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VIKING FLYER

934th Airlift Wing, Air Force Reserve, Minneapolis-St. Paul IAP ARS, Minn.



VIKING FLYER

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934th MSF (934th UPAR of the Year 1994) *

* Indicates this month's contributors.

On the cover



TSgt. Greg Krajewski, 934th CF, serves as NCO in charge of the 934th photo lab. For more on his section's work, see Pages 6-7.

(Photo by SSgt. Janet Byerly)

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Commentary

Challenges for '95

No matter what, people are No. 1

by Col. Michael Gjede
wing commander

The time of year is here again where we take a moment to reflect on our accomplishments of the past year and evaluate our challenges for the new year.

I'm not going to attempt to list everything the 934th Airlift Wing accomplished last year, because it would take too much space. But suffice to say we accomplished a lot, and we did it magnificently. We should be proud.

There is a lot of rhetoric about ops tempo, stretching the limits of availability and its impact on facilities and employers, and, of course, surviving downsizing. Some things we can control, and some we can't.

As I look ahead, I can tell you that 1995 is going to be at least as busy as 1994. We have the usual deployments all year. We enter a new area in our quality journey where we learn about unit self assessment, with the goal of becoming more efficient. We've planned a major unit deployment exercise in preparation for a 12th Air Force Operational Readiness Inspection in 1996.

Despite these planned events, we'll be ready to respond when called upon to any contingency or emergency, worldwide.

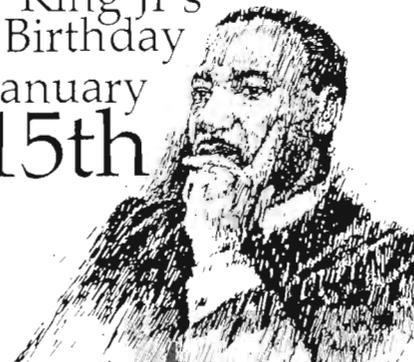


Gjede

So as we go into the new year and face the challenges it brings, remember why we're here - to serve our country. But also remember you're here because you want to be. I don't want anything out there to make you "not want to be here." Watch out for each other, and when it appears something is starting to unravel, say something.

When all is said and done, you - the members of the 934th - are the most valuable resource we have to protect. Without that resource, we cannot begin to meet the new year's challenges. □

Martin Luther
King Jr's
Birthday
January
15th



UTA schedule

Feb. 4-5	June 3-4
March 4-5	July 29-30
April 1-2	Aug. 12-13
May 6-7	Sept. 9-10



Note: The tentative UTA paydate will be printed in this section on a trial basis. January UTA pay should be deposited by:

Jan. 18

Briefs in blue . . .

Reserve faces leaner years

The Air Force's Selected Reserve force structure and congressional authorizations to support it will drop steadily for the next five years, according to a recent Department of Defense announcement.

The Selected Reserve force structure, including Category A unit reservists and Category B individual mobilization augmentees, dropped 2,900 positions, from 87,700 in fiscal year 1994 to 84,800 in fiscal 1995. That number will fall another 3,400 positions between 1995 and 1999.

Overall, officials project a reduction of 39,900, or about 4 percent of the reserve components.

Despite these reductions, the Air Force Reserve maintains an active recruiting effort, as some 10,000 reservists exit the Reserve annually. (AFRESNS)

Bicycles hit the road to Reserve

Headquarters Air Force Reserve has provided funds to AFRES units to purchase stationary ergometry bicycles for fitness testing of reservists. Each unit will buy one bike per 400 reservists at the cost of \$875 per bike. Computer equipment and software will also be required to complete the system for fitness testing.

A working group at Headquarters AFRES will develop a supplement to the Air Force Fitness Instruction and testing implementation procedures for the Air Force Reserve. (AFRESNS)

Perks belong to government

Some Air Force members and civilian employees enrolled in frequent flyer programs may be unaware of restrictions when accumulating bonus or mileage credits and other benefits while performing official travel.

Travelers are obligated to turn in to the government any gift, gratuity or benefit received from private sources while performing official duty. The fact that such benefits are nontransferrable, unusable by or unavailable to the government is irrelevant. A bonus or discount ticket is the property of the government even if it is obtained as a result of official trips paid for by both appropriated funds and personal funds, say Air Force judge advocate officials. (AFRESNS)

Uniform wear guidelines announced

Guidance and effective wear dates for uniform changes proposed in late October by Air Force Chief of Staff Gen. Ronald Fogleman were announced Nov. 19.

Changes will be incorporated into the next revision of Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel, said officials, but the guidance is effective immediately.

▣ **Ribbons.** Wear all, some or none.

▣ **Badges.** There are four categories: occupational, aeronautical, duty and miscellaneous. A maximum of four

earned badges may be worn on service uniforms. Badges are worn on the:

• Left side of uniform above the ribbons, or pocket if ribbons are not worn. All badges except the duty badge can be worn in this position, and a maximum of two may be worn.

• Left side of uniform below the pocket. Only one badge – duty, miscellaneous or missile – can be worn in this position.

