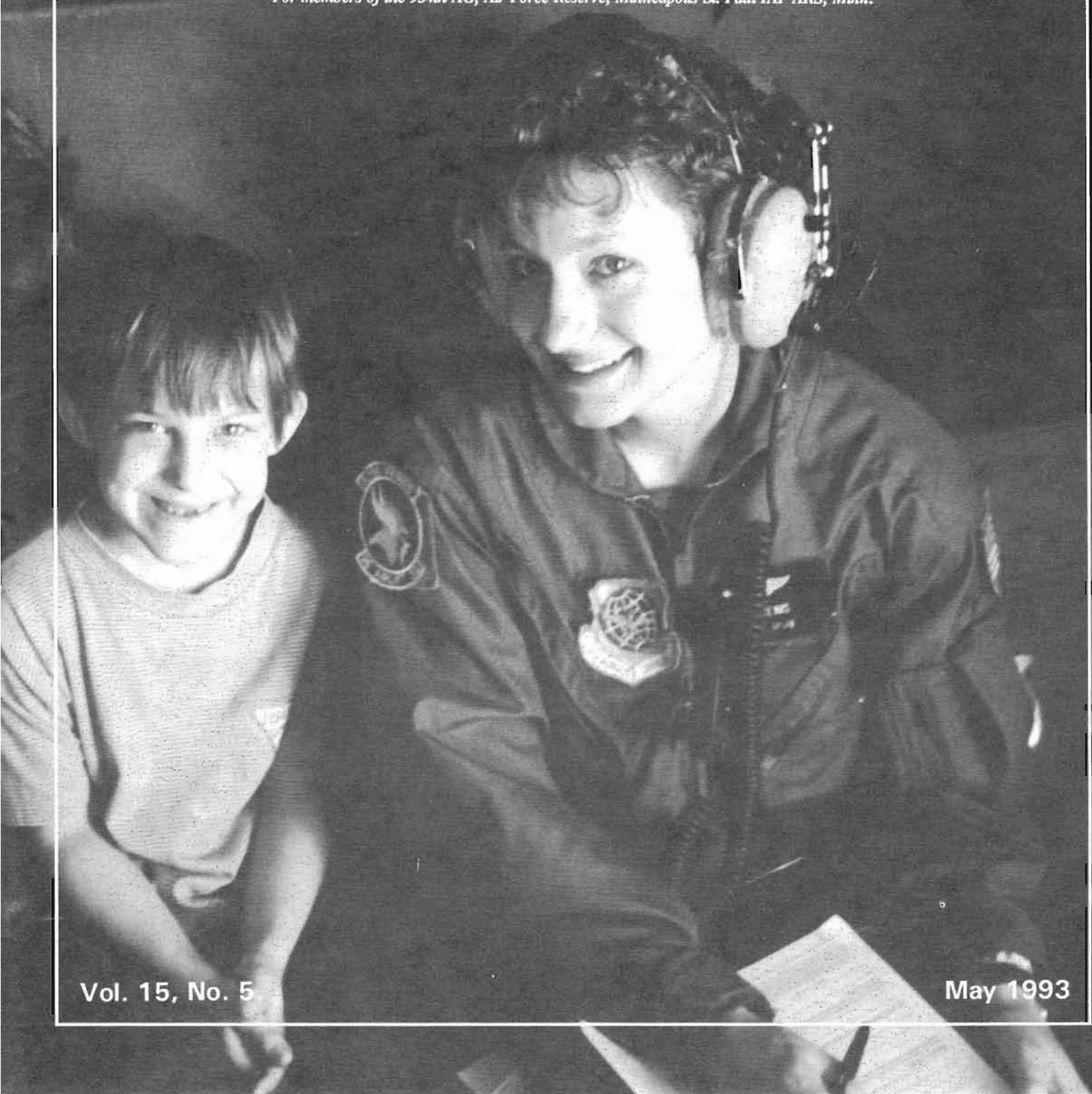


VIKING FLYER



For members of the 934th AG, Air Force Reserve, Minneapolis-St. Paul IAP ARS, Minn.



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VIKING FLYER

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UPAR of the Year 1992)

* Indicates this month's contributors.

On the cover



SSgt. Wendy Wiens, loadmaster with the 96th AS, treats a young space available passenger to a flight deck tour while flying in Panama. For more on Phoenix Oak, see pages 6-8.

(Photo by Maj. Steve Hatcher)



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Exercise determined a success, but there's still

Room for improvement

by Col. Michael Gjede, commander

For those of you who were involved in the Patriot Viking deployment to Volk Field last UTA, I want to thank you for your contributions. Thanks also goes out to all those who remained behind to keep things running smoothly.

This was our first mobilization exercise under the new objective group organization, and I would call it very successful. (Statistics for the exercise appear on page 5.) It was successful for many reasons, but the most important reason is prior planning.

A lot of time and effort was put into the planning process. Trying to foresee every possible problem and formulate a plan to deal with each problem is very time consuming. But when you go into an exercise with a good plan, you only have to deal with the deviations.

On the large scale, the aircraft held up, and the weather was good - two major factors of which we have only some control over one and no control over the other. The rest was up to us.

