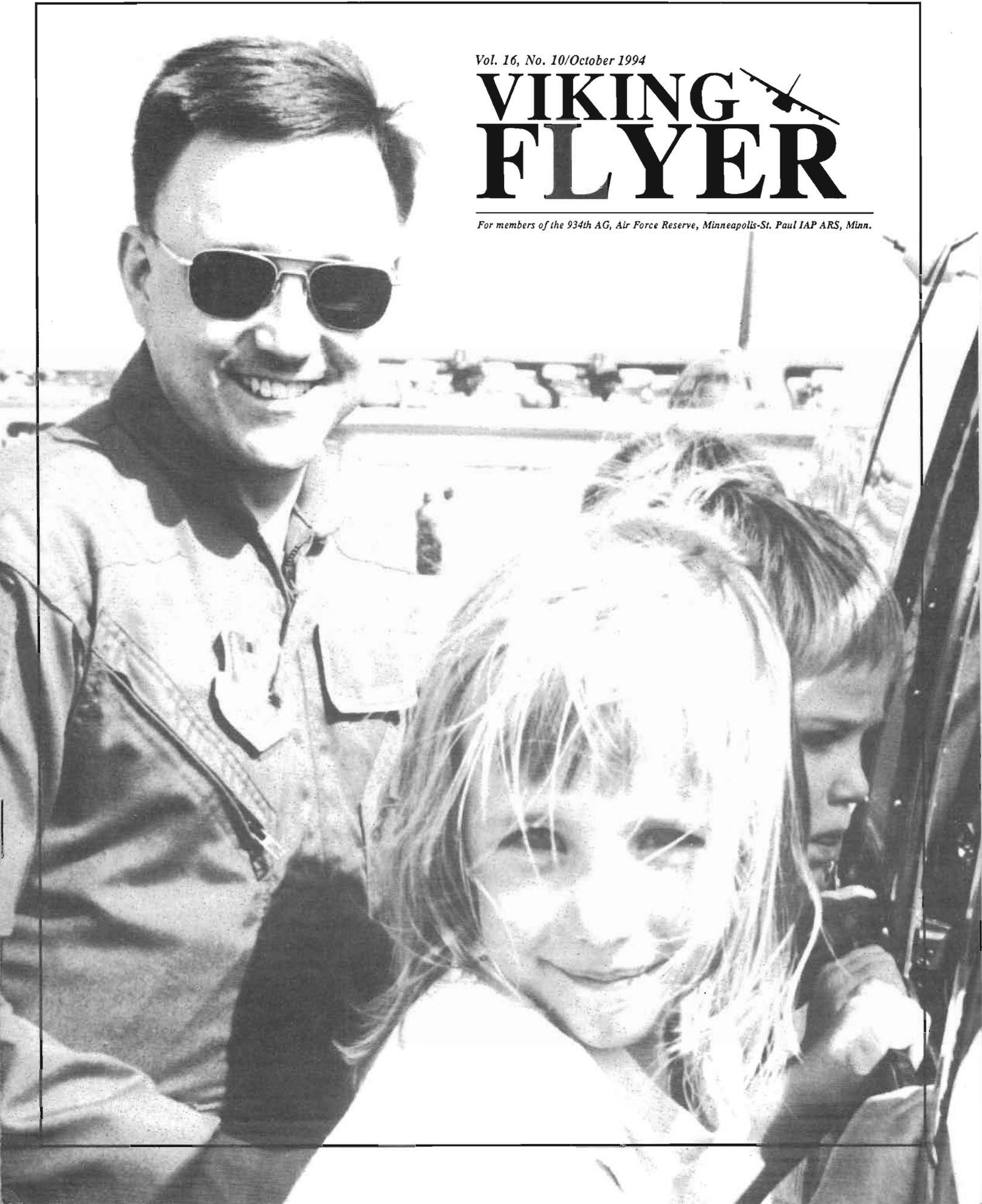


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VIKING FLYER

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



VIKING FLYER

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On the cover



1st Lt. Daniel Anderson, 47th AES, enjoys Family Day '94 with his daughter (front), Emily, and his nephew, Jake Hesselroth. For more on the day's activities, see Pages 6-7.

(Photo by MSgt. Darrell Hablach)



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Commentary

Volunteer spirit

It's key to growing taskings for Reserve

by Col. Michael Gjede
group commander

We just finished two successful events -- Employers' Day and Family Day. It's great to have the opportunity to show what we do and thank both groups without whose total support we couldn't do our jobs.

However, the underlying theme for both groups is that the Air Force Reserve is being asked to do more and more as our peacetime mission slowly shifts to humanitarian support around the world.

Very closely tied to this is volunteerism. Volunteerism is key to ensuring accessibility which is key to giving our senior leadership that "warm fuzzy feeling" that we'll be ready and willing to step forward when needed to carry the load.

Recently-proposed legislation would change the time a reservist could be called

to active duty from 90-plus-90 days to 270 days. While the Air Force Reserve supports extending the time reservists may be called for war, we are always sensitive to employer support and retention.



Gjede

Maximum consideration always should be given to encouraging access to Reserve volunteers for peacetime contingencies rather than ordering reservists to extended active duty.

