

# VIKING FLYER

934th Airlift Wing (AFRC)

Minneapolis-St. Paul IAP Air Reserve Station, Minn.

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Photo by Tech. Sgt. Jeffrey Williams

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The Viking Flyer is mailed to reservists' homes. Copies of the Viking Flyer are also available at various locations on base.

All photos are Air Force photographs unless otherwise indicated.

The deadline for all submissions is the Sunday of the UTA one month prior to publication.

## **Aerial Port**

The 27th APS personnel bid **Col. Teresa Hams** a farewell at the units commanders call Sunday morning Oct. 2.

The wing commander presented the Defense Meritorious Service Medal to **Senior Master Sgt. Gregg Nordwall**.

Sergeant Nordwall had just returned from serving at Camp Butmir, Sarajevo, Bosnia where worked in the U.S. National Support Element as part of the NATO and EUFOR post located in that country.

**Master Sgt. Dean Plank** was presented the Meritorious Service Medal for his exceptional service while assigned to the 934th Maintenance Group.

Sergeant Plank started as the newly hired administrative ART for 27th APS.

**Tech. Sgt. David LeBeause** returned from Dobbins ARB, Ga. as "Top 60K Tunner Driver" for his two week class which graduated Sep. 29.

## **Aeromedical Staging**

The 934th ASTS says farewell to four members, **Lt. Col. Gary Peitzmeier** who transferred to active duty, **Lt. Col. Dennis Smith**, retired, **Capt. Robert Jackson** who transferred to Colorado Springs to join Space Command, and **Master Sgt. Sheri Cash** who retired.

**Col. Jorge Llambes**, Commander 934th ASTS, returned Oct. 3 from an AEF rotation overseas.

**Senior Airman Nat Johnson** returned to the 934th after his phase II was cut short due to Hurricane Katrina. Airman Johnson was stationed at Keesler AFB, Miss.

The October UTA was divided in two, the physical exam section trained on the normal UTA, the Contingency Aeromedical Staging Facility attended a four day bivouac at Camp Ripley Oct. 6-9.

## **Civil Engineer**

The CE squadron rescheduled the October UTA to Oct. 7-9 to accommodate the annual bivouac at Camp Ripley. Two mini exercises were done to test command and control and special teams within the squadron. Various shops within CE completed other training requirements. ASTS and Services accompanied CE to Camp Ripley. A good time was had by all.

We welcome home **Tech. Sgts. An-**

**thony Osborne** and **William Justin**; both were deployed for six months as Security Forces augmenters to Vandenberg AFB, Calif. and McDill AFB, Fla. respectively.

Roads and grounds replaced joint sealer throughout the base and constructed concrete piers at Bldg. 822.

Congratulations to **Scott LeClair** for being promoted to Senior Master Sergeant through the PEP program.

## **Communications**

**Master Sgt. Richard Loesch** received the Meritorious Service Medal. **Staff Sgt. John Herrick** graduated "Distinguished Honor Grad" for the Basic Still Photography Course at The Defense Information School, Fort Meade, Md. Both **Staff Sgts. Curt Richter** and **Herrick** received the Community College of the Air Force associates degree in Information Systems Technology.

## **Logistics Readiness**

**Master Sgt. Charles Colstrom**, **Tech. Sgts. Lara Gallegos** and **Scott Sippel** have recently returned from Joint Forge in Germany. **Staff Sgt. Marcus Erickson**, **Staff Sgt. Dustin Hunstiger** and **Senior Airman Kelly Jabas** have recently deployed to the operation.

**Tech. Sgt. Roxanne Daggins**, **Senior Airman Dyan Daniels** and **Breon Gibson** have recently returned from Mountain Home AFB, Idaho.

Congratulations to **Brian Haugen** on being promoted to major.

Congratulations also to **Tech. Sgt. John Taylor** who passed his 5-level CDC test and **Staff Sgt. John Czech** who received his 5-level.