• Right side of uniform. Wear only one duty or miscellaneous badge.

▣ **New chevrons.** They may now be worn on the old service dress coat, but only the new style chevrons may be worn on the new service dress coat.

▣ **U.S. insignia.** Everyone, officers and enlisted, will wear the same design on both service dress coats – the highly-polished insignia without the circle. The mandatory wear date is June 1, 1995. (AFNS)

Student loans offered

The Retired Officers Association offers \$2,000 interest-free loans for up to five years of undergraduate study to unmarried students, under the age of 24, who are dependent children of active, reserve and retired service people and their surviving spouses.

Applications must be postmarked on or before March 1. For applications and more information, write to TROA Education Assistance Program Administrator (09D), 201 N. Washington St., Alexandria, VA 22314-2539, or call 1-800-245-TROA(8762), Ext. 169. (AFNS)

Twelve Reserve units earn honor

Air Force Reserve units at 12 locations have been selected to receive the Air Force Outstanding Unit Award.

The units are: Bergstrom ARS, Texas, 810th Civil Engineer Flight; Dobbins ARB, Ga., 22nd Air Force and 94th Airlift Wing; Duke Field, Fla., 919th Special Operations Wing; Keesler AFB, Miss., 403rd Wing; Luke AFB, Ariz., 944th Fighter Wing; NAS JRB Fort Worth (formerly Carswell ARB), 301st Fighter Wing; Portland IAP, Ore., 83rd Aerial Port Squadron; Scott AFB, Ill., 932nd Airlift Wing; Seymour Johnson AFB, N.C., 916th Air Refueling Wing; Tinker AFB, Okla., 507th Air Refueling Wing; Travis AFB, Calif., 349th Air Mobility Wing; and Willow Grove ARS, Pa., 913th Airlift Wing. (AFRESNS)

Brief briefs ...

Sick leave to care for ill family members has been signed into law for government employees, effective Dec. 22 ... Expanded benefits in the Veterans Affairs Loan Guaranty Program also have been passed, plus extending VA home loan entitlement to a new group of veterans and their survivors ... The semiannual interest rate for Series EE savings bonds increased from 4.7 to 5.92 percent Nov. 1, good through April 30, 1995. (AFNS) □

What's cookin' at the clubs

New manager sets his sights on providing plenty of quality fun, food and freebies, too

by MSgt. Darrell Habisch
public affairs

If you're looking for something to do on a Friday night – or perhaps a new place to take that special someone during the week – the NCO and Officers Clubs may have just what you're searching for.

According to the new club complex manager, **Dave LaPack**, both clubs have developed exciting new additions for members.

"The NCO and Officers Clubs are in two different worlds and present different challenges," LaPack said. "The Officers Club enjoys easy access for its members and draws from the heavy traffic nearby, while the NCO Club relies mostly on the weekday population of the base."

Two pool tables and more video games increased entertainment options at the NCO Club, and LaPack said plans are in the works to create a pool league or pool tournaments.

To help bolster weekday attendance, LaPack and the club managers are planning quarterly membership nights with a free buffet, dancing and door prizes at both clubs. "Although the club complex is making money," said LaPack, "we want to increase membership by at least 15 percent. We're offering a lifetime membership to any member who recruits 50 new members, or a free annual membership for recruiting 25 new members. Any squadron bringing in 50 or more new members will receive a free party."

To keep the clubs competitive, other programs are being introduced, including special senior citizen menus and prices, cooking classes, and lunch cards offering one free lunch for every ten purchased. LaPack said a push is also underway to accept major credit cards at the clubs.

"We want these clubs to be the best value for our members' dollars that we can make them," he said. □

Viking Victors: Lt. Col. Mary Jo Mazik

New position: Commander, 934th Aeromedical Evacuation Squadron.

Previous position: Commander, 908th AES, 908th Airlift Wing, Maxwell AFB, Ala.

Education: Bachelor's in nursing, Jamestown College, Jamestown, N.D.; master's in nursing, Loma Linda University, Loma Linda, Calif.; Air Command and Staff College in residence.

Hobbies: "Shopping and using my credit card to the max."

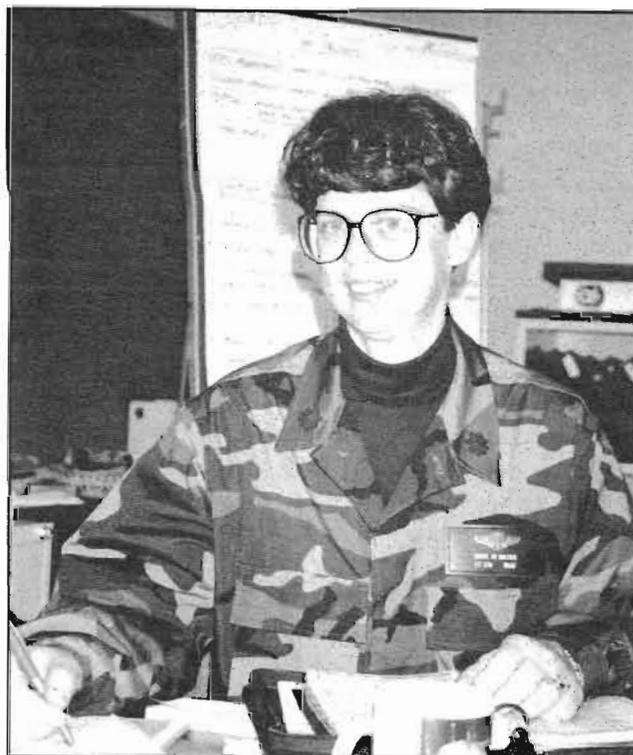
Civilian occupation: Registered nurse at St. Clare School, O'Fallon, Ill.