Either way, I think we'll continue to have opportunities to demonstrate our readiness, willingness and ability to respond when needed. □

ARTs face new threat:

Cuts on the full-time force

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

The civilian work force in the Department of Defense often is a target for cuts when times get tough. Some years are tougher than others, but we usually are able to reduce the impact of these cuts on the Air Force Reserve, particularly on the air reserve technician work force.

John Deutsch, deputy secretary of defense, recently directed that ARTs would no longer be protected from manpower cuts. This has the potential to significantly impact our readiness as well as the lives of the people affected.

Rodney Coleman, assistant secretary of the Air Force for manpower, reserve affairs, installations and environment, supports dropping the protective "fence" around our ARTs, but he is also our advocate. His goal is to minimize impact

on readiness and quality of life. Coleman requested that the Reserve Working Group examine the issue and make recommendations.

It's difficult to imagine a combat-ready Air Force Reserve, able to respond as we do today, without an ample foundation provided by a strong ART work force. My first goal is readiness. Readiness relies on people. We're doing our best to preserve both. □

UTA schedule



Nov. 5-6
Dec. 3-4
Jan. 7-8
Feb. 4-5
March 4-5
April 1-2

934th supports Safe Haven

Local aircraft on duty in Panama helps with first airlift of Cuban refugees

by Jim Miller
Headquarters Air Force Reserve

When 1st Lt. Jim Mages, pilot with the 96th Airlift Squadron, deployed to

Panama in early September, he didn't expect to be airlifting the first Cuban refugees to a safe haven -- but he wasn't surprised, either.

"The Air Force Reserve flies every kind of mission," said Mages, a veteran of two tours supporting humanitarian relief efforts in Bosnia.

The C-130 aircraft commander and his crew airlifted 43 Cuban refugees from the

U.S. Naval Base, Guantanamo Bay, Cuba, to Howard AFB, Panama, Sept. 6. A C-130 from Maxwell AFB, Ala., flew another 50 refugees from Guantanamo to Howard the same day as part of Operation Safe Haven.

Mages arrived for duty at Howard early Sept. 4 and was told the next night he would be transporting the refugees. He and his crew

(Continued on next page)

Briefs in blue . . .

New AFRES leader nominated

Maj. Gen. Robert McIntosh has been nominated by President Clinton to succeed Maj. Gen. John Closser as the chief of Air Force Reserve and commander of AFRES, effective Nov. 1.

McIntosh is currently commander of 22nd Air Force, with headquarters at Dobbins ARB, Ga.

An experienced pilot and leader, McIntosh has held several command positions, including commander of 10th Air Force, Bergstrom AFB, Texas, and the 442nd Fighter Wing at Richards-Gebaur AFB, Mo. He was AFRES vice commander before assuming his current command in July 1993.

McIntosh will be the ninth chief of the Air Force Reserve and will serve a four-year tour of duty in the Pentagon. The Senate must approve his nomination. (AFRESNS)

Chief of staff nomination announced

The president has nominated Gen. Ronald Fogleman to be the next Air Force chief of staff, replacing Gen. Merrill McPeak who retires in October.

Fogleman, 52, is currently commander in chief of the U.S. Transportation Command and commander of Air Mobility Command at Scott AFB, Ill.

The president nominated Gen. Robert Rutherford to replace Fogleman. Rutherford is currently commander, Pacific Air Forces; air component commander for U.S. Pacific Command; and executive director, Pacific Air Combat Operations Staff, Hickam AFB, Hawaii. (AFNS)

"Blueprint" leads the way

Air Force commanders now have a quick reference representing the corporate philosophy on organizational alignment -- the structure for America's Air Force.

The landmark document, "Blueprint for the Objective Air Force," culminates a top-to-bottom review of the Air Force. The three-volume set, classified by Air Force officials, defines the simple, streamlined structure resulting from the most significant

organizational changes made since the Air Force became a separate service in 1947.

The blueprint should be used by commanders, senior enlisted advisors and first sergeants. "People need to be aware of how their unit fits into the overall big-picture Air Force," said Gen. Merrill McPeak, Air Force chief of staff. (AFNS)

Badges make debut

Air Force members in all career fields may now wear an occupational badge.

Based on rules outlined in the new Air Force Instruction 36-2923, Aeronautical, Duty and Occupational Badges, members can wear either a basic, senior or master badge. Wear is covered under AFI 36-2903, Dress and Personal Appearance of Air Force personnel. Basically, people wear the occupational badge centered one-half inch above ribbons, or pocket if not wearing ribbons.

Janet Polk, local Base Exchange supervisor, said the store has received all the information on the badges, but doesn't have room to stock them. "People can come in and do a customer request so we can help them get the badges they need," she said. (AFNS)

Reservists help in crash aftermath

Air Force reservists from Pittsburgh IAP ARS, Pa., are assisting federal, state and local disaster response officials in the aftermath of the USAir Flight 427 crash. The jetliner nose-dived into a field while trying to land near Pittsburgh just after 7 p.m. on Sept. 8, killing all 131 people aboard.

Reserve security police from the 911th Airlift Group started arriving at the crash site at 9 p.m. Within an hour, 16 of them were on scene helping to secure the site, which is seven miles from the base. A total of 40 have served.