## **On the Cover**

**Master Sgt. Mark Stodola**, **934th Security Forces Squadron resource advisor**, shows **Bloomington mayor Gene Winstead** how to use the **M-9 pistol simulator Oct. 6.**

**Mayor Winstead**, along with other members of the **Bloomington chamber of commerce** had a chance to meet with the commander and tour the 934th Airlift Wing.



# The ever-changing 934th Airlift Wing

**By Colonel Stephen J. DeWerff  
Vice Wing Commander**

The end of the year is rapidly approaching and like the weather, change is in the air. As the year 2005 comes to a close, we will see a number of changes occurring at the Minneapolis-St Paul Air Reserve Station. Our new 934th Aero-medical Evacuation Squadron building is ready to open, allowing our aeromedical folks a place to grow and expand. The unit has continued to provide relief and comfort not only to our troops in the Iraqi and Afghanistan but to those folks down south who were displaced and their homes destroyed by hurricanes Katrina and Rita.

With the 934th AES moving out of Building 840, our 934th Aeromedical Staging Squadron will finally get to expand into all of the once shared facility. Both of these squadrons have been working in facilities that were too small for either of them and they have done a superior job despite those conditions. The ASTS building will undergo a remodeling project in the future which will make it the state of the art medical facility that our people deserve. Once the remodeling project is complete, the ASTS will be able to reduce the long delays which are common for physicals, immunizations, urinalysis and other procedures, making life better for everyone on base.

Our new entry gate at the top of the hill will be completed in the spring. The new gate will allow access to the base from directly off 34th Street and High-

way 62. It will provide two lanes of inbound traffic and should expedite personnel entry onto the base on UTA weekends. It will allow us to close the current main gate and truck delivery gate, reducing the number of Security Forces personnel manning entry gates. With state of the art heating and cooling, our gate guards shouldn't have to swelter from the heat of summer nor freeze during the bone chilling winter.

Our 934th Communications Flight personnel will be moving down the hill into the expanded Communications building that will be completed in the coming months. This will help consolidate all our Communications personnel and Rothe Development contractors into a centrally-located facility here on base. This new structure will also provide us a more modern and efficient work area. We will then be able to use Building 729 on the hill for other planned personnel movement.

Soon we will also break ground on our new Security Forces building. Thanks to the support from our state's Congressmen, this new \$4.9 million dollar facility was added to the military budget ahead of schedule. This new centrally located building will not only provide our 934th SFS personnel a wonderful new work environment but it will also have state of the art communications and surveillance equipment as well. Once completed, Security Forces can say goodbye to the World War II-era facility in the southwest corner of the base.

Our new Fitness Center has been delayed for a few months due to a

contracting issue but that issue has been resolved and we should break ground in the spring. The facility will have a new full court gym with a large, modern work out facility and a larger and more spacious shower and locker rooms for both men and women. Upon completion of the expansion, all of the services provided by our 934th Services Squadron will be the talk of Air Force Reserve Command. With an award-winning lodging facility, a brand new fitness center and two spacious all ranks clubs and modern dining facility, Minneapolis-St. Paul ARS will continue to be the showcase base in AFRC for conferences and conventions.

As you can see, change is in the air. Colonel Muscatell has worked diligently with Congress, the Air Force, Air Force Reserve Command and state and local community leaders to provide the 934th Airlift Wing with the best facilities in the Air Force. The reason for this outpouring of support from all of the above mentioned agencies is because of you. It is the men and women of the 934th that make this wing so outstanding. Your hard work, dedication to duty, and ability to get the job done is what separates our wing from others. You are the best! As we give thanks each year on Thanksgiving Day, I want to recognize each and everyone of you and say thanks for all the love, help and support you have provided not only to the Air Force, but all members of the 934th Airlift Wing this past year. May we continue to grow, prosper and succeed regardless of what challenges we face. God bless each and everyone of you. Happy Thanksgiving!

## Wing Commander's Hotline

The hotline provides wing members with a direct link to the wing commander to relay kudos, concerns or suggestions on wing matters.