We did O.K., so I would say we were successful. We were not flawless. The 27th Mobile Aerial Port Squadron took the most hits, but they were the only ones with at least six evaluators watching their every move. In spite



Colonel Gjede

of some errors, the evaluators did say how improved the "mappers" were. That is certainly to their credit and not to be taken lightly. They have worked hard to improve and will continue to do so, preparing for the real thing in June.

So I ask each of you to do the same. We're doing well, but there's still plenty of room for improvement. The mobility folks are trying new ideas to be more efficient and waste less of your time. Plan ahead, lean forward and - most of all - don't let up.

Senior officer assignments

In late-breaking news, the chief of Air Force Reserve announced the following Reserve senior officer assignments, all effective July 1, 1993:

Maj. Gen. Robert McIntosh, currently vice commander, AFRES, Robins AFB, Ga., will become commander, 14th Air Force, Dobbins

ARB, Ga.

Maj. Gen. James Sherrard III, currently commander, 4th Air Force, McClellan AFB, Calif., will become vice commander, AFRES.

Brig. Gen. Wallace Whaley, currently commander, 14th Air Force, will become commander, 4th Air Force.

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Buzzwords

There's more to Quality than just learning the lingo

by Lt. Col. Tim Anderson, commander, 96th AS

This will be one person's perspective on the subject of Quality, and not just Quality in the military, but its general application in any organization.

I have spent the last three years heavily involved in a Quality movement in my civilian job and, most recently, have been immersed in the Total Quality training that all unit commanders in the 934th are now undergoing. So my perspective is from the vantage point of one who has been inundated with Quality jargon, terms, acronyms and platitudes until I find myself falling asleep at night with visions of "paradigm shifts" in my mind.

I know there is a need to study and apply the new vernacular that comes with the Quality process. My fear is this: that we become so wrapped up in the terminology and our abilities to spout appropriate words at appropriate times that we forget the big picture of what Quality is all about.

We can know about and even understand

what "empowerment" and "employee involvement" mean, but if it's still our practice to make decisions without input from those we supervise, we're not practicing Quality. We can talk about "shifting paradigms" and "brainstorming" new ideas all day long, but if we continue to do things because "that's the way we've always done them," we're not practicing Quality. We can know all there is about proper meeting management -- establishing "rules of engagement," developing agendas, applying appropriate problem-solving techniques and tools and assigning "scribe" and "process guide" responsibilities -- but if we continue holding meetings that aren't necessary or leave meetings with no progress made, we're not practicing Quality.

I guess what I'm getting at is this: if you possess Quality knowledge but lack the will or drive to apply what you know, your knowledge is worthless. If, however, you employ Quality procedures on the job regularly but lack the knowledge of all the accompanying "buzzwords," you are probably nurturing a Quality environment in your work place.

My advice is this: when you get your turn to learn about Quality and are expected to apply what you've learned in your unit, pay attention and learn well during your educational process, because the knowledge is beneficial. But don't lose sight of the forest for the trees. If you get wrapped around the axle trying to apply all your newfound

knowledge, you might lose concentration where it's most important -- at the point where the work of the unit is actually being done.

Quality is not a "flavor of the month" that we can outwait until it goes away. It is a process that will take time to put fully into place, because it requires a cultural change, especially in the military. But if we believe in it and work at it, in time all the buzzwords will be distant memories or so ingrained that we won't recognize them. What will be left will be an effective work process that has become a comfortable way of life.

This will take time, but I'm convinced it will be worth it. Working together, we can all make it happen.

Quality Air Force

Values, Principles, & Style

CORE VALUES

Integrity
 Courage
 Competence
 Tenacity
 Service
 Patriotism

BASIC PRINCIPLES

Leadership Involvement
 Dedication to Mission
 Respect for the Individual
 Decentralized Organization
 Empowerment at the Point of Contact
 Management by Fact

OPERATING STYLE

Create a Working Climate that Inspires Trust, Teamwork and Pride.
 Delegate Responsibility and Authority. Accept Accountability.
 Set Goals. Measure Progress. Reward Performance.
 Give Everyone a Stake in the Outcome.
 Strive for Continuous Improvement. Make it Better.

'Closner sends'

The low-down on PME

by Maj. Gen. John Closner, commander, Air Force Reserve

No doubt you've heard our friends in the active duty side of the house talking about the need for in-residence Professional Military Education as a prerequisite for promotion. Gen. Merrill McPeak, Air Force chief of staff, recently produced a videotape discussing this idea, along with several others related to the Year of Training.

Some of you may be wondering what this means to the Air Force Reserve. As briefly as possible, here's the story. We expect you to

complete the appropriate level of PME for your grade before you advance to the next grade. If you don't get it done, you won't get promoted. The only difference between us and our active duty partners is that we still allow you to complete the courses by correspondence.

It's a fair policy because it recognizes the unique nature of your service and the many competing demands for your time. In-residence PME may not be an option for you, so correspondence work offers a viable alternative to enhance your value to the Reserve and keep you competitive.

Military professionals realize that training often spells the difference between victory and defeat. That's why the Air Force Reserve recruits highly experienced people who come to us prepared to succeed. Then we build upon that experience by giving you the opportunities you need to hone your skills to a razor edge.

The most important elements of our equation for success are you and your willingness to learn. Whether you are a trainer or a trainee, make the most of your training opportunities.