The 911th loaned chain saws to civilian authorities so they could clear a path to the site. Other base support included allowing use of two C-130 aircraft hangars as temporary morgues; office space for the National Transportation Safety Board, FBI and USAir; and lodging for state police augmentees. (AFRESNS) □

Perfect power

Innovative power station will save energy, cuts costs -- with no pollution

by SSgt. Larry Dean
public affairs

Base civil engineers will break new ground in combining energy savings with environmental harmony when the first and only PC-25 fuel cell power plant in the Air Force Reserve and Minnesota is installed here soon.

The PC-25 is a state-of-the-art power station using the latest technologies to operate at more than 80 percent peak efficiency, according to "Dodd" Sadeghi, base engineer in charge of the project. Even better, the station is virtually emissions-free, with none of the polluting by-products normally associated with electrical production.

"In dollars alone, the base will save \$32,000 a year for electricity and receive, free of charge, the \$1.5 million PC-25 power station and installation," explained Sadeghi. "A free one-year maintenance agreement is part of the package as well, as the base becomes one of the first test sites in the United States to use the power plant."

He said civil engineers here first heard about the new power plant last year. "Jim Radford from Minnegasco came out to the base to tell us about this new product to save on our energy costs," Sadeghi said, "and how we could apply to receive the unit through a research and development agreement. The unit will give us a 20 percent savings in energy consumption. It uses natural gas, which means no smoke is released, and the power station's design makes it virtually noise-free."

Sadeghi added that large cities such as Los Angeles are anxious to install these units for their own uses as an energy-

efficient remedy to some of their pollution problems.

The power plant will be installed on the south side of the boiler plant, Bldg. 812. "One of the by-products of the power plant is the 750,000 Btus an hour of water and steam which can be redirected into our boilers," said Sadeghi. "This saves on our current costs for heating water in the boiler plant, which provides the base's water and space heating."

A concrete platform will be installed for the 10-by-25-by-10 foot, beige PC-25 power station that converts natural gas at near-atmospheric pressure into 200 kilowatts of electrical power.

The 200-kilowatt power plant uses chemistry, not combustion, to convert natural gas into electricity and heat, according to Sadeghi. "The fuel cell power plant produces no sulfur dioxide or particulates," he said. "Total hydrocarbons are negligible, and carbon dioxide emissions are one-half the level of conventional plants. The power plant also operates very quietly, conforming to the most recent building codes."

Experts believe this power plant is especially attractive for urban use. Electric utilities can use the fuel cell power plant to meet growth in demand without expanding their transmission and distribution lines, thus avoiding costly permits and delays. Users benefit from the lower electric and heating costs from the power plant's high efficiency.

The PC-25 also has high reliability, low maintenance, automatic operation and the ability to follow energy loads, Sadeghi explained. "The gas industry benefits by marketing a new product creating non-seasonal gas use, while providing its customers with true energy service," he concluded.

□

Safe haven . . .

(Continued from previous page)
are in Panama for two weeks for Coronet Oak, a rotational tour providing theater airlift support to U.S. Southern Command. Most missions, flown by Reserve or Air National Guard C-130 crews, involve hauling cargo to remote locations.

Commenting on the Cuban refugee airlift, Mages said, "We arrived at Guantanamo at 12:30 p.m. and expected a short delay on the ground. Instead we were there for two and a half hours."

He anticipated a chaotic reception, with thousands of people milling about. Instead, the refugees were processed elsewhere and flown across the bay on a Navy aircraft.

"There were no disturbances," he said. "Everyone looked tired. I think they started processing to get on the plane at about 9 in the morning. I saw a few children. One guy had on a small pair of shorts, and one lady had on a makeshift dress made out of a garment bag. They all looked like they'd been through a ringer."

At one point during the 800-mile flight from Cuba to Panama, Mages went to the back of the aircraft to check on the passengers. "Most of them slept," he said. "When I smiled, they smiled back. They seemed to be happy to be going to where they were going. I felt good about taking them."

In addition to the 43 refugees, the aircraft

carried six crew members and nine Air Force security police escorts. Mages said the maximum number of people who could be on board was 80 because over water the plane is required to carry two large life rafts.

"We could've taken 65 passengers," he said, "but it would have been a tight fit."

An active-duty C-141 Starlifter and crew from McGuire AFB, N.J., airlifted 123 Cuban refugees from Guantanamo to Howard Sept. 7, and a commercial contract picked up more passengers the next day.

Air Mobility Command officials said they expect commercial contract flights to transport most of the Cuban refugees in the future. (AFRESNS) □

Pikes Peak '94

by MSgt. Darrell Habisch
public affairs

As the military drawdown continues, reserve forces face a growing mountain of real-world work.

Though that mountain may sometimes seem insurmountable, the 27th Aerial Port Squadron recently tackled its own little mountain, Pikes Peak '94, with great success.

Described by planners as "the ultimate exercise for aerial port personnel," the July 23-Aug. 6 exercise featured action at various sites, including Peterson AFB, Colo., Fort Carson's Red Devil and Pinion Canyon landing zones in Colorado, Sky Harbor International Airport in Phoenix and Point Magu, Calif. Besides the 27th APS, Reserve aerial porters came from Peterson and March AFB, Calif.

