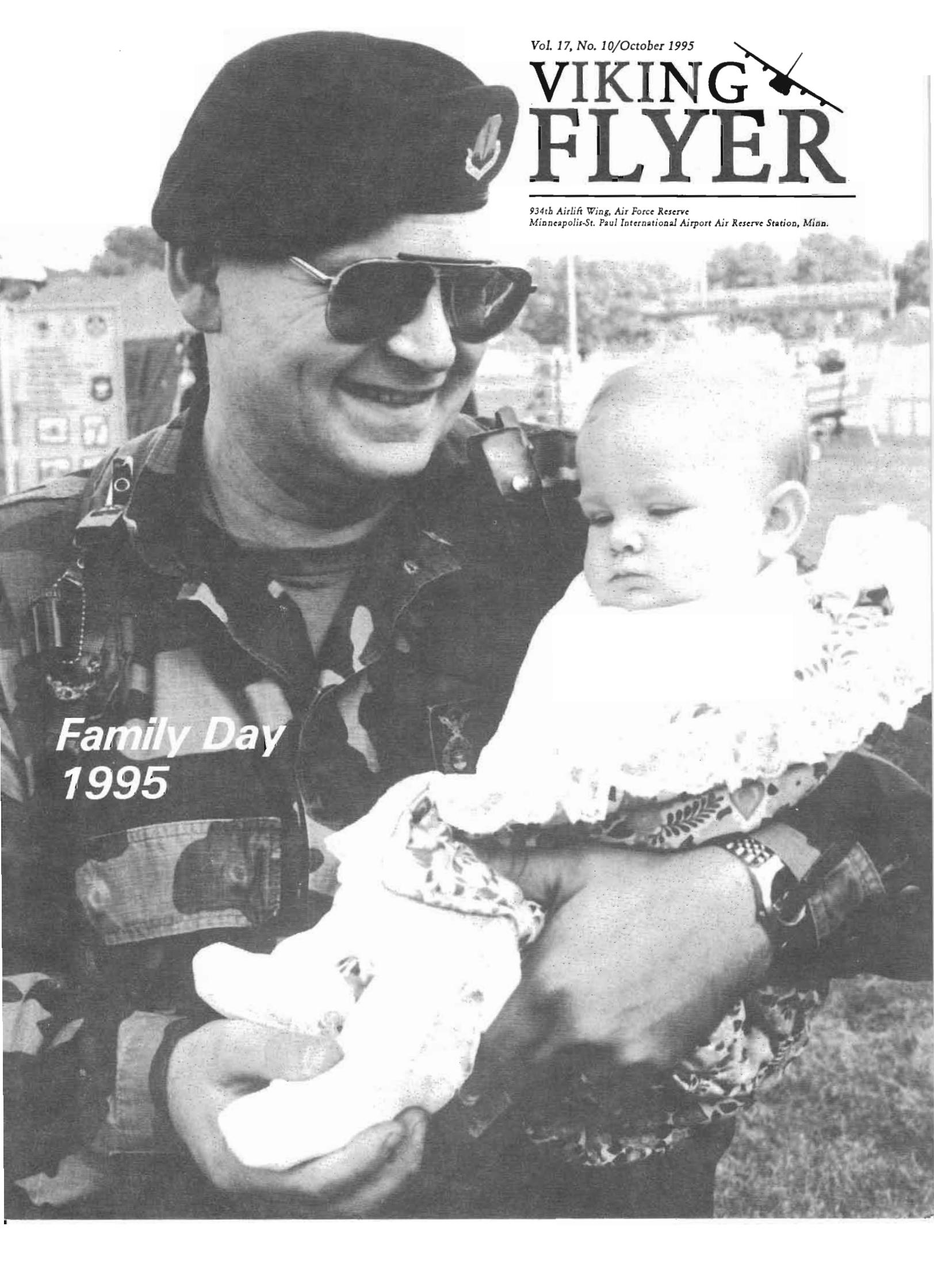


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VIKING FLYER



934th Airlift Wing, Air Force Reserve
Minneapolis-St. Paul International Airport Air Reserve Station, Minn.



Family Day
1995

VIKING FLYER

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

On the cover



SSgt. John Daily, 934th SPS, and daughter, Brianna, enjoy a perfect September Family Day. For more, see Pages 6-7.

(Photo by Staff Sgt. Janet Byerly)

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Commentary

Tempo steps up for 'war'

by Col. Michael Gjede
 wing commander

Patriot Viking 96-01 is just around the corner. As I travel around the base, I can feel the tempo picking up. This is good - it's the way it's supposed to be. A lot of preparation is required to successfully execute an exercise testing our ability to do the job we train for. Lots of loose ends remain, but the basic plan is in position and ready to go.

This is our opportunity to check ourselves and see what changes need to be made before our 10th Air Force Readiness Assistance Visit in June, followed by our first-ever Air Combat Command Operational Readiness Inspection, administered by 12th Air Force in October 1996.

There are many differences between what we've experienced in past ORIs and what ACC deems important. The basic mission remains the same, but the emphasis on Ability To Survive and Operate is stronger than ever. That means get familiar with chemical procedures,

because we'll be spending more time than ever with them.