Professional organizations: Reserve Officers Association, Air Force Association, Association of Military Surgeons of the United States and American Association of Critical Care Nurses.

Goals: "To promote teamwork, innovation, creativity and flexibility at all levels in order to truly achieve excellence in all we do. We'll do this to win the world-class status we seek."

Family: Husband, Marty; sons, Marty Jr. (7) and Matthew (3); live in O'Fallon.

Comments: "I'd like to thank Col. Mike Gjede, wing commander, for giving me this opportunity. I also want to thank my husband and our two boys for their support and dedication in allowing me to do this job." □



CRM

Three little letters meant to save lives

by MSgt. Tim Turner
public affairs

On a cold, snowy night on Dec. 1, 1993, Northwest AirlinK Flight 5719 left Minneapolis-St. Paul International Airport carrying 15 passengers and three crew members for a one-hour flight to Hibbing, Minn.

Fighting bad weather and low visibility, the twin-turboprop commuter plane met driving snow, freezing drizzle and fog in its final approach into the Chisholm-Hibbing Airport.

As history would have it, however, the tiny plane crashed into a hillside, killing all 18 people aboard, making it the worst-ever airline disaster on Minnesota soil.



Airframe ice was ruled out as a cause, however, by the National Transportation Safety Board. Reporting on the accident in its October 1994 issue, *Aviation Safety* magazine said the NTSB found the pilots had been preoccupied with a routine task dealing with runway lights, "leading to a breakdown in crew coordination and the loss of altitude awareness by the flight crew."

Enhancing flight safety

"This is a perfect, though tragic, example of the Crew Resource Management concept breaking down," said Capt. Mike Dargen, tactics officer for the 96th Airlift Squadron.

According to Dargen, CRM is an ongoing Air Force training program with an ultimate goal of enhancing the safety of all active duty, Guard and Reserve aircrews.

While the CRM concept has been used in both military and civilian flying



since the mid-'80s, Dargen noted that the Air Force is now greatly increasing emphasis on the program. Beginning this year, all aircrews will be required to undergo formal training on all aspects of CRM. The reason for this emphasis is simple, according to Dargen.

"Conservative estimates maintain that human factors, not equipment failure, contribute to over 70 percent of all aircraft accidents," he said.

Dargen said most of the problems arise from poor communication, ineffective leadership and inadequate workload management. "The most effective tool to eliminate this is CRM," he said.

Four components of CRM

According to Lt. Col. Curt Breeding, 934th Operations Support Flight commander, there are four components to CRM: communication, team building, workload management and technical proficiency. As a civilian, Breeding is chief of training for Northwest Airline's 727 aircrews, using the concepts of CRM as part of his curriculum.

"An example of the communication component of CRM would be an enlisted aircrew member who's hesitant because of rank to point out a mistake made by a pilot," Breeding explained.

TSgt. Mark Hartnett, 96th AS flight engineer, pointed out that the workload management component of CRM involves eliminating aircrew stress, particularly during aircraft emergencies and combat situations.

"Much of workload management is covered when aircrews go through their mandatory flight simulator training," said Hartnett, who as a civilian trains active duty, Guard and Reserve aircrews in the C-130 flight simulator located on the Air National Guard side of the base. "We'll put aircrews through a number of flight scenarios, testing their stress level and how well they communicate with each other."

Team building, the third component of CRM, deals with how well the entire aircrew is involved in the decision-making process during the flight. Finally, technical proficiency involves the flying skills and technical knowledge of the aircrew.

"By using all four components effectively, the goal of CRM is satisfied: improving flying safety and avoiding



aircraft accidents and incidents," Breeding emphasized.

Wing's serious commitment

Dargen noted that the 934th, commanded by Col. Michael Gjede, wing commander, is fully behind the CRM system. "Colonel Gjede and others here are just as committed to CRM as they are to the quality process," he said.

As proof of this commitment, Dargen will attend a 10-day CRM training program this year with other reserve force pilots. He'll then organize a team of 934th facilitators who will teach CRM to all aircrews here.

"Often the difference between an incident and a full-fledged accident is as simple as a momentary lapse in judgement no one questions," said Dargen. "That's a situation we never want to happen at the 934th. Thanks to CRM, the probability will decrease dramatically." □

They pat their customers with face powder, tame the frizzies with a spritz of hair spray, smooth puffy sleeves with scotch tape and pluck lint from lapels. Be warned: you have now entered the photographer zone ...

