



# VIKING FLYER

934th Airlift Wing (AFRC)  
Minneapolis-St. Paul IAP  
Air Reserve Station, Minn.  
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Communication  
Board

## On guard

*Master Sgt. Shannon Bauer stands guard dressed in chemical warfare protection gear during the 934th Airlift Wing readiness exercise at Volk Field, Wis., May 12 to 15. See article and more photos on pages 8 and 9.*

*Courtesy photo*

## Inside:

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All photographs are Air Force photographs unless otherwise indicated. The newspaper is distributed on Friday before the unit training assembly.

The deadline for all submissions is the Sunday of the UTA.

## Changes of command

Col. Jack (Jay) Pittman Jr. is the new 934th Operations Group commander. Lt. Col. Robert Ross is now the 96th Aerial Squadron commander. Both commanders' change of command ceremonies were held during the June UTA.

## Security forces

Staff Sgt. Robert Doyle and Staff Sgt. Chris Jack graduated from Military Police Investigator School recently. Staff Sgt. Doyle was named Honor Graduate.

## Civil engineer

The unit bid farewell to Tech. Sgt. Dennis Thole at his retirement ceremony.

Welcome to new member Senior Airman Carlos Varela.

Senior Master Sgt. Troy Ranum received the Air Force Commendation Medal.

Lt. Col. Randy Hoscheid received a Meritorious Service Medal and relinquished command of the unit to Lt. Col. J.D. Larson.

Eighty unit members participated in a readiness exercise at Volk Field, Wis. Many of the unit members received kudos for their performance.

The unit's structures shop built a tent in St. Paul for a future Habitat for Humanity project.

Congratulations to Senior Master Sgt. Larry Corrigan and his wife Amy on the birth of their son, Christopher William, and to Senior Master Sgt. Bob Schabacker and his wife Tammy on the birth of their son, Trey William.

## Aerial port

Tech. Sgt. Tracy Batt was awarded the Joint Service Commendation Medal for his 13-month service in Stuttgart, Germany. Senior Master Sgt. Stephen Lindbergh was awarded the Meritorious Service Medal for logistics readiness service at Barksdale Air Force Base, La.

Tech. Sgts. Rodney Bledsoe, Crealeo Alverio and Allan Garnett and Staff Sgt. Kevin Lynch each received a letter of appreciation for their participation in a readiness exercise at Volk Field, Wis.

The squadron hosted a Joint Inspector course in June conducted by Master Sgt. Calvin Johnson and Tech. Sgt. Nestor Evaristo. Numerous military members from units across the country participated in the course.

The unit also held an MHE training competition. Congratulations to Tech. Sgt. Allan Garnett, Senior Airman Lee Place and Senior Airman Bradley Taplick for winning the competition.

Welcome to new unit member Airman 1st Class Dan Vogel.

## Communication

All unit members who participated in the readiness exercise at Volk Field, Wis., received a letter of appreciation for their performance.

Master Sgt. Sherrill Beecher transferred from the unit to the military personnel flight, where she is now the first sergeant.

Staff Sgt. Scott Inwards re-enlisted for three more years.

## Aeromedical

Five medical crew members deployed to Europe, while two others are scheduled to return from deployment.

Lt. Col. Marjorie Boldenow and Maj. Patricia Klick received Air Force Commendation Medals and Maj. Anthony Trezza received the Meritorious Service Medal.

The unit welcomed new members 2nd Lt. Adam Hohman, Tech. Sgt. Anthony Staut, Senior Airmen Kelli Zelner and Brenda Anderson, and Airman 1st Class Sandra Nussey.

Congratulations to Capt. Erika Schaum on the birth of her daughter, Josephine.



## Deployed medic cares for injured, spirit soars high on 'wings of faith'

By Maj. Sharon Simpson  
934th Aeromedical  
Staging Squadron

Editor's note: This commentary was written while the writer was deployed. She has since returned home safely.

Here I am living in a tent within the theater of operation while deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom.

Our team of doctors, nurses and medically-trained technicians are a part of the Air Force's 332nd Contingency Aeromedical Staging Facility.

We keep busy facilitating the process of getting our Soldiers who are ill or injured out of the theater. We provide caring support and treatment until they are able to be medically evacuated out of the theater to a medical facility where they will receive more definitive treatment.

As I talk to and care for our Soldiers, I witness their strength, their courage, their commitment to duty and their deep and sincere Christian faith. Many of our Soldiers pray and can be seen reading the Bible that is always with them.

Often, they ask me to pray for them and I pray with them. They hesitate to be open with their feelings. But when a rapport has been established, they are often able to say they feel fear and uncertainty about their future.

Questions and feelings that had been hidden or left unsaid become words spoken. Their fears, concerns and feel-



Courtesy photo

**Maj. Sharon Simpson (right), 934th Aeromedical Staging Squadron, and another medical specialist practice caring for a patient during a training session while on deployment. The major's faith and that of her patients kept her spirit strong.**

ings of hopelessness, helplessness and despair are expressed.