There are three things that haven't changed and remain key to a successful exercise, and I believe they can never be over-emphasized: doing the job safely, responding with a good attitude and maintaining a sense of urgency.

☐ Safety speaks for itself. This is still an exercise, and nothing is so important that we risk injury to get it done.

☐ Attitude and sense of urgency sometimes require some tweaking. The quickest way to get an inspector's attention is to project an "I don't care" attitude. We all could come up with better things to do, but remember: our reputation is at stake.

☐ Sense of urgency also translates into "playing the game." You absolutely must get into the game. You must convince yourself that for four days, this is the real thing.

If everybody does their part, especially in these areas, I'm sure you will come away confident in your ability to go to war. ☐

Keep the 'big picture' focus

by Maj. Gen. Robert McIntosh
 chief, Air Force Reserve and
 AFRES commander

Barring congressional disapproval, the 1995 Defense Base Closure and Realignment Commission list should be final this month.

While this maybe the last BRAC round for a while, the Air Force Reserve must continue to drawdown and realign. Some things are beyond our control, but I intend to do everything I

possibly can to preserve our unit flags and manpower. This often means moving things around and perhaps converting some missions. We must work together to make these happen with the least amount of turmoil.

I ask you to keep the "big picture" in focus and help support these actions. I know it's difficult, but ultimately, we'll remain ready and able to meet our worldwide commitments. The Air Force and the American people ultimately depend on us to do what is best for the nation. ☐

UTA schedule

Remainder of 1995:

Nov. 4-5* Dec. 2-3

*Many units have rescheduled; if you have questions, ask your unit.

October UTA pay should be deposited by: Oct. 25.

Year ahead, 1996:

Jan. 6-7	June 22-23 (RAV)**
Feb. 3-4	July 13-14
March 2-3	Aug. 3-4
April 13-14	Sept. 7-8
May 4-5	ORI: Oct. 28-Nov. 6**

** Stay alert for schedule changes! Also, another UTA might be combined with June UTA for the Readiness Assistance Visit.

World

Secretary, chief stand tough

The secretary of the Air Force approved the chief of staff's recommendations to remove from flying duties five officers involved in the shootdown of two U.S. Army helicopters over northern Iraq, April 14, 1994.

Gen. Ronald Fogleman also gave seven officers a letter of evaluation, a permanent part of each officer's record, for "failure to meet Air Force standards in job knowledge, judgment and leadership."

The actions came after Air Force Secretary Sheila Widnall directed Fogleman to evaluate administrative and personnel actions taken against officers involved in the incident. The general found inconsistencies during his evaluation.

The study came in the wake of growing concern by Air Force senior leaders over standards and accountability in this incident. Fogleman shared his concern in a message to Air Force commanders, saying, "We cannot tolerate actions which appear to condemn inappropriate conduct one moment, condone it the next, or even worse, reward it."

Actions taken by Fogleman included taking the two F-15 pilots involved in the incident off flying status for at least three years. Additionally, Capt. Jim Wang, who had been found not guilty of dereliction of duty in a court-martial, along with two other officers from the Airborne Warning and Control aircraft, were disqualified from controlling aircraft for the same period of time.

Fogleman said he was "comfortable with the military justice actions" taken but was dissatisfied that the "failures" of the officers "to meet Air Force standards were not appropriately reflected in their performance evaluation." (AFNS)

Reserve selects new advisor

Chief Master Sgt. Carol Smits has been selected as the next senior enlisted advisor of the Air Force Reserve. Smits, previously the 302nd Airlift Wing senior enlisted advisor at Peterson Air Force Base, Colo., started her three-year tour at Robins Air Force Base, Ga., Oct. 1.

She is the ninth person to serve in the position and the first woman. She replaced Chief Master Sgt. James Rossi, who has returned to the air reserve technician program as a supervisory transportation specialist at 4th Air Force headquarters, McClellan Air Force Base, Calif. (AFRESNS)

Military future worries chairman

He commands about 1.5 million people in the "best" military in the world, so why is he worried?

"It's this unknown - whether we will be able to afford the modernization we need to keep our force the very best," said Chairman of the Joint Chiefs of Staff, Gen. John Shalikashvili recently.

In four years, the U.S. military will be about one-third smaller than it was in 1991. And if the trend continues, as it has

the past 10 years, the defense budget will be 40 percent less than it was seven years ago.

That has Shalikashvili asking if the military will have enough funds not only to modernize, but to replace "worn-out trucks, worn-out tents, worn-out webbing ... which all translate into readiness tomorrow," he said.

Shalikashvili has said he believes the military has the political support it needs to protect near-term readiness, training and maintenance. "I think there is also a firm appreciation that the backbone of our military excellence - our people - must be protected; or we will find it increasingly difficult to retain them, or attract more like them," he said. "But I am not nearly as confident that there is as much support for our long-term readiness." (AFNS)

'High One' gets deep six

The Senate Armed Services Committee has rejected the "High One" proposal, which would have cut military retirement pay, active and reserve, by as much as 9 percent, in favor of a plan that "does not break faith" with service members.