Picture perfect

by SSgt. Janet Byerly
public affairs

Unless you've had an official photo taken lately, you probably don't know much about the base photo lab, part of the 934th Communications Flight.

Since their move to the Air National Guard side of the base more than a year ago, the photo lab is possibly even less visible than ever before.

Once you find them, located in Studio 209 of Bldg. 631, you'll find all manner of lights, umbrellas, cameras and other equipment all facing a huge, white backdrop, where the subject of the photo is fussed over until every detail is perfect and the photo is snapped.

"We tape down flaps in the uniform, put clips in the back of the coat if it's gapping, arrange the crease of the pants - everything has to be perfect," said TSgt. Greg Krajewski, photography technician and NCO in charge of the photo lab.

"Usually I take a self-developing photo first to see if there's anything that has been overlooked," Krajewski explained. "Sometimes if there's glare on the glasses, we'll adjust them or use a different pair. Usually the trial shot gives a pretty good indication of what the finished product will look like.

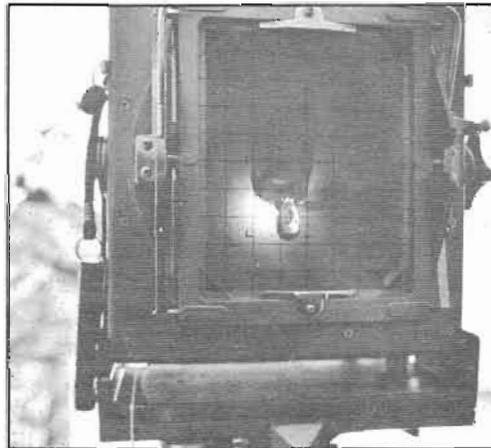
"After the photo is taken, we develop, process and print the film in our darkroom," he added.

The photo lab staff of three not only shoots official photographs for officer and enlisted troops, but also shoots passport photos - and once, they even photographed a crime scene.

"We're consolidated with the 133rd Airlift Wing's photo shop," Krajewski indicated. "This arrangement has worked out very nicely for both shops. We not only share the equipment and the facilities, but we serve as backups for each other." □

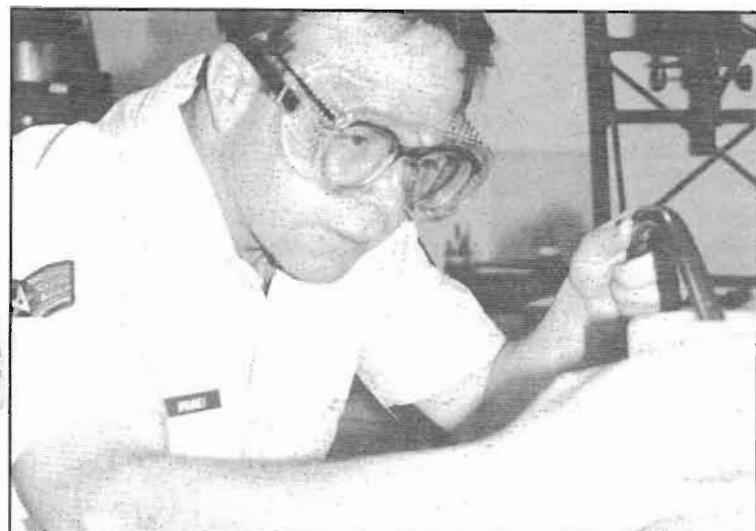


(Photo by SSgt. Janet Byerly)



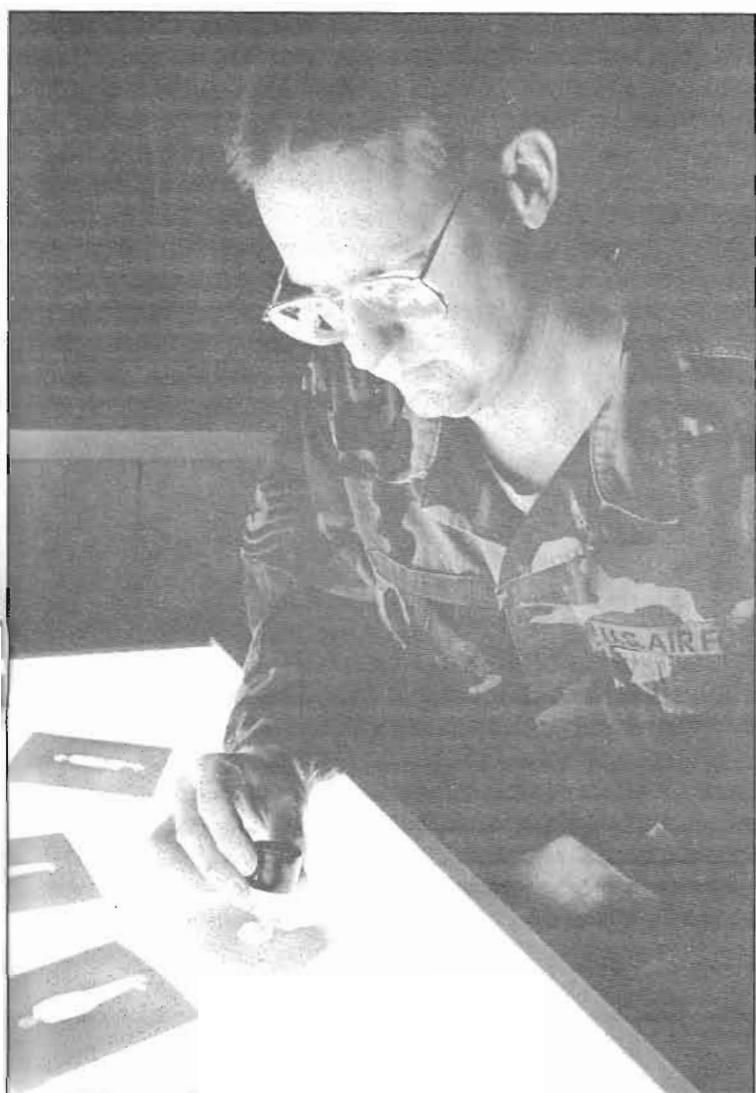
(Photo by SSgt. Michael Dvorak)