Our team of caregivers provide support and reassurance, and often the heroes are able to start to work through their issues and get their questions answered.

Their questions include "Will I suffer pain? Will I be brave enough to endure the pain without crying out? Will I have scars? Will I be able to return to my unit? Will my family be able to come to me if I have surgery? Will I lose my (hearing, sight, ability to walk, etc.) entirely? Am I going to die?"

Our injured heroes often express feelings of guilt for being sick or hurt. They often

have suffered their physical and emotional pain in silence rather than report it, knowing that would mean leaving their fellow Soldiers who depend on them when they are evacuated out of the theater of operations. Yet they smile and are so appreciative of the kindness and thoughtfulness offered to them by our nursing staff.

They endure the lack of simple amenities, like a shower, a bathroom, personal privacy and a real bed to sleep in, without complaint. Our heroes have the ultimate level of integrity, honor and faith in our God.

Our mission here is ending. Soon we will return home to family and our daily rou-

tines and the Wings of Faith will fly the personnel of the 332nd away from this land of sand and war.

Our tour may be over, but our experiences have become part of our spiritual fiber. We all have precious memories that will forever be in our hearts and minds.

We are anxious now to return to our friends, family and co-workers. We also feel blessed to have had the privilege to serve our country and to witness the courage and faith of our wounded heroes in the Middle East.

We say goodbye now and offer our wish that you may have God's blessings and a safe return to America when your mission is completed.

*Congratulations to the following medal recipients!***Meritorious Service Medal**

Lt. Col. Douglas Trogstad, Maj. Craig Bogan, Maj. Dennis Brown, Maj. Jerin Mcrath, Maj. Thomas O'Reilly, Maj. Gary Peitzmeier, Maj. Donald Petros, Maj. Barbara Schacht, Capt. David Ordahl, Capt. Glenn Spotto, Chief Master Sgt. David Skirka, Senior Master Sgt. Dave Brownlee, Senior Master Sgt. Pasbrig, Master Sgt. Dean Andersen, Master Sgt. Keith Krause, Master Sgt. Donald Macelroy, Master Sgt. Charles Matthews, Master Sgt. Timothy Mutch, Master Sgt. Curtis Pargman, Master Sgt. Sally Sahr, Master Sgt. Robert Senst, Master Sgt. Paul Torgesen, Tech. Sgt. Michael Moldrem, Tech. Sgt. Dennis Thole and Tech. Sgt. Jesse White

**Air Force Commendation Medal**

Capt. Erika Schaum, Master Sgt. Max Sornoza, Tech. Sgt. Jeffrey Dentz, Tech. Sgt. Dennis Forbush, Tech. Sgt. Kathleen Gottschalk, Tech. Sgt. Dennis Thole, Tech. Sgt. Jeffrey Williams and Staff Sgt. Kristen Maloney

**Air Force Achievement Medal**

Maj. Michael Burns, Master Sgt. Ruth Beecher, Master Sgt. Scott LeClair, Tech. Sgt. Michael McNally and Senior Airman Kevin Hegner

*Congratulations to everyone who were selected for promotion!***Senior master sergeant**

Richard Karpinski, Christopher Knowles, David Nelson, Ernst Roy, Robert Schabacker and Wayne Stenberg

**Master sergeant**

David Adriansen, Stacy Campbell, Charles Colstrom, Dennis Forbush, Sandra Gonzalez, Lee Hansen, Zane Ranum, Thomas Robelia, Nicolette Shegstad, Robert Steffens and Tara Venem

**Technical sergeant**

Chad Dauwalter, Troy Huna, Hal Smart and John Taylor

**Staff sergeant**

Benjamin Filbert, Andrew Halldin, Richard Johnoff III, Melissa Joplin and Geoffrey Wyatt

**Senior airman**

Keith Beyer, Samantha Braun, Adam James, Amanda Kvamme, Brandon Lancaster, David Lewis, Buffy Moncel, Gloria Nunez, Jeffrey Och and Patrick Woods





Photo by Joe Gray

## Honorary Flying Vikings

(Left to right) Retired Brig. Gen. Dennis Schulstad, Stan Kowalski and retired Maj. Gen. Doyle Larson were inducted as honorary wing members at a ceremony June 4 at the Enlisted Club. This was the first time the wing inducted anyone as an honorary wing member. The three were inducted to thank them for their support of the wing and the Air Force Reserve.

## Premium reimbursement available for reservists

RANDOLPH AIR FORCE BASE, Texas - Department of Defense employees called to active duty can now claim retroactive reimbursement of health insurance premiums.

These premiums must have been paid while on active duty supporting a contingency operation on or after Dec. 8, 1995.

To be eligible for reimbursement of Federal Employees Health Benefits premiums, the employee or former employee must also meet the several requirements.