To reach the hotline, call (612) 713-4685. Remember to leave your name and telephone number.

Before relaying problems, be sure to always use your chain of command or call the responsible agency first so it can have the chance to help you.



# Myers retires; Pace takes JCS helm

WASHINGTON

(AFP) — Secretary of Defense Donald H. Rumsfeld hosted an armed forces farewell tribute and hail ceremony in honor of Gen. Richard B. Myers, the 15th chairman of the Joint Chiefs of Staff, and Marine Corps Gen. Peter Pace, 16th chairman of the Joint Chiefs of Staff Sept. 30 at Fort Myer, Va. The ceremony concluded with a joint service pass in review and flyover.

General Myers completed more than 40 years in uniform. He was appointed Chairman of the Joint Chiefs of Staff on Oct. 1, 2001, and reappointed to a second two-year term in 2003.

General Pace is the first Marine to hold the nation's highest military position. He has served as vice chairman of the Joint Chiefs of Staff since Oct. 1, 2001.



**FORT MYER, Va. — Gen. Richard B. Myers, 15th chairman of the Joint Chiefs of Staff, congratulates Marine Corps Gen. Peter Pace on becoming the 16th chairman of the Joint Chiefs of Staff here Sept. 30. General Myers retired after 40 years of service, as General Pace became the 16th Chairman and first Marine to hold the nation's highest military position. (U.S. Air Force photo by Tech. Sgt. Kevin Gruenwald)**

## Climate Survey helps shape future Air Force

**All Airman encouraged to participate, give honest feedback**

RANDOLPH AIR FORCE BASE, Texas

(AFP) — Airmen will have the power to shape the Air Force of the future through the 2005 Air Force Climate Survey that began Oct. 1.

“This survey will help us ensure we are taking care of our most important asset — our people,” said Chief of Staff of the Air Force, Gen. T. Michael Moseley. “We have used the most advanced information-masking

reporting software available to ensure your identity will be protected. The questions in the survey itself are intentionally hard-hitting, and I fully expect your direct, honest and candid feedback.”

The survey, themed “Speak Today, Shape Tomorrow,” provides a unique total force perspective and includes active-duty, Reserve, Air National Guard and both appropriated and nonappropriated funded civilians. The identities of each participant are protected and

every response is reviewed for consideration.

In past surveys, respondents have provided feedback

on issues that affect their organizations’ ability to perform the mission, such as

resources, training and development and unit flexibility. This year, respondents are being asked to provide feedback on their immediate supervisor’s “enduring competencies.” The Air Force’s enduring competencies are the personal,

managerial and leadership qualities that should be common to all Air Force members. These results will provide senior leaders with a valuable baseline of the competencies used for force development.

“It’s your chance to provide honest and straightforward answers to issues that directly affect you and your fellow Airmen,” said Chief Master Sgt. of the Air Force Gerald R. Murray.

The survey is available and can be accessed, from work or at home, through Nov. 23 online at <https://afclimatesurvey.af.mil>. (Courtesy of the Air Force Manpower Agency)



# Understanding your education benefits

**By Senior Airman  
Curtis Holden  
Staff Writer**

If a quality education can enhance a reservist's career, then 934th Airlift Wing members should be interested to know about some changes to their education benefits that took effect Oct. 1.

Through the Air Force Portal, unit members are now able to check on their education benefits.

"This means reservists can now apply for tuition assistance, check educational records and get their questions about professional military education, Community College of the Air Force and G.I. Bill benefits answered," said Master Sgt. Bernardette Lunde, 934th AW chief of education and training.

Under the Air Force Virtual Education Center, Airmen can request tuition assistance or check on their benefits by way of the Air Force Automated Educational Management System.

The steps to attaining benefits begin by registering at the Air Force Portal at <https://www.my.af.mil>. Once there, the reservist can look under the category of "Career" and pull up the information about AFVEC. The link will allow the reservist to access their current information in the Community College of the Air Force progress or apply for tuition assistance for accredited institutions such as technical colleges and universities.

