts, an administrative apprentice with the 434th Maintenance Operations Flight, during a 'Voices of History' event in the Grissom Aeroplex. (U.S. Air Force photo/Tech. Sgt. Douglas Hays)

Airmen listen to voices of history

Airmen from the 434th Air Refueling Wing gathered outside the boundaries of the base recently to hear the lessons from outside the boundaries of a generation.

Veterans from World War II, spoke to a small crowd of Airmen and civic leaders during a special luncheon held in a pavilion at the Grissom Aeroplex.

The speakers included a Tuskegee

Airman, a Flying Tiger and a B-17 Gunner, as well as individual tales from local veterans.

The ceremony was capped by the playing of the Air Force song by veteran Ike Sharp of Kokomo, Ind.

Sponsored by the Seasoning Training Flight and the Airman and Family Readiness Office, the event was also supported by the Veterans Service Office of Kokomo.

In the limelight

Promotions To Senior

Master Sergeant: Doug Stogsdill, 434th Maintenance Squadron.



Medals

Air Force Commendation Medal – Tech. Sgt. Nicholas Stapleton, 434th Security Forces Squadron; Tech. Sgt. Michael Rush, 434th SFS; Staff Sgt. Alexander Harris, 434th SFS; and Staff Sgt. Tony Russell, 434th SFS.

Air Force Achievement Medal – Staff Sgt. Allen Dozier, 434th SFS; Senior Airman Timothy Potts, 434th SFS; and Senior Airman Robert Sappington, 49th Aerial Port Squadron.

Readership survey

A readership survey of the 434th Air Refueling Wing official E-paper is underway.

The goal is to obtain feedback to ensure the newspaper is meeting the needs and expectations of its readers.

To access the survey worksheet, visit <http://www.grissom.afrc.af.mil/shared/media/document/AFD-100715-023.pdf>.

Once completed, fax the survey to public affairs at 688-3319.

Tresspass notice

The 434th Security Forces Squadron's combat arms section, operates two range facilities on Grissom.

The small arms range is located at 7330 Grissom Ave., just southwest of Bldg. 596. Immediately southwest of that range is the M203 grenade range facility.

Trespassing into either of these facilities is both illegal and dangerous due to gunfire and other hazards—please be careful while in this vicinity on base.

If access is needed, contact the SFS at 688-2790.



Play Ball!

Col. Tim Cox, 434th Air Refueling Wing vice commander, throws out a ceremonial first pitch to Rowdie, the Indianapolis Indians' mascot before the Indians took on the Lehigh Valley IronPigs July 22. Colonel Cox, along with other members of the 434th ARW and local Air Force Reserve Command recruiters took part in opening ceremonies at the game. The Indians were edged out by the IronPigs in a 2-3 loss. (U.S. Air Force photo/Tech. Mark Orders-Woempner)

JAG unveils on-line legal assistance

Senior Airman Carl Berry
Public Affairs staff

The Air Force Judge Advocate General's Corps recently unveiled a new website designed to provide legal assistance to active duty, reserve, retirees and dependents, and to increase efficiency and track client satisfaction with the Air Force legal assistance program.

A common access card will not be needed to access the public website, which is <https://aflegalassistance.law.af.mil/>. Users of the website will find general information on military legal topics, a legal assistance office locator, worksheets to request legal assistance for a Will, living will or power of attorney, and a survey to give feedback concerning the professionalism and helpfulness of the legal professionals.

"A benefit of using the website is clients will be able to fill out an online worksheet, which will allow them to consider issues prior to coming into the office, and it will reduce the amount of information they need to bring to the legal office," said Master Sgt. Wesley Marion, 434th Air Refueling Wing legal office superintendent.

Although, the website increases the convenience for clients and will help the legal office streamline

the process of providing effective legal assistance, there are some factors that should be noted.

- The information provided on the website is solely for educational and informational purposes only, and Airmen should continue to consult their local JAG and never rely on the website when making decisions.

- Airmen must visit the legal office to obtain their legal documents, because they will not be able to print documents from the website.

- After completing the online worksheet clients will receive a ticket number. They need to take that ticket number to their local legal office and either a paralegal or attorney will retrieve their document. Also, clients are not required to use the website before visiting the legal office; it is provided for convenience purposes."

Grissom's legal office provides walk-in legal assistance Monday and Wednesday from 3-4 p.m., Tuesday and Thursday from 9-10 a.m., and during the primary unit training assembly Saturday from 11 a.m.-12:30 p.m. and Sunday from 1- 2:30 p.m.

"We value your feedback concerning the website and the services we provide as we continue to look for ways to serve you better," Sergeant Marion added.