The requirements include:

- \* Must have been a civilian employee of DOD at the time called to active duty
- \* Must have been enrolled in FEHB and paid the employee share of the premiums, either by payroll deduction after returning from active duty or by direct payments to the payroll office during the period of active duty
- \* Must have been a reserve component member
- \* Must have been called or ordered

to active duty to support a contingency operation as defined in section 101(a) (13) of Title 10, United States Code

\* Must have been placed on leave without pay or separated from federal civilian service to perform active duty

\* Must have served on active duty for more than 30 consecutive days for each period for which reimbursement is claimed

Employees who would like to obtain information and procedures for filing a claim for retroactive reimbursement can go to the Benefits and Entitlements Service Team Web site at [www.afpc.randolph.af.mil/dpc/best/res-emp-info.htm](http://www.afpc.randolph.af.mil/dpc/best/res-emp-info.htm).

Current employees can call (800) 616-3775, press 2 for civilian, then 2 for benefits and entitlements.

Employees who are overseas can dial the commercial direct access number for that country and then (800) 997-2378.

Hearing-impaired employees can call TDD at (800) 382-0893. (*Air Force Personnel Center News Service*)

## Volunteers needed for Armed Forces Inaugural Committee

The Air Force is seeking military members to support the 2005 presidential inauguration from Jan. 15 to 24. Those selected will perform unit-funded temporary duty in Washington, D.C. The sending unit will pay for all TDY expenses. Volunteers must secure their own funding and mandays.

To volunteer, obtain and complete an application from a supervisor and fax it to AFPC/DPAPP1 at DSN665-4323 or (210) 565-4323 no later than July 12.

Specific jobs are at: [https://www.mil.bolling.af.mil/orgs/Wing/CC/CCI/2005%20AFIC%20Website/Index\\_CCI.htm](https://www.mil.bolling.af.mil/orgs/Wing/CC/CCI/2005%20AFIC%20Website/Index_CCI.htm).

AFPC will notify selected individuals via e-mail 30 to 40 days after suspense date.

For more information, e-mail [afpc.dpapp@randolph.af.mil](mailto:afpc.dpapp@randolph.af.mil).

# Standard expeditionary deployment length expands from 90 to 120 days

By Staff Sgt. C. Todd Lopez  
Air Force Print News

WASHINGTON - Most Airmen scheduled to deploy in air and space expeditionary force packages will see their orders expand from 90 to 120 days.

The change in deployment length will begin with AEF cycle 5 in September. Those who deploy as part of AEF 1 and 2 should prepare for a 120-day deployment.

Air Force Chief of Staff Gen. John P. Jumper announced the change in his "Sight Picture" June 4. The reason for the change is that

the requirement for deployable forces is not expected to decrease in the foreseeable future, he said.

"Simply put, the demands on our deployable forces have not diminished and are not expected to decline for some time," the general wrote. "Further, the Air Force component commander in the Central Command area of operations has asked us to deploy people for longer tour lengths to allow greater continuity for expeditionary commanders in the field."

To help extend tour lengths to 120 days, the entire AEF cycle was adjusted. The

new cycle, now 20 months in length, allows for a four-month eligibility window and a 16-month training window.

General Jumper also said he intends to increase the pool of Airmen eligible for deployment. Currently, the Air Force has about 272,000 Airmen earmarked as deployment-eligible.

"I have asked all of our major commands to aggressively review the assumptions upon which they exclude Airmen from our AEFs and take immediate steps to maximize those postured (for deployment)," the general said.

The changes to the AEF cycle, while possibly difficult

for some, should be considered by all Airmen as part of their commitment to the Air Force, General Jumper said.

"...In our Air Force, every Airman is expeditionary, every Airman will know (his or her) place in the AEF system, and every Airman will be prepared to support the combatant commander, whether deployed, in (the continental United States) via reachback, or employed at home station," General Jumper said.

Airmen currently deployed as part of AEF 7 and 8 and AEF 9 and 10 will still be held to the 90-day deployment schedule.

## Recruiting numbers decrease with new force-shaping efforts

RANDOLPH AIR FORCE BASE, Texas - Air Force recruiters will search for about 11,000 fewer people in fiscal 2005 as a result of the service's force-shaping efforts, officials announced recently.

Phase II of the Air Force's force-shaping program calls for enlisted accessions to drop by about 11,000 to reach authorized end strength levels by the end of fiscal 2005.

The reduction in accessions will result in an active-duty recruiting goal of about 24,000 for fiscal 2005.

Air Force officials said they expect enlisted accessions rates to return to normal levels in fiscal 2006.

"We hope to make this reduction as transparent as possible for recruiters," said Col. Bob East, vice commander of Air Force Recruiting Service. "Although we expect monthly recruiting goals to decrease slightly, there are other aspects to the job such as training and marketing that must be sustained in order to resume normal accessions in 2006."