Above, Krajewski sets up a shot of SSgt. Scott Jamot, 934th Logistics Support Squadron. Left, the camera shows a reverse image as Jamot's pose is perfected with the photographer's assistance.



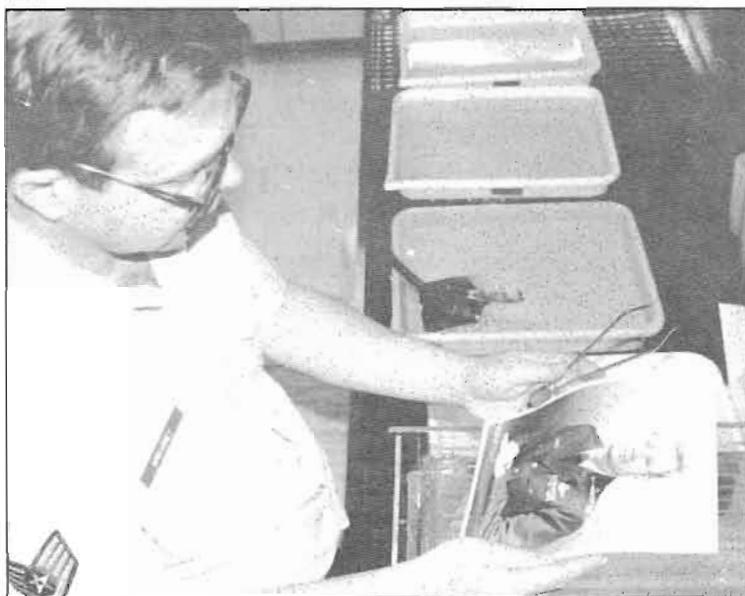
(Photo by SSgt. Janet Byerly)

SSgt. James McBurney, photography technician, fills a beaker with water to begin photo processing.



(Photo by SSgt. Michael Dvorak)

Left, Krajewski studies the negatives to see which will produce the desired image quality.



(Photo by SSgt. Janet Byerly)

McBurney produces the finished product, the result of many hours of work.

Construction: shifting to high gear

by SSgt. Shannon L. Armitage
934th AW/MSF UPAR

For several years now, the entire base has seemed to be under construction, but don't put away your hard hats just yet — there's more on the way.

In fact, current base construction projects carry an estimated price tag of more than \$4 million. According to John Marchetti, base civil engineering, "Even during these times of budget restraints, we're doing a lot more work than we ever did before."

Marchetti and fellow engineer Mehrdad "Dodd" Sadeghi discussed some of these projects now in progress or soon to be started.

Service clubs

Sadeghi said the Officers Club heating and air conditioning system is being repaired and is about halfway completed. In 1996, there will be an addition built, moving the serving line out of the dining room and into a hallway. The kitchen and dishwashing area will be remodeled at that time.

The NCO Club will also get a new heating and air conditioning system, according to Sadeghi. The design for the project is complete, but civil engineering is waiting for funding to begin the project.

Headquarters headache

Almost finished, Sadeghi said, is the replacement of the heating and air conditioning system in headquarters, Bldg. 760, which is being done to correct air quality problems occurring over the years. "We are also planning to remodel the command section," he added.

The commander's conference room will be relocated and enlarged. The support operations officer will be relocated into the same section. Marchetti said funding for this project was approved Dec. 9.

Others see major improvements

Bldg. 801, base supply, is also being remodeled for safety and efficiency, according to Marchetti. The second floor of the building will receive a new air conditioner and new furnishings, including ceilings, walls and carpeting. The first floor will receive new lighting and an altered layout. The ramp will be relocated and the dock will have a new canopy installed.

The renovation of the communications center, Bldg. 761, is almost finished, commented Sadeghi. New lighting, carpeting, floor tiles and exterior work are being accomplished.

Sadeghi also said a new infrared heating system is almost in place in Bldg. 821, a system designed to be more cost effective and efficient.