"The service is very user-friendly," said Sergeant Lunde. "It gives reservists flexibility

with our busy lives between military, family and other obligations. AFAEMS makes reservists more self-sufficient and provides easy access for members to view and update their educational records."

The G.I. Bill education benefits can range in value from \$74.25 per month for less than half-time students to \$297 per month for full-time students.

For those that receive education kickers, there is an important policy change that they need to be aware of.

"For kicker benefits, if you leave your kicker AFSC before your first six-year enlistment with a Reserve or Guard unit is over, you lose the kicker benefit and you can't get it back in another component," said Ms. Gerri Theisen.

"But kickers will transfer with servicemembers to other units after their first enlistment."

Ms. Theisen also explained that AFSC's with kickers have not changed but that reservists should check with the base education and training staff for updates.

Reservists who have been deployed for over 90 days after Sept. 11, 2001 can also qualify for the Chapter 1607 G.I. Bill established by the Veteran's Administration in the last fiscal year. The program allows activated reservists and guard members to receive up to 80 percent of the amount authorized for active duty members, depending on their length of their tour of duty.

For more information on the G.I. Bill, visit the V.A. Web site at [www.gibill.va.gov](http://www.gibill.va.gov).

# Supply offers opportunities to make a difference

**By Senior Airman  
Curtis Holden  
Staff Writer**

Increases in worldwide deployments during the past few years have created manning shortages for some Air Force Reserve career fields and home units.

In anticipation of potential retirements, manning losses and additional job slots, 934th Airlift Wing recruiters are currently seeking qualified people to fill eight supply management overage slots at the 934th Logistics Readiness Squadron.

"We rock, so others roll" is the motto of the LRS," said Master Sgt. Clarence Summers, 934th LRS non-commissioned officer in charge. "Basically, the mission of LRS is moving equipment and personnel. Without our support, the mission of the 934th Airlift Wing and the Air Force could not happen."

Working as a supply management NCOIC is anything but routine, said Sergeant Summers. "Nowadays, no Saturday is typical with worldwide mobility

and deployments. But that's what makes it challenging and interesting"

"It's pretty routine," said Senior Airman Antwain Strickland, 934th LRS traffic management office. "In shipping and receiving, packages come in, we in-process and in-check them and then route them to other departments and where they need to go," Airman Strickland added.

"I wanted a more hands-on job," said Sergeant Summers. "I wanted to be more where the action is."

Although he enjoys his regular duties as the wing's Supply NCOIC, Sergeant Summers said he most enjoys the Combat Readiness Flight or "Eagle's Nest," which is a new position initiated at the unit by 934th LRS Commander Maj. Brian Petersen.

He also receives satisfaction from "sending people off and bringing them back" and then helping them through their career progression.

"I'm proud to have LRS personnel return safely from deployments and then mentor them from a 3-Level to a 5-Level

and to 7-Level to get them fully qualified," said Sergeant Summers. "If they get fully qualified in their jobs, that means I have done my job."

He also said that at the same time he is concerned about having enough personnel to perform the mission to the point where he walked over to the recruiters to ask them if they have people.

To be eligible for a supply management position, a recruit must attain an Administrative score of 41 or a General score of 44 on the Armed Services Vocational Aptitude Battery examination, said Senior Master Sgt. Brendt Traicoff, 934th Airlift Wing senior recruiter.

He added that supply management positions require attending a 6-week technical school at Shepherd Air Force Base, Texas.

If you would like to apply or refer other people to apply for any of the eight supply management overage slots available at the 934th LRS, contact Sergeant Traicoff at the base recruiting office at 612-713-1454.



# Civic Leader Tour considered

Nineteen business and community leaders were the guests of the 934th Airlift Wing during the 2005 Civic Leader Tour that was held Sept. 27-28, 2005.

After a morning breakfast at the base Services Club, the Civic Leaders and their four military escorts boarded a C-130 for a flight to Scott Air Force Base, Ill., for more briefings and tours.