Twenty members of the 27th APS participated, training for their wartime capability to operate and manage strategic and field-operating locations. "We worked with a variety of services," remarked SMSgt. Mike Dressen, 27th APS air transportation superintendent, "including the Air National Guard, U.S. Naval Reserve Seabees and active-duty Army and U.S. Marine Corps. We had to integrate with different services and support different airframes. We loaded giant earth-moving machines that would only fit in C-5s. We airlifted more than 600 active-duty infantry by C-130 from one dirt airstrip to another. This training was very real-world."

Securing the base perimeter is always a major consideration, according to Dressen. "Some of our people went to the Fort Carson firing range for qualification testing and were on perimeter defense that night," he said. "This type of exercise covers every aspect of moving and managing personnel and equipment,

This 15-day joint aerial port training exercise tests Reserve capabilities



TSgt. Curtis Henke, Air Terminal Operations Center controller for the 27th APS, roughs it at Pikes Peak '94.

(Photo by SMSgt. Mike Dressen)

including bivouac conditions, engine running on-load and off-load of equipment, pallets and passengers, passenger service, airlift control and, of course, security."

Some of the units participating had little or no experience in EROs, according to SSgt. Cheryl Costello, 27th APS ramp specialist. "We realized some of the other units had only watched a video on doing this," Costello said. "With us, they got instruction and hands-on experience right away."

She also pointed out there were no injuries or safety problems. "When people receive good on-the-job training and instruction, problems are avoided," she said. "A lot of the participants from other services had never slept in tents, seen airdrop loads from the back of an aircraft

or been in field conditions before. This was great training. I'll be coming back next year."

Major objectives of Pikes Peak '94 were integration of various Reserve aerial ports and supporting other military services, necessities for real-world deployments, according to SSgt. Earl Dieltz, 27th APS hazardous materials handler. "All the participants must know and understand how the others operate," he said. "I was surprised at how smooth everything went. This was the best training we've had that actually pertained to what we do." □

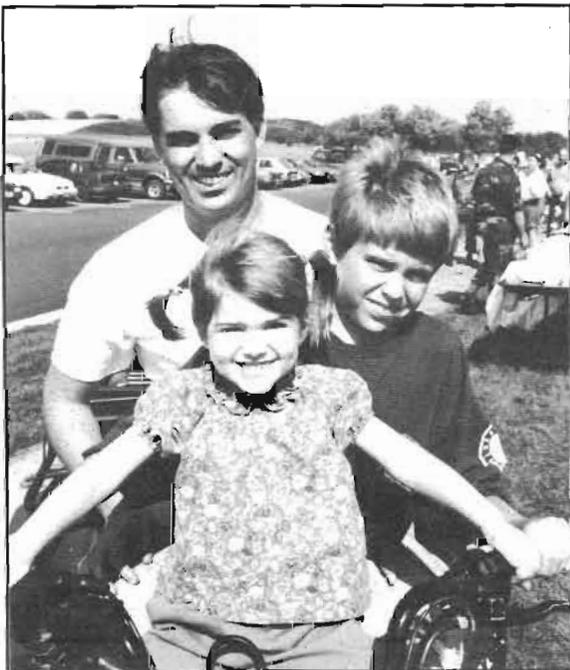
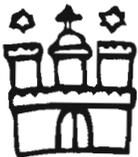
No matter what you call it -- family day or open house, there's no doubt about one thing:

It's kids' day out



(Photo by SSgt. Janet Byerly)

Doris Bluntson, wife of SrA. Michael Bluntson, 934th Medical Squadron, takes in the sights with daughter Sherrelle. Below, SSgt. Dan Addabbo, 27th Aerial Port Squadron, tries out the security police all-terrain vehicle with daughter Nicole and son Daniel.

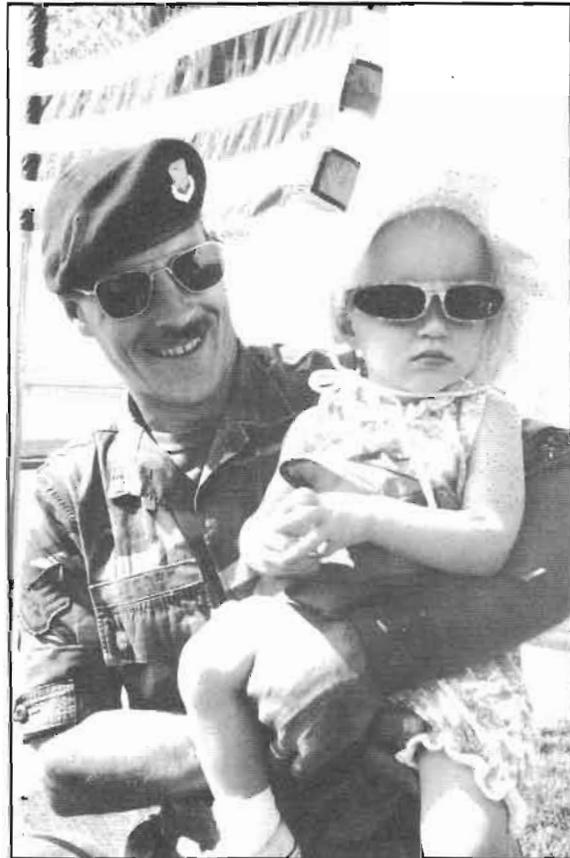


(Photo by Mark Davidson)

Family Day doesn't get much better than this. The 1994 event, held Sunday, Sept. 11, boasted crystal-clear skies, pleasant summer heat and plenty to see and do. And though it's the day when the base opens its doors to family members -- from grandma and grandpa to the pacifier crowd -- it's possible no one enjoys the festivities more than the kids.

