

# Heartland WARRIOR

Volume 15, Issue 3

March 2010



# Warrior

Vol. 15, No. 3  
March 2010

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## On the cover

Master Sgt. Johnny Armes, left, and Lt. Col. Miles Heaslip, both from the 434<sup>th</sup> Air Refueling Wing safety office, watch as ground personnel work with flight engineers to load a C-5 Galaxy during a cargo processing exercise held during the February unit training assembly. Safe operations is paramount in all activities at Grissom. (U.S. Air Force photo/Staff Sgt. Chris Bolen)



## Special recognition

Chief Master Sgt. Diana Rogers, 434<sup>th</sup> Maintenance Group chief enlisted manager, fixes a picture on a plaque recognizing crew chiefs of KC-135R Stratotankers in Bldg. 595. Each crew chief and their assistant crew chiefs are recognized with plaques. A replica of each aircraft tail as well as a corresponding replica of the signage inside the aircraft is prominently displayed next to the crew chief's picture. According to Chief Rogers, the plaques were recently created to recognize the excellent work crew chiefs provide in maintaining Grissom's KC-135 fleet. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

# GCC elects 2010 leaders

The Grissom Community Council, a civilian, non-profit organization that works to support the various organizations at Grissom Air Reserve Base, held elections for key leadership positions during its annual meeting on February 20.

The council's annual meeting was held in conjunction with Grissom's annual awards dinner.

The results of the election include:

- President** - Francis Jaquay
- Vice President** - Hal Job
- Secretary** - John Stackhouse
- Treasurer** - John Salmon
- Directors from Kokomo region**
  - Jan Briscoe
  - Joan Lake
- Directors from the Peru region**
  - Jay Kendall
  - Jim Yates
- Directors the Logansport region**
  - Brian Shafer
  - Tom Weatherwax



The Grissom Community Council recently elected its leaders for 2010. Francis Jaquay (left) is the president and Hal Job is the vice president. (U.S. Air Force photo/Tech. Sgt. Mark Orders-Woempner)

The council is incorporated under provisions of the Indiana Non-profit Corporation Act of 1991. It is authorized to operate within the confines of Grissom ARB by the provisions of AFI 34-223 and sanctioned by the 434<sup>th</sup> Air Refueling Wing commander.

# Grissom hosts annual awards banquet



(From left to right) Master Sergeant Paul Tomlinson, First Sergeant of the Year; Senior Airman Courtney Storey, Airman of the Year; Tech. Sgt. Erin Baker, NCO of the Year; Master Sgt. Wes Marion, Senior NCO of the Year; and Chaplain (Maj.) Obadiah Smith, Officer of the Year, stand with their trophies during the annual awards banquet held recently at the dining facility. Military personnel, Grissom Community Council members and families were in attendance. (U.S. Air Force photos/Tech. Sgt. Mark. R. W. Orders-Woempner)



Robert Moore, 434th Operations Group air traffic controller, receives a trophy in recognition for being named 434th GS/NAF Non-supervisor of the Year from Brig. Gen. Dean Despinoy, 434th Air Refueling Wing commander. One member not present for the presentation was Tech. Sgt. Andy Henderson, who was selected as the WG Non-Supervisor of the Year. Sergeant Henderson will receive recognition at a later date.

March 2010



Wilma Stuttle, 434th Air Refueling Wing finance office, receives a trophy in recognition for being named 434th Civilian Supervisor of the Year from Brig. Gen. Dean Despinoy, 434th ARW commander, and Chief Master Sgt. Larry Brady, 434th ARW command chief.

# Grissom med tech up for athlete of year

Senior Airman Carl Berry

Public Affairs staff

Staff Sgt. Joanna Boyd, 434th Aerospace Medicine Squadron medical technician, was nominated for the U.S. Air Force Female Athlete of the Year for 2009, for her ability to run long distances at a fast pace, her excellent physical fitness, community involvement, and unique ability to motivate those around her to achieve their goals.

Her love of running developed from healthy sibling rivalry between her and her two older brothers, the support of her parents, and when she discovered that she was good at running in the sixth grade.

"I got involved in sports because my brothers were, and I had to be competitive to keep up with them," said Sergeant Boyd. My family has been a huge influence on me, especially my brother Mitch, because he works hard, at sports and his job, and he never complains about a thing!"

Though she loved and excelled in running she did not compete in college, instead she joined the rowing team and cycling club at Grand Valley State University, located in Michigan, and used running as an outlet for stress and to release energy.

After enlisting in the Air Force Reserve in 2004, running came to the forefront once again. However, it was not until 2008 while completing phase training, for her reserve job, at Wright-Patterson Air Force Base, Ohio that the sergeant decided to run a marathon.

"I was at Wright-Patterson, when I saw an advertisement for the Air Force Marathon," she said. "I signed up for the marathon shortly after and eight weeks later I ran my first marathon."

However, a couple of days after completing the race, the sergeant had minor set-back – she had broken her foot due to an undetected and unnoticed stress fracture she had prior to running the marathon.

"When my foot broke I became upset, because I thought that I would never be able to run such a long distance again," said Sergeant Boyd.

However, that wasn't the case, and a year and half later she was ready to run another marathon. Healed and well trained, she entered into the Bi-Lo Marathon held at Myrtle Beach, S.C.

From there she set her sights on running in the Boston Marathon. The Boston Marathon is one of the most prestigious annual marathons allowing a maximum field size of 25,000 participants, and qualification is based on a strict time



Please see, Boyd, page 5

## Boyd, from page 4

requirement that is based on a person's gender and age.

"I've always considered myself a runner, a person who truly loves to run, so I naturally wanted to qualify for the Boston Marathon."

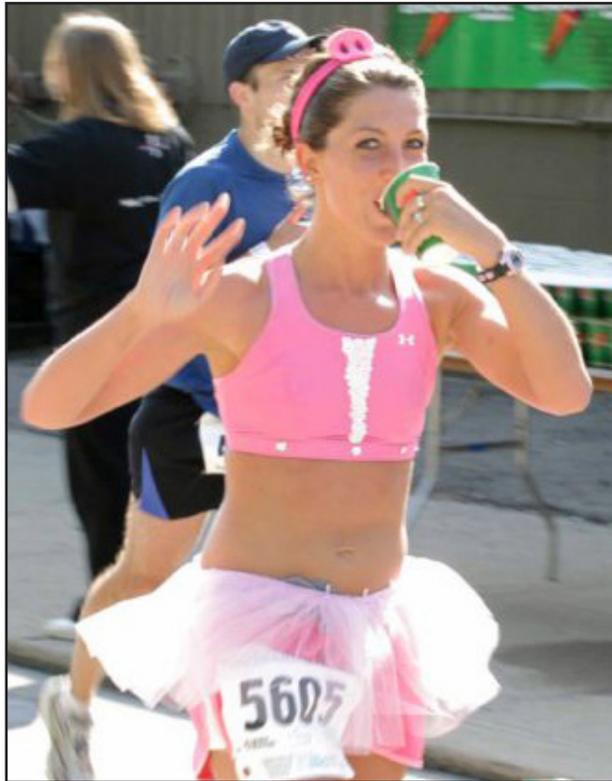
In preparation for her next marathon, she trained six days a week for 12 weeks. Her weekly workouts consisted of two days of short distance running, one day of speed training, one day of long distance, and the other two days were a combination of cardio and full body strength workouts.

All of her hard work and preparation paid off, and she qualified for the Boston Marathon, in her very next race. She did so while running in a pink tutu and a smile on her face the entire 26.2 miles.

"The pain that I endure during a marathon makes me think I can get through anything," said the sergeant. "I have noticed that the minute I start thinking negative my body does not want to go any further, so instead I thank God for the ability to run and all the positive things going on in my life."

Sergeant Boyd is not just a runner she is also involved in her community, one program she volunteers with is Girls on the Run. The program is a non-profit prevention program that encourages preteen girls to develop self-respect and healthy lifestyles through running. The curricula address all aspects of girls' development including their physical, emotional, mental, social and spiritual well-being.

"I chose to volunteer with this organization, because I truly believe that God has given me the gift of running, and I love to share it with people," said Sergeant Boyd. "At Girls on the Run we not only encourage young girls, we perform a community service project, and this year my girls were amazing, they gathered pet food, and donated it to



Sergeant Boyd grabbing a drink during the race where she qualified for the Boston Marathon. (Courtesy photo)

animal shelters."

The sergeant is also known as a fitness guru to her friends, and is willing to help anyone achieve their goals.

Recently one of her close friends, Amanda Wasielewski, decided she wanted to get in better shape and told the people around her that she wanted to run. Many of the people that Amanda told were negative stating that running was not a good idea; however Sergeant Boyd told her something else.

"When I first told people that I wanted run, everyone said it wasn't going to happen, but Joanna said 'give it a try it won't hurt anything'," said Ms. Wasielewski. So I started running, and she just continued to encourage me, and when it was getting hard, or I started to plateau, she gave me more advice, and really became a source of strength."

Ms. Wasielewski's fitness journey began June 2009 and to date she has completed a 5 kilometer race, has lost 74 pounds, and is sched-

uled to run more races in the upcoming spring.

Sergeant Boyd graduated with honors from Western Michigan University, with a bachelors of science in Health Science, and is now applying to schools with a physician assistant program. When she was recovering from her injury she completed some research on running and discovered a lot of myths.

"Many people believe the myth that running is bad for the joints, but through my research I have found that running is actually really good for joints, because it makes bones denser," said Sergeant Boyd. It is important to rest after running, because what it does do is break down muscle fiber, and that is why cardio workouts are helpful because they take a lot of the strain off your muscles."

Anybody who is interested in completing a marathon should take heed to Sergeant Boyd's suggestions.

"First decide what marathon you want to run and you can do that by doing a simple online search, next go online and search for different training guides, finally get out there and run," said Sergeant Boyd. As a side note beginners should allow themselves 16 weeks to prepare for a marathon."

Running marathons has not only benefitted Sergeant Boyd's health, but has helped her in maintaining a positive outlook in life, and her work ethic has carried over to other areas of her life.

"The better I run makes me want to work harder, and improve," said Sergeant Boyd. This is the same attitude I have in all areas of my life."

Although, Sergeant Boyd would love to help anyone, it is probably better if you ask for advice before she starts running; because once she starts running it is going to be hard to catch her.



Lt. Gen. Charles Stenner Jr. and Lt. Gen. Harry Wyatt III speak about Reserve and Guard components during the Air Force Association's Air Warfare Symposium and Technology Exposition, recently. (U.S. Air Force photo/Staff Sgt. Desiree Palacios)

## Generals discuss Guard, Reserve, on call Air Force

By Staff Sgt. Mareshah Haynes  
*Defense Media Activity*

ORLANDO, Fla., -- Two Air Force generals explained the importance of the Air Force Reserve and Air National Guard to the on-call Air Force during the Air Force Association's Air Warfare Symposium and Technology Exposition Feb. 19 here.

Lt. Gen. Harry Wyatt III, the director of the Air National Guard, and Lt. Gen. Charles Stenner Jr., chief of the Air Force Reserve Command, were on hand to speak to and answer questions from attendees about how the two components integrate with the active-duty component to answer the nation's call.

"It is my belief, that the top priority for me right now is to maintain a strategic Reserve," General Stenner said. "We have to maintain that. That's what the nation asks us to do. It's also asking us to leverage that strategic Reserve on a daily basis to provide the operational force the defense business requires on a daily basis."

On any given day, 7,000 air Reserve component Airmen are

deployed around the world in direct support of operations Enduring Freedom and Iraqi Freedom and other contingencies, General Stenner said.

"We're all in, every day, day in and day out as part of the three component Air Force," he said.

General Stenner said his second and third priorities are to preserve the Reserve triad - military commitment, family and civilian job - allowing Airmen to maintain those aspects of their lives and leveraging the strengths of each component.

"That gives us maximum flexibility in delivering any capability that we have that is required around the world for the warfighter," General Stenner said.

He also stressed the importance of having the same up-to-date and modernized equipment as the active-duty force does to help facilitate the seamless integration of the components.

General Wyatt echoed some of the same sentiments as General Stenner and highlighted the unique capability of the Air National Guard.

"We face many of the same challenges that General Stenner men-

tioned," General Wyatt said. "Our Airmen are a little bit different than Airmen in the other two components, in that we take an oath to two constitutions, the federal Constitution, as do all members of the United States Air Force, and also state and territory constitutions."

Air National Guard Airmen support federal missions and provide military capabilities to their state governors to use within the confines of the state.

General Wyatt said Guard members are trained, equipped and inspected to the same standards as active-duty members. Air National Guard members can be ready to mobilize anywhere in the world within 72 hours.

"Things that are important to the Air National Guard are the same things that are important to the United States Air Force," he said.

Both officials agreed training and readiness are keys to Guard and Reserve members deploying and becoming part of the total-force package.

"We like to think we answer the nation's call with the same quality as our active-duty brothers and sisters," General Wyatt said.