

Heartland WARRIOR

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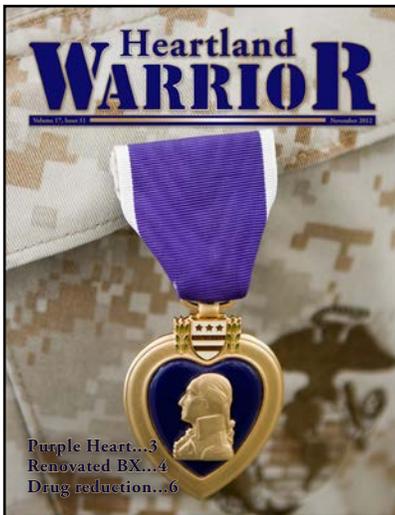
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On the cover...

A Purple Heart medal is pinned to the uniform of U.S. Marine Corps Capt. E. Markus Trouerbach, inspector instructor for Detachment 1, Communications Company, Headquarters and Service Battalion, 4th Marine Logistics Group. Trouerbach received the medal in a ceremony here Nov. 2. See Page 3 for more. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

AFRC app offers tools, promotes resiliency

ROBINS AIR FORCE BASE, Ga. -- As part of the Wingman Toolkit outreach effort, the Air Force Reserve Command launched a mobile app on Oct. 30 that gives Airmen the tools necessary to bring balance to their busy, stressful lives.

The Wingman Toolkit provides Airman and families with access to useful information and resources to help them overcome stress and strengthen their resilience to life's challenges. Its primary purpose is to connect Airmen and their families with in-depth knowledge of the Four Pillars of Comprehensive Airman Fitness, which focuses on physical, mental, social and spiritual health.

Comprehensive Airman Fitness was designed to teach Airmen how to build resiliency by approaching life's challenges with a positive attitude; increasing strength and endurance through physical activity; developing and maintaining personal friendships; and strengthening a set of principles and values that sustain an individual's sense of well-being and purpose.

Lt. Col. David Ubelhor, chief mental health consultant to the AFRC Command Surgeon, said the app is part of a proactive initiative to improve resiliency among Airmen, in a broader effort to help people strive for wellness and avoid emotional crisis.

"Using the tips found in each pillar will help Airmen be better

prepared to get themselves and others to safer, healthier places in life," Ubelhor said. "There are also reminders about the suicide-intervention method to Ask, Care and Escort and quick access to the 24-hour crisis line. The first responsibility of any Wingman is to seek help when necessary."

The Wingman Toolkit mobile app is an extension of the Wingman Toolkit website. The site, originally developed in 2010, functions as an all-encompassing initiative to make better Wingmen, help Airmen build resilience, and remind people about suicide prevention. The information found on the Wingman Toolkit is tailored to the specific needs of Air Force Reserve Airmen and their families but is easily accessible by any Airman.

For more information visit AFRC.WingmanToolkit.org or www.facebook.com/AFRCWingmanToolkit. (AFNS)

The advertisement features a dark background with a grid pattern. At the top, the 'WINGMAN TOOLKIT' logo is displayed in white, with 'AIR FORCE RESERVE' underneath. Below the logo, the text 'NOW AVAILABLE FOR IPHONE AND ANDROID' is written in large, bold, white letters. In the center, a smartphone is shown displaying the app's main menu with categories: PHYSICAL, MENTAL, SPIRITUAL, SOCIAL, and USE LEVEL. To the right of the smartphone are four tablets, each showing a different screen from the app. At the bottom, the website 'AFRC.WINGMANTOOLKIT.ORG' is prominently displayed in white. Below the website, there are logos for the App Store and Google Play, and the Air Force Reserve logo. A small disclaimer at the very bottom reads: 'The Wingman Toolkit is an Air Force Reserve Command Initiative. To learn more or to request information and materials, contact toolkit@hanger30.com'.

Grissom Marine awarded *Purple Heart*

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

Commissioned by George Washington in 1782, the Purple Heart has long been a sign of extraordinary gallantry and selfless sacrifice of America's finest warriors.