SSgt. Lisa Headman, command post technician, said the command post is also almost completely remodeled and was scheduled to be ready in December. She said the battle staff area and the console area were enlarged, and there is now an area for maintenance control. In a few months, the area is scheduled to receive new communications equipment and a new projection system.

Operations will get new locker and bathroom facilities, Marchetti said, adding that the contract has been awarded but no start date has been set.

Environmental facelift

For environmental reasons, the fuel tank farm on the Air National Guard side of the base needed a new oil and water separator, new valves and a new environmental alarm system, according to Sadeghi. He said the pipings needed modification and the tanks needed painting.

Marchetti said for more environmental-friendly painting, the corrosion control facility will be getting a 2,000-square-foot addition and repairs to the existing ventilation systems. The addition will house paint removal equipment. The flightline buildings, he added, recently

received a new paint scheme conforming to the latest guidance from Headquarters Air Force Reserve.

"A base hazardous materials pharmacy will be built in the future for environmental reasons, too," Sadeghi said. "It will be like a library for hazardous materials; people will check them in and out there. A constant inventory will be kept on usage."

Slight BX delay

BX manager Margaret Atzeni said the new exchange will be open for business in mid-March. She said the staff will begin moving merchandise into the facility in February, and hopefully, customers won't see a break in service.

"The Four Seasons store was going to be converted to a military clothing sales," Atzeni said, "but plans have changed. There's talk of programming and building a whole new facility for that."

The BX and other secured areas on base, including the flightline, finance and the armory, will be monitored by a new closed circuit television system currently being installed.

Related to flightline monitoring, new lights will be added to the ramp. The lights should enhance video monitoring as well as safety for aircraft maintenance and snow removal.

Future projects

For the future, both Marchetti and Sadeghi said there are even more projects being planned. There will be a complete reconstruction of the firing range, a fitness center, a new parking lot next to the current BX lot and remodeling of the medical building. The aircraft deicing pad and fluid recovery system will also be remodeled.

They added that all these projects depend on funding from Headquarters AFRES, which means "we need to be ready to execute our projects on very short notice." □

Family readiness: *Going strong at six months*

by Mark Davidson
public affairs

The 934th Family Readiness Program's first six months have been very busy, according to its director, Patricia Botkins, and they are planning to stay busy as they begin a new year.

"We're planning two events in February," said Botkins. "Events are open to all base civilian and military employees, their family members and military retirees of any service, be it active duty, Guard or Reserve."

Upcoming events include:

■ **Sunday, Feb. 5 (UTA):** Financial investment workshop at the NCO Club at 3 p.m., also National Military Spouse Appreciation Day.

Botkins is looking for ideas to honor or recognize military spouses on the UTA. Call her office with your ideas by the end of the January UTA.

■ **Thursday, Feb. 23:** Financial investment workshop at the NCO Club at 10 a.m.

■ **Sunday, April 2:** National Volunteer Appreciation Day. Time and site are to be determined. This event will be by invitation only.

"All of the workshops are being organized as a result of the feedback we received in the 500 surveys we got back from civilian and military members, plus family members," said Botkins.

Feedback is critical to the FRP to know what clients want and need, pointed out Botkins. "We ordered, and have received,



thousands of informational pamphlets on various family-matter subjects based on the survey feedback," she said. "They range from pamphlets on balancing work and family to coloring books for children whose parent or parents are deployed."

Botkins said the quarterly FRP Network Update that is mailed to the families of reservists is another key element in getting information out.

So far, over 100 walk-in clients have received assistance or informational help from the FRP since June 1994. Approximately 100 individuals attended the family care plan and estate planning workshops held last fall. "We even got a \$1,000 donation from the Airmen Memorial Foundation and \$100 from the local Air Force Sergeants Association chapter that we gave to a needy family," said SSgt. Paige Pietersen, NCO in charge of the FRP.

Botkins said the FRP is seeking volunteers, so any reservists or family members interested in helping out can call the office at Ext. 8057. □

Viking Victors: Lt. Col. Thomas Linster

New position: Commander, 934th Logistics Group.

Previous position: Deputy commander for maintenance, 71st/305th Rescue Squadron, Davis-Monthan AFB, Ariz.

Education: Bachelor's in business, University of Phoenix through the University of Massachusetts, Phoenix, Ariz.; master's in management science, American International University of Management Studies, Phoenix.

Hobbies: Golf, softball, collecting antiques, skiing.

Professional organizations: MBA Executives, Western States Golf Association (past president), Air Force Association and Reserve Officers Association.

Goals: "Meet challenges head-on, provide strong leadership and support for my people and their goals, compete for the Clouse Trophy and Maintenance Effectiveness Award."

Family: Wife, Hermilita, of Cebu, the Philippines; will live in Eden Prairie.

Comments: "I'm glad to get the opportunity to work with this fine organization, and I'm looking forward to working with each of you." □



Dead end for druggies

Whether it's a first-time experiment, recreational use or long-term abuse, once you're caught, your military career's kaput



by SSgt. Shannon L. Armitage
934th AW/MSF UPAR

Positive results from an Air Force drug test always means the end of a Reserve career, according to Capt. Mark Ledin, chief of 934th Social Actions.