While at Scott AFB, the civic leaders toured a C-9 aircraft of the 932th Airlift Wing configured to the wing's new mission of distinguished visitor transportation, had lunch and dinner with active duty and reserve leaders, breakfast with Chief Master Sergeants and junior enlisted airmen, received a mission briefing from the 375th Airlift Wing vice commander and toured U.S. Transportation Command and Air Mobility Command's tanker operations control center, before returning home.

"It began with a glimpse of the executive and administrative side, built up and gave us a phenomenal picture of what we are doing worldwide," said Minnesota State Representative Mark



**Ms. Suzanne Boston models a parachute during the C-130 flight to Scott AFB, Ill., Sep. 27.**



**Ms. Joan Thompson listen to Senior Master Sgt. Bradley Binion during the flight to Scott AFB, Ill. Ms. Thompson was one of 19 business and community leaders.**

Olson, who attended the tour. "It's the comprehensive picture I saw that was phenomenal. I walked out with a lot of admiration for a lot of people. It tempts you to look at what you've done in your own life."

Rep. Olson was also surprised to see some differences from his perception when he was a youth.

"I grew up seeing the military rivalries," he said. "I was very impressed to see how well the services integrated in the joint mission."

Suzanne Boston, a sales director for a medical company, who heads the wing's Military Affairs Council, had a similar outlook.

"We are really a strong nation and people need to



# l 'phenomenal' by attendees



96th Airlift Squadron flight engineer during the C-130 and community leaders on the 2005 Civic Leader Tour.



Maj. Paul Brown explains the 932nd Airlift Wing's distinguished visitor transportation mission to the leaders.



Col. Stephen DeWerff, 934th Airlift Wing vice commander, assists John Miller with the proper wear of a parachute.

erstand that. The Civic Leader Tour helped me  
ize just how strong we are. What we do with these  
(ary) people and what we can accomplish is just  
izing," said Ms. Boston, who is encouraging her  
ear-old daughter to join the Air Force.  
Meanwhile, Janet Von Ruden, a sales manager  
hotel chain, was impressed with the operational  
ct of the Air Force.  
"The C-9 tour was just phenomenal," Ms. Von  
en said. "Hearing everything that went on at the  
ker Operations Control Center was interesting.  
re is more that goes on down there than we hear  
at in everyday life."



Ms. Suzanne Boston and Ms. Joan Thompson examine the model of the historic part of Scott AFB, III.



**Meritorious Unit Award**



In March 2004, SECAF approved the Meritorious Unit Award (MUA) to recognize organizations for outstanding achievement or service in direct support of combat operations.

Awarded to Air Force active duty, Reserve, and Guard units for exceptionally meritorious conduct in the performance of outstanding achievement or service in direct support of combat operations for at least 90 continuous days during the period of military operations against an armed enemy of the United States on or after Sept. 11, 2001. The unit must display such outstanding devotion and superior performance of exceptionally difficult tasks as to set it apart and above other units with similar missions.

Superior performance of normal mission will not alone justify award of the MUA. Service in a combat zone is not required, but service must be directly related to the combat effort. Squadrons, groups and wings may be recommended for this award.

**Promotions and Decorations**

**Meritorious Service Medal**

Lt. Col Michael Bladel	96th AS
Master Sgt. Kenneth Boelter	934th AW
Master Sgt. Russell Carnes	934th CES
Master Sgt. Sherri Cash	934th ASTS
Col. Teresa Hams	934th MSG
Maj. Todd Kay	934th OG
Maj. Richard Larson	96th AS
Master Sgt. Richard Loesch	27th APS
Lt. Col. Carolyn Lohman	934th MSF
Master Sgt. Michael McGuire	934th MSG
Senior Master Sgt. Charles Nelson	27th APS
Lt. Col. Gary Peitzmeier	934th ASTS
Master Sgt. Dean Plank	27th APS
Maj. Patricia Rautiola	934th AES
Senior Master Sgt. Patricia Sahr	934th CF
Senior Master Sgt. Roy Shives	934th MXS
Master Sgt. Michael Starr	934th AMXS
Maj. James Swartz	96th AS