Rodeo time

by SrA. Shannon Armitage,
934th Group UPAR

Head 'em up, ride 'em in -- it's time to lasso up those planes and head on down to the corral.

For the third time in four years, the 934th Airlift Group will represent the wing in Air Mobility Command's Phoenix Rodeo '93, formerly called Airlift Rodeo and Volant Rodeo.

Though aircrews from all over the world participate as in the past, this year the rodeo moves to Little Rock AFB, Ark., June 6-12. Crews on C-130, C-141, C-5, KC-10 and KC-135 aircraft will compete for both specific aircraft honors as well as overall best aircrew, according to Capt. David Gerken, project officer with the 96th Airlift Squadron.

Gerken said the C-130 aircrews are graded on airdrops, air landings and assault landings, and maintenance crews are graded on preflight inspections, fuel service inspections and aircraft handling on the flight line. "There are two and-a-half pages of awards that they give out," he added.

SMSGt. Michael Dressen, 27th Mobile Aerial Port Squadron, said the 27th also will compete in this year's rodeo. He said their team is graded while unloading and offloading pallets with aircraft engines running, called EROs. "The faster your team is, the more likely you are to win," he explained.

"It's a total team effort," Dressen continued. "If your maintenance crew, aircrew and aerial port crew all excel, the better chance you have of doing well."

Lt. Col. Thomas Wolff, commander of the 934th Logistics Group, said that the 934th has as good a shot at winning as anyone else. "Our aircraft are a little older than most of them that are going to be there in June," he said, "so it might be a little tougher for us to win."

Reserve briefs

Base closures

Air Force Reserve units in six states may feel the impact if the Department of Defense's recommended base closings and realignments are adopted.

If approved, AFRES would assume responsibility for two Air Force Bases -- McGuire AFB, N.J., and March AFB, Calif. -- and move units at six other locations.

Air Force installations targeted for closure or realignment actions which affect AFRES units are: Bergstrom and Carswell AFBs, Texas; Homestead and MacDill AFBs, Fla.; Travis, Mather, McClellan and Beale AFBs, Calif.; Willow Grove ARS, Pa.; and O'Hare IAP ARS, Ill. (AFRNS)

BDU rank

The return of sleeve chevrons and collar insignia to battle dress uniforms has been approved. Gen. Merrill McPeak gave the go-ahead for service members to sew stripes back on BDU sleeves or put officer rank back on the collar -- but retain the aircrew-style name patch.

Officials said the chief of staff reacted to a telephone survey and feedback from the field showing a strong, positive response for using rank insignia on the BDUs. Units will still use operations and maintenance funds to cover sew-on costs for enlisted people.

The mandatory date for adding the rank insignia and leather name patch Air Force-wide is Oct. 1, 1995. For 934th members already wearing the leather name patch, rank must be added by Sept. 1, 1993. (AFNS)

New AFSCs

Under a new system, Air Force Specialty Codes will soon be revised after 40 years of use. There will be fewer codes, and the revised codes will represent a broader range of skills and knowledge.

Officials said this means more generalists and less specialists, with people acquiring broader expertise and more responsibility in their jobs. AFSCs are scheduled to be redesignated this October. (AFNS)

Career issues

Group medical and dental insurance, a career management board and career life cycle models are among the issues being tackled by an Air Force Reserve Process Action Team, or PAT.

Since May 1992, a 25-member PAT has been looking at a total of 45 issues determined to affect the well being of unit-level, traditional reservists during peace-time. The issues fit into three areas of concern: leadership and utilization, sustainment, and training.

Once complete, the team will develop a briefing for unit reservists. Additional information is planned for publication by early June. (AFRNS)

Safety award

The Air Force Reserve has won the Col. Will L. Tubbs Memorial Award for Ground Safety, Category I, for its ground mishap prevention in fiscal year 1992. Last year was the second consecutive year the Reserve had no on-duty fatalities and an 80 percent reduction in on-duty military injuries. (AFRNS)

Community College

Community College of the Air Force enables an enlisted airman to earn an associate degree in applied science in a career-related field. It offers 69 programs in five career areas.

The students combine Air Force technical training, professional military education and general education credits from accredited colleges and universities to earn their two-year college degrees. For more information, contact the 934th training office at base extension 5330.

The "simulated war" is a done deal, now the "inspection war" looms ahead

'Don't let up'

by Cherie Huntington

Another "war" has come and gone, and by all appearances, the 934th Airlift Group won again -- this time, on the "battlefields" of Volk Field, Wis.

The April 1-4 exercise was the last group-wide activity in preparation for the June 24-27 limited Mission Capability Validation (MCV).

"June's inspection will mirror the April exercise," said Capt. Gerald Vowell, director of plans for the 934th Plans Directorate.

Though the inspection primarily involves the 27th Mobile Aerial Port Squadron, most 934th units will be tasked, as was evident in the April exercise.

In fact, according to Maj. Dick Gabe, tactics officer for the 934th Operations Support Flight, the exercise resulted in high activity levels -- as well as high success rates.

"The weather was perfect for flying," Gabe said. "We had clear skies and light winds -- no one could ask for more." The cooperative weather helped produce 56 sorties during the four days, including 108 paratroops dropped, 10 tons of equipment airdropped or airdropped, and two aeromedical evacuation

missions. Just over 300 people and four aircraft deployed to Wisconsin, with two more aircraft deploying for the aeromedical action.