Sen. Strom Thurmond, R-S.C., issued a press release Sept. 18, saying his committee favors selling excess defense materials, such as aluminum, rubber, diamonds and cobalt, to help reduce the national debt over the next seven years.

In light of recent developments, Air Force Secretary Sheila Widnall said she thinks High One is dead. "I think [senior] leadership came on so strong against High One that the message got across," said Widnall. (AFNS)

12001

Social actions training set

Starting this month, the Sexual Harassment Awareness Education conducted by 934th Social Actions will only be offered in one session each UTA. The class will be held from 8 a.m. to noon on Sunday of each UTA. The base is required to be 100 percent trained in this area by the end of the year.

For more information, call Ext. 5327.

Clinic announces schedule

The 934th Aeromedical Staging Squadron's physical and immunization schedule has been set, both on Saturday only of each UTA.

Flying members' physicals start at 8 a.m.; periodics, individual mobilization augmentees and ROTC members, 9 a.m.; and occupational/civilian, 10 a.m. Lab hours are from 8-11 a.m.

For immunizations, the hours are 8-11 a.m. and 12:30-3 p.m., with yellow fever shots given only between 9:30-10:30 a.m.

For more information, call the clinic, Ext. 5587.

November newspaper set for mail

Since many 934th reservists rescheduled November drill to October for the four-day Operational Readiness Exercise, the next *Viking Flyer* will be mailed to each member's home. □

Survey says ...

Reservists feel stresses of increasing demands

by Col. Ralph Francis
director of public affairs

Air Force reservists are willing to volunteer for active-duty requirements, but the extent of volunteerism is determined by two key factors: duration and frequency.

More than 90 percent of reservists responding to a command-wide employer support survey indicated a willingness to volunteer for an extra two weeks of duty for overseas humanitarian missions, domestic disaster relief or military training, according to command officials.

However, the number progressively drops to approximately 16-20 percent who are willing to volunteer for more than six consecutive months of active duty.

Having served in support of one active-duty requirement, 96 percent indicated a willingness to volunteer again. However, 52 percent indicated they would need at least six months between assignments before volunteering a second time. In every category, reservists believe their civilian employers are willing to give them time off for active-duty requirements but for a slightly shorter duration.

More than 1,350 unit-assigned reservists and individual mobilization augmentees responded to the random sampling employer support survey, conducted between August 1994 and February 1995. A follow-up survey will be sent later to civilian first-line supervisors and senior executives at companies that

employ reservists. Feedback from reservists and their civilian employers will be used to draft future Air Force Reserve policies and programs.

"We must earn and keep the support of our employers," said Maj. Gen. Robert McIntosh, commander of the Air Force Reserve. "They are essential to a strong Air Force Reserve. Yet, at the same time, we are committed to meeting active-duty requirements around the world."

During 1994, Reserve aircrews averaged 110 days of military duty, supporting contingency operations in such locations as Bosnia, Iraq, Rwanda and Haiti. In return, Air Force Chief of Staff Gen. Ronald Fogleman provided the Reserve the authority to schedule flexible tour and deployment lengths. This enabled the Reserve to deploy aircraft into forward operating areas and then rotate aircrews based on availability.

This increased commitment took its toll. While only 7 percent of the individual mobilization augmentees indicated the Reserve is demanding too much additional time away from their civilian jobs, 22 percent of the unit-assigned reservists - including 37 percent of the aircrew members - felt this was a problem.

"As long as we are provided flexibility, we can meet all short-tour requirements with volunteers," McIntosh said. "Mobilization should only be considered when large numbers of reservists are needed for long lengths of time."

(Conclusion next month: Reserve obligations can cause civilian job problems.) □

Need 'boss help'?

Here's a zippy list of suggestions on how to keep employer relations smooth

You will be gone for three four-day deployments, one 15-day annual tour, UTAs, plus some special tour days during the upcoming year at the 934th. No problem with your civilian employer, right?

The answer to this question depends on how well you communicate with your civilian employer about your Reserve schedule.

Here are some tips from the National Committee for Employer Support of the Guard and Reserve to promote positive employer support:

□ Let your employer and supervisor know as far in advance about UTA, annual tour and other active duty dates.

□ Talk to your supervisor about the positive things being learned and accomplished in your Reserve job.

□ Thank your supervisor and employer once a year, preferably in a letter, for their cooperation.

□ Fill out the ESGR form, "My Boss Is A Patriot," on your boss. This generates an ESGR certificate from Washington, D.C., and a letter from the 934th wing commander. More detailed narratives about the employer could result in national ESGR awards.

□ Participate in employer events on the base or at your unit level by inviting your supervisor or employer out for a visit. At the 934th, this usually includes a C-130 flight.

□ Try to solve any problems with your employer by personal contact. Keep your unit commander and first sergeant informed of problems in case they have to get involved.

"There are people to talk to on base, in the Twin Cities, around the state of

Minnesota, and in Washington, D.C. about employer problems," said Tech. Sgt. Leon Gilder, 934th MSF chief of customer enhancement, and the employer liaison for all of the unit career advisors.