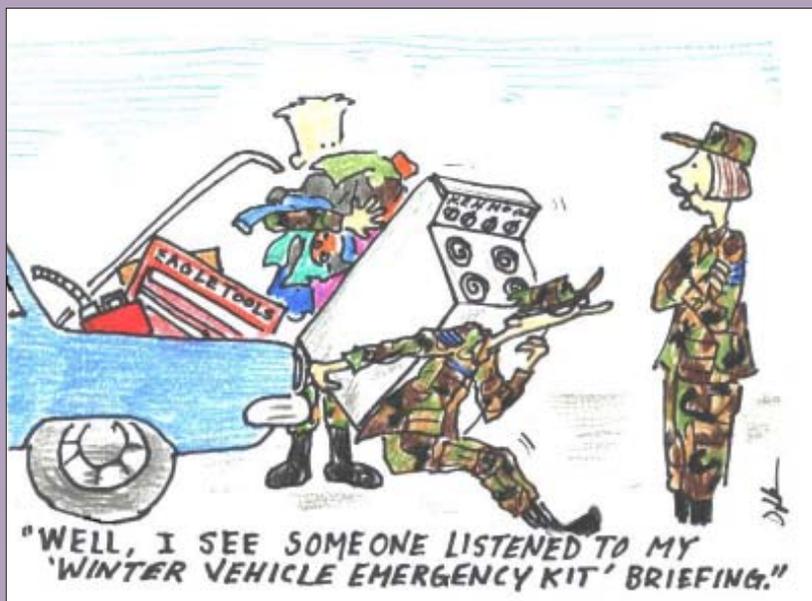
**Air Force Commendation Medal**

Tech. Sgt. Rodney Beck	934th MXS
Tech. Sgt. Jeremy Bethke	934th AW
Master Sgt. Kelly Engeldinger	934th MXG
Master Sgt. Robert Walz	934th CES

**UTA Schedule**

- Nov. 5-6**
- Dec. 3-4**
- Jan. 7-8**
- Feb. 4-5**
- Mar. 4-5**
- Apr. 1-2**
- May 6-7**
- June 3-4**
- July 15-16**
- Aug. 5-6**
- Sep. 9-10**

**SERGEANTS UPP & ADAM**



By Senior Master Sgt. Doug Johnson



# VIKING VIBES



## Services club

The club will be hosting a Country Western Night Nov. 5 starting at 6 p.m.

There will be a chicken and ribs barbecue buffet from 7 to 9 p.m.

A D.J. will also be on hand from 8 p.m. to midnight

Club members eat free. Guests and non-members pay only \$10.

Any club member who brings a person who signs up to join the club gets a coupon for a free medium pizza at the pizzeria. The person joining the club also gets gifts.

Attention: All club members are being sent new club cards, even if they have not expired. Club card holders are asked not to throw away club membership mail, thinking it is junk mail. Their new cards may be in that mail.

The Club Membership Drive is now through December. It pays to be a club member. Check out these Military Free Cash Rewards:

- Earn one point for every dollar in purchases off base.

- Get two points for every dollar in purchases at Services activities and the base exchange. Get one point for gas purchases.

- Travel Plus program. Choice of airline and no black-out dates.

- Redeem points for every 2,500 earned. Choose from either a \$25 check or \$25 gift certificate from a wide variety of merchants.

- Points accumulate automatically and are tallied on member's monthly billing statement.

- No yearly program fee.
- To redeem points, call (800) 759-0294. For more club membership information, call the 934th Services Squadron at (61) 713-1662

## Officers club

Come to prime rib night. Saturdays you can dine on prime rib dinner for \$18.95.

Mug Night starts at 4 p.m. Tuesdays at the Officers' Club

Order a custom-made mug from the bartender. Until it arrives, bring in a mug of your choice. Tap beer up to 20 oz. for \$1.75, and brat, sauerkraut and potato salad for \$3.50.