Such a warrior, U.S. Marine Corps Capt. E. Markus Trouerbach, received a Purple Heart in a special ceremony held Nov. 2 at the Marine Corps Reserve Center here.

U.S. Marine Corps Brig. Gen. Roger Machut, commanding general, 4th Marine Logistics Group, Marine Forces Reserve, presented Trouerbach with his medal at Grissom, where the captain is an inspector instructor

for Detachment 1, Communications Company, Headquarters and Service Battalion, 4th Marine Logistics Group.

The Purple Heart is awarded for wounds as result of an act of any opposing armed force, as a result of an international terrorist attack or as a result of military operations while serving as part of a peacekeeping force.

Trouerbach was wounded while deployed to Afghanistan in 2008, where he was assigned as a senior mentor and advisor to train an Afghanistan National Army Infantry Company.

During this time period, the Marine captain was also responsible for protecting Chris Chivers and Tyler Hicks, both with the New York Times,

who were embedded with Trouerbach's unit to cover their story. This was a job he found to be difficult at best.

"Our combat outpost was under constant attack from the enemy," the captain recalled. "These attacks consisted of rocket propelled grenades, enemy mortars, medium machine guns and sometimes a combination of all (of them)."

On Oct. 29, 2008, Trouerbach's unit intercepted enemy radio traffic that indicated enemy insurgents were planning to attack their outpost.

"Our outpost, which was in Nuristan, Afghanistan, was completely surrounded by mountains on all sides and almost impossible to defend," he explained. "I immediately



planned and executed a combat patrol with my Afghan soldiers and departed hoping to infiltrate the enemy insurgents."

Despite using unmanned aerial vehicles and coalition aircraft to search for the enemy, the team had little luck and went back to their outpost to regroup and refresh.

"As our patrol recovered, Tyler and I were ready to retreat to our cots when I heard something strange," Trouerbach recalled. "I was almost positive I heard 'thump, thump,' so I pulled Tyler down to the ground and jumped on top of him.

The first enemy mortar round landed between the pair and a rock wall just 10 feet away.

"Dazed and confused, our ears ringing, Tyler tried to stand up, but remembering that I heard two thumps, I pulled him down again," said Trouerbach. "The second mortar round knocked me back throwing shrapnel all over and ultimately knocking me clean out."



U.S. Marine Corps Brig. Gen. Roger Machut, commanding general, 4th Marine Logistics Group, Marine Forces Reserve, presents Capt. E. Markus Trouerbach with his medal here, where the captain is an inspector instructor for the Marine Corps Reserve's Detachment 1, Communications Company. (U.S. Air Force graphic/Tech. Sgt. Mark Orders-Woempner)

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Kaitlyn Judy, a Base Exchange sales associate, completes a sales transaction for Senior Airman Cory Mason, 434th Aircraft Maintenance Squadron crew chief, shortly after the store celebrated its grand opening Oct. 27. The BX recently underwent a \$380,000 renovation that added an 80 percent increase in line items to its inventory. (U.S. Air Force photo/Staff Sgt. Ben Mota)

Exchange reopens following renovations

By Senior Airman Andrew McLaughlin
Public Affairs staff

Base Exchange customers might have noticed that some big changes have been made to the small store here.

A ribbon cutting ceremony was held here Oct. 27 to celebrate the reopening of the new and improved Base Exchange at Grissom.

"It's already boosted morale," said Priscilla Humphrey, the store manager. "It makes me happy to see a change in attitude for folks walking in the door."

The \$380,000 renovation was meant to better fulfill the needs of the base populace, said Humphrey.

One of the first things customers will notice about the new store is the increased size.

The store is now approximately 1,000 square feet in size, said Marcus Dwight, the Fort Knox Exchange general manager, who helped set up the store.

Along with the increased size comes an 80 percent increase of items in stock, the majority of which are food and drinks, said Humphrey.

"We added a lot more choices for lunch," she said.

The new store has many of the features and offerings as a convenience store out in town, such as soda and coffee machines, fresh snacks including hot dogs, pizza, and even oatmeal. There is also a DVD rental machine inside.

One of the new additions is "Snack Avenue" which has a variety of hot food ready to go as well as fountain drinks and different

kinds of coffee.