This year, besides unit displays and C-130 tours, there were also displays of vintage aircraft flown by the Confederate Air Force, hosted by local chapters of the Air Force Association and Reserve Officers Association. "Night Wings," an Air Force band from Offutt AFB, Neb., provided top-notch musical entertainment on Family Day after the previous evening's performance at the annual Hangar Dance, hosted by the Civilian Welfare Fund council. There were games, a picnic lunch and a first-time classic car show put together by unit car buffs -- all organized by 934th Recreation Services.

Was it fun? Well, they say, "From the mouths of babes ..." So in this case, you might find the answer from the faces of babes. □

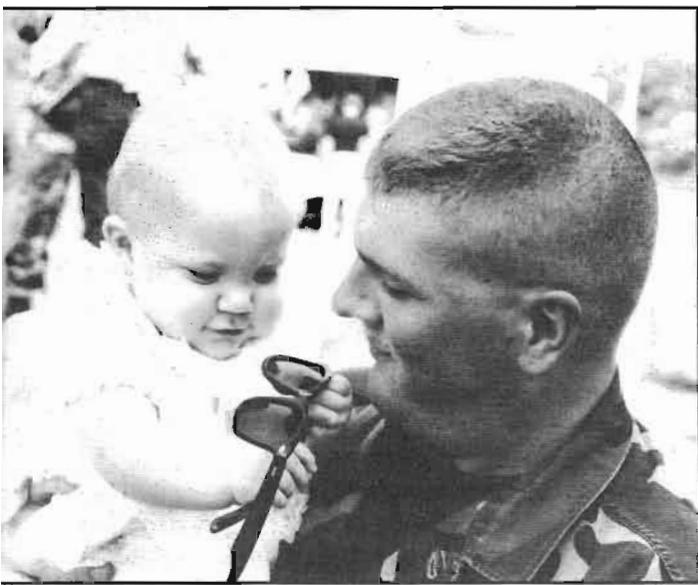


(Photo by Mark Davidson)

Sarah Hardy, daughter of SSgt. David Hardy, 934th Security Police Squadron, plays cool with dad in shades.



SSgt. Jeffrey G. son Blake to c



(Photo by SSgt. Janet Byerly)

Brett Stewart, 934th Civil Engineer Squadron newcomer, holds daughter Bryanna — and twin sister, Illysa, was nearby with mom, Cornie.



(Photo by SSgt. Janet Byerly)

Capt. Christopher Lewis, 934th Maintenance Squadron, lends a knee for tuckered-out son, Seth, while the family dog, Beau, appears ready for action.



(Photo by SSgt. Janet Byerly)

Capt. Lewis, 934th SPS, doesn't have to coax Seth to eat now down on his picnic lunch.



(Photo by SSgt. Michael Dvorak)

The sun never went down on that day of leisure with loved ones ...

'Hazelnut haven' 934th offers 'lodging' for wee seedlings in a University of Minnesota project

by Mark Davidson
public affairs

Hazelnuts, cash crop, harvesting. These words aren't common in the military vocabulary-- at least not until Aug. 19.

That day marked the first time the 934th became involved in farming, with 850 small hazelnut bushes planted in three long rows on the western edge of the base, between the tennis courts and Military Highway.

Agriculture interest takes root

How did the 934th get involved with agriculture? "A couple of years ago, I was at a high-level, joint civilian-military conference on global warming," explained Philip Rutter, the director of Badger-sett Research Farm, Canton, Minn., and the contractor for the base hazelnut project.

"My presentation on hazelnuts absorbing more carbon dioxide than other plants to counteract the world's global warming problem got the attention of the chief agronomist of the Air Force," Rutter continued. "With that, the Department of Defense said they wanted to get involved in the project in the Midwest."

DoD takes notice

DoD involvement in the hazelnut project started at three sites this August: Offutt AFB, Neb., Fort Leonard Wood, Mo., and the 934th. "The base provided the land, access and basic site preparation for the

hazelnuts," said Joanne Bentley, 934th environmental engineer and base coordinator for the hazelnut project.

Various agricultural departments at the University of Minnesota will assist the hazelnut group on base, according to Bentley. Aside from the 850 plants, the university and the contractor will provide the services of planting, weed control, mowing, harvesting and research activities.

University adopts project

The University of Minnesota's involvement in the hazelnut project started last year. "We have been studying the problem of topsoil erosion in the Midwest

for years," said Dr. Irv Olke of the University of Minnesota's Center for Alternative Plant and Animal Products.

Hazelnuts, according to Olke, provide year-round cover for soil, greatly decreasing both water and wind erosion potential as well as providing permanent cover and environmental structure for wildlife.

Hazelnuts are also very tolerant of the cold climate in the Midwest. "The crossbreeding of the hazelnuts in the Midwest since 1933 has produced a high cold tolerance, which makes them a highly desirable and sustainable crop," Rutter explained.