The accessions reduction announce-

ment comes after a reduction to the current year's accessions goal was announced May 17.

The enlisted accessions goal was reduced to 34,080. Through May 26, 23,659 people entered active duty. Another 11,523 have signed enlistment contracts to leave for basic military training this fiscal year.

"With almost one-third of our accessions scheduled to enter active duty this summer, it's important that they understand their jobs won't be affected by this reduction," Colonel East said.

Despite the reduction in accessions next year, Colonel East said the Air Force will continue to seek people to fill jobs available in more than 150 career fields.

"We are still hiring," he said. "We continue to need America's best and brightest to fill highly technical jobs critical to the Air Force in accomplishing its mission around the world. We will target our efforts toward finding those with the capabilities and qualifications needed to fill these valuable jobs." (*Air Force Print News*)



Win prizes while participating in activities throughout the summer.

Play the services squadron's **Around the World In 90 Days.**

Those who participate in one of the ATWIND activities, programs or events, receive a game piece as a reward. They can then register their game piece and be eligible to win a variety of prizes.

For game details or to play ATWIND, call (888) 597-9960 or go online to [www.atwind.com](http://www.atwind.com).

# Reserve employment registry program underway

By Army Master Sgt.  
Bob Haskell  
American Forces  
Press Service

WASHINGTON - A new Defense Department reporting system has begun so members of all seven reserve components can register their employers.

DOD decision makers need to know the civilian employers and government agencies of the department's nearly 1.2 million National Guardsmen and reservists, officials said. The database will, among other things, give officials a better idea of who should and should not be mobilized for national emergencies, they said.

The database, called the Civilian Employment Information Program, allows for guardsmen and reservists to comply with the law requiring them to inform DOD of how they are employed when not performing their military duties.

"This program will make

it possible for defense officials, including those responsible for mobilizing our traditional Guard and Reserve members, to know who can be called up for active military duty without jeopardizing the civilian forces responsible for safeguarding our country," said David Chu, undersecretary of defense for personnel and readiness.

Members of the Army National Guard, Air National Guard, Air Force Reserve and Navy Individual Ready Reserve can enter their employment data on the new Defense Manpower Data Center Web site. Members of the Army Reserve, Navy Selected Reserve, Marine Reserve and Coast Guard Reserve will be able to enter their employment data on their existing personnel-reporting systems.

To register their information, reserve component members should go to their respective service's program Web sites, officials said.

Guardsmen and reservists must register 10 specific data fields concerning their civilian employers and job skills to meet requirements mandated by law.

The information could be another tool to help determine which units or members of the Ready Reserve should be mobilized, defense officials said. Information about full-time employers also would make it possible for DOD officials to enhance employer support for the Guard and Reserve, officials said.

The law requires all members of reserve components to notify appropriate defense officials about any changes in their civilian employment.

Surveys report about 60 percent of the reserve component members work in private-sector firms, 20 percent work for state or local governments, and less than 7 percent are self-employed.

The program will require all guardsmen and reservists to

list their employment status, their employer's names and their employer's complete mailing addresses, Mr. Chu said. They also must include their civilian job titles and their total number of years in the civilian occupations.

The requirement on the part of guardsmen or reservists to provide the data is not a violation of the Privacy Act, Mr. Hall said. The program is the extension of existing personnel data records and is covered under previous Privacy Act notices, he said.

Unlike previous military service efforts to voluntarily gather employer data, registering information in this program is mandatory.

Guard and Reserve members who knowingly fail or refuse to provide that information, or who knowingly provide false employment-related information, may be subject to administrative action or punishment, officials said.



Photo by Joe Gray

## Thankful to be 'taken to the cleaners'

Col. James J. Muscatell Jr., 934th Airlift Wing commander, presents a plaque and wing coin to Mary Savage and Robert Kirschner of Hiawatha Dry Cleaners and Launderers in Minneapolis to thank them for their support of the Air Force Reserve and the wing. Their support includes volunteering to clean the wing's mobility bags for free.

# EXERCISE, EXER

## 934th Airlift Wing hones warfighting s



**Above: Wing warfighters defend the base at a readiness exercise in Volk Field, Wis.**

**Left: A cadre member sets off smoke grenades to simulate a chemical attack.**

Photos by  
Maj. C. J. Lupo

By Staff Sgt. Jennifer A. J...  
934th Airlift Wing Public

**B**reathing through a seemingly endless tasks was readiness exercise at Volk Field. More than 170 Airmen were training and operating in a warfighting scenario they would encounter in the field.

"We had the best effect on the member, who watched and learned from the scenarios, including simulated scenarios."

It was like a scene from a movie. In the face of enemy gunfire, the Airmen demonstrated their ability to don protective masks in seconds and receive medical care to their fallen comrades.

"They threw the book at us," said Maj. C.J. Lupo, lead project manager for the entire exercise that is usually conducted by the 934th Airlift Wing. "We won the World Series with this exercise."