A new concept was tried on for size in this exercise. The Mobility Processing Unit was shelved in favor of unit-level processing. Anyone with discrepancies, such as lost dog tags or a needed shot, is sent to take care of that need.

"Almost everybody liked not having to go through a mobility processing line," Vowell said. "It really saved time."

He added that the Consolidated Base Personnel Office reported little action, which could mean there were few discrepancies at the unit level. "We don't know if the units were checking as thoroughly as they should be," Vowell said. "This time, we had no spot checks. But if the units skipped processing, they're only cheating themselves." He stressed, however, that the ultimate responsibility for personal readiness rests with the individual.

MSgt. Anthony "Zack" Zacheretti, plans technician, praised supporting activities at the deployed location. "Transportation,

services and personnel activities all went extremely well," he said. "From what I saw and comments I heard, the hard work made it all very efficient." He added that all times were met during the exercise, plus all aircraft were early on the trip home.

Both Vowell and Zacheretti judged that though there were some glitches, the operation went both smoothly and safely.

"From what I've seen, if we accomplish in June what we did in April with minor adjustments, we should pass," said Zacheretti. "Everybody did a good job. Just keep that positive, upbeat attitude, because it's easy to get frustrated. We all need to get this inspection over and get on to other things. We've been consumed with mobility for two-and-a-half years to get this inspection done."

"See the plan, read the plan and know the plan," concluded Vowell. "Don't let up. We've already started planning for June's activities."

The UTA schedule remains as published (June 5-6 and July 10-11). Individual units may reschedule their entire unit or just individuals to support the MCV or the Aircrew Standardization Evaluation Visit in August.

Medical units: big changes coming

Both 934th medical units could be seeing dramatic changes as early as October 1993 if the current proposal is accepted by Headquarters Air Force Reserve.

The 934th Medical Squadron would grow from 70 members to 91 and receive far-reaching mission changes, according to CMSgt. Bryant Tate, the unit's Air Reserve Technician. Maj. Chris McKinnie, ART for the 47th Aeromedical Evacuation Squadron, said his unit would expand from 66 to 85 people.

Both agreed that studies following Operation Desert Storm are behind these proposed changes.

"In this proposal, our mission is changing, making us an Aeromedical Patient Staging Squadron, or APSS," explained

Tate. "Unfortunately, most of our build-up would be in the lower-ranking levels. We would lose a number of higher-ranking positions."

According to Tate, the new mission means that MedSq will no longer be a "stand alone" unit, but one dependent on an active duty APSS. "So we need a lot more worker bees than we have now, and fewer managers."

Tate added that the first time MedSq people got a look at the APSS was during Operation Desert Storm. "We went in there performing a function in which we had never been trained before," he said.

Though the clinic could be losing a number of Air Force Specialty Codes and higher-ranking members, the 47th appears

to have less to worry about.

"In Desert Storm, there weren't enough operations and support people to run aeromedical evacuation elements on a 24-hour basis," McKinnie said. "So what's going to happen is that we'll expand in numbers of medical service technicians, or 902X0s, and health service management personnel, or 906X0s."

He said the 47th will be more independent, as they will also have an accompanying equipment package, and it appears that not everyone will have to be on flying status. Also, the unit may gain another ART slot, going from three positions to four.

Both McKinnie and Tate expect a manning document in July or August, with possible implementation in October.

Mission



(Photos by Maj. Steve Hatcher)



Top photo, Capt. Gary Bray checks on write-ups on the aircraft prior to flight. Center left, Maj. Thomas Kieffaber (left) and Lt. Col. Dave Stegmaier file their flight plan in Iquitos, Peru. Center right, Stegmaier soars above the jungles. Right, navigator Lt. Col. David Klis checks the flight information guide for airport guidance and radio frequencies. Far right, a birds-eye view of living conditions in El Salvador.



PANAMA

They left the bitter Minnesota winter behind and headed for the sunny skies of South America

by Maj. Steve Hatcher

The sun is many hours from rising as another typical day begins in Panama for members of the 934th Airlift Group during this year's first Phoenix Oak rotation, March 6-20.

Maintenance personnel have worked through the night to get the planes ready for the work that lies ahead. Flight crews coordinate for the specific missions they have been tasked for that day. "It takes a coordinated effort by all members of the team to make this work," explained Maj. Ross Dekkay, a pilot with the 96th Airlift Squadron who served as mission commander during the rotation. "Mission success starts with the scheduling, depends on maintenance to get the planes ready, and this is completed by the crews who have been trained for these specific types of missions."

Missions may be as routine as delivering supplies into major metropolitan areas for U.S. embassies, or as threatening as landing on a dirt airstrip with a 1,000-foot canyon at the end surrounded by 200 Peruvian troops guarding a radar site that is badly in need of supplies.

"Experience plays a major role in our successfully completing these types of missions," said Lt. Col. Dave Stegmaier, aircraft commander and 934th vice commander. "Helping our country continue to support these types of operations is what it's all about."

The rotation of the 934th into Panama has been going on for many years, and many members on this latest rotation also had been involved on active duty long before the reserve forces got involved in Phoenix Oak. Yet for some it's a new experience.