"The iced coffee is the biggest hit," said Humphrey.

For the first 60 days, the store hours will be in a trial period. The current hours are: 6 a.m. to 8 p.m. Monday through Friday, 6 a.m. to 8 p.m. during Saturday unit training assemblies, and 6 a.m. to 5 p.m. during Sunday UTAs. The weekend hours are only for Air Force UTAs.

Humphrey said the change has been a learning experience for the staff and they will see what works best for the customers.

People are reacting positively to the new store, she said. However, there is one thing that has especially stood out to her.

"The smiles," she said. "Everybody is so happy."

(Editor's note: Staff Sgt. Benjamin Mota contributed to this story.)



Chief Master Sgt. Rick Cumbo, a 53rd Weather Reconnaissance Squadron WC-130J Hercules loadmaster, prepares a drop sonde used to measure and transfer weather data back to the aircraft while flying into Hurricane Sandy Oct. 29 somewhere over the Eastern coastline. The drop sonde is ejected into the storm from the WC-130J using a specialized launcher, which then transmits real-time weather information back to the aircraft. (U.S. Air Force photo/Staff Sgt. Jason Robertson)

Airmen lean forward, support relief efforts

SCOTT AIR FORCE BASE, Ill. – In the wake of President Obama’s call for the federal government to “lean forward” in response to the devastation left by Hurricane Sandy, Airmen from across the country are answering the call.

Aircraft and crews from 12 active duty, Air National Guard, and Air Force Reserve bases across the nation mobilized and arrived at March Air Reserve Base, Calif., where they picked up approximately 10 passengers and 632 short tons of equipment and supplies supporting relief efforts on the East Coast.

The passengers and cargo, including 69 vehicles belonging to the

Southern California Edison utility company, are slated depart to Stewart Air National Guard Base, Newburgh, N.Y., after which they will move out to support efforts to restore power and provide humanitarian assistance to the stricken region. Media reports have stated that more than two million people still remain without power in the aftermath of the superstorm.

The movement was expected to require the use of five C-5s and approximately 12 C-17s. A C-5B from Travis Air Force Base, Calif., and C-17 from Joint Base Lewis-McChord, Wash., are among the first aircraft to depart March Nov. 1.

The rapid response was

made possible through the combined efforts of planners at U.S Transportation Command, Air Mobility Command’s 18th Air Force and the 618th Air and Space Operations Center (Tanker Airlift Control Center) here operating as part of the U.S. Northern Command-led effort supporting the Federal Emergency Management Agency’s storm response efforts.

Days before the storm made landfall, these same planners had already begun preparations to move personnel and aircraft out of harm’s way – preserving their readiness to respond after the storm had passed.

Since then, America’s total force mobility team

has turned its attention to support of recovery efforts. To that end, and in response to a USNORTHCOM tasking, Airmen quickly put together the ambitious plan to rapidly move personnel and supplies to stabilize and improve conditions in the region.

Airmen offer unique capabilities to the federal effort, including airlift, air refueling and aeromedical evacuation support. Those capabilities delivered hope to those in need overseas after the 2010 Haiti earthquake and last year’s earthquake, tsunami and nuclear crisis in Japan as well as here at home in the wake of Hurricanes Katrina, Rita, Ike and Gustav. (AFNS)

Grissom goes to school, teaches dangers of drugs

By Tech. Sgt. Doug Hays
Public Affairs staff

Fall is always a time for back to school, for students, teachers – and for the Gary Flook, Grissom's drug demand reduction specialist.

Flook and his team have been reaching out to students at Pipe Creek Elementary and North Miami Elementary for the past three years as part of the Red Ribbon program aimed at helping children make the right decisions when it comes to drug and tobacco usage.

"If we can make kids understand that drugs are wrong at an early age and teach them to say no, this will carry on into middle school and high school," Flook said.

During the anti-drug presentation, Flook and his team talked to the children, played education games to encourage them to make the right decisions and gave out anti-drug items.

Joining Flook were Master Sgt. Nicholas Christos, a health services management craftsman, and Staff Sgt. Lisette Pittman, a medical administration technician. Both are part of the 434th Aerospace Medicine Squadron.

The team spoke to 325 children at Pipe Creek and 610 students at North Miami Elementary.

"It can be intimidating facing 300 kindergarten and first grade students, but Mr. Flook does a great job, and the students enjoy it," said Techla Brown, guidance counselor at Pipe Creek Elementary, "It's been a great partnership for us these past three years."

The Grissom members didn't limit their contact with only Pipe Creek and North Miami schools, but they also reached to Peru as well.

The staff provided red ribbons and bracelets to the Peru Community School Corporation – nearly 2,200 students in all.



Master Sgt. Nicholas Christos, a health services management journeyman with the 434th Aerospace Medicine Squadron, talks with students at Pipe Creek Elementary about the dangers of drugs during a Red Ribbon Week presentation Oct. 23.



Gary Flook, Grissom's drug demand reduction specialist, talks to first graders at Pipe Creek Elementary School during a Red Ribbon program presentation Oct. 23. (U.S. Air Force photos/Tech. Sgt. Doug Hays)

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The captain woke up in an aid station and was greeted by the reporter he had protected.

“Tyler (was) standing over me saying, ‘You saved my life Captain T,’” Trouerbach said. “About a year later, they were both awarded the Pulitzer Prize for their work in Afghanistan.”

Shortly after the captain’s close call, Trouerbach’s commanding officer was putting him in for a Purple Heart when the commander was wounded by enemy small arms fire, subsequently delaying the award.

Four years later, almost to the day, “Captain T” received his medal.

Trouerbach started his more than 25-year Marine Corps career as an

enlisted Marine in April 1987. With both active-duty and reserve experience, he served as a radio operator, communication center operator, satellite communications operator, amphibious assault vehicle operator, aviation electrician, aerial observer, and CH-46 Sea Knight helicopter machine gunner.

The Marine captain has deployed in direct support of Operations Desert Shield, Desert Storm, Iraqi Freedom, and Enduring Freedom.

In 2003, while deployed to Iraq, Trouerbach was meritoriously commissioned as a second lieutenant. After graduating from the Basic School for Officers with the prestigious Gung Ho Award,

1st Lt. Trouerbach reported to Basic Communication Officers School, after which he was assigned to Communication Company, 3rd Marine Division Okinawa, as a platoon commander.

In 2008, Trouerbach was assigned as a team leader and advisor on Embedded Training Team 7-3 and was responsible for an infantry company of the Afghanistan National Army based in Nuristan, Afghanistan, in support of Operation Enduring Freedom.

Trouerbach’s military awards include the Navy and Marine Corps Commendation Medal with Valor with three awards, Combat Action Ribbon, Joint Meritorious Unit Citation, Navy Aerial Ob-

server Wings, the Navy and Marine Achievement Medal, the Afghanistan Campaign Medal, the Iraqi Campaign Medal, the Global War on Terrorism Expeditionary medal, the Global War on Terrorism Medal, the NATO service medal, the National Defense Medal with two awards, the Korean Service medal, the Southwest Asia Service Medal, Kuwaiti Liberation Medal from Kuwait and Saudi Arabia, the Good Conduct Medal with three awards, the Armed Forces Reserve Medal, the Marine Corps Reserve Medal, Sea Service deployment ribbon with seven awards, Navy unit commendation ribbon, and Marine Corps unit commendation.



Brig. Gen. Roger Machut, commanding general, 4th Marine Logistics Group, Marine Forces Reserve, talks about the importance of the Purple Heart after presenting one to Capt. E. Markus Trouerbach here, where the captain is an inspector instructor for Detachment 1, Communications Company. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

'Tis the season to take more driving precautions

Staff Sgt. Carl Berry
Public Affairs staff

With the most wonderful time of the year approaching Airmen are reminded to think safety first so mishaps do not occur.

"We want everyone to enjoy the winter and holiday season, but more importantly, we want everyone to be safe," said Master Sgt. Johnny Armes, 434th Air Refueling Wing ground safety manager.

To help make it safely through winter, here are some suggestions from the 434th ARW safety office to make sure that you and your vehicle are prepared.

"Driving in the winter means snow, sleet, and ice that can lead to slower traffic and hazardous road conditions," shared Armes.

"Making sure your vehicle is ready for the winter Airmen should inspect their vehicles, by making sure the battery is strong, checking the tires for air, sidewall wear and tread depth, and checking the ignition and brakes."

Even a well inspected car does not guarantee an incident will not occur, so Airmen should keep an emergency kit inside of their vehicle.

"The emergency kit should include a properly inflated spare tire, wheel wrench and jack, a shovel, jumper cables, a bag of salt or cat litter, tool kit, working flashlight, cell phone charger or extra battery, first aid

kit, ice scraper and snow brush, non-perishable foods, and blankets," said Staff Sgt. Trevor McMartin, 434th ARW safety non-commissioned officer in charge.

In the event you become stranded while traveling in your vehicle the following are safety tips that can help.

"The number one safety tip to remember is don't leave your car, because it is shelter," added McMartin. "People often leave their car to find help and end up being a worse position than when they started."

Airmen are also reminded to stay hydrated during the winter and holiday season.

"It is very important to hydrate especially during the winter, because the weather is not hot people do not feel the need to drink as much water and dehydration becomes an issue," said McMartin.

Another safety issue Airmen should be mindful of is residential fires caused by supplemental heating.

"Although supplemental heating caused fires have recently declined, there were still 120,000 residential fires reported last year," said Armes. "To avoid being a statistic Airmen using supplemental heating should take precautions such as making sure there is proper ventilation around the heating source and make sure all smoke detectors are working."

"Enjoy the holidays, spend time with family and friends and remember that safety never takes a holiday," he added.



In the limelight

Promotions

To senior master sergeant: Steven Borello, 434th Security Forces Squadron, and Drennen Gaffney, 74th Air Refueling Squadron.

To master sergeant: Dennis Ball, 434th Maintenance Operations Flight; Stephanie Creel, 434th Aerospace Medicine Squadron; Jimmie Gaskew, 434th Maintenance Squadron; Christopher Nack; John Rapp, 434th SFS; 74th ARS; Daniel Sharp, 434th Civil Engineering Squadron; Jonna Sullivan, 434th Operations Groups; and Joseph Swisher, 72nd ARS.

To technical sergeant: Jenneva Barrett, 434th Logistics Readiness Squadron; Joanna Boyd, 434th AMDS; Nicholas Carter, 434th MXS; Lydia Douglas, 434th AMDS; Joseph Madjecki, 434th Aircraft Maintenance Squadron; and Vicki Maxwell, 74th ARS.

To staff sergeant: James Jackson, 49th Aerial Port Flight; Gregory Spradlin, 434th Operations Support Squadron; and Dale Trigsted, 434th CES.

To senior airman: Emerson Bowling, 434th MXS. Timothy Campbell, 434th SFS; Anthony Chico, 434th CES; Kody Herbst, 434th MXS; Nicholas Hushower, 434th AMXS; and Brandon Szromba, 434th Air Refueling Wing.

To airman 1st Class: Edward Black, 434th CES; Stuart Burns 434th SFS; Steven Cole, 434th AMXS; Geana Kristina, 434th MXS; Tara Lees, 434th Force Support Squadron; Michael Mundy, 434th SFS; Welmon Sampson, 434th MXS; and Belinda Smith, 434th AMXS.

To airman: Amberly Monroe, 49th APF; Noah Murphy, 434th AMXS; and Bryon Snead, 434th AMXS.



Mo-bag check

Col. Bryan Reinhart, 434th Air Refueling Wing vice commander, and Chad Malott, a government contractor warehouse specialist, check one of the colonel's mobility bags during an exercise held here during the October unit training assembly. Air Force personnel can deploy with a variety of different equipment in these bags, each of which is tailored to meet different requirements for different types of environments. (U.S. Air Force photo/Staff Sgt. Ben Mota)



News briefs

Cross stitch

The Grissom Airman and Family Readiness Center will be hosting a cross-stitch activity once a month pending participation interest.

Grissom personnel interested in learning how to cross-stitch or learn more advance cross-stitching techniques should contact either Theresa Wilson at 688-4321 or Kari Ellis at 688-4310.

Run the runway

The battle of the squadrons' returns to Grissom during the primary November unit training assembly.

Airman can compete on behalf of their squadrons in a 5k walk/run that is scheduled to take place at 2:30 p.m. Nov. 3 on the flight line between the nose docks.

The winner of the event will win a traveling trophy for their

respective squadron.

Participants must wear their Air Force physical fitness attire to enter the competition.

For more information about the event contact either Tech. Sgt. Erica Morgan or Tech. Sgt. Cathy Castleberry at 688-2268.

Tire check

The 434th Civil Engineer Squadron will be conducting a tire safety check during the primary November unit training assembly.

The event is scheduled to take place Nov. 3 and Nov. 4 from 11 a.m. to 2 p.m., in front of Bldg. 641.

According to a study done by Carnegie Mellon University, Pa., a person that drives 12,000 miles a year on under-inflated tires uses about 144 extra gallons of fuel, costing them an extra \$576 a year based on a \$4 per

gallon calculation.

For more information about the event contact Senior Master Sgt. Nate Colborn at 688-4799.

Chili cookoff

Grissom is hosting a chili cookoff from 11:30-12:30 p.m. Nov. 14 at Dock 1.

Grissom personnel are invited to taste and vote for the hottest and best tasting chili on base.

For more information about the event contact Pamie Yeager at 765-688-4340.

Turkey trot

The Fitness Center is hosting a turkey trot 5k run at noon Nov. 14 at the center.

Participants should sign up at the center by close of business Nov. 13, and bring a non-perishable food item for the Airman and Family Readiness Center food drive.

For more information, or to sign up call the fitness center staff at 688-2000.

New hours

Grissom's fitness center is now operating on their Winter Schedule.

The center is open from 6 a.m. to 7 p.m. weekdays, and 5 a.m. to 9 p.m. on the Saturday of the unit training assemblies and 5 a.m.-5 p.m. on Sundays of the UTAs.

For more information, contact the staff at 688-2000.

Racquetball

An intramural racquetball league will begin in January.

The competition begins Jan. 4.

The deadline to register is Dec. 14.

For more information, or to register, call the fitness center at 688-2000.

KC-135 nose art used to beautify base

By Senior Airman Jami Lancette
Public Affairs staff

Since World War I, American aviators have adorned the nose of their aircraft with art representing a piece of who they were, where they came from or that in which they believed.

Now, such art, which was normally only able to be appreciated up close to an aircraft, is on display for all to see as the 434th Air Refueling Wing recently installed nose art depictions along Hoosier Boulevard.

The 16 nose art designs, installed on light posts along the base's main thoroughfare, are exact copies of what are found on Grissom's KC-135R Stratotankers. The road-side artwork even includes the corresponding tail numbers for each jet.

Grissom's beauty is often compared to that of a college campus, and Senior Master Sgt. Charles Hoover, 434th Aircraft Maintenance Squadron flight chief, said the goal was to both add to that beauty and show pride in the base's aircraft.

"It really adds to the beautification when you come on base," said Hoover, who added that all the nose art was specifically chosen for each aircraft by Grissom's crew chiefs for various reasons.

Five of the art pieces were chosen to represent the surrounding communities.

"We wanted to include the surrounding community in the nose art on our planes," explained Hoover. "We have really good support from our local communities and we wanted [them] involved."

The remaining 11 represent various themes from sports native to the Hoosier state to aviation achievements and significant American events.

One 434th AMXS crew chief, Tech. Sgt. Josh Hardin, is particularly fond of his aircraft's nose art. Aircraft 58-0076 nicknamed 'Spirit of '76' has nose art depicting two revolutionary war drummers and a flute player marching on through the war followed by an American flag.

"This nose art represents the sacrifice that people made to make this country free," said Hardin. Many of the other 434th AMXS crew chiefs shared similar stories of pride in their aircraft's art.



KC-135R nose art depictions can be seen along Hoosier Blvd. at Grissom. The artwork, which mirrors what is on Grissom's aircraft, was recently installed along the road. (U.S. Air Force photo/Senior Airman Jami Lancette)