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# VIKING FLYER

members of the 934th AG, Air Force Reserve, Minneapolis-



# VIKING FLYER

## EDITORIAL STAFF

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UPAR of the Year 1992)\*

\* Indicates this month's contributors.

## On the cover



(Photo by MSgt. Tim Turner)

SSgt. Karen Jones, 47th AES, was one of Patriot Pitt's disappointed competitors following the exercise's cancellation when bad weather hit Pittsburgh on Oct. 30. See the story on page 5.



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# First year milestones

by Col. Michael Gjede,  
934th group commander

It's hard to believe that a year has passed since I took command of the 934th. They say time flies when you're having fun . . . and this year has certainly passed quickly.

The year has also been a diverse one. We've supported various flying operations and have provided training opportunities for our folks all over the world.

We've been "adopted" by Air Combat Command, which means a lot more than simply changing our tail markings again. We've successfully completed both an Operational Readiness Inspection and an Aircrew Standardization/Evaluation Visit. And, last but not least, we've taken the first step in our Quality journey.

While it's easy to sit back and look at the year in review, we must consider the challenges in the year ahead. After the Christmas holidays, it's back to Germany to support Operation Provide Promise in Bosnia. And as I've said to most of you in your commander's calls, it's time to start preparing for the Quality Air Force Assessment (QAFA, called "Cafe"),



Gjede

scheduled for August '94. We'll be having a dress rehearsal of sorts when we receive a Staff Assistance Visit from 4th Air Force in March. I'd like to see all units "QAFA-ready" for the SAV in March.

These are just some of the challenges we'll meet in the coming months. I feel confident we have the tools, people and expertise to achieve the outstanding results we deserve. □

## Passing of a hero

General Doolittle's spirit, integrity lives on

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

The United States lost a true hero when Gen. James H. "Jimmy" Doolittle passed away at the age of 96. He was the highest ranking Reserve general in our history. Doolittle caught the nation's

attention when he led the daring B-25 raid on Japan from the deck of the USS Hornet in 1942.

Even though we have lost one of the most beloved figures in our country, I believe his spirit and legacy can and should live on. We, in the Reserve, pride ourselves on our dedicated service to our nation. This was one of General Doolittle's traits. Another is described by his son, John, in the Washington Post, "If you want one word to define him, that word is integrity." Dedicated service and integrity are basic to our values. We can afford no less from every reservist. If we live by these traits our nation's future will be far more secure as we confront today's ever increasing challenges. □

## UTA schedule

Stay alert for future changes!

Jan. 8-9, 1994	May 14-15
Feb. 5-6	June 4-5
March 5-6	July 30-31
April 9-10	Aug. 13-14
	Sept. 10-11

## Briefs in blue . . .

### Bottom-up review goals

The bottom-up review identifies force structure required to maintain and win two nearly simultaneous regional conflicts, according to defense secretary Les Aspin.

According to the review, the Pentagon's objectives also include:

- \* **Deter** and, if necessary, defeat major aggression in regions important to the United States,
- \* **Prepare** U.S. forces to participate effectively in multilateral peace enforcement and unilateral intervention operations,
- \* **Continue** to adapt existing alliances and build new ones to enhance regional and global security.

"We are not going to withdraw from our involvement around the world," Aspin said. "While we no longer need to prepare for global war, the new dangers to our interests are global. Our review spelled out what military forces and capabilities will be needed to meet the new dangers." (AFNS)

### Increased credit

Army and Air Force Exchange Service officials have announced a \$200 increase in the credit limit for purchase of uniform items under the Uniform Clothing Deferred Payment Plan.

The \$500 limit, no-interest credit plan has a payback period of eight months. The program also applies to uniform orders through military clothing catalogs. For more information, call the base exchange at 726-9023.

### Contracts required

Military personnel and civilian employees who obligate the U.S. government to receive goods or services without a contract may find themselves liable for the bill, disciplinary action or both.

People unfamiliar with procedures should seek assistance from their base contracting office, according to Reserve officials. In one case, a civilian employee was placed on two weeks of leave without pay. Action is still pending for four instances of services costing close to \$72,000. (AFRESNS)

### Brief briefs . . .

**The Department of Defense** plans to proceed with its new "Don't ask, don't tell" policy now that the Supreme Court has temporarily granted a stay against a federal district judge's ruling on homosexuals in the military . . . **The unit program's** new congressionally mandated ceiling is up to 69,106, and commanders have been granted flexibility to fill units to 110 percent . . . **1st Lt. Leslie DeAnn Crosby** is moving closer to becoming the Air Force Reserve's first women fighter pilot as she now works at completing F-16 training in Tucson, Ariz. . . **Air Force Morale, Welfare, Recreation and Services** will soon shorten its name to Services, keeping its slogan, "Doing good things for people." □

## Season's greetings

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

**T**his time of year represents joy and hope. The world still has its full measure of challenges we could dwell on, but during this holiday season I'm asking you to focus on the excitement and joy the holidays represent.