Overall, the exercise was a behind-the-scenes look at the readiness of the cadre and the wing.

The wing members were led by Col. Reinhard Schmidt, Wing Commander and unit commander for the exercise.

"We were told we were the best of the best. Our organizations are at on their toes. We were proficient in our training and ready to go to where we were in outstanding performance."

No one was exempt from the exercise. "One event, for me, focused on time management. It allowed me to focus on time management."

This was Airman 1st Class Loveless in an exercise. She said the exercise was a cadre's coaching, prepared her for the future.

"This is as close as you'll get to it," she said.

Airman Loveless said the exercise was a lot of things. "I learned a lot, such as teamwork and communication. Plus, I got something about the military but they somehow have a cohesion. It was a great experience."

Colonel Schmidt was proud of the units work. "When the units work together, it shows cohesiveness and esprit de corps. It shows professionalism and everything they did to make it happen."

# CISE, EXERCISE!

## Skills in readiness exercise at Volk Field

son  
fairs

s mask, hearing explosions and completing  
t of the daily routine for Airmen at a  
Wis., May 10 to 12.

m the 934th Airlift Wing practiced surviv-  
situation, seeing first-hand some of the  
nile deployed in a real-world contingency.  
his side of Hollywood,” said one cadre  
ructured the Airmen during various sce-  
istic missile and ground attacks.

war movie. Amidst screams of help and  
ted they could don their chemical suits and  
well as keep the enemy at bay and adminis-  
omrades.

s and gave us everything they had,” said  
icer. “With 173 people, we completed the  
ilt for 400 to 600 people. It’s like saying we  
f of a team.”

enom said Major Lupu, who had a  
ercise since she was the liaison between the

more than ready for the exercise, according to  
Operations Center commander and deployed  
e.

ter prepared on the first day than many  
t day,” he said. “When we got there, we  
and this exercise honed our skills even more  
g shape after the two-day war scenario.”  
ealing with wartime challenges.

ed on problem solving, while another event  
management,” Colonel Schmidt said.

Elizabeth Loveless’ first time to participate  
ing before the exercise, along with the  
or the realistic situations she encountered.  
ping to get without actually experiencing

ercise had a long-lasting effect on her.  
mwork, and there isn’t a set way to do  
o know a lot of people. To me, there is  
here people don’t have to know each other,  
non bond.”

d of the wing members’ performance.  
ther and do exercises like this, it builds  
,” the colonel said. “Their dedication and  
bers e my job easier. I really appreciate  
a successful exercise.”



**Top: Firefighters extinguish a fire that engulfed a simulated crashed aircraft. Bottom: Senior Master Sgt. Jan Dalton of the wing safety office proves nothing stops the 934th Airlift Wing warfighters from accomplishing their mission. Sergeant Dalton uses two pencils to carefully type on the keys of her computer keyboard while wearing full chemical protection gear.**

# Families urged to keep children safe during summer activities

By Cristina Oxta  
934th Airlift Wing Public Affairs

Children enjoy summer. In stead of going to school or doing homework, they can fill their days with games, bike rides and trips to the pool.

With their children participating in all kinds of summer fun, parents should make sure their families stay safe throughout the season.

Here are some safety tips from the National Safe Kids Campaign Web site.

## Car safety

- \* Children should be secured in the appropriate child safety seat or safety belt for their age and size and should be secured in the back seat.

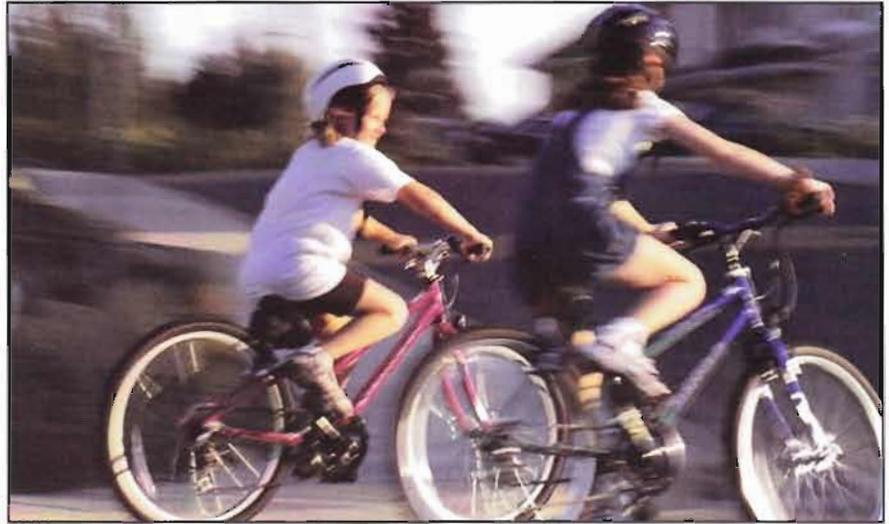
- \* Study the vehicle owner's manual and child safety seat instructions carefully.