Ledin said the 934th has averaged one positive a year since random drug testing began here in 1986. "We've had six - and three were last year," he said. "All of the individuals are out of the Air Force."

He explained that as soon as the

results are in, the administrative paperwork for discharge begins. "The next UTA, the commander takes the person aside and gives him or her an appointment time with the social actions office," Ledin explained. "There the person receives an evaluation and is sent for a medical evaluation. After the evaluations, all the paperwork is completed to transfer the individual to the Air Reserve Personnel Center."

According to Ledin, the test results are 100 percent accurate. He said the

people at Brooks AFB, Texas, where the samples are inspected, are very stringent, making sure the chain of custody has not been broken and the samples have not been tampered with. "They are betting their reputation on accurate results," he explained.

Locally, the 934th Aeromedical Staging Squadron and 934th Judge Advocate's Office, as well as social actions, ensure the procedures are strictly followed. Ledin said no one testing positive at the 934th has ever contested the results.

He said individuals here have a one in 89 chance of being tested. Recently, the tests have been moved from Sunday to Saturday, making it harder for the selected individuals to leave the base.

"On the average, abuse levels are higher for the Reserve than the active duty, which is probably because Reserve members are civilians 28 days a month," Ledin said. "In general, abuse is more common on the coasts for both the Reserve and active duty. But there are no exceptions. If you get caught, your career is over." □

Viking Victor: Capt. Mark Ledin



New position: Chief, 934th Social Actions.

Education: Bachelor's in social work, University of Wisconsin, Superior, Wis.

Hobbies: Running, biking, skiing and caring for two Siberian huskies, Kreta and Nikos.

Civilian occupation: Manager of Ches Perry Hostel, a dormitory-style accommodation at Telemark Resort in Cable, Wis.; also a cross-country ski instructor.

Professional organizations: Reserve Officers Association, Air Force Association, American Legion Post 86, Professional Ski Instructors of America.

Goals: "To continue supporting commanders and wing people in the areas of equal opportunity, human relations and substance abuse control."

Family: Live in Cable, Wis.; daughter, Allyson (7), lives in Waterford, Mich.

Comments: "It's great to be a part of the 934th Airlift Wing family and work side-by-side with the social actions staff each UTA. We'll continue to do our best to keep everyone up-to-date on social actions issues." □

Patches needed

Obsolete or worn-out unit patches are requested by public affairs to send to requestors writing from around the world. Either send patches through distribution or drop by public affairs, Bldg. 760, Room 130.

✉ For more information, call Ext. 5337.

CFC campaign wraps up

The 934th Airlift Wing collected \$17,873.06 for the 1994 Combined Federal Campaign, according to this year's project officer, Denny Gudim, 934th Supply. Areas achieving 100 percent participation were security police, civilian personnel and the support group command section.

Sergeants Association drive starts

The Air Force Sergeants Association's annual membership campaign continues through April 30, 1995. Since 1961, AFSA has fought for the interests of active duty and retired enlisted members of all grades of the U.S. Air Force, Air Force Reserve and Air National Guard.

Benefits include a monthly magazine, Sergeants, plus access to more than 30 services, including health insurance; a VISA card program; discounts in hotels, travel and prescription eye wear; association-managed scholarship programs and more. Membership is \$18 annually.

✉ For more information, contact CMSgt. Jim Schmidt,

934th senior enlisted advisor, Ext. 5341, or Don Kent, president of AFSA Chapter 858, 323-9085.

Trespass warning issued

The 934th Airlift Wing firing range located on Fort Snelling grounds is off-limits to unauthorized people. Trespassing is illegal and dangerous.

✉ For additional information, contact the 934th Security Police Squadron, 760 Military Highway, Minneapolis, MN 55450-2000, or call Ext. 5420.

February officers' call scheduled

On Saturday, Feb. 4, the 934th wing commander will hold an officers' call sponsored by the Reserve Officers Association at 3:30 p.m. at the Fort Snelling Officers Club. All 934th officers are expected to attend.

✉ For questions, call Capt. Deborah Buonassisi, 934th executive officer, Ext. 5335.

Speakers, tours available

Unit members involved with scouting, church groups and civic organizations can schedule speakers and C-130 tours through the public affairs office. Tours are held on weekdays and most UTAs.

✉ For more information, call Mark Davidson, chief of public affairs, Ext. 5337. □

Kudos

Awards

Meritorious Service Medal
SMSgt. James Clark (Ret.) MXS

Aerial Achievement Medal
Maj. Richard Gabe (basic and 1 OLC) OSF

Air Force Commendation Medal
SMSgt. Joseph Armitage (Ret., 1 OLC) CF
SMSgt. Robert Behnken MSF
MSgt. Josephier Brown (Ret.) MSF
SSgt. Warren Creager (Ret.) APS
SMSgt. Keith Evans (Ret.) CF
TSgt. Michael Gilbert (1 OLC) AS
MSgt. Peter Pearson (Ret., 2 OLC) CF

Unit honors

SSgt. Raymond Cleveland, APS, "Porter of the Quarter" Award for October-December 1994.