May this season bring you every good wish for health, happiness and fulfillment. Angela joins me in wishing you the happiest of holidays and a joyous New Year. Thank you for your service to the Air Force Reserve and our nation. God bless you all. □

## Reaching out at Christmas

by Chap. (Lt. Col.) Peter Esterka,  
934th senior chaplain

**N**ight is the setting for the two greatest feasts of the Christian calendar, the birth of Jesus and his rising from the dead.

In many ways both feasts celebrate the fact that there is no darkness so strong that it can overshadow the light of Christ. No sin is so destructive that it cannot be overcome by the presence of Immanuel, God with us. Night seems frightening to us, but the light that comes in the midst of that night really brings peace and joy.

In our society, we are experiencing a particularly difficult sense of "night" in which unknown and terrible, destructive things are done. We see it in crime, violence and abuse, much of which is perpetrated at night. People become frightened and isolate themselves behind doors and walls and weapons. Because of that, it can seem that the dark side of night is taking over in our society.

This unfortunate isolation of individuals, one from another, is caused by sin, injustice and unwillingness to reach out to others. But instead of hiding and being afraid, instead of giving in to despair, we need to fight back by becoming light in the darkness. We should be doing exactly that by reaching out and giving of ourselves to others. If we could continue to so act beyond the season of Christmas, we could heal the roots of sin and take care of those whom we would otherwise fear.

Christmas is usually a family affair, but as some families are already doing, we should reach out beyond that narrow circle, because the darkness reaches even further.

What will you do this Christmas to bring a reflection of Christ's light into the darkness?

As Christmas Eve approaches, I wish you a merry Christmas and a happy New Year. □

**HAPPY HOLIDAYS**

# Sexual harassment

## *Local training classes will help heighten awareness, head off problems before they start*

by Mark Davldson,  
934th public affairs

**T**he chief of the 934th Social Actions Office has heard all of the cliches and excuses. "We don't have a sexual harassment problem on this base," "No problems in my shop," or "Why do women find some of these jokes offensive?" His response is that people might be surprised to find out problems do exist -- or at least the potential for problems.

"We don't have a *open* sexual harassment problem here at the 934th," said Lt. Col. Augustus Granger, chief of social actions. "But we must be aware of, and sensitive to, all of the people in our shops and offices. There could be people who are just sitting there quietly but not liking what is being said in their workplace."

**To head off any problems** in the Air Force Reserve, all base reservists will receive a one-time, three-hour block of sexual harassment training before the end of 1995.

"The Air Force Reserve wanted to take a 'proactive' approach to the sexual harassment issue," said Granger. "Our headquarters personnel developed a training session that isn't a dry lecture, and that will reorient people's thinking about other people's sensitivities."

**The first 30 minutes** of training reviews the sexual harassment policies of the Department of Defense and the Air Force, according to Granger. Then a two-minute Air Force Reserve video follows, explaining the Reserve policy.

"The next two hours will be spent with the 30-person class being broken down into smaller groups to analyze case studies of actual sexual harassment cases," said Granger. "Of course, the real names and base locations have been sanitized."

The three or four case studies, explained Granger, will be sexual

harassment cases of varying degrees. After analyzing and talking about the cases, Granger said the class forms up again and discusses what they learned in their groups about sexual harassment.

**He sees three benefits** of this training. "The first benefit is that all people will learn what defines sexual harassment," he said. "The second benefit is that people will learn more about their attitudes, and other people's attitudes, by their reactions to the cases studies.

"Finally, people will have a better appreciation of what kinds of hostile work environments are created by sexual harassment," said Granger.

**After the first few classes** are taught by the social actions instructors, Granger will be looking for reservists from those classes to facilitate future classes.

"This is a unique chance for non-social actions personnel to assist in facilitating these classes," said Granger. "We already have five facilitators, but we are looking for more, especially female unit members."

The classes, which started in November, are being held at the Air National Guard side of the base due to classroom limitations at the 934th, with bus transportation available. Granger emphasized the support the training needs from unit commanders and first sergeants to make sure their people attend this training as scheduled.

**So far, according to Granger**, the comments from the first class attendees have been positive. "The whole purpose of this training is to help accomplish our base mission by eliminating negative problems like sexual harassment," he said.