"As a first-timer to Panama, I knew I'd get to use a wide range of tactics we practice and train for," commented Capt. Al Cannamore, a pilot with the 96th Airlift Squadron. "It's nice to be teamed with someone who's been here before. You can learn a lot from someone who knows this type of operation, and it will help me in the future."

Four aircrews rotate schedules -- from duty crew to alert crew -- so that everyone can get plenty of opportunities to experience a variety of missions in Central and South America.

"Crews have to be ready for any situation, even though some of the countries we fly into have been relatively calm," noted Lt. Col. Curt Breeding, 934th aircraft commander assigned to the 934th Operations Support Flight. "But you still never know what spark could ignite. On the day we flew to El Salvador, a foreign embassy was taken over by three armed men. Things happen that quickly there, so we have to be on guard for anything."

"The entire rotation takes on the attitude of the different members of the team," recalled TSgt. Dave Corrow, loadmaster from the 96th AS. "We do work hard and use a wide variety of skills we train for back home. I look forward to this every year."

The entire experience isn't all work and no play, however. The average temperature during the tour was about 90 degrees, and there was time to get out and experience the culture, tour the Panama



MSgt. Debbie Smith, 96th AS, helped with administrative support.



Flight engineer TSgt. Terry Preusse lends a hand loading fruit for airlift.

Canal, or try to get the golf game in shape before the season starts in Minnesota.

"The people do put in extremely long days, so it's nice that they also have a chance to get out and explore the interesting culture of Panama," Dekkay concluded.



Construction: full steam ahead

by Cherie Huntington

This spring, busy bulldozers on base are feeling none of the pinch from budget woes.

For the 934th, numerous military construction projects are beginning or continuing, protected from cutbacks, according to base civil engineer Dave Swanburg.

"Congress has provided special appropriations for property maintenance to take care of facilities," he explained. "The money is 'fenced,' meaning we have to use it for that purpose. Even the Reserve's 1994-95 budget request for facilities projects is proceeding through congressional channels with no reduction to date. That shows the Clinton administration's commitment to helping protect the infrastructure and maintain facilities."

Swanburg said current projects total about \$3 million, and next year's total nearly \$4 million.

Projects planned or underway for the near future include:

*** The new base exchange.** Swanburg explained that though the project is approved, the House Armed Services Committee has not allowed this type of project to be released for the bidding process at this time. In the meantime, a clean-up of the area has been completed, which was necessary since it used to be a below-ground firing range. The range, formerly owned by another military service, was buried at a time when there were no requirements for clean-up. Swanburg said the base literally had to "get the lead out," removing all the long-buried refuse from the range.

He added that once the project is released, it will be put up for bids and construction will begin soon thereafter. Whether or not the original target com-

pletion date of Oct. 1, 1993, will be met is unknown.

*** Other firing range clean-up efforts.** Near the present firing range, there is an old range formerly owned by another service. That range has not been used for many years, explained Swanburg, but it needs to be cleaned up. The present firing range will receive its own clean-up and modifications. "It will have a backstop to prevent lead from going anywhere it shouldn't," said Swanburg. "This is our biggest environmental project right now."

*** Continuing the removal of asbestos from the steam tunnels.** "This will start once we shut down the steam plant around May 15," Swanburg said. "This is the second half of the project, covering the east half of the base."

*** A new hazardous material storage building.** This warehouse will be used for both incoming hazardous material and outgoing waste, according to Swanburg. The building, located across from the mobility storage in building 803, is now under construction.

*** Asbestos removal beneath buildings 711, 715 and 852,** with the contract soon to be awarded.

*** Phased demolition of building 751, just short of the present base exchange.** "The asbestos was removed by the contractor, and the civil engineers are planning for demolition," said Swanburg. He said they are presently removing all steel piping for recycling, which will be followed by "the bulldozer and wrecking ball, one wing at a time."

*** Completion of the remodeling of building 822,** or the "engine shop," which should be done by early June.

*** Finally, major remodeling of building 852,** starting late this summer. "This includes handicapped access, new siding, central air conditioning and an interior facelift, for a total of about \$1 million," said Swanburg.

He said there are a number of smaller projects on the books, with the smallest priced in the \$25,000 range.



First-class delivery

Sgt. Robert Figgs, loadmaster with the 96th Airlift Squadron, helps keep the forklift aligned for offloading during a Phoenix Oak mission in Panama.

Photo by Maj. Steve Hatcher

As we inch our way towards retirement, we still don't know what's coming to us

The big

R

by MSgt. Darrell Habisch

One of the biggest "carrots" for serving in the Air Force Reserve has to be the retirement benefits, but it's also one of the least understood.

Some often-asked questions are:

- * How much is my retirement pay going to be?
- * When do I start to collect?
- * How many retirement points do I get for a UTA?
- * How many retirement points do I get for annual tour?
- * What makes a good year for retirement?
- * Do I get more benefits than just the pay?
- * Are my retirement benefits less than for those who retire from active duty?

While it's possible to go through your entire career without thinking about your retirement benefits, you would be wise to plan ahead. That means getting answers to questions. Some good places for answers are your unit career advisor, customer service at the Consolidated Base Personnel Office or the Casualty Assistance Office.