Two-for-one pork dinner on Oct. 25.

Pork dinner for two for the price of one.

For more information, call (612) 713-3670 or 3678.

Celebrate the holidays, your birthday, promotion, retirement, bridal shower, wedding, baby shower, or any other special occasion at the Officers' Club. Call the catering manager at (612) 713-1674.

## Spouses' club

To join the Officers' Spouses' Club, call Lee Claar at (952) 831-5252.

## Lodging

Lodging will be open on Thanksgiving from 7 a.m. to 3:30 p.m. and plans to be open for Christmas and New Year's Day. However, if reservations are slow, the facility may close early. For more details, call (612) 713-1984.

Get your holiday shopping done early. Check out the

great deals on polo shirts, T-shirts, sweatshirts, hats and other gift items at the lodging gift shop.

Space-A reservations made up to 30 days in advance for a three-day stay can be extended if space is available. For more details, call (612) 713-1984.

## Recreation

Having a party, moving, going camping or need to power wash a deck?

Call Outdoor Recreation at (612) 713-1496 to rent the equipment you need. Club members get a 10 percent discount for rentals.

## Birthday

All club members receive a \$15 certificate to celebrate their birthday at the base clubs.

The offer is valid only on the month of the member's birthday.

Call the Services Club at (612) 713-1655 or the Officers' Club at (612) 713-3678 for more information.

## Recreational Sports

Commander's Fit to Fight Competition now through December.

Squadrons get points for participating in numerous events and a percentage of excellent scores on the fitness test.

The Fitness Advantage Club runs now through April.

The Pig Out Fitness Challenge runs now through January.

Achieve your health and fitness goals and get great prizes.

For more information about these health and fitness activities, call the fitness center at (612) 713-1496.

The Top Dog Racquetball Tournament runs from October to December.

Call the fitness center at (612) 713-1496 for more information.

Pig Out Fitness Challenge returns in November. Accomplish health and fitness activities and goals and get great prizes! For additional details, call (612) 713-1496.

## This month in Flying Viking history

Courtesy of Master Sgt. Russ Funaro  
934th Airlift Wing historian



## 1974

New pay raises took affect guaranteeing a staff sergeant with four years service would make \$68.40 for a drill weekend and a captain with eight years service \$160.40.



# Mental health counseling not career ending

By Staff Sgt. Patrick Brown  
45th Space Wing Public Affairs

PATRICK AIR FORCE BASE, Fla. (AFP) — Retired Senior Master Sgt. Patrick McCathern was literally seconds away from death. He hung by a noose tied to his bathroom door, ready to die.

As he felt his last few gasping breaths fill his lungs, he noticed the wagging tail and puppy-dog eyes of his pet, Dunkin, looking up at him. That was enough to make him untie the rope from around his neck.

The incident led Mr. McCathern to seek help, which allowed him to dig himself out of a nearly yearlong depression. He credits the professional help he received at Wilford Hall Medical Center at Lackland Air Force Base, Texas, for helping him pull himself out of what he calls an “unimaginable hell.”

“I would have rather been shot and endure that pain than endure the mental pain,” he said. “But after that stay at the hospital, I did nothing but get stronger.”

Since September 2001, Mr. McCathern has been a spokesperson for

the National Institute of Mental Health’s “Real Men. Real Depression.” campaign. He has also spoken at Department of Defense-level conferences, and his public service announcements have been on television and radio.

Today Mr. McCathern works for the Army as a new equipment training instructor at Fort Huachuca, Ariz. He shared his insights and experiences with two full houses at the base theater here Sept. 23.

He discussed depression and suicide — two topics in which he is a subject-matter expert. His aim was to encourage those who have feelings of depression or thoughts of suicide to seek help.

Mr. McCathern said people must realize the long-standing stigma that mental health counseling is detrimental to military advancement is not true. He said seeking counseling doesn’t mean the end of a career.