'Elbow grease only'

At the present time, hazelnuts can only be hand-picked from the bushes, Rutter said. "However, machine harvest development is underway and once perfected and available to farmers, hazelnuts could become another standard oilseed crop, along with soybeans," he pointed out.

Five years from now, the hazelnut trees at the 934th should be between 8 and 10 feet tall, Rutter said. "Bushes usually begin bearing in the third year and reach a full production load of two pounds of nuts per tree in six years," he added.

By the year 2000, the trees will be a visible fixture at the 934th, reaching a height as tall as a basketball goal and containing millions of hazelnuts, Rutter said. □



(Photo by SSgt. Shannon Armitage)

Joanne Bentley, 934th environmental engineer and base coordinator for the "hazelnut alliance," gently removes a seedling from its tube prior to planting.

Ground breaking -- finally

At long last, dirt flies as the new Base Exchange takes shape

by Cherie Huntington
public affairs

After approximately nine years of preparation, anticipation and "false starts," the new Base Exchange now has seen more than its ground breaking. Construction is now progressing rapidly to a Feb. 1 completion date, according to **Steve Heyerdahl**, project manager for Shingobee Builders, the facility contractor out of Loretto, Minn.

"It's a mini-mall that will house the BX and tenants including a barbershop," Heyerdahl said. "It's a single-story building and will also have the gas station, for a total of approximately 13,000 square feet." There will also be an outdoor garden sales section, warehouse and '50s-style diner, bar and grill.

That's not much bigger than the present facility, said BX officials, but they look forward to having a modern, beautiful facility replacing the current '40s-vintage building.

"It's just a little bigger, and we'll be moving the Four Seasons store in," said **Margaret Atzeni**, store manager. "Basically, it's a better building."

For BX employees, the new facility remains as much of an unknown as it does to its customers.

"We're excited," said **Janet Polk**, exchange supervisor. "We saw the plans, and we know some changes were made, but we don't know what." She added the Four Seasons may be turned into a Military Clothing Sales Store, possibly offering U.S. Navy and Marine Corps uniform items.

The 934th's Air Force liaison for the project is engineer **John Marchetti**, who has worked with it "in one form or other" since '86. "It will be comparable to the average shopping center in the community," he said.

"We did a similar project in Knoxville, Tenn., at the Air National Guard base there," said **Chuck Chambers**, architect with Mark Beachler Associates, Dayton, Ohio, who completed plans for the BX in February '93. "It's a mini-mall similar to this one. The Army and Air Force Exchange Service felt it was successful and decided to try it here."

The immediate goal for the builder is finishing site preparation, including utilities, sidewalks, concrete and bituminous paving. "We want to complete site preparation by the end of October," said Heyerdahl. "In the meantime, we'll put up the walls by the end of November to close in the structure for the winter."

He said reservists may think construction action is slow for now, as most of the work is underground. "Then it will seem like the building goes up really quickly," Heyerdahl said, "but then it will seem to slow down. That will be when all the work is going on inside."

"The interior is an open structure," said Chambers. "There aren't a lot of suspended ceilings, so you see the structure above." He added that the external brick should be eye-catching as well. "We're using a nice-quality brick, trying to add a little color."

BX officials aim for a Feb. 1 opening date with no "down time" involved in moving into the new facility. "We hope the transition won't be really obvious to the customers," said Atzeni. "But we'll have to deplete stock in the current store. We'll probably order all new merchandise for the new store and draw stock from the old one."



(Photo by Cherie Huntington)

Early stages of construction proceed, just across the street from the old facility.

She added that a few people will be hired for the diner.

Progress hasn't been a total bowl of cherries, however, according to Heyerdahl. Extensive site clearing and soils corrections were necessary, as piles of debris were dug up from facilities demolished and buried in the past. A bulldozer unearthed a 4-foot "bomb," creating a short-lived scare before it was determined to be a harmless shell used as an entryway decoration in the past. Also, an accidental water line break created a temporary, 9-foot-deep swimming pool in the excavated area. □

"So there has been a little excitement for us," said Heyerdahl.

(See related story, Page 11)

Family care plan

by SSgt Shannon L. Armitage
AG/MSF UPAR

Preliminary results of a survey prepared by the 934th Family Readiness program reveals many reservists do not know what a "family care plan" is.

According to **Patricia Botkins**, director of family readiness, "The survey will help us learn what our specific family-related needs are in this community." She said the results of the survey will help the family readiness staff plan a schedule and activities for the next year.

"Basically, we're here to provide assistance and support for family members throughout the year, and especially during mobilization," Botkins explained, adding that one critical way to prepare family members is for reservists to make a family care plan. "A working plan will assist a reservist's family in caring for dependents, taking care of medical needs and dealing with financial and legal matters."

Prepare your family's game plan for mobilization to ensure their 'wartime survivability'

called to a mobility line. Also, in a single-parent family, a reservist must appoint a long- and short-term guardian for children, keeping their medical and school records handy.

Botkins said her spouse was deployed for war while he was serving on active duty, and she knows from experience that spouses really need to be kept aware on such matters as the family budget and how to pay the bills.

"Also, please fill out your survey if you still have it," Botkins said. "The results will be a tremendous help to us in helping you!"