He doesn't expect a surge of sexual harassment complaints as a result of increased awareness from the classroom sessions, however.

"If, after this training, more people do feel like they are being harassed, or they are working in a hostile workplace, I want them to work through their human relations representatives in their units," Granger said.

"If they don't resolve the issue at that level, stop in at social actions and talk to us about the problem," said Granger. □



# 'In the pits' over canceled Patriot Pitt

After months of planning and hundreds of competitors converging on Pittsburgh, a snowstorm made nature the undisputed winner

by MSgt. Tim Turner,  
934th public affairs

If you thought only parades and ball games got called off because of bad weather, think again.

A winter storm dumping over a foot of snow on parts of the east coast on Halloween weekend canceled Patriot Pitt '93, an Air Force Reserve exercise held annually to test the abilities of aeromedical, maintenance and aircrew teams.

It was the first time the 6-year-old competition has been called off because of bad weather. It was slated to take place Oct. 30 at Pittsburgh IAP ARS, hosted by the 911th Airlift Group.

More than 300 people from 18 C-130 and C-141 units all over the country, including a 17-person team from the 934th, had hoped to participate. Even a group from Germany had come to the "City of Steel" to test their mettle.

But when the eager competitors awoke the morning of the exercise, their hopes began to fade under a shroud of fog as the storm began moving up the Ohio River valley.

"Two years ago, the 934th won the first-place trophy for combined performance at the Patriot Brew exercise in Milwaukee," explained Capt. David Gerken, pilot with the 96th Airlift Squadron and mission commander for the 934th team. "We really wanted to recapture that trophy, but the only winner this year was Mother Nature."

And as nature's fury increased, the likelihood of pulling off the competition diminished by the hour, according to Maj. Gerry Wellner, public affairs officer for the 911th.

"The exercise was canceled in several phases," he said. "The airdrop portion was called off at about 8 a.m. because the drop zone was blanketed in fog as the storm moved in. Then at around 9, the aeromedical



phase was modified to loading the 'wounded' patients on the planes but simulating takeoff."

However, as the snow became heavier and the mercury fell, Patriot Pitt officials canceled the entire exercise at about 11 a.m.

"The exercise was scrapped for safety reasons," said MSgt. Gregory Koury, a crew chief with the 934th Maintenance Squadron and Patriot Pitt participant. "Although the 934th and many other bases are used to training in wintry conditions, exercise competitors from southern bases

aren't. Everyone from our team was disappointed that we couldn't show our stuff, but safety comes first."

Among those disappointed was SSgt. Karen Jones with the 47th Aeromedical Evacuation Squadron. "The exercise would have given me a chance to get feedback on how to improve my skills under conditions that are as close to a real war as you can get," she said. "It also would have provided the 47th with an opportunity to train with our base's maintenance and aircrew personnel, something we don't get to do much at home."

"It's a shame the weather was so bad, because I'm sure the 934th team would have walked away with a trophy," commented Col. Michael Gjede, 934th group commander, who was in Pittsburgh to observe the exercise.

But just before the 934th team "walked away" from the 911th's ramp aboard the C-130 that would take them home, they eased Gjede's disappointment by presenting him with his own Patriot Pitt trophy -- a metal snow shovel.

"Given the circumstances," the colonel said, clutching his trophy, "this is a fitting award." □



The 934th aircraft, seen with its new Air Combat Command tail marking of "MS," met its first snow of the season in Pittsburgh.

(Photo by Maj. Steve Hatcher)

## Capt. Jerin McRath

**Award:** Junior Officer of the Year.

**Unit:** 934th Medical Squadron.

**Job responsibilities:** Officer-in-charge of immunizations, immunizations self-inspection monitor, Infection Control Committee.

**Born:** Feb. 17, 1964.

**Education:** Bachelor of Science in Nursing, University of Wisconsin, Eau Claire; Certificate in Nurse Anesthesia, Mayo Clinic, Rochester, Minn.; board-certified in nurse anesthesia.