Pay and points

Retirement pay begins when you reach age 60, and the amount depends on the highest rank you held and the total number of points for retirement you've accumulated. Your point credits are a total of active duty training, including all active duty time served, inactive duty training, Extension Course Institute credit and membership credits.

One point is awarded for every day of active duty training served, including mandays. Four points are awarded for every UTA served. Up to 15 points are awarded to reservists each year for membership. Seventy-five points are typically awarded for each year of reserve duty, counting 12 UTA's, 15 days of annual tour and 15 points for membership. For prior active-duty service, one point is awarded for each day of duty served, typically 365 points for each year and 366 for each leap year.

Bottom line

Your total accumulated retirement points are then calculated in a formula to determine your approximate gross monthly retirement income at age 60. The Guard/Reserve retired pay formula looks like this:

- * Divide your total retirement points by 360.
- * Take this number and multiply by .025.
- * Multiply this number by the monthly base pay of the highest rank you will have held (or hope to) during your career.

This equals your approximate monthly retirement income. Remember that a typical year awards 75 points, adding this number to your present retirement points accumulated for an approximate number to use in this formula. The more duty you perform, including mandays and school tour days, the more points you'll accumulate.

A total of 50 points are necessary for a "good" year for retirement. Regardless of the total number of retirement points, which really determines the amount of retirement pay, you still need at least twenty "good" years served. This is easily reached by performing 12 UTA's for 48 points, and receiving the 15 membership points.

However, there is one catch. The Air Reserve Personnel Center (ARPC) at Lowry AFB, Colo., states that you must also be a "participating" member to receive a good year. A participating member is defined as one that has also performed at least 14 days of annual tour. Even if you have accumulated over 50 retirement points in one year but failed to perform your annual tour, you're not a participating member and don't receive a good year.

Other benefits

Your retirement benefits, other than receiving your pay at 60 years old and the amount, are no different than those of an active duty retiree.

At age 60, you'll receive a blue armed forces retiree card. You and your dependents will be eligible for space available travel; base exchange and commissary visits; use of visiting officer or airman quarters; plus Morale, Welfare and Recreation activities and other benefits, usually on a space available basis.

Valuable summary

Each year, approximately 60 days after your retention/retirement date, you will receive a summary of points and participation information for the previous year, as well as a summary of your total years of participation. This participation point system is the Point Credit Accounting and Reporting System, managed by ARPC.

You should review this carefully and report any discrepancies within 30 days to your orderly room and CBPO. This record is used not only for your retirement pay but to determine your eligibility for promotion.

To help correct any discrepancies or questions which may arise, either today or 20 years from now, you should keep at least one copy of all orders, AF Form 40A's and all other pieces of supporting evidence. These may become invaluable in proving your true level of participation, which could affect your retirement income.

Finally, even if you're not overly concerned about the administration of your military retirement, there's one compelling reason to wake up and be watchful. The downsizing of the federal defense budget means dramatic and far-reaching changes are in store, and retirements are by no means exempt from scrutiny. Now more than ever before, it pays to keep an eye on your retirement "bank account."

Viking Victors

TSgt. Mark Benefiel

New position: Recruiter, 934th Airlift Group.

Former position: AC-130 loadmaster, Duke Field, Fla.

Education: B.S., general studies, Liberty University, Lynchburg, Va.; private pilot's license.

Hobbies: Flying, tennis, hiking.

Goals: "To make Rookie Recruiter of the Year and to recruit quality people for a quality force."

Family: Wife, Jodean; children Sarah (8), Joseph (4) and Noah (2); live in Richfield, Minn.

Comments: "I'm really glad to be here. This is a beautiful area with so much to offer. This unit is a great one, and I'm glad to be a part of it. You all have already made me very welcome, and I really appreciate that. I look forward to working alongside all of you in the future. Together, let's make this unit the best in the Air Force Reserve."



SrA. Shannon Armitage



Award: Air Force Reserve Unit Public Affairs Representative of the Year 1993.

Unit: 934th Airlift Group.

Job responsibilities: Paralegal with the 934th Judge Advocate.

Education: Senior at Metropolitan State University, Minneapolis, majoring in written communications.

Hobbies: Traveling, reading, writing short stories.

Civilian occupation: Full-time student; editor of *The Metropolitan* college newspaper; and just started reporting for *The Powderhorn Paper*, a neighborhood newspaper.

Professional organizations: Sigma Delta Chi (Society of Professional Journalists).

Goals: "To pursue a master's in creative writing; become an editor/owner of a community newspaper and part-time college instructor; and, maybe, a law degree."

Family: Parents Joe and Marlene Armitage; sister Erin; spousal-type figure Jesse Dowd; dog Choe; cats Joe and Jasper.

Comments: "Working with the public affairs office was a great opportunity for me. They taught me more about writing, the media and newspaper design than I ever learned in school, enabling me to get my foot in the door in the real world. This award should go to them, too, because they gave me the time to make mistakes and learn from them."

News Briefs

Military driver's license

Reservists and civilians required to drive government motor vehicles will soon need a current military driver's license (AF Form 2293) in addition to a state license. Previously, only a state license was required for up to a one-ton vehicle.

Effective May 31, people assigned to Air Force Reserve bases must have a current, valid military license when operating government motor vehicles, on or off the base. The license expiration date must match the expiration date of state and commercial driver's license issued to federal civilian employees.