- \* Use a child safety seat that is just right for each child or attend a car seat check up event in the local area.

## Swimming

- \* Always supervise young children near water, including pools, spas, toilets, bathtubs and buckets.

- \* Insist children wear personal flotation devices when out on boats, near open bodies of water or participat-



Courtesy photo

## Children should wear a helmet whenever they ride a bicycle.

ing in water sports.

## Wheel safe

- \* Children should wear properly fitting helmets and other protective gear every time they ride their bikes, scooters, inline skates or skateboards.

- \* Teach children the rules of the road and practice obeying traffic laws with them.

## Walking

- \* Never let a child under age 10 cross the street alone. Teach children to obey traffic rules.

- \* Children should wear reflective

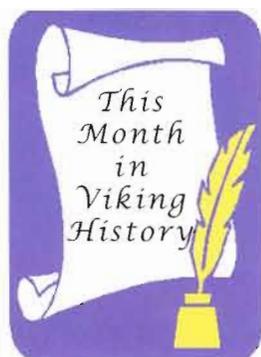
materials. Do not let them walk alone at night. If they must walk at dawn or at dusk, they should carry a flashlight.

## Playground and sports

- \* Always supervise children at playgrounds or in the backyard. Make sure they play on a safe surface, such as mulch, rubber or fine sand.

- \* Ensure children wear the right, properly fitted protective gear when they practice and play team sports.

For more safety tips, call the 934th Airlift Wing safety office at (612) 713-1284.



Provided by  
Master Sgt. Russ Funaro  
934th Airlift Wing historian

## July 1984

Those who underwent eye surgery, such as Photo Refractive Keratectomy or Radial Keratotomy, to correct their vision were disqualified from military service.

Bill H.R. 71 was introduced to give employers a tax credit for having Guard and Reserve members on their payroll.



A trophy is awarded each quarter to the unit with the most recruiting referrals.

Winners are announced during UTAs. Wing members are asked to complete and mail in a Get One card on each person they refer.  
Call (612) 713-1454.

# Council serves as enlisted corps' eyes, ears

Staff Sgt. Jennifer A. Johnson  
934th Airlift Wing Public Affairs

Whether it is having access to an ATM or organizing fundraisers, one group is dedicated to addressing issues facing Airmen as well as supporting various activities at the 934th Airlift Wing.

The wing's Enlisted Advisory Council, composed of senior airmen through technical sergeants, are the "eyes and ears" for wing officials and are a springboard for quality-of-life issues, said Tech. Sgt. Ronald Salargo, EAC president.

To accomplish their mission, the council members meet with officials every month. They serve as liaisons between

troops in their squadron and wing leaders. By doing so, the council has an impact that reaches far beyond the enlisted corps, said Sergeant Salargo.

"Our scope is local in nature, but by disseminating information that's important to the enlisted structure, we can make global changes to the Air Force," said Sergeant Salargo. "The council helps the wing and the Air Force by showing the enlisted population they have a voice in base matters. It also shows the wing commander is approachable and listens to the issues we feel are important."

According to Chief Master Sergeant Richard Grewe, 934th AW command chief, the council provides him and other wing officials an opportunity to ensure

important issues are heard at every level.

Sergeant Salargo said having the wing commander and command chief master sergeant attend the meetings is critical in accomplishing their mission, as well as having a cross-functional group who represents every squadron on base.

"Each squadron is different with various subsets of knowledge and experience," he said. "Together, the group is able to find many solutions to the problems that impact the morale of the enlisted force."

Airmen with concerns are asked to speak with their EAC spokesperson, each of whom is assigned by unit commanders to represent them in the council.

To learn more about the council, call Sergeant Salargo at (612) 713-1137.



Photo by Staff Sgt. Jennifer A. Johnson

## Family hug

**Master Sgt. Edward Kusterbeck of the maintenance squadron shares a hug with his wife Amy and son Noah, 2, when he returned to the base June 3 after a deployment in support of Operation Iraqi Freedom. Sergeant Kusterbeck arrived home along with numerous other wing members. The returning warfighters' aircraft landed at the local airport and they were then bused to the base hangar to meet with loved ones who were eagerly awaiting their arrival. More deployments and homecomings are expected throughout the summer.**

## Employer's Day 2004 Nomination Form

It's that time of year again – time for reservists to thank their civilian bosses for their support during the past year. Employer's Day 2004 will be held Aug. 7.

Activities begin at 8 a.m. and conclude around 2 p.m. They include briefings with the 934th Airlift Wing commander and Employer Support of the Guard and Reserve officials, along with a mock mobility line and a C-130 orientation flight. Breakfast and lunch will be provided.

Employer's Day is not just a "reward" for those who have gone out of their way to support reservists' military career. It is also an opportunity to introduce reservists' employers to the Air Force Reserve. A certificate of appreciation will be presented to employers who participate in this event.