**Hobbies:** Skiing, biking, reading.

**Civilian occupation:** Certified registered nurse anesthetist at Mayo Clinic.

**Professional organizations:** Reserve Officers Association, American Association of Nurse Anesthetists.

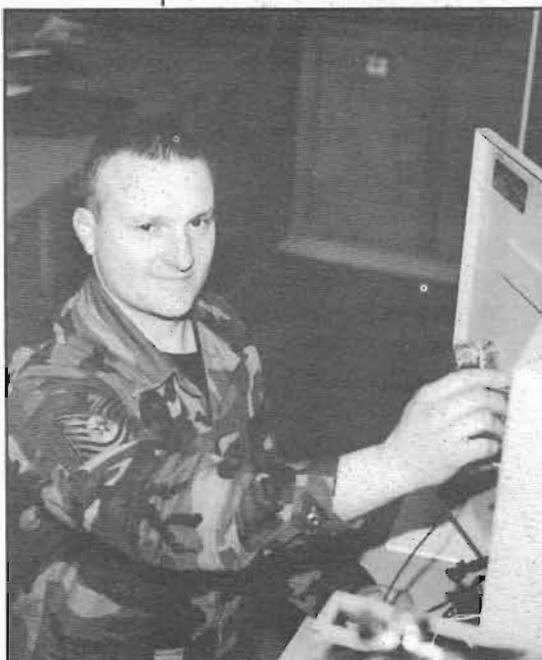
**Reaction to award:** "Thanks to everyone in the 934th Medical Squadron for your support -- couldn't have done it without you!"

**Goals:** "Plan to pursue a master's degree in management or health care administration."

**Family:** Husband, Michael; live in Rochester.



## MSgt. Philip Winkels



**Award:** Senior NCO of the Year.

**Unit:** 934th Civil Engineering Squadron.

**Job responsibilities:** Acting shop supervisor of 17-person shop, including interior electricians, exterior (high voltage) electricians and power production.

**Born:** Nov. 22, 1955.

**Education:** Graduate of Dunwoody Institute, Minneapolis.

**Hobbies:** Woodworking, cooking, history buff.

**Civilian occupation:** Federal civil service with Base Civil Engineering as an electrician.

**Professional organizations:** American Legion; St. Columba Catholic Church, St. Paul.

**Reaction to award:** "I've really enjoyed my 19 years in both the U.S. Navy and U.S. Air Force. It has given me a lot of experiences in life with people and enabled me to see a lot of the world."

**Goals:** "To build my own house from the ground up; to get more involved in my kids' lives!"

**Family:** Wife, Otilia; children, Jose (11) and John (9); live in St. Paul.

# TSgt. Joseph Brinza



**Award:** NCO of the Year.  
**Unit:** 47th Aeromedical Evacuation Squadron.  
**Job responsibilities:** Aeromedical evacuation technician, unit enlisted specialty training manager.  
**Born:** March 17, 1962.  
**Education:** Attending University of Minnesota in the physician assistant program; finishing associate's degree in allied health sciences through the Community College of the Air Force.  
**Hobbies:** Art, photography, wine collecting, outdoors activities.  
**Civilian occupation:** Certified surgical technologist, University of Minnesota Hospital, Minneapolis.  
**Professional organizations:** Association of Surgical Technologists.  
**Reaction to award:** "I would like to thank those who nominated me for this award. It's an honor to be chosen."  
**Goals:** "Complete my B.S. degree in physician assistant program; improve Enlisted Specialty Training through Quality."  
**Family:** Wife, Diane; children, Elizabeth (4), Andrew (2) and Sarah (1). Live in Maple Lake, Minn.

1993

# SrA. Jennifer Whorton

**Award:** Airman of the Year  
**Unit:** 47th Aeromedical Evacuation Squadron  
**Job responsibilities:** Develop scenarios and objectives for aeromedical evacuation missions; ensure mission paperwork is complete and correct.  
**Born:** April 16, 1968.  
**Education:** Working towards nursing degree with Community College of the Air Force, completed one-year degree in office administration at Dakota County Technical College, Rosemount, Minn.  
**Hobbies:** Riding motorcycle, sports, going to the gym, playing with our dogs.  
**Civilian occupation:** Weight and balance agent for Northwest Airlines, Memphis, Tenn.  
**Reaction to award:** "Very surprised and honored! I feel like my hard work has paid off."  
**Goals:** "To finish my nursing degree, start a family, and for my husband and I to live in the same state!"  
**Family:** Husband, Douglas (lives in Kansas City, Mo.); live in Memphis. Husband is also a reservist with the 442nd Security Police Squadron, Richards-Gebaur AFB, Mo. □



# NCO Club: 'Quality service, quality product'

by Mark Davidson,  
934th public affairs

Mark Twain once said, "The reports of my death are greatly exaggerated." The same claim can be made for the 934th NCO Club, according to club officials.

"The NCO Club is not going to close," said Dan Knight, the Morale, Welfare, Recreation and Services (MWRS) director.

"We have combined the management structure of the NCO Club and the Officers Club," said Knight. "This club complex allows for the cross utilization of employees from both clubs, only one purchasing agent for both clubs and a single complex manager."

Marcella Yoch, former Officers Club manager, is the club complex manager. Her theme for the club complex is "Quality service with a quality product."