For more information, the vehicle operations office at base extension 5577, or stop by transportation in Building 745 to update a license.

Motorcycle registration

Now it's not so easy for people — both civilian and military — who want to register or renew registration for

a motorcycle, scooter or mo-ped on base.

Headquarters Air Force Reserve now requires proof of completion of a Motorcycle Safety Foundation Basic or Advanced Rider's Course. This is required in addition to state testing requirements.

Individuals are responsible for obtaining this training. Registration information is available from the base safety office, base extension 5508, or security police pass and identification, base extension 5401.

Public affairs award

The 934th Public Affairs Office has won the 1992 Outstanding Community Relations Award (Host Base) for the Air Force Reserve. The office also earned the award in 1990.

Trespass notice

The 934th Airlift Group firing range located on Ft. Snelling grounds is off limits to unauthorized personnel.

Trespassing is illegal and dangerous. For additional information, contact the 934th Security Police, 760 Military Highway, Minneapolis, MN 55450-2000.

Smoking policy

Air Force Regulation 30-27, Smoking in Air Force Facilities, specifically prohibits smoking in all Air Force vehicles and aircraft. Violators will be subject to appropriate disciplinary action.

Story ideas

The Viking Flyer staff is always looking for story ideas from its readers. If you have an interesting or unusual hobby or civilian job you'd like to share with your fellow reservists, send it in writing to public affairs, Bldg. 760, Room 210, and be sure to include your name and base extension number. You may also call the office at base extension 5337 with your story idea.

Kudos

PEP promotions

MSgt. Jeffrey Bueche	MAPS
MSgt. Mark Hartnett	AS

Promotions

MSgt. Thomas Adriaens	CES
SSgt. Dean Bemis	AS
SrA. Michael Bluntson	MedSq
TSgt. Russell Carnes	CES
SSgt. Daniel Christensen	MAPS
TSgt. James Courneya	OSG
SSgt. Brian Dietz	LSS
SSgt. Brian Doffing	MS
TSgt. Wayne Elo	LSS
SSgt. Donald Fletcher	MS
Maj. Jeffrey Foster	AG
MSgt. Luis Garrido-Godoy Jr.	LSS
MSgt. Marlena Gilbert	MAPS
TSgt. Lonnie Gillespie	AS
SMsgt. Daniel Goebel	CES
SSgt. Jeffrey Grates	SPS
SSgt. Stefan Halushka	MSF
A1C Brian Hanson	MS
MSgt. Michael Hartman	AS
SSgt. Bradley Hernke	MS
MSgt. Douglas Himango	CES
SSgt. James Hoehn	MS
SSgt. Christopher Hoffman	AS
MSgt. David Hunter	LSS
SSgt. Kevin Johnson	MAPS
TSgt. Genel Kampf	OSF
MSgt. Reid Koepf	CES
TSgt. Richard Kullmann	MS
SrA. Manfred Kunoff	MS
SSgt. Traci Lewis	LSS
SSgt. Matthew Lokensgard	AS
SSgt. Kent Long	MAPS
SrA. James Marsolek	MS
MSgt. Robert McGonigal	LSS
SSgt. Larry Meyer	MS
SSgt. Michael Moldrem	SPS
MSgt. Craig Molm	LG
SSgt. Leo Moreno	SPS

A1C Paul Olson III	MAPS
TSgt. Dean Ostlund	CES
SSgt. Paul Parsons	AS
SMSgt. Robert Peterson	CES
SrA. Sean Phillips	SPS
SSgt. Paige Pietersen	SPS
MSgt. Randy Polansky	LG
SrA. Shannon Polk	SPS
TSgt. Steven Priebe	MAPS
MSgt. Mark Reins	OSF
SMSgt. Joseph Sacco Jr.	LSS
SMSgt. David Skirka	CES
SMSgt. Gary Smith	AS
A1C Marian Smith	AES
SSgt. Thomas Stephenson	MAPS
TSgt. Clarence Summers	CES
SSgt. Mark Tesch	MS
SSgt. Wendy Welter	MWRS
SSgt. Jeffrey Wills	MS
SSgt. John Wulfing	MedSq

SSgt. Earl Dodge	MS
MSgt. David Friestad	MS
MSgt. Michael Hartman	AS
SSgt. Mark Hesse	MS
TSgt. Steven Hoy	AS
SSgt. Mark Janey	AS
SSgt. Donald Johnson	MAPS
SrA. Van Johnson	MS
TSgt. Robert Kahl	SPS
SSgt. Kenneth Kruger	MWRS
MSgt. Robert Kuklok	SPS
MSgt. Gerald Lenorud	MedSq
MSgt. Robert McGonigal	LSS
SSgt. Anthony Orr	SPS
SSgt. Robert Rivard	SPS
TSgt. David Sowers	CES
SSgt. Robert Steffens	CES
SSgt. John Telschow	MAPS
SSgt. Moya Wilkinson	MS