These telephone numbers should also be made available to the employers of the reservists, according to Gilder:

□ 934th MSF career enhancement office: 725-5504.

□ 934th Public Affairs Office: 725-5337. This office has the names, addresses and telephone numbers of the state of Minnesota ESGR regional chairpersons who can call or visit an employer.

□ State of Minnesota Employer Ombudsman: 282-4189.

□ National Committee for ESGR: 1-800-336-4590. □

Quality by computer

Cutting-edge software should make Unit Self Assessment less painful

by Cherie Huntington
public affairs

Now the 934th Airlift Wing has a new "toolkit" to help achieve its first Unit Self Assessment.

Called Continuous Improvement Toolkit, or "CI-Toolkit," this new software program made its first baby steps here in a train-the-trainer workshop for 21 reservists, technicians and civilians, Sept. 5-8.

"This is the fastest-selling quality software on the market right now," said the course instructor, Mark McWilliams, who is director of training for the product's parent company. He said the software is rapidly growing in use throughout Department of Defense agencies, including an estimated 60 percent of all Air Force bases.

The students, working at computers, experienced such activities as completing a sample baseline USA, building computer-based training modules, collecting data, writing a simple implementation plan and selecting various charts and graphs to track and measure process improvement.

"I hope CI-Toolkit will give us modern, useful tools to help us use quality in our everyday jobs," said Lt. Col. Doug Pederson, chief of quality for the 934th. "Like anything, there will be a learning curve, then the work will go enormously faster—the same as when we first received computers 10-15 years ago."

Pederson explained that during October, 100 base computers will be loaded with the latest version of the program, and training will begin soon thereafter in "cascade" style.

"This is going to be a great tool once we get people trained," said Tech. Sgt. Ed Johnson, workshop attendee from the 934th Mission Support Flight. "Speaking from information management as a traditional reservist, it will be very helpful. I can see a lot of applications.

"In my case, since I do administration training courses," he continued, "the computer-based training and course evaluations were the most interesting parts to me."

For other attendees, who were not quite as "computer literate" as others, the program still held promise. "It's tough, but the handbook walks you through it and makes

it 'do-able,'" said Capt. Barb Dock, 27th Aerial Port Squadron. "If I can do it, anybody can do it."

"Once people see what it can do, they will be instantly converted," said the instructor, McWilliams, pointing out that implementing the program at the earliest stages of creating the USA should prove beneficial. "It will be kind of like starting a new game without any bad habits," he said.

A small working group has formed from among the workshop attendees to determine how to best deploy the CI-Toolkit down to the unit and individual level, according to Pederson. The group will brainstorm ideas on what sort of training would be developed and offered.

All in all, Pederson predicted October through January should see "pretty visible activity in this front."

"Not only will process identification get going with a February due date," he said, "but in January, we will begin a survey of more than 900 people here to create an informal USA. It will cover quality of life issues, morale and how people feel about being a reservist." □

Viking Victor: Capt. Kathy Bratsch

New position: Chief of social actions, 934th Airlift Wing.

Job responsibilities: Serves as the wing's staff officer for substance abuse, urinalysis, equal opportunity and treatment, and human relations education programs. Identifies and monitors problems, practices and procedures that may adversely affect the mission and assigned people, recommending corrective or preventive action.

Education: Master of Education in counseling, Boston University overseas program; Bachelor of Arts in sociology and Bachelor of Science in elementary education, Moorhead State University, Moorhead, Minn.

Civilian occupation: Employment counselor, Department of Economic Security, Willmar Job Service, Willmar, Minn.

Goals: "To obtain a doctorate in psychology, continue to learn and grow in my professional career and continue to challenge myself and seek opportunities."

Family: Son, Tyler; live in Willmar. □



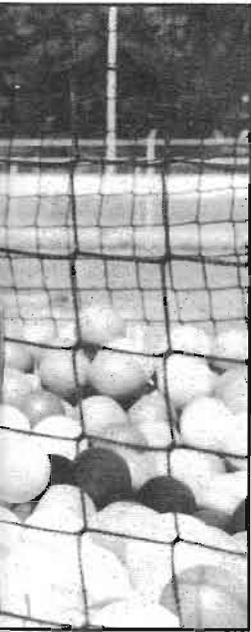


Photo by Staff Sgt. Janet Byerly
adron, loves the ball



by Senior Airman Robert Walz
Capt. Olly Larson,
his children, Elizabeth



(Photo by Senior Airman Robert Walz)



(Photo by Staff Sgt. Janet Byerly)

Left, Tech. Sgt. Larry Corrigan, 934th Civil Engineer Squadron, discusses helicopters with his daughter, Erica.



(Photo by Senior Airman Robert Walz)

Above, Staff Sgt. Chris Hoffman (left), flight engineer in the 96th Airlift Squadron, and his boss, John Hooley, chief executive officer for Cub Foods, participated in the Employers' Day flight on Saturday.

Left, Ryan Crimmins, son of Master Sgt. Fred Crimmins, 27th Aerial Port Squadron, came dressed for the part of soldier.