For information or assistance, call Botkins at Ext. 8057. □

A well thought-out plan includes such actions as appointing someone to take care of financial matters, having a current will and making sure family members are aware of their entitlements, according to Botkins. For instance, if a reservist wants family members to have an ID card, he or she should fill out the appropriate forms with the military personnel flight instead of waiting until

Employers' Day '94

by TSgt. Tom Dyer
public affairs

It's one thing when your 6-year-old child asks, "What are you doing this weekend?" It's quite another when your civilian employer asks you the same question. That's when Employer Support of the Guard and Reserve means much more than a slogan.

In its continuing efforts to educate reservists' employers, the 934th Airlift Group hosted 33 employers on Saturday, Sept. 10, at Employers' Day, a chance to learn more about the Reserve mission and share their concerns from an employer's perspective. As in previous years, the highlight of the day was a C-130 orientation flight.

"Our company supports the Reserve -- we always have and we always will," said **Nick Schumansky**, human resources and security manager for Thermo King Corporation in Bloomington, Minn. His Reserve employee is **2nd Lt. Carol Romain**, ground safety officer for the 934th.

"I have a real good relationship with Sergeant Plummer when it comes to performing his Reserve duty," said **Kathy**

Streiff, detention supervisor for the Olmstead County Sheriff's Office in Rochester, Minn., referring to her Reserve employee, **TSgt. Ken Plummer**, 47th Aeromedical Evacuation Squadron.

According to Streiff, Plummer's Reserve experience and training compliments his civilian job. "For example, Sergeant Plummer received Quality training as a reservist," she said. "This has saved the sheriff's department from spending money and resources to receive that same kind of training for us. We're also extremely lucky to have his medical skills available in the jail when it comes to working with 100 inmates."

As the day's activities came to a close, **Paul Riester**, manager of human resources for Minneapolis-based Residential Services Corporation of America, summed up the feelings of many bosses who attended. His employee is **SSgt. Franklin Davis**, 27th Aerial Port Squadron.

"I've never been in the military," said Riester, "but I see that reservists are very experienced, both in their civilian and military jobs. I see now that a strong Reserve force is also good for our country." □



ROA dining in date set

The Reserve Officers Association asks members to plan ahead for their dining in, set for the November UTA on Saturday, Nov. 5, at the Fort Snelling Officers Club.

The menu and price will be announced at a later date. For more information, contact **Capt. Deborah Buonassisi**, 934th executive officer, Ext. 5335.

New suggestion program starts

Got a great idea? Share it! It could be worth cash or time off from a UTA. Ask for the simple suggestion form from your unit's suggestion monitor and submit it today -- you could earn time off with pay next month.

Call the 934th Quality Office for more details, Ext. 8112. □

Kudos

<i>Awards</i>	<i>Newcomers</i>	<i>Reenlistments</i>
Meritorious Service Medal	TSgt. Duane Whittaker SSgt. David Wroblewski	CE MXS
Lt. Col. Timothy Anderson AG		SSgt. David Bishop APS
Lt. Col. Gerald VonBerge OG		SrA. Thomas Daigle CES
		SMSgt. Marc Gilbertson AS
Air Force Commendation Medal		SSgt. Kevin Grendzinski OSF
TSgt. Dan Loftus LSS		SrA. Paul Jensen AS
		TSgt. Karen Jones AES
<i>Promotions</i>		MSgt. Ann Hawkins MDS
SSgt. Steven Anderson SPS	SrA. Bradley Alderman SVF	TSgt. Keith Krause MXS
MSgt. Paul Burnett AG	SSgt. Peggy Barnes APS	SSgt. Ronald Martin APS
SSgt. Bradley Bell AS	SrA. Bradley Bergmann SPS	SSgt. Charles Pownell LSS
A1C Rachael Brown LSS	Capt. Craig Benson AS	TSgt. Thomas Schutz CES
TSgt. Charles Epps III CF	SSgt. Scott Benson AS	TSgt. Gary Wallenhorst MXS
SrA. Jill Fernandes AG	SSgt. Richard Boudreau SPS	SSgt. Caprice Williams AG
TSgt. Bernadette Greene AES	A1C Dean Cooke CES	
MSgt. Ann Hawkins MDS	SrA. John Dinning MXS	<i>Community College of the Air Force</i>
TSgt. Timothy Jackson MXS	Amn. Ryan Dunphy MDS	TSgt. Sherry Abitz OSF
MSgt. Dan Loftus LSS	Sgt. Frank Feldt AS	Information Management
TSgt. Thomas Martin AS	SSgt. James Gibson CES	MSgt. Martin Ignatowicz CES
SrA. Robert Nickerson MXS	A1C Daniel Moldenhauer MXS	Mechanical/Electrical Technology
SSgt. Sean Phillips SPS	SSgt. Scott Rian AES	
SSgt. Steven Pishler MXS	Capt. Robert Ross AS	MSgt. John Nirschl CES
SSgt. David Redepenning MXS	Sgt. Michael Sanford MXS	Educational/Instructional Technology □
SSgt. Mark Scheib AS	SrA. Glen Schneider MXS	
MSgt. Terry Sturlaugson LSS	Sgt. Thomas Shimota CES	
SrA. Tracy Tate SVF	Sgt. Kenneth Stang MDS	
	SrA. Brett Stewart CES	
	SrA. Luke Stiner MDS	
	Sgt. Phil Van Zueilen MXS	
	Sgt. Harold Young LSS	

News

BX blues

There's logic behind those ID checks

Andy Rooney would be proud to hear the question common to most Family Days: "Why does the Base Exchange always check ID cards on the busiest days of the year?"

Unlike most Rooney questions, however, this one has an answer.

"We're protecting your privilege to shop here," said **Janet Polk**, exchange supervisor. She said customers often become upset, however, when asked to show their ID -- or when asked to leave if they're eating, drinking or just simply unauthorized to use the BX.

"Especially on Family Day, a lot of food is brought in, and we've had expensive merchandise ruined with spilled drinks or food," she said. "Also, we can't tell if the food was brought from outside or was picked up in the store." She added that busy days also seem to bring along their share of lost children, people looking for a place to change a baby's diaper or use the restroom, and even children or acquaintances trying to buy items using a member's ID card.

"We're required to do ID checks at least four times a year, whereas active-duty bases do them continuously," Polk said. "And now, we have to ask for ID on anyone of any rank, in uniform or out, who writes a check. We're not picking on people -- we're just doing what we have to do." □

Fire Prevention Week, Oct. 9-15

by Michael Anderson
fire inspector

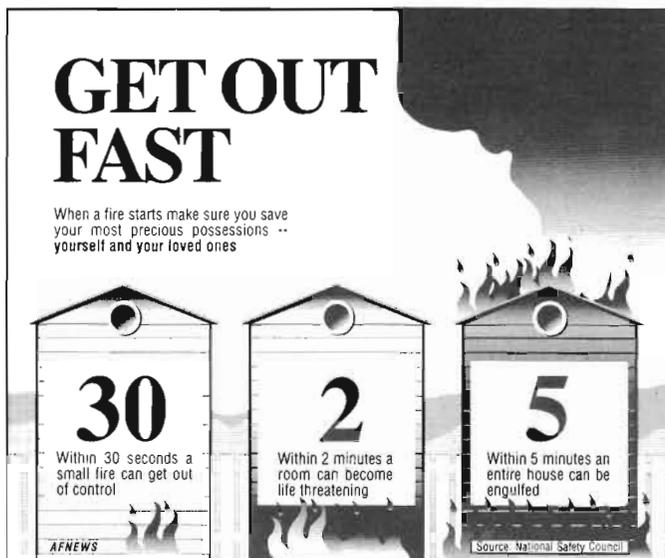
The best way to ensure your family is prepared to exit the home under the mass pandemonium of house fire is to plan your escape.

How well you respond to a fire could mean the difference between life or death to you or a family member. Plan your escape in an organized, well thought out way. Using a floor plan of your home, involve the whole family in the plan, establishing two exits from each bedroom. Emergency escape ladders will be required for second story windows.

Upon awakening to a house fire:

Roll out of bed to the floor and crawl to the door.

Staying low is best, since smoke rises.



Feel the door with the back of your hand, which is more sensitive to temperature. If the door's cool, open it and crawl to safety. If it's warm, use the window to escape -- there may be fire in the hallway and opening the door could spell disaster.

Meet the rest of the family at a pre-designated spot outside the home. Don't go back into the home!

Use a neighbor's phone to call the fire department. Don't call from a burning building.

Hold practice drills and test smoke detectors twice a year. Each time we change our

clocks, spring and fall, is a good time to remember to do it.

Planning now for fire safety is essential. There's no time to plan in the event of a fire.

Tips for safe lifting

One little heave-ho could mean one big ouchie if your back's forced to make up for your lack of fitness

by SSgt. Janet Byerly
public affairs

As anyone who has put their back out can tell you, it's not something you want to go through if you can help it. A few tips from the 934th Medical Squadron on protecting your back may be the difference between lifting properly and an injury.

"It's important for reservists to think about back care and safety," said Maj. Libbe Erickson, assistant chief nurse. "Some reservists come from a sedentary lifestyle or an office job to a heavy lifting job on the UTA. They don't have any idea of what they can lift safely. Pride will cause them to lift more than they are able to, and that's when injuries occur.

"A few tips to remember when lifting: stand close to the object, keep a wide stance and squat, bending with your knees and hips," she explained. "Remember to keep your head up and your back straight, and lift using your leg muscles. Keep the load close to your body, straighten your legs and return to a standing position."

Studies have shown people in poor physical condition are most prone to back injuries.

"You should do exercises that strengthen and stretch your back muscles," said Erickson. "In addition, 20 minutes of aerobic exercise three times a week can help reduce stress and help you lose weight, both of which are factors in back injuries."

She added that there's no quick fix in avoiding such back woes.

"Keep these tips in mind, and remember that the conditioning needed for lifting is not something you can do in a weekend -- it must be ongoing," she said. "You need to realize how much you can lift safely, and ask for help when you need it."

SERVICES BRIEFS

Softball champs

Congratulations to the base softball champions! The men's champion was 934th Civil Engineer Squadron. The coed-recreational champion was 934th Services Flight.

November action

Sign up by Sunday, Oct. 2, for the following November activities: dart league and an off-base billiards tournament.

Men's hockey

If you're interested in playing on the 934th men's hockey team, sign up with 934th Recreation Services.

934th Recreation Services
Ext. 5316