**Space is limited.** Reservists who want to nominate their employer for this event should complete the enclosed form. **Completed forms must be received by the Public Affairs office in Building 760, Room 250C, no later than close of business July 11.** Forms can also be mailed to: 934 AW/PA, 760 Military Highway, Minneapolis, MN 55450-2100 or faxed to (612) 713-1229. Employers who are selected for this event will receive a letter of invitation.

Please provide the correct spelling of the employer's name and official title. Each reservist may **submit only one employer or supervisor.** Federal civil service employees of military organizations are not eligible for nomination. Anyone who has flown with the wing for any reason and family members (even if they are legitimate employers) cannot be nominated.

RESERVIST'S RANK/NAME: \_\_\_\_\_ UNIT: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK/CELL PHONE: \_\_\_\_\_

UTA PHONE: \_\_\_\_\_

EMPLOYER'S NAME: \_\_\_\_\_

EMPLOYER'S PHONE NUMBER: \_\_\_\_\_

TITLE: \_\_\_\_\_ COMPANY NAME: \_\_\_\_\_

EMPLOYER'S MAILING ADDRESS: \_\_\_\_\_

EMPLOYER'S SSAN: \_\_\_\_\_

EMERGENCY CONTACT NAME/PHONE: \_\_\_\_\_

I acknowledge that I am responsible for notifying my military supervisor if my employer will attend and I will be on duty status Aug. 7.

RESERVIST'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

### CHECK ALL THAT APPLY. MY BOSS:

- is highly supportive of my service, even when I am called on short notice.
- outwardly recognizes me as a special asset because I am in the Reserve.
- continues my salary when I am on active duty.
- continues company benefits when I am on active duty.
- hires someone to fill in for me when I am on annual training duty without penalizing me.
- keeps in touch with my family when I am on active duty for more than 30 days.
- should be considered for a higher-level award.

**PRIVACY ACT STATEMENT:** Information requested is affected by the Privacy Act of 1974. Authority for requesting this information from you is Title 10, U.S. Code, Section 8012 (Secretary of the Air Force, Powers and Duties Delegated by) and Executive Order 9397 (Numbering System for Federal Accounts Relating to Individual Persons). The information is required to manifest passengers for a C-130 orientation flight. Social security number is used to make positive identification of the individual applicant. Disclosure is voluntary. However, participants will be denied boarding for the C-130 orientation flight without the requested information.

# Groups arrange care for military pets

By Donna Miles  
American Forces Press Service

WASHINGTON - Deploying overseas means leaving friends and loved ones behind. For servicemembers with no one to take care of their beloved dog, cat, bird or other pet, it also once meant having to abandon or turn the pet over to a shelter — never to see it again.

Thanks to two non-profit groups — the Military Pets Foster Project and Operation Noble Foster — servicemembers can arrange foster care for their pets while they are gone.

The Military Pets Foster Project, a group founded by animal lover Steve Albin, has placed more than 15,000 pets in foster homes throughout the United States while their owners served in Iraq and Afghanistan. Operation Noble Foster, which specializes in foster homes for cats, has found temporary homes for approximately 25 military cats a month since shortly after Sept. 11, 2001, founder Linda Mercer said.

Mr. Albin and Ms. Mercer said they established their groups shortly after the

Sept. 11 terrorist attacks. That was when they learned that thousands of servicemembers had been forced to give up their pets when they deployed to Operation Desert Storm more than a decade earlier.

“What kind of morale builder is that?” Mr. Albin asked. “Does it mean that to serve, you have to be willing to put your best friend to sleep?”

Since launching his group, it has saved as many as 150,000 pets from being abandoned or turned over to shelters, where pets not quickly adopted often are euthanized. Although dogs and cats are the most common pets in need of foster homes, he said his group has also placed ferrets, rabbits, horses, lizards, snakes and other “exotics,” including a pot-bellied pig. Pets in need of foster care are matched with appropriate foster homes and requires those involved in the arrangement to sign a foster agreement.

Mr. Albin and Ms. Mercer said they are impressed by the outpouring of support they receive from people willing to provide foster care for pets while servicemembers deploy supporting the

war, serve tours where they cannot take their pets, or even ship off to basic training.

“People are opening up their hearts and their doors to help the people of the military,” Mr. Albin said. “It’s a patriotic gesture of thanks.”

Mark Delman from Parker, Colo., signed up through Operation Noble Foster to provide a foster home for five cats owned by a military family currently stationed in Germany. Mr. Delman said he encourages others to open their doors as well.

“These people are keeping us safe and free, and shouldn’t have to give up their beloved pets to do so,” he said. “Offering a foster home is a way of saying ‘thanks.’ I tell people not to hesitate to do it.”