Double win for communicators

'C4' area captures Reserve-level awards for both organization, individual competition



Ensenbach

(Photo by Staff Sgt. Larry Dean)

By Staff Sgt. Larry Dean
public affairs

Tech Sgt. Rick Ensenbach hit "the high point of his career" to this date when he recently learned he had helped earn a two-run hit for his unit.

He was selected as the Air Force Reserve Command, Control, Communications and Computers Systems Security Professional of the Year. In turn, the 934th Communications Flight earned the AFRES Base-Level C4 Systems Security Organization of the Year Award.

Ensenbach is also the assistant communications manager as a civilian for the base contractor Rothe Development. "It's the greatest recognition in my career," he said. "It means a lot to me and is a credit to a lot of people who contributed to my receiving this award. I'm especially proud to win this award for the 934th, gaining recognition for the wing at the major command level."

Capt. Doug Kveene, 934th CF commander, said, "Sergeant Ensenbach's high level of service to the base and his expertise were paramount to his winning the award from AFRES."

Some examples of his accomplishments include his ideas to create a number of educational handbooks and products designed to help communications flight customers in a wide range of services. He created a 94-page communications security booklet and 28-page Secure Telephone Unit-III Responsible Officer's Handbook, including self-inspection checklists and key information for managers.

Ensenbach worked closely with the base telephone systems manager to help raise telephone security awareness in the entire Fort Snelling area for all branches of the service. He contributed valuable telephone security knowledge that was written into the base telephone directory and in customer education which was sent to all unit telephone control officers. He also ensured all local STU-III telephone and fax phone numbers were published in the base directory to make base people better aware of secure communications availability.

Ensenbach has climbed up the chain in his military career with the communications flight since the nomination for the award went forward. Ironically, that progression made him the manager overseeing the job he won the award for.

"I want to thank Eric Trimble, my co-worker in the communications security account," Ensenbach said, "for his hard work and diligence that contributed not only to our office getting an award but also to me receiving the individual award. I also want to thank my wife, Patti, for her understanding and patience when I did all the overtime that helped me earn this award."

While this award has been the high point of his military career, Ensenbach has continued to set lofty goals for his future in the Reserve. "My future goals are to make master sergeant in the coming year and senior master sergeant in the next five years," he said.

Ensenbach has served 15 years in the military, seven of those years in active duty before joining the Reserve and the 934th in 1987. Originally from Bruce, Wis., he and Patti live in St. Paul, Minn., with their children, Andrew and Katlyn. □

Sign/counter sign

Here's an easy 'game' that means a lot to security

For members who are new or merely rusty when it comes to tight security, it might be time for a refresher on sign/counter sign procedures.

A sign/counter sign is a number or two-word phrase in which an individual is challenged with the first portion. The individual being challenged must reply with the correct second portion.

If the person being challenged does not reply with the correct counter sign, it is assumed they are a terrorist or infiltrator, and appropriate security actions are taken. Otherwise, the person is allowed to pass.

Here is how it works. If the sign/counter sign for the day is the number nine, and someone is challenged upon trying to enter a restricted area, the challenger will say, "Halt, who goes there." The person being challenged gives their rank, name and unit.

The challenger will then give the first portion of a number combination, for example, "I give you six." The challenged person must then reply with a second portion of the number to make it equal nine. Their response in this case would be, "I reply three."

The same procedures are used when the sign/counter sign is a two-word phrase. Words which have no similarity should be used. Words that are similar, such as "bacon and eggs," are too easy and would give the enemy a greater chance of learning the phrases and using them against the unit.

In this example, our sign/counter sign is warrant/sandwich. The challenger would say, "Halt, who goes there?" The person being challenged would reply with their name, rank and unit. The challenger would then state, "I give you warrant." The proper response would be, "I reply sandwich."

(Courtesy Jet Set, Grissom Air Reserve Base, Ind.)

Nuts and bolts of ATSO

If thinking of Ability To Survive and Operate brings to mind endless hours in your chemical gear, sitting under a table, you're thinking too small

by Mark Davidson
public affairs

Ability To Survive and Operate, or ATSO, is not the normal training that 934th members practice each UTA.

Yet 934th people deploying three times in the next year will have to be skilled enough to live and fight along with doing their military job.

Where do reservists learn these critical skills that they do not use very often? According to Claude Schuenemeyer, 934th disaster preparedness chief, there are several ways to learn and practice our "soldiering" skills.

"ATSO is more than just learning to wear your chemical warfare suit and mask to survive an attack," said Schuenemeyer. The following is a review of who teaches what on base. Anyone who does not recall learning these items should take heed: the time to ask questions is now!

The following items are taught by DW annually during initial and refresher chemical warfare training:

- Grid map reading,
- Unexploded ordnance, or UXO, identification/reporting,
- Attack alarm signals,
- Proper wear of chemical warfare suit,
- Mission Oriented Protective Postures,
- Contamination Control Area,

which is both classroom and hands-on training. Using the buddy system is stressed, which gets people involved with members outside their unit.

CCA training also includes the following subjects:

- Facility sweep training for UXOs,
- M-8 and M-9 paper training, and
- M-256/A-1 chemical detector contamination kit training.