Newcomers

AB Taj Alexander OSF
SSgt. Timothy Atchley MXS
TSgt. Joseph Bystedt MXS
SrA. Tara Diedrich CES
Lt. Col. Thomas Linster LG

Lt. Col. Mary Jo Mazick
Sgt. Sean Nestler
Sgt. Thomas Olson
SSgt. Robert Pitts
SrA. Sara Rottler
SrA. David Watt
SSgt. Scott Wilson
SrA. Melissa Wright

Reenlistments/extensions

SSgt. Wendy Albee
A1C Kermit Anstine
MSgt. Bradley Binion
TSgt. John Chalich
SSgt. Robert Daily
SSgt. Jerry Immonen
SSgt. Barbara Kara
SSgt. Robert Lee
SSgt. James Lockwood
TSgt. Vicki MacGlover
SSgt. John McEliece Jr.
SSgt. Leo Moreno
TSgt. Gordon Murphy
SSgt. Charles Olson
TSgt. Thomas Solarz

AES
MSF
SPS
AS
ASTS
CES
MXS
AES

SSgt. Peter Welter LSS
Sgt. Thomas Whiteford CES
SSgt. Joseph Wiatros SPS
TSgt. Beverly Woods ASTS

Certificates of service

20 years
Sidney Newman DE
Brian Ternes DE
Diane Welsh DE
Robert Behnken MSM

10 years
Michael Barrera LGT
Gerald Keymes DE
LeRoy Voight LGT
Stephen Wickham LGT

Suggestion awards

Dale Klein MXS \$100, \$25
Edwin Burke MXS \$75
Henry Coyle LGS \$25

Civilian honors

Ann Cordes, MSC, certificate of appreciation, Paint-A-Thon '94. □

Holiday burnout

Finally, company's gone, the tree's at the curb, the last leftovers are in the dog's dish. Why are you still stressed out?

by SSgt. Janet Byerly
public affairs

After the holidays, it's easy to feel a letdown as we change from the hustle-bustle holidays mode to our everyday activities and commitments.

"People often go through more stress after the holidays than they do during the holiday season itself," said Sgt. Zak Stroud, health promotions coordinator for the 934 Aeromedical Staging Squadron.

"After spending so much time during the holidays with family and other social obligations, January and February are good months to spend quality time getting reoriented within yourself," he said.

"Get started with one of your hobbies again, or begin a new hobby,"



he suggested. "Take a class - having something to look forward to can help relieve stress."

Another stress reliever is to take care of yourself by getting plenty of rest and eating right.

"Sometimes we begin a pattern of

over-consumption of food and drink during the holidays that we continue afterward," Stroud said. "It's a good idea to take a break from all that so you don't find yourself becoming dependent.

"It's also a good idea to check your cholesterol, blood pressure, and general health during January," he continued.

Of course, by changing the way we approach the holidays, we can avoid some of the stresses that occur.

"Organize your finances before the holidays, and set a budget," he suggested. "Cut your social obligations in half and plan time for relaxation.

Let go of family traditions that are just too much work, or modify them. And get at least 30 minutes of brisk exercise every day to help you feel better, relieve stress and sleep better."

By keeping a few of these tips in mind during the holidays and afterward, we may avoid the drastic ups and downs that often make this time of the year more stressful than it needs to be. □

Toys for Tots

The 934th Services Flight thanks everyone who contributed to the Toys for Tots holiday toy drive.

The sum of \$293 in cash was collected, which will be turned over to the Toys for Tots organization for purchase of new toys. A total of 100 toys were contributed through Dec. 9.

UTA events

January: There will be a pre-Super Bowl party at the NCO Club, Saturday, Jan. 7. Super Bowl collector mugs will be sold. Bring your mug to the club for specials, door prizes and football trivia.

February: Sign up by Jan. 8 for February's bowling event. Also, anyone interested in playing indoor splatball on the February UTA should contact SSgt. Doug Johnson at recreation services.

March: There will be night skiing at Afton Alps.

For more information on any of these activities, call 934th Recreation Services, Ext. 5316.

SERVICES BRIEFS

Free weight bench press results

The wing's first free weight bench press competition was sponsored by the 934th SVF on Saturday, Dec. 3.

Participants were divided into categories according to age and weight

with the following division winners:

140-165 pound division, Wayne Stenberg, 934th Aeromedical Staging Squadron, won with a lift of 160 pounds.

166-180 pound division, Brian Dykstra, 934th Security Police Squadron, took first place by heaving 290 pounds, with Chad Kent, 934th ASTS, taking second with a lift of 205 pounds.

200 pound and over division was captured by Scott Kjelvik, 934th SPS, with a push of 285 pounds.

In the master's division, age 40 years plus, John Bergeland, 934th SVF, won with a hoist of 145 pounds.

Dykstra and Bergeland both received gift certificates from Oshman's Sports for their performances. All other participants received T-shirts. □