Newcomers

Sgt. Kurt Aubart	LSS
Capt. Deborah Besselaar	AG
A1C Stacy Campbell	MWRS
Sgt. Michael Dvorak	MAPS
AB Terri Floerchinger	MWRS
Sgt. Francis Green	LSS
SSgt. Jeffrey Jacobs	CES
Sgt. Louis Jaeger	MAPS
TSgt. Arthur Komomua	MSF
SSgt. Koren Kuznia	MedSq
Sgt. Anderson Lewis	CES
Sgt. Parker Manning Jr.	AS
SSgt. Craig Moore	MS
SrA. John Osgood	AES
Capt. Douglas Smith	AS
SrA. Bradley Weis	SPS

Reenlistments

MSgt. Patrick Bestick	AG
MSgt. Patricia Boettner	SG
SSgt. Earl Dieltz	MAPS

CCAF degrees

(Associate in Applied Science, with field noted)
MSgt. Elizabeth Axtman, MedSq, Medical Laboratory Technology
SSgt. Larry Dean, AG, Public Affairs
SSgt. Mark Janey, AS, Aircraft Maintenance Technology
MSgt. Sandra Strom, CES, Administrative Management

Retirements

TSgt. John O'Brien, a services specialist with the 934th Morale, Welfare, Recreation and Services Squadron, retired after 21 years of service. He was awarded the Air Force Commendation Medal upon retirement. O'Brien served four years in the U.S. Navy during the Korean War, and the next 10 years of his career he was a law enforcement specialist. As a civilian, he is a fabrication inspector with UNISYS in St. Paul, where he has worked now for 36 years. He is a member of Moose Lodge 963 in Maplewood, Minn., and he lives in New Brighton, Minn.

With 19 years of experience, he likes to run for fun but --

Cross train for success

by SSgt. Janet Byerly

For SSgt. John Bristol, running is the perfect hobby, and it's something he happens to be pretty good at. The unassuming 32-year-old won't tell you that, however. You'll have to drag the information out of him.

What he would rather talk about is his involvement in the sport, from coaching high school track and offering training tips to organizing fun runs.

"Cross training is really key to running, especially for people who are just getting started," said Bristol, a flight instructor with the 47th Aeromedical Evacuation Squadron. "They should do varied workouts of 20 minutes a day or so at first, alternating between running and biking, or running and swimming."

Bristol, currently in training for Grandma's Marathon in Duluth next month, uses cross training in his workouts, too.

"I swim for aerobic conditioning, bike for muscle tone and aerobic conditioning, and use the stair-climbing machine to develop the quadriceps, which gives me a better knee lift and stride," he explained.

Not only is a varied workout important, but stretching, nutrition and rest also play an important role, Bristol said.



Bristol

"Stretching is really key to preventing injuries, especially for older runners and those who are just getting started," he said. "Eating right and getting proper rest are also really important."

"Rest means not only varying the intensity and type of workout: a long, easy run one day, followed by a short speed workout the next, for example; but also taking a day off once a week," he continued.

After more than 19 years of running and a variety of coaching experience in the sport, what keeps him going?

"I enjoy the solitude of running," Bristol explained. "I use the time by myself to relieve stress.

"But two or three times a week I run with a group of runners at a local health club. I enjoy the camaraderie and conversation running with a group provides, too," he said.

Bristol has completed three marathons, with a PR (personal record) of 3:07 at Grandma's Marathon in 1989.

"I plan to run Grandma's and The Twin Cities Marathon this year," he said. "I would like to qualify for the Boston Marathon, too.

"I run races because I like to have a fixed goal, a reason to go out there on rainy days," said Bristol, who ran outside all winter.

Also on his running resume are several fun runs he has organized.

"My favorite was 'The Teddy Bear Fun Run' that was held in Minneapolis for three years," he said enthusiastically. "We got someone to donate teddy bears, and each runner carried a bear and ran five kilometers to a children's medical center where we gave the bears to the kids. It was great. I would like to do that again; it was a lot of fun."

Once he achieves those goals there will likely be others, including concentrating on shorter races once he achieves his marathon goals, plus coaching and volunteering at high school meets.

"I just go with my interest in running and fitness, and see where that takes me," he concluded.

MWR BRIEFS

'Herk Hustle'

Don't forget about the Herk Hustle 5K Fun Run/Walk today, Saturday, May 1, starting at 5 p.m. near the softball fields. Registration is free. To register or purchase a T-shirt for \$5.00, stop by MWR in Building 852.

Softball

The tentative softball schedule includes a men's tournament, Saturday, July 10, off-base; and a coed recreational tournament on Aug. 7 and Sept. 11, on-base.

All units are reminded to turn in their softball rosters to MWR.

Upcoming action

In June, there will be a beach party with volleyball, a limbo contest, music and food held at the volleyball court adjacent to Building 716.

A golf tournament is planned for August, and the annual Family Day will be in September.

Community events

Even if you didn't kick off your official summer running or walking program by entering the 934th's "Herk Hustle 5K," a number of local events in May might entice you.

For information or entry forms for the following, contact Cherie Huntington, base extension 5337, with the 934th Health Promotion Program Committee:

* Saturday, May 8: "K9-5K" Walk and Run for Animals, may also participate with leashed pets, Como Park, St. Paul.

* Saturday, May 15: Daffodil 5K, Lake of the Isles, Minneapolis; Thai Two On 5K, downtown Minneapolis.

* Saturday, May 22: Melpomene 5K Run/Walk, separate events for men and women, Minneapolis.

* Monday, May 31: Ronald McDonald House 5K, Minneapolis.