Topics covered in other than initial or refresher training include:

Self-aid and buddy care: one person from the 934th Aeromedical Staging Squadron teaches two people in each unit on base. Those people train all the people in their unit. Unit primary and alternate trainers receive annual refresher training by the ASTS trainer.

Control center training: "Every unit or function that has a control center must have a primary and alternate control center that is manned, and has the same, exact supplies and equipment in each control center," said Schuenemeyer. He added that DW reviews all the control center checklists, but each unit must train their people according to their own control center needs.

Aircraft, vehicle and building decontamination techniques: different unit and functional team chiefs are taught by DW people annually, and they then teach their unit members.

Duress word procedures

The duress word is used only when an individual is being forced to gain entry to a restricted area against their will.

If a terrorist were trying to gain access to the base by holding a driver at gunpoint, the driver might be able to use the duress word to alert others to the situation. For example, if the duress word were "moon," the driver

could slip that word into conversation with the gate guard: "It's really dark out with no moon tonight."

The duress word is changed periodically and can be obtained from unit security managers. Only use it if the situation calls for it - and say it loud enough for all to hear. (Courtesy Jet Set, Grissom Air Reserve Base, Ind.)

Helping others 'get it out'

By listening, this angel helps guide abuse victims back from their private hell

by Staff Sgt. Shannon Armitage
934th AW/MSF UPAR

When Senior Master Sgt. Miriam Ross, noncommissioned officer in charge of accounting and finance, married her first husband in technical school in 1960, she never expected to get divorced. People just did not do that back then, she explained, especially if they were Roman Catholic.

Then again, on her wedding day, Ross did not expect to endure 17 years of verbal, physical and sexual abuse, either. She certainly did not expect to suffer from it 17 years after her divorce.

Now, however, part of Ross's healing takes place by helping those suffering from similar experiences. Besides working full time as a switchboard operator and serving in the 934th, she volunteers many hours supporting victims of rape and abuse.

She does this, she said, because during her marriage, Ross's home life could only be described as hell. Ross recalled times when her former husband, a master sergeant in the Air Force, lashed out at their children with a belt until they bled – and times when she, a petite person herself, jumped in the middle to protect them.

After the birth of her last child, Ross had a hysterectomy, and stitches prevented her from being intimate. Even then, her safety ended once she was released, and she soon ended up back in the hospital following another bout of abuse by her husband. "They didn't call it rape back then because I was married to him," she commented.

So today, when Ross volunteers her time supporting victims of rape or abuse, she said she can relate. "You feel like the scum of the earth," she said. "And later, you ask yourself why you became a victim. You feel like it's your fault, and you created the problem."

Ross said what she does in her volunteer position is listen. "I'm there to support them," she explained. "Once you get them to trust you and they start talking, you can't just drop them. They're in shock and a potentially suicidal state. It's not a friendship thing; it's a way for them to get it out – to let out their anger, hurt and other feelings."

With her own abuse, Ross said, it took her years to "get it out." After her divorce, she tried counseling; however, she said it just did not work at the time. The counselors never once named what she went through as abuse. "Back then [during the time



Ross

after her divorce until a few years ago], it was, 'Man the torpedoes; shut the feeling doors on the side. It's full-speed ahead,'" she said.

Ross led a successful military career and remarried, but it was not until the death of her son that she started feeling the trauma she had hidden deep down inside her. After seeing her former husband at the funeral, she explained, she started having nightmares and panic attacks. "I called my [current] husband the wrong name and started screaming at him," she said, "and he suggested I get help.

"In that first year of counseling, I beat on my chest so hard it was black and blue," she continued. "It was the feelings I needed to deal with. I could deal with the facts [of living with the abuse] when I was 27, but 27 years later, I'm still learning to deal with the feelings." She probably would not have made it through that period, she added, if her current husband, grandson and counselor had not supported her.

And Ross decided, after that year, to help others.

She called it selfish on her part, saying it helps her face her own past. When one is the victim of abuse, she contemplated, "You tell yourself over and over that you are not scum, probably for the rest of your life ... But if I get one thing done, if they get themselves someone [a counselor] to listen to them and not bury it, like I did, I come the closest to crying with my own heart since I got my own divorce," she said. "Otherwise, they're going to close that door and live with it all those years."

Sometimes, Ross said, she has talked with women in their own kitchens, where their husbands could arrive any time. She said she tells them to get help for their children, if not for themselves. "I can see now that my grandson [whom Ross has custody of] was abused by my child and his wives, who were also abused as a child. I can see all this now."

Some of the women she has talked with are in their fifth or sixth abusive relationship. "When I hear today that these women are still taking this abuse, it's because they think there's nothing else," she commented. "They've become conditioned to take abuse. I'm truly blessed, as I had only one abusive marriage."

Her theory, from talking with more than 50 raped or abused women in the past year, is that something in a person's past leaves her open to abuse as an adult. She said she is not sure if it is lack of self-esteem, because she never saw herself lacking in that. "I really do think you had to have been abused as a child," she said.

Ross estimated that three out of four women and two out of four men suffer some kind of abuse in their lives. It does not matter what kind of abuse, she said, "When it hurts, it hurts." She urges anyone in this situation to get help – and said she is always around to "just listen." □

(Next month, watch for a list of contacts for help and counseling for victims of abuse or rape. If you are in immediate need, call public affairs, Ext. 5337, for the list. Your name will not be requested.)

Medals

Meritorious Service Medal
 Lt. Col. Curtis Breeding (1 OLC), OSF
 Lt. Col. John Dunphy, MXS
 Lt. Col. Rocco Maffei Jr. (1 OLC), AW
 Senior Master Sgt. Charles Pollock (Retired), MXS
 Tech. Sgt. Charles Rautiola (Retired), MXS
 Maj. Grelon Williams, AS
 SMSgt. Gerald Yasgar (1 OLC), MSF

Air Force Commendation Medal
 Master Sgt. Mark Davidson (1 OLC), AW
 Tech. Sgt. Thomas Dyer (Retired), AW
 Tech. Sgt. Leon Gilder (1 OLC), MSF
 Staff Sgt. Steven Lerbakken, MXS
 Staff Sgt. James McBurney (Retired), CF
 Lt. Col. Donald Stockton (3 OLC), MXS
 Master Sgt. Philip Winkels, CES

Air Force Achievement Medal
 1st Lt. Craig Bogan (1 OLC), APS
 Capt. Deborah Buonassisi (1 OLC), AW
 Tech. Sgt. Franklin Davis, APS
 Tech. Sgt. Rory Ernst (1 OLC), MXS
 Staff Sgt. Geraldine Garoutte, APS
 Master Sgt. Robert Jones (1 OLC), MXS

Staff Sgt. Randy Schauer, APS
 Tech. Sgt. Thomas Slavik, APS

PEP promotions

Master Sgt. Bruce Heuer, MXS
 Master Sgt. Clark Johnson, AW
 Tech. Sgt. Doug Johnson, SVF
 Tech. Sgt. Scott LeClair, CES

Promotions

Master Sgt. David Angerman, CES
 Senior Airman Andrew Ashwill, MXS
 Staff Sgt. David Ball, CES
 Senior Airman Wesley Brenning, ASTS
 Tech. Sgt. Franklin Davis, APS
 Staff Sgt. David Hanson-Best, APS
 Staff Sgt. James Heath, MXS
 Tech. Sgt. Juan Hernandez, MXS
 Tech. Sgt. Jerry Immonen, MXS
 Tech. Sgt. Paul Korkowski, AS
 Staff Sgt. Manfred Kunoff, MXS
 Tech. Sgt. Richard Mathies, MXS
 Staff Sgt. Sean McCoy, LSS
 Staff Sgt. Anton Mighty, ASTS
 Master Sgt. Aaron Mikonowicz, MXS
 Staff Sgt. Mary Miller-Huff, SVF
 Master Sgt. George Olson, CES

Staff Sgt. Paul Olson III, APS
 Master Sgt. Terrence Rice, LSS
 Staff Sgt. Luke Stiner, AS
 Tech. Sgt. Michael Vosen, APS
 Tech. Sgt. Richard Welter, MXS
 Tech. Sgt. Merlin Zempel, MXS

Newcomers

Airman Basic Joshua Bahn, MSF
 Capt. Mark Blalock, AS
 Airman 1st Class Paul Chadha, MSF
 Staff Sgt. Patrick Donahue, AS
 Senior Airman Douglas James, LSS
 Airman 1st Class Jeremy Jasperson, AES
 Staff Sgt. Clifford Keyes, MXS
 Tech. Sgt. Daniel Knox, AS
 Staff Sgt. Roxanna Phillips, SVF
 Airman 1st Class Angelia Rose, MSF
 Staff Sgt. Charles Smith, APS
 Senior Airman Jamie Swartzter, APS

Reenlistments

Tech. Sgt. Robert Abele, MXS
 Staff Sgt. Darrel Anderson, MXS
 Tech. Sgt. Mark Anderson, CES
 Senior Master Sgt. Robert Behnken, MSF
 Staff Sgt. Raymond Cleveland, APS

Staff Sgt. Tracy Elbers, AES
 Staff Sgt. Dennis Geyen, CES
 Master Sgt. Bruce Heuer, MXS
 Staff Sgt. Alan Hogenson, APS
 Staff Sgt. Conrad Kluck, MXS
 Tech. Sgt. Robert Lafreniere, AS
 Tech. Sgt. Bradley Lalim, AS
 Staff Sgt. Traci Lewis, LSS
 Master Sgt. Gordon Maier, AS
 Senior Airman Anton Mighty, ASTS
 Staff Sgt. Timothy Mikesch, CF
 Staff Sgt. Martin Miller, APS
 Senior Airman Alethea Montgomery, ASTS
 Tech. Sgt. Ricky Olson, ASTS
 Tech. Sgt. Kenneth Plummer, AES
 Master Sgt. Glen Polinder, MXS
 Tech. Sgt. Gerald Schuster, MXS
 Senior Master Sgt. Charles Sternig, OSF
 Senior Airman Krystal Urman, AW
 Tech. Sgt. Penny Weber, CF
 Staff Sgt. Jesse White, MXS
 Tech. Sgt. Allen Williams, CF

Retirements

Tech. Sgt. Thomas Dyer, AW
 Staff Sgt. Gary Strauss, CES □

Speak up:

How does the Reservist's career affect the family?



Senior Airman Michael Sanford
 934th MXS
 "My family has been very flexible. They have tried to arrange activities around my Reserve commitments. My family has always been supportive of my career decisions, such as schools, annual tours and other assignments."



Lani Merriam, wife of Maj. Stephen Merriam
 96th AS
 "He spends a tremendous amount of time away from home. The kids miss their father and the support a second parent gives."



Staff Sgt. Ray Cleveland
 27th APS
 "One weekend a month alone with a 10-month-old child places significant hardship on the parent at home. With couples where one is in the Reserve, the reservist can only be a parent three of the four weekends."



Janine Lohman, wife of Staff Sgt. Thomas Lohman
 934th CES
 "I really feel like a weekend widow. The family misses the extra time on the weekends because of the Reserve time commitment."



Senior Airman Tara Tvitbakk
 934th CF
 "As a single parent, my parents take responsibility for watching my 2-year-old son, David, during the UTA weekends and annual tour. People who take that kind of responsibility need to be appreciated."



Joan Fischer, wife of Master Sgt. Paul Fischer
 934th ASTS
 "We really can't plan things on the UTA weekends, and we've had to change our lifestyle to meet the needs the Reserve has." □

FATIGUE

You can fight it -- try these tried-and-true tips

One thing everyone is sure to experience during the Operational Readiness Inspection is fatigue. But you can fight back, helping yourself stay alert as your body adjusts to a new environment and sleep cycle.

- ☐ Be active. Wiggle your toes, sit on the edge of your chair, move every couple of minutes or force yourself into being uncomfortable.
- ☐ Try the old stand-by

of caffeine. Coffee, tea or soft drinks can give an extra boost to help you through your shift.

- ☐ Eat smaller portions and stay a little hungry.
- ☐ Avoid eating big meals high in fat, as they tend to make a person sleep.
- ☐ Though you likely will not have much choice in available foods during the deployment, pack some low fat snacks such as cereal bars, fruit, string cheese, pretzels or popcorn. But avoid sweets, alcoholic beverages and high-fat foods. (Courtesy *Jet Set*, Grissom Air Reserve Base, Ind.) ☐

Hup-two-three

These combat boots are made for walking -- but feet don't always cooperate

by Staff Sgt. Janet Byerly public affairs

Trudging around in combat boots all day can really take its toll on the feet. In fact, injuries to the feet, knees and legs occur more frequently in military people than in the general public, according to Staff Sgt. Zak Stroud, health promotions coordinator for the 934th Aeromedical Staging Squadron.

Here are Stroud's eight tips for avoiding injuries anytime, but especially during a military exercise:

- 1** "Eat right and eat light before an exercise," he said. "Exercising after a heavy meal will cause you to perform at less than peak performance, which will make you much more apt to be injured."
- 2** Check your boots for proper fit and make sure the soles are not worn down. "If the heels are worn down on one side, you won't have proper balance and support," said Stroud. "This can lead to pronating, which is toeing out, or supinating, which is toeing in, and either one can cause injuries to the lower extremities."
- 3** Whenever possible, do some strengthening exercises. Make sure you are in good physical shape to handle your duties during an exercise.
- 4** Before any exercise, do some light stretching



(Copyright 1946 by Bill Mauldin, used with permission)

"Tell th' ol' man I'm sittin' up wit' two sick friends." ("Willie and Joe," famed World War II cartoon series)

- to prepare your muscles for activity.
- 5** Check your training and exercise habits. Are you using proper lifting technique? Is your weight evenly distributed so one side is not compensating or doing more work than the other side?
- 6** Do not place excessive stress on yourself by repeated use of any muscle groups. It is important to take breaks occasionally to prevent fatigue and injuries.
- 7** "After exercise, it's important to use ice to reduce inflammation and swelling," Stroud advised.
- 8** "Consult your doctor if you experience constant aches and pains that don't subside within 24 hours," he said. ☐

SERVICES BRIEFS

Softball winners
 Congratulations to the winners of the 1995 softball league championships:
 Men's champs: 934th Civil Engineer Squadron
 Co-Rec champs: 934th Services Flight

Military Appreciation Night
 Tickets are available from the recreation services office for college football Military Appreciation Night, Saturday, Nov. 4, starting at 6 p.m. in Minneapolis. Ticket prices, which include a T-shirt, are set at either \$24 for lower deck or \$13.50 for upper deck.

Toys for Tots
 Recreation services will be supporting the Toys for Tots program this holiday season. Bring a new, unwrapped gift to one of the drop boxes on base which will be in place by Nov. 24.

Aerobics classes
 Dance aerobics classes with a certified instructor are held on base on Monday, Wednesday and Thursday each week from 11:30 a.m. to 12:30 p.m. Cost is \$15 per month. Call recreation services for more information. ☐

934th Recreation Services
Ext. 5316