“One of the big myths is, as soon as you seek any kind of counseling, your career starts going downhill. Your (security) clearance is taken away and you never get it back. That’s wrong,” he said.

After seeking counseling, the Air Force did suspend his security clearance, but only for two weeks. He said it didn’t take him long to get back his top secret clearance.

Maj. (Dr.) Kimberly Finney, commander of the Life Skills Support Center here, says she has never seen a case where a clearance has been denied because of mental counseling.

“In terms of a security clearance, good judgment and reliability are the underlying tenets of the DOD security guidelines,” she said. “So anytime you have a problem and you’re doing something to prevent further problems, it shows good judgment.”

Unless there is a credible threat to security or people, any counseling held at, or through the Life Skills Support Center, remains confidential, Dr. Finney said.

“Our mission is rehabilitation and return to duty,” she said. “If the Air Force didn’t allow people the opportunity to get better, then we’d be unemployed. If we can’t be helpful, then we can’t be useful.”



**Staff Sgt. John Herrick runs the perimeter of the Minneapolis-St. Paul Air Reserve Station.**

## Wing members run 30th Marine Corps Marathon

By Staff Sgt. Nicholas Olson  
Staff Writer

The importance of physical fitness is not lost on today’s Air Force Reservists.

Two members from the 934th Airlift Wing Communications Flight will be competing in the 30th Annual Marine Corps Marathon to be held Oct. 30 in Washington, D.C.

Staff Sgt. John Herrick, photographer and Tech. Sgt. Chris Krug, computer operator, will be running along with 30,000 other participants to commemorate the anniversary.

The run consists of a course that begins at the Marine Corps War Memorial and circles around the nation’s capital, ending at Arlington National Cemetery.

“I feel extremely excited,” said Sergeant Herrick. “It’s my first running of it and my second marathon ever.” Sergeant Herrick had previously participated in the 2004 Twin Cities Marathon and ran the half marathon in Philadelphia, Pa. while at his military technical school.

Sergeants Herrick and Krug also participated in the Air Force Marathon relay in 2003 and 2004.



## Did you know?

Not only does the C-130 carry cargo but it can be used to put out forest fires, perform weather reconnaissance, airdrop equipment and support aerial spray missions. It can also be used as a gunship to assist ground troops in combat.



Courtesy Photo



### **Discount tickets/coupons**

To purchase tickets for Camp Snoopy, Underwater Adventures, Minnesota Zoo, Minnesota Children's Museum and Chanhassen Dinner Theater, call the fitness center at (612) 713-1496. Discount cards for the zoo and IMAX theater are also available.

### **Fit to Fight - Ready to Win fitness program**

Participate in UTA fitness activities for incentive awards.  
For more information, call the fitness center at (612) 713-1496.

### **Fitness center hours**

5 a.m. to 9 p.m. Mondays through Thursdays  
5 a.m. to 7 p.m. Fridays  
8 a.m. to 5 p.m. Saturdays  
8 a.m. to 4 p.m. Sundays  
Closed on federal holidays

### **Travel**

**Armed Forces Vacation Club** offers time share units. Cost is \$264 per week.

Go to [www.afvclub.com](http://www.afvclub.com).

Use AFVC MLPS-ST. P AFRB Installation #333. Base Morale, Welfare and Recreation program receives cash when installation number is used.

**Air Force Travel** - [www.aftravelonline.com](http://www.aftravelonline.com)

**Shades of Green Resort, Disney World** - [www.armymwr.com](http://www.armymwr.com)



### **Thanksgiving Buffet**

Join with family and friends at the Officers Club Nov. 24th for a festive holiday buffet with all the trimmings.

The buffet is from 11 a.m. to 3 p.m. Tables will be held for 15 minutes after times reserved.

Prices are \$18.95 for adults and \$8.95 for children. Children under the age of three eat for free. Club members receive a \$2 discount for adults and \$1 off for children.

For reservations, call (612) 713-3678.

**934th Airlift Wing  
Public Affairs Office  
760 Military Highway  
Minneapolis, MN 55450-2100**

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