"My number one goal is to get back the hundreds of members the NCO Club has lost over the last ten years," said Yoch. "I have developed a plan that focuses on the declining membership of the NCO Club and how to correct it."

The plan was implemented in August, according to Yoch. "We have spent hundreds of hours on training of the cooks, waiters, waitresses and hosts at the NCO Club on the greeting, serving and

preparation of food for the customer," said Yoch. "This training results in professional customer service for our guests that will ensure their return," she said.

The members will see a new menu at the NCO Club, according to Knight. "The members will see some price adjustments with prices going up slightly," he said. "But the customer will see that the quality of the food and service has improved."

Knight and Yoch are also working to implement

## Club benefits



Here are the benefits you get for club membership:

- \* \$10 coupon for night dining,
- \* Free member birthday dinner,
- \* 10% daily lunch discount, and
- \* \$2 coupon good every month.

Reserve personnel living outside the Twin Cities metro area pay only \$24 annually and get the free birthday dinner, ten percent discount on daily lunch and a \$2 coupon for a dinner. Others eligible to join are GS-8 and below federal civilians, contractor employees, technical representatives and people working here who are authorized logistical support.

physical changes in the club itself. "We have done some remodeling to the kitchen and the lunch serving area," said Knight.

"We are also working on developing a small, cozy area in the back of the ballroom for intimate dining," said Yoch.

Other areas slated for improvement include:

- \* Snack items at the bar,
- \* Lower inventory of food items to ensure fresh products,
- \* New equipment to keep food hot, and
- \* A new approach to the marketing and promotion of the club.

Both Knight and Yoch agree that an increase in membership is the key to increased sales. "We need communication, feedback and involvement with military personnel both off the base and on the base," said Knight. "We need to let the other military services in the Twin Cities area know that they can use the NCO Club and become members of it."

The \$48 annual dues for Twin Cities area members, according to Yoch, are the lowest in the Air Force Reserve, with reciprocal privileges worldwide. "You belong to a club that gives you back more than you pay," said Yoch.

"The ultimate goal shared by club management and the senior leadership of the 934th," said Knight, "is to make the NCO Club a profitable operation, or at a minimum a 'break even' operation."

It will take a little time to turn the NCO Club around and make it more customer oriented, said the two club officials. And they need help from the customers.

"We need input from the customers," said Yoch. "It is critical to know the needs and desires of the customers if we are to make the right changes or adjustments." □

## Flying high



Photo by Mark Davidson

"Heartland USA" magazine's Phil Schofield spent four days in October flying with the 934th, photographing action such as this C-130 flying trail during an airdrop mission. The magazine, with a circulation of one million, will publish the story in its February 1994 issue.

by MSgt. Tim Turner,  
934th public affairs

**W**alk by any base office and you'll probably see the familiar cardboard box for recycling paper products. Stroll into any 934th break room and you'll likely see a wastebasket for recycling pop cans.

Yes, it seems everyone here is doing their bit to protect the environment, and the 934th Civil Engineering Squadron's heating and refrigeration shop is no exception.

"Last year, eight of 13 people in our shop went through a certification program to teach us how to repair air conditioning and refrigeration units whose systems may be leaking chlorofluorocarbons (CFCs) into the stratosphere, causing the ozone shield to break down," explained SMSgt. Bob Peterson, NCO in charge of the shop.

In the mid-1980s, it became apparent that the annual thinning of the ozone shield over the polar ice caps is due partially to man-made CFCs. These are found in everyday goods such as the refrigerant in refrigerators and air conditioners. Without the ozone layer, ultraviolet rays can enter the Earth, increasing the risk of skin cancer, killing crops and sea life, and eventually playing a role in warming the atmosphere.

"Because of this threat, the Environmental Protection Agency has made it mandatory for all people who service or repair refrigeration units to know how to recover and store CFCs properly," Peterson said. During the last few months, Peterson and his crew have been checking many of the 934th's air conditioning and refrigeration units for leaking CFCs.

The so-called CFC recovery certification program, which was taught by Peterson, showed the reservists how to properly install a cooling system, remove and store refrigerants containing CFCs and familiarized them with the impact CFCs have on the environment.

"The CFCs escape into the stratosphere primarily because of leaking soldered joints and mechanical fittings in the tubing that cools the refrigerator or air conditioner," Peterson said. "Over

time, the tubing contracts or expands, or vibrations wear it to the point where it leaks."

The people in Peterson's shop solder the leaks and make any other repairs that may be causing CFCs to escape. "But before we can do that, we have to remove the refrigerant," explained SSgt. Dave Angerman, a heating and air conditioning specialist at CES.