Mr. Albin encourages servicemembers in need of pet foster care to give the groups as much notice as possible of their deployment so they can find a suitable home. To learn more about these organizations, visit their Web sites at [www.operationnoblefoster.org](http://www.operationnoblefoster.org) and [foster@netpets.org](mailto:foster@netpets.org).

## Tips for waiting spouses during deployments

Courtesy of the National Guard and Reserve  
Joint Services Family Readiness Programs



No matter how well-prepared a person may be for a spouse's deployment, one can expect to feel let down and sad when it is actually time to kiss goodbye. A six- to 12-month separation is a long time to be apart. For many spouses, this may be the first time they have been away from each other for more than a few days.

Although a spouse is waiting, this does not mean putting one's life “on

hold.” Spouses who have experienced separations offer the following tips for dealing with a waiting spouse's initial feelings

of loneliness.

\* **Get out of the house.** – Do not isolate yourself. You will only feel more lonely and depressed. Many bases have groups that sponsor activities and offer a place to meet and talk with others who are in the same situation as you.

\* **Start a new activity.** – If your schedule permits, take tennis lessons, join a photography club or take a class of some sort. Many spouses use this time to return to school or take career-related refresher courses.

\* **Get together with other parents.** – If you have children, they will also feel the effects of not having both parents around. Talking about and sharing your concerns with others who are experiencing the same difficulties is helpful. They may be able to offer advice as well as understanding companionship.

\* **Be familiar with available resources.** – Each branch of the armed services has support groups and organizations designed to meet the various social, medical and legal needs of military families.

To learn more about dealing with deployments as well as programs for spouses and military families, call the Family Support Center at (612) 713-1516.



### Civilian commander's call

This will be held July 13 at 1:30 p.m. at the Enlisted Club. For more information, call the Public Affairs office at (612) 713-1217.

### Stars and Stripes

An electronic version of the Stars and Stripes newspaper is now available for downloading at no cost. For the first time, servicemembers in the United States have access to the newspaper, where the hard copy is not printed.

Stars and Stripes is available at <http://estripes.osd.mil>.

### Lodging

Lodging may accept and confirm reservations for Priority Space Available guests up to 30 days in advance of the arrival date for up to three-night's accommodation, space permitting based on actual and projected occupancy.

For reservations, call (888) AF Lodge or (612) 726-9440.

### Nose art contest

The wing is looking for creative ideas and/or sample drawings for nose art for the wing's eight new aircraft.

At least four submissions will be selected and the four winners will receive recognition and prizes.

There are no limits to the number of entries an individual can submit. All entries must be in good taste and submitted by Sept. 13.

Call Maj. Jeffrey Higgins at (612) 713-1314 for more information.

## Viking Vibes



### Employer's Day

Employer's Day 2004 will be held at the base Aug. 7.

Activities include breakfast and briefings with the wing commander and Employer Support of the Guard and Reserve officials, as well as a C-130 orientation flight, lunch and a tour of the reservist's workplace.

See the nomination form on page 12. For more details, call the Public Affairs office at (612) 713-1217.

### Fundraiser

The wing will conduct a jail-and-bail fundraiser from 11 a.m. to 1 p.m. Aug. 8. Proceeds will go toward the military ball.

For a donation, wing members will get the chance to have someone "arrested" or help keep someone "in jail."

"Jail time" donations are \$1 a minute or \$10 for 15 minutes. Individuals can only "stay in jail" for a maximum of two hours. Those "jailed" can match the amount someone paid to "put them in jail."

Call Master Sgt. Tamera Besser at (612) 713-1201 or Master Sgt. Don Scott at (612) 713-1807.

### Retirees

An event in honor of Retiree Appreciation Day will be held Sept. 18 the St. Paul Armory from 8 a.m. to 3 p.m.

There will be a guest speaker, informative sessions on veterans benefits, legal services available to retirees, Tricare and much more.

For advance registration,

call (612) 713-1516 or (800) 231-3517 or send an e-mail to [RAODIR@minneapolis.af.mil](mailto:RAODIR@minneapolis.af.mil).

### Eagle Eyes

The wing will host the third annual Eagle Eyes briefing and block party for residents in the area surrounding the base June 29 from 6 to 7 p.m. at the corner of 59th Street and 42nd Avenue.

This event is held each year to thank residents for their support and to inform them about the Eagle Eyes program.

Through the program, residents are provided information they need to recognize and report suspicious behavior and prevent terrorism.

Besides briefings, there will also be refreshments and door prizes. For more information, call the Public Affairs at (612) 713-1217.

### Hog roast

The Flower and Garden Club will host a hog roast at the Officers' Club Aug. 17. The social starts at 4:30 p.m. and dinner will be served at 6 p.m.

The menu includes hot sliced roast hog, fresh corn, sauerkraut, potato salad, apple sauce, rolls and coffee.

There will also be dozens of door prizes.

For more information, call Erwin Helmken at (651) 777-5476.

### Scholarship

Club members and their spