

Heartland

# Warrior

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Serving the men and women of the 434<sup>th</sup> Air Refueling Wing, Grissom ARB, Ind.



Photo by SrA. Roberto Modelo

Maj. Doug Gullion, 74th Air Refueling Squadron, pilots a KC-135R toward the runway at Andersen AFB, Guam.

## Grissom completes Guam deployment

By Tech. Sgt. Doug Hays  
*Public Affairs staff*

Members of the 434<sup>th</sup> Air Refueling Wing are wrapping up a month-long deployment to Guam as the lead unit in a four-month Air Force Reserve Command operation.

Deployed as part of the Pacific theater deployment package, Grissom members operated under the 506<sup>th</sup>

Expeditionary Air Refueling Squadron, and were deployed to help maintain security within the Pacific Air Forces area of responsibility.

“We deployed professionally, as a team,” said Col. Fritz Linsenmeyer, deployment commander for the first rotation. “This has truly been a team effort and I am proud of everyone’s accomplishments.”

Working as a team was evident on

the flightline as well.

“Most everyone seems to want to work as a team,” said Tech. Sgt. Andy Henderson, KC-135 crew chief. “The crew chiefs and specialists have stepped up to get the job accomplished. Everyone is eager to help out.”

One of the items used in the construction of the runway was coral.

**Please see 'Guam,' page 3**

# Getting in shape requies a 'just do it' attitude

By Capt. Laura Christensen  
325th Comptroller Squadron

TYNDALL AIR FORCE BASE, Fla. — No one ever said you had to be rail thin and a 6-minute miler to be considered a runner.

Some run for the great feeling afterward when endorphins kick in. Others run to compete.

The point is just to get out there and get moving to get yourself in shape.

Being physically fit is important for the mind, body and soul. The problem is most of us like to make excuses about why we can't get to the gym, why we can't run or why we can't do something physical.

There comes a time when we have to stop making excuses and get serious with ourselves.

That time came more than five years ago for me.

I sat there crying in my apartment about how out-of-shape I was and how much weight I had gained.

My story may not speak to everyone, but I'm sure there are some who may feel or have felt the same way I did.

It has been a long emotional roller coaster, but I finally reached my goal of being in shape.

If I can be in shape, anyone can.

I am not an elite runner nor a competitive triathlete. On the contrary, I'm rather slow. But that doesn't matter to me.

It doesn't matter that the fastest I can run a mile and half is 11 minutes and 45 seconds or in a big triathlon I am usually finishing in the middle of

the pack.

The enjoyment I get isn't from winning, it's from finishing and being able to look at myself in the mirror and say, "I did it."

Some people who know me now think I have always been this way, meaning I could always run, bike or swim for hours. Those who knew me six to eight years ago know differently.

Six years ago, I was 30 pounds heavier and couldn't run more than 30 minutes without wanting to fall over, never mind the painfully slow pace.

Six years ago, I would starve myself a few weeks before the mandatory yearly weigh to ensure I was under my maximum allowable weight.

For most of my life I have battled my weight and my image of myself.

I was tired of the yo-yo weight gain, tired of being afraid of the scale and tired of feeling inadequate. So, I finally decided it was time to make a change.

I was sitting and listening to college friends of mine talk about the first half marathon they ran and I thought to myself, "Thirteen miles? You are crazy!"

But, something that day clicked inside of me. I joined a weight management club to help lose weight.

I hit the gym and then I hit the road and started to run again.

The first time I ran four miles I was ecstatic.

A good friend of mine, who is addicted to running 5Ks, got a group together to run a 5K in Panama City, Fla., five years ago. I placed third in my age group and that changed my life

and motivated me to keep going.

Later that same year, I was listening to some of my Navy friends talk about the Gulf Coast Half Ironman and I thought to myself again, "Swim 1.2 miles, bike 56 and run 13? You are crazy. I could never do that."

I was stationed at Eglin AFB, Fla., at the time and each year the base hosts a miniature triathlon called "My First Tri," so I tried it, and liked it.

Before that race, I only swam once and couldn't swim one lap without stopping. The farthest I rode my bike was maybe 10 miles, and at that time, the farthest I had run was maybe five miles.

That race was the beginning of my serious addiction to triathlons and working out, and it changed my life even more so than the first 5K.

Today, I am 30 pounds lighter and have completed more than a dozen sprint triathlons, three half ironmans, three marathons and this past year, completed Ironman Florida.

That's a long way from the 30 minutes I could barely run six years ago.

Why do I tell you all of this? I guess it's to show you we all have to start somewhere.

All it takes is some dedication and motivation to keep going and you'll reach your goals.

Not all of us were born athletes and runners, but we all have an inner athlete that just needs a push.

Stop making excuses and get to the gym or hit the road running.

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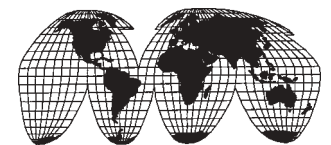
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Any questions regarding stories or photos should be directed to the editor at (765) 688-3348.

### Staff

Brig. Gen. Dean Despinoy.....commander  
Lt. Col. Gary Lockard.....chief, public affairs  
Tech. Sgt. Doug Hays.....editor  
SrA. Chris Bolen.....staff writer  
SrA. Roberto Modelo.....staff writer  
SrA. Mark Orders-Woempner.....staff writer  
SrA. Ben Mota.....staff writer  
Penny Pearson.....administration



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Photo by Staff Sgt. Patrick Mitchell

A B-52 from the 23rd Expeditionary Bomb Squadron stabilizes in pre-contact position during an air refueling with a KC-135R deployed from the 434th Air Refueling Wing. Air refueling is a critical component in maintaining the 'Global Reach' of the heavy bomber force deployed to the Pacific region.



Photo by SrA. Roberto Modelo

Staff Sgt. Kevin Kaufmann, a jet engine mechanic with the 434th Aircraft Maintenance Squadron, looks at the baffle duck lining in the intake area of a KC-135R Stratotanker engine.

## Guam, from page 1

That initially caused havoc with the tires of Grissom's KC-135s.

"We had three tire changes and one brake change before the main body arrived," Sergeant Henderson said. "That coral was hard on the tires."

Once the Airman arrived and settled into the base things started running more smoothly.

"The mission has been steady," said Lt. Col. Brian Dobbert, deployment commander of the second rotation. "The tanker/bomber package here is a

'break glass in case of emergency' force in the event things heat up in the AOR."

The unit averaged one to two missions a day during the deployment – some of those missions lasting more than eight hours each.

"With a small number of aircraft we have, our crew chiefs and maintainers have done an outstanding job in keeping the mission going," said Senior Master Sgt. Pat Devine, deployed aircraft maintenance superintendent

said. "It's a testament to their hard work and dedication."

In addition to supporting B-52 Stratofortress bombers, the unit has also supported Navy fighter aircraft movements in the theater.

Part of the deployment included supporting bombers participating in an exercise called Koa Lightning. Tanker fuel offloads in excess of 90,000 pounds allowed extended loiter time for weapons employment for the bombers during the exercise.



Photo by Senior Airman Chris Bolen

Lt. Col. Laen August, commander of the 72nd Air Refueling Squadron, stands next to a new display board that outlines the history of the squadron. Colonel August and Cadet Robert Furgal worked together to create a visual history of the unit.

## Unit's history captured for display

By SrA. Chris Bolen  
Public Affairs staff

The 72<sup>nd</sup> Air Refueling Squadron has an addition to its office area that displays its history and heritage, in a colorful manner.

A detailed bulletin board that chronicles the unit history from its birth as the 72<sup>nd</sup> Troop Carrier Squadron in 1943, up to present day, is proudly displayed in the main corridor of the squadron

In a bit of detective work, the squadron commander, Lt. Col. Laen August, performed extensive research in squadron and Air Force archives to detail the squadron's history. "I originally had the idea after performing research to update the squadron's guidons," he said. "I was surprised to learn of the squadron's history dating back to World War II," the colonel confided.

In addition to researching local sources, the colonel went through the

archives at Maxwell AFB, Ala.. "I spent an entire day digging through files, microfiche, pictures, and putting things together," he added.

With what he describes as a "vague idea" of what and how he wanted to

present his research in a meaningful way, Colonel August contacted the ROTC unit at Valparaiso University. He was referred to a senior meteorology

student, Cadet Robert Furgal.

With the help of squadron personnel, the colonel spent several months condensing and editing down the volume of research.

Cadet Furgal then went to work digitizing much of the data, research, and pictures, the end result being a highly visual bulletin board synopsis of the unit's history.

"[Cadet] Furgal is the real genius of this project," the colonel stated. "This not only honors the squadron, but it is also a nice way to honor the Air Forces' 60<sup>th</sup> Anniversary.

*"I was surprised to learn of the squadron's history dating back to World War II."*

-- Lt. Col. Laen August,  
72nd ARS commander

# SPEK

*Palletized kitchen can give deployed troops warm meal*

By SrA. Roberto Modelo  
Public Affairs staff

We may take a warm meal for granted but when out in the field, a warm meal can be a real moral booster.

A new piece of equipment will allow the 434<sup>th</sup> Services Flight to bring that comfort to troops in the field.

The unit recently received a single palletized expeditionary kitchen — or SPEK.

With the SPEK, the unit can set up and begin feeding approximately 600 people in about two hours.

The modernized system is housed in a temper tent and is much safer than the old mobile kitchen trailers.

"There's no climbing ladders into the trailer like before," said Master Sgt. Sandra Humphrey, a food service supervisor with the 434<sup>th</sup> SVF.

"The SPEK contains all the food troops will need in the field, with the exception of produce," said Tech Sgt. Logan Phillippe, a readiness technician with the 434<sup>th</sup> Services Flight.

Airmen from the services flight also received hands-on training during the October unit training assembly, by feeding visitors from 4<sup>th</sup> Air Force headquarters as well as some of the commanders here at Grissom.

The services flight will continue to train Airmen on the new SPEK equipment annually, officials said.

# Plan ahead to maximize winter travel safety

Every winter people venture out in their cars unprepared for winter.

It only takes 10-15 minutes to prepare a vehicle for the winter months.

To prepare for travel during the winter months, the Indiana State Police suggest taking the following precautions to help ensure safety:

Carry the following items in your vehicle:

- ~Blankets
- ~Winter coat
- ~Warm clothing
- ~Flashlights
- ~Coffee can, candle and with matches to provide warmth that will help maintain body heat if stranded along the road

- ~Non-perishable food items like crackers and beef jerky
- ~Water
- ~Cellular phone

Stranded motorists are encouraged to stay with the vehicle.



Winter can place an icy grip on Indiana's roadways.

File photo by Tech. Sgt. Doug Hays

If you wander away from the car, you may get disoriented, and not be able to find your way back to the car, the state police warn.

Motorists stranded are encouraged to turn on their flashers or other

signaling devices such as tying something bright to the vehicle's antenna, or making a sign to draw attention to themselves.

Motorists in idling cars stranded in snow should routinely check to ensure the exhaust pipe isn't blocked by snow.

Vehicle preparations include:

- ~Ensure your gas tank is full before heading out to travel during adverse weather
- ~New wiper blades
- ~Antifreeze
- ~Tires in good condition -- bald tires do not respond well on ice.

Other winter driving tips:

- ~Drive at speeds safe for the conditions
- ~ Motorists can call the Indiana State Police for road and weather conditions at 1-800-261-7623 between Dec. 1-April 1.

## Winter weather plan keeps workers informed

While it may be difficult to predict what winter has in store for the Indiana region, unit members can rest assured the base has a plan in place to provide notification in case of base closures or delays due to weather. The plan includes both a 1-800 line and updated information on local radio and TV stations.

Personnel can call **1-800-242-8650** to receive a taped message regarding any delays or cancellations. Personnel should refrain from calling the Command Post.

In the event of severe weather military and civilian members of the 434<sup>th</sup> ARW should also turn to one of the stations listed to the right for **November 2006**

updated information.

Base personnel are reminded that when severe weather hits the lists of schools, businesses, and government offices that are closed or have delays can be lengthy. It is not uncommon for radio and television stations to broadcast delay or closure information on a sporadic basis and included dozens of listings for a variety of agencies. Even though information regarding Grissom and its weather status is provided to the radio and television stations on the above list, Grissom officials have no control of when or how often the information is broadcast. As they say, tune in early and be patient.

### Station listings

Station Name	Frequency/Channel
WARU Radio, Peru	98.5 FM
WSAL Radio, Logansport	1230 AM
WSBT Radio, South Bend	960 AM
WWKI Radio, Kokomo	100.5 FM
WIOU Radio, Kokomo	1350 AM
WSAK Radio, Lafayette	105.3 FM
WOWO Radio, Ft. Wayne	1190 AM
WISH-TV, Indianapolis	Channel 8
WTHR-TV, Indianapolis	Channel 13
WRTV-TV, Indianapolis	Channel 6
WLFI-TV, Lafayette	Channel 18
WSBT-TV, South Bend	Channel 22
WNDU-TV, South Bend	Channel 16



Photo by SrA. Benjamin Mota

Senior Airman Jack La Lone, center, a communication navigations systems apprentice with the 434th Aircraft Maintenance Squadron, demonstrates different functions of the KC-135R Stratotanker Interactive Flight Deck to visitors of the Festival of Flight held Oct. 14 at the Grissom Air Museum.

## UTA items

**Lodging** is open 24 hours a day during the primary unit training assembly and from 6 a.m. - 10 p.m. on alternate UTAs.

**The fitness center** is open from 6 a.m. to 8 p.m.

**The dining facility** troop feeding hours on Saturday are 6-7:15 a.m. for breakfast; 11 a.m. - 1 p.m. for lunch (12:30 p.m. on the alternate); and 4:30 -5:30 p.m. for dinner.

On Sunday the hours are 5:45-6:45 a.m. for breakfast, and 11 a.m. - 1 p.m. for lunch (12:30 p.m. on alternate).

Box dinners for the Sunday evening meal must be ordered by the Sunday breakfast, and must be picked up by 4:30 p.m. on Sunday.

**The 434th Aerospace Medical Squadron's immunization clinic** is open on Saturday from 8:30 - 11:30

a.m. and 1-3:30 p.m.

**434th Security Forces Squadron Pass and ID** is open from 9 a.m. to 3 p.m. on Saturday of the primary UTA.

**Upcoming UTAs:** Primary UTAs include Nov. 4-5; and Dec. 2-3.

Alternate UTAs are Nov. 18-19; and Dec. 16-17.

**Worship services** are held in Bldg. 596, Room 116.

During primary unit training assemblies, Protestant services are Sunday at 11 a.m. with Catholic worship services at 12:15 p.m.

### Exchange

The base exchange is open from 11 a.m. to 5 p.m. weekdays and from 9 a.m.-5 p.m. Saturdays of the main and alternate UTAs and from 10 a.m.-4:30 p.m. on Sundays of the main and alternate UTAs.

## Honor Guard

The Grissom Honor Guard is recruit-

ing new members to join their team.

Members must meet stringent standards and have the support of their supervisor and commander and have a current five-skill level or supervisor's approval.

The next training session is scheduled Nov. 13-17 here at Grissom. Classes are held from 7:30 a.m. to 4:30 p.m. daily during that time.

Those interested should contact Senior Master Sgt. Linda Mason at Ext. 4221 or email her at [linda.mason@grissom.af.mil](mailto:linda.mason@grissom.af.mil).

## Christmas store

The Grissom Base Exchange will operate their Christmas store in November.

The Christmas store, located in Bldg. 595, will be open on both the primary and alternate unit training assemblies in November and December from 9 a.m. -4 p.m. Saturdays, and from 10 a.m.-4

**Heartland Warrior**



Photo by SrA. Roberto Modelo

**Brig. Gen. Dean Despinoy, left, commander of the 434 Air Refueling Wing, cuts while Mr. Carl Wade, with the equipment rental services office, holds the ribbon for the grand opening of the new community center dubbed 'Chalks' on Oct. 14. Chalks is located next to the dining facility here at Grissom.**

p.m on Sundays.

In addition, the store will be open from 11 a.m. to 2 p.m. on Nov. 9, 10, 16, 17, 30, and Dec. 1.

Items that have not sold will be in the main store after the December UTA.

## **Anthrax vaccine**

The Department of Defense announced Oct. 16 a resumption of the mandatory Anthrax Vaccine Immunization Program (AVIP) for military members, emergency-essential DOD civilians and contractors, based on defined geographic areas or roles.

For the most part, mandatory vaccinations are limited to military units designated for homeland bioterrorism defense and to U.S. forces assigned to the U.S. Central Command area of responsibility and Korea.

For more information on the anthrax vaccination program, visit <http://www.vaccines.mil/> or <http://www.vaccines.mil/anthrax>.

**November 2006**

## **Fit to fight**

### *Certified trainer available at Grissom*

Grissom members looking to get into shape have Bruce Cannady on their side.

Mr. Cannady, is a certified trainer and the fitness center manager. He can test cardio fitness using a micro-fit bike system to determine current fitness levels – then customize an exercise program to help members improve or maintain their condition.

“Aerobic activity improves your cholesterol levels, decreases resting blood pressure, increase bone density and decreases the risk of type-II diabetes,” Mr. Cannady said.

Aerobic activity is continuously using large muscles that use large amounts of oxygen. Primary aerobic activities include walking, running, swimming, cycling, in-line skating, stair climbing and cross country skiing.

“Its important to keep your heart rate from being to high or too low,” he said. “I can assist people with the proper heart rate training.

Grissom’s fitness center has Life Fitness and Cybex fitness and weight equipment.

The center’s hours of operation are 5 a.m. to 7 p.m. Monday-Friday, and from 6 a.m.-8 p.m. on unit training assembly weekends. The center is open from 10 a.m.-6 p.m. on non-UTA weekends.

For more information, contact Mr. Cannady at Ext. 2000.



Photo by Tech. Sgt. Doug Hays

Senior Master Sgt. Jeff Henry, a boom operator with the 74th Air Refueling Squadron, welcomes Truman Miller to the fly-in. Mr. Miller and his wife Joyce flew in from Sturgis, Mich., to participate in the fly-in.

## Fly-in promotes safe flying environment

By SrA. Benjamin Mota

Public Affairs staff

Grissom's runway is no stranger to military aircraft landing and taking off, but on Oct. 14, it wasn't refuelers, fighters, or cargo aircraft that were coming and going.

More than 100 people traveling in 49 privately owned aircraft came to the base to participate in a "Civilian Fly-in" to promote flying safety and to help civilian pilots who fly in the region.

Activities that were featured included tours of the KC-135R Stratotanker and F-16 Fighting Falcon aircraft, safety briefings, presentation by the Federal Aviation Administration, and transportation to the Grissom Air Museum's Festival of Flight.

"The purpose of the fly-in is to promote flying safety between civilian pilots and flying units at Grissom," ex-

plained Capt. Gloria Hatcher, a KC-135R pilot with the 434th Air Refueling Wing and one of the planners of the event.

"Midair collision avoidance is the main focus of our program," she said. "We exchanged techniques to avoid midair collision and inform them of our normal flight paths. Informing the public of Grissom's flying activities creates a safe flying environment."

Sandwiched in between the briefings were snacks and lunch for all of the visitors, and they were given an opportunity to visit the Festival of Flight at the Grissom Air Museum to see several displays from the 434th Air Refueling Wing.

The fly-in was the first for the base since the late 1980s. Master Sgt. Bryan Hettinghouse, one of the project officers, said the event was very successful, and the base is looking at doing something similar in the future.