A special "recovery machine" accomplishes this task. "The machine is really a large metal box that vacuums out the CFCs and stores them," Angerman continued.

He explained that the recovery machine is equipped with a hose that attaches to the unit and sucks out the refrigerant. "Next, any oil or other contaminants are removed from the refrigerant, and it's stored in an airtight container to prevent the CFCs from escaping," Angerman said. "Once the unit is repaired, the refrigerant is put back into the refrigerator or air conditioner."

Peterson said that the refrigeration and air conditioning units at the 934th containing large amounts of refrigerants are in bigger systems such as the walk-in coolers in the dining hall or the air conditioning unit in the main hanger. He was quick to point out that direct exposure to leaking CFCs is not harmful to humans.

Angerman noted that while the CFC recovery program is an important component of the heating and refrigeration shop's duties, they have many other responsibilities as well. "We also make electrical repairs to all the base air conditioning and refrigeration units, and operate and service the base steam plant, just to name a few of the things we do," he said.

As if their regular duties weren't enough, the shop has also been undergoing a transition program, thanks to a recent restructuring that combined the six people in the heating shop with the seven members of the refrigeration shop. "The merging of the two shops now means that all of the heating specialists have to learn what the refrigeration specialists do, and vice versa," Angerman indicated.

"No matter how busy our shop is, the CFC recovery program is a top priority," Peterson maintained. "With all the talk about how much the environment is being mistreated, I think all of us in the shop are glad we're doing our part to protect it." □

## *This shop takes care of the environment by policing 'ozone killers'*



*TSgt. Earl Rüsager, 934th CES, checks out an air conditioning unit.*

*(Photo by TSgt. Tom Dyer.)*

# Viking Victors: new commander, historian

## Lt. Col. Curtis Breeding



**New position:** Commander, 934th Operations Support Flight.

**Education:** Bachelor's degree in business administration, Washburn University, Topeka, Kan.

**Hobbies:** Golf, skiing, family activities.

**Civilian occupation:** Manager of B-727 flight training, Northwest Airlines.

**Professional organizations:** Life member, Reserve Officers Association; Airline Pilots Association.

**Goals:** "To assist the members of the OSF in accomplishment of our mission while maintaining an atmosphere of enjoyment, enthusiasm, dedication and professionalism."

**Family:** Wife, Bonnie; daughters Jennifer and Diana; Ethiopian foster son and daughter, Lofer and Zulfa Jobir. Live in Bloomington, Minn.

**Comments:** "The 934th has been my home for 13 years. I have enjoyed every minute of my life here. It's a great honor to be selected as the commander of the OSF and to have the opportunity to work with the wonderfully talented individuals that make up our organization."

## TSgt. Lisa Goetsch

**New position:** 934th Airlift Group historian.

**Job responsibilities:** "Complete periodic histories of the 934th for Headquarters Air Force Reserve. The history details 'what happened' in the unit during a specific period of time, including most aspects of operations, maintenance, support, personnel, exercises and deployments. The historian is also responsible for assisting with and maintaining all documentation pertaining to unit emblems, lineage and honors."

**Education:** Plan to earn Bachelor of Arts degree in accounting from Metropolitan State University, St. Paul, this winter. Completed two years in psychology at Western Michigan University, Kalamazoo, Mich., and two years in business administration at Holyoke Community College, Holyoke, Mass.

**Hobbies:** "The only hobbies I really have time for right now are going to school and doing homework!"

**Civilian occupation:** Senior financial accountant, Deli Express, Eden Prairie, Minn.

**Goals:** "Since the history office hasn't been staffed for almost a year, there is a lot of work to be done. My first goal is to complete a history for the period covering July 1992 through September 1993 and get the program back on track. From there, I hope to build a comprehensive history program that is more visible in the unit and the community."

**Family:** Husband Bruce, an Air Reserve Technician and supervisor with 934th Maintenance Squadron's nondestructive inspection section; cat Tigger.



## Billeting reservations

A 934th Process Action Team came up with new procedures for lodging, centered around an on-line reservation system. Now, reservations for the following UTA must be made between Thursday and the close of business Sunday of the current UTA. So this UTA, reservations must be made for January UTA.

Reservations should be made in person. When an individual is not present for the current UTA but will be present the following UTA, reservations may be made via telephone. Reservations made later than close of business on Sunday may not be guaranteed.

Failure to cancel a confirmed reservation by close of business Monday of the week prior to the UTA will result in the room charge being charged to the individual. Unpaid canceled room charges will prohibit future reservations.

Upon making a reservation, a member will be guaranteed a room, either on or off base, and given a confirmation number. Any questions should be addressed to the unit first sergeant or technician, or call the Lodging Office at Ext. 5316.

## Special mass

Catholic communal penance will be held during the December UTA mass, Sunday, Dec. 5, at 8 a.m., in the chapel in Bldg. 865.

## Coffee cups, patches

Souvenirs commemorating the 96th Airlift Squadron's 50th Anniversary are still available for sale. Historic aircraft coffee cups and anniversary patches are \$5 each. For more information, contact **Capt. Mike Huttner** or **Marilyn Olson** at Ext. 5570.

## ROA honor

**Maj. Paul Groskreutz**, support operations officer for the 934th Support Group, has been elected the new national historian for the 105,000-member Reserve Officers Association of the United States.

## Public affairs awards

The *Viking Flyer* placed third in the 1993 Air Force Reserve Print Media Contest in the magazine-format newspaper category. It will now compete in Air Force level competition.

**SSgt. Janet Byerly**, staff writer with the *Viking Flyer*, won second place honors in the sportswriting category.

## Sergeants Association

The Air Force Sergeants Association's Viking Chapter invites all enlisted personnel to join. Annual membership dues are \$18, which includes a subscription to *Sergeants* magazine. Members also have access to more than 30 services, as well as scholarship programs. AFSA fights for the interests of retired and active duty enlisted members of all grades of the U.S. Air Force, Air Force Reserve and Air National Guard.

For more information, contact your unit first sergeant or call Don Kent at (612) 323-9085.

## 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. □

## Kudos

### Promotions

SMSgt. Thomas Anderson	MS
Lt. Col. Michael Askins	CES
TSgt. Mark Benefiel	RS
Maj. Lynn Boldenow	AES
Capt. Scott Calvert	MWRS
SrA. Stacy Campbell	MWRS
TSgt. Brian Constans	CES
Capt. Michael Dargen	AS
MSgt. Bruce DeBoer	MedSq
SSgt. Shelly Downey	LG
Maj. Daniel Fredenburg	AES
TSgt. Leon Gilder	MSF
Capt. Toby Hammer	AS
TSgt. Curtis Henke	MAPS
SSgt. Christopher Hopke	MWRS
Maj. Michael Johnson	AS
SSgt. Kevin Klefsaas	SPS
MSgt. Sharon Lake	AES
MSgt. Scott Larsen	MAPS
TSgt. Paula Lovelady	LG
SSgt. Timothy Mikesh	CF
SrA. Joseph Mohlis	AS
SrA. Paul Olson III	MAPS
SSgt. Joshua Pangier	MS

SSgt. Daniel Roth	MS
Capt. Lynn Rydberg	AES
SrA. Scott Severson	AS
SrA. Marian Smith	AES
SrA. Tyron Warren	MAPS
TSgt. Penny Weber	CF

### Awards

<b>Meritorious Service Medal</b>	
Col. Dermot Norton (Ret.)	AG
MSgt. Patrick Bestick (Ret.)	AG
<b>Aerial Achievement Medal</b>	
Lt. Col. Timothy Anderson	AG
<b>Air Force Commendation Medal</b>	
MSgt. Richard Strom (Ret.)	CES
TSgt. Billy Stroud (Ret.)	CES
<b>Air Force Achievement Medal</b>	
SSgt. Theresa Diamond	MedSq

### Newcomers

AB Rachael Brown	LSS
Sgt. Paul Carpenter	MAPS
SrA. Sean Conway	MAPS
SrA. Michael Emo	CES
SrA. Nancy Etzler	MAPS
SSgt. Virlyn Gazaway	MAPS

SSgt. Rebecca Hanson	MedSq
SSgt. Mark Hazel	LSS
SrA. John Hengen	CES
SSgt. Ernestine Henry	LSS
Sgt. Thomas Lee	LSS
SrA. Paul Meier	MedSq
Capt. Bernard Motschenbacher	AS
SSgt. Keith Nye	CES
SSgt. Terrence Otis	MAPS
SrA. Troy Randall	CES
AIC Daniel Wetsch	MAPS

### Reenlistments

Sgt. Kenneth Barela	MSF
SSgt. John Boheman	MedSq
TSgt. Glen Dahn	MS
SrA. Jodie Eversman	LSS
Sgt. Christopher Hopke	MWRS
TSgt. Randy Kline	CES
SrA. Scott Koennicke	SPS
SrA. James Lynch	MS
SSgt. Gary Rolli	LSS
SSgt. Mitchell Shores	MS
SrA. Shirley Smith	MSF

□

## Sports training camps

**A**ir Force reservists who have the time to participate in higher-level competition can sign up for a variety of Air Force sports training camps next year. The training dates and host sites are:

- Boxing, Jan. 10-Feb. 5, Kelly AFB, Texas;
- Wrestling, March 1-29, Peterson AFB, Colo.;
- Men's basketball, March 3-15, McClellan AFB, Calif.;
- Women's basketball, March 7-20, Dover AFB, Del.;
- Bowling, April 10-16, Eglin AFB, Fla.;
- Volleyball, April 27-May 10, Eglin AFB;
- Track and field, May 16-25, site to be determined;
- Men's/women's softball, July 29-Aug. 15, Patrick AFB, Fla.;
- Golf, Sept. 4-10, Vandenberg AFB, Calif.; and
- Soccer, Oct. 16-29, Charleston AFB, S.C.

To qualify, reservists must be available to participate in the Armed Forces championships. They can apply for it by completing an Air Force Form 303, Request for Specialized Sports Training, then forward it to HQ AFRES/MW, 155 2nd St., Robins AFB, GA 31098-1635, at least 45 days before the event.

The request then goes to Air Force morale, welfare, recreation and services officials for review and selection. If selected, reservists are placed on active duty in a non-pay status and travel on permissive temporary duty orders. The Air Force pays for transportation to and from the competition site, and for lodging cost during the training camp. (AFRESNS)

## MWRS BRIEFS

### Santa Anonymous

The 934th's Santa Anonymous toy collection continues this month. Drop off a new, unwrapped toy at one of the collection boxes on base, or deliver cash donations to the chaplain.

### Gifts for sale

If you're looking for the perfect Christmas gift, the Recreation Services Office is selling 934th Airlift Group souvenir T-shirts and caps. Shirts come in medium, large and extra large sizes and sell for \$6; caps are \$5.

### Coming In January

There will be a karaoke contest on Saturday, Jan. 8, at the NCO Club. Anyone interested in singing or judging should contact Recreation Services Office.

### Coming In February

Downhill skiing at Afton Alps is set for the evening of Saturday, Feb. 5. Prices are to be determined.

### Relocations

The Recreation Services Office, Ext. 5316, and Omega World Travel, Ext. 5428, have relocated to the second floor of Bldg. 802 (fire barn).

## Bike fitness clues via Microfit

by SrA. Shannon Armltage,  
934th AG UPAR

**B**eing just a little bit paranoid of the new Air Force physical fitness test -- cycle ergometry -- I decided to try a similar test offered by the Recreation Services Office called "Microfit" just to make sure I'd pass.

See, I'm probably not the healthiest person on base. In between work and school, I have to drag myself to the gym. Even on those momentous occasions when I get to the gym, I've got a cigarette and a burger in my mouth within fifteen minutes of my workout. It's not that I'm anti-exercise, it's that I'm anti-pain.

I decided the Microfit test would tell me whether or not I'd have to put more effort into my workouts. The test is a computerized physical fitness evaluation, free for civilians, reservists, active duty, dependents and retirees. I thought it was a good deal, since being evaluated costs \$30 or more anywhere off base.

Annette Spindler, the recreation services specialist, gave me my test. It consisted of four parts: measuring my body fat, taking my blood

pressure, testing my flexibility and strength, and riding a stationary bike to test my aerobic fitness. The whole evaluation lasted around 20 minutes and was relatively painless.

The only exhausting part was riding the bike for what seemed like hours. Spindler kept increasing the pressure, making it harder to pedal.

After I passed, I told my friends that ergometry wasn't going to be a big deal for me. In reality, however, I wondered how I'd passed. I figured it must be the little things, such as

taking the stairs instead of the elevator, walking the dog instead of letting her out the back door, and getting up to change the station instead of using the remote control.

To make an appointment for Microfit testing, call recreation services at Ext. 5316. The test is located in the Fitness Center, upstairs in Bldg. 802.

*(Editor's note: Microfit gives you a idea of how fit you are, but results are unofficial and cannot be substituted for Air Force fitness testing or body fat determination.)*

## '94: Year of the bikes

**A**ir Force Reserve units are gearing up to implement cycle ergometry fitness testing in early 1994.

The ergometer bike test replaces the one-and-one-half mile run and three-mile walk fitness tests. Air Force Reserve units at three bases -- Dobbins ARB, Ga.; Tinker AFB, Okla.; and McChord AFB, Wash. -- completed a one-year test of the cycle recently.

Unit commanders will receive more details on how the program will work soon, with each wing and group encouraged to appoint a working group and a fitness program director for the program. The ratio is one bike for every 400 people.

One ergometry unit costs about \$4,000, including three heart monitors, six electrode belts, an extra timer for the bike and a dedicated computer and printer. (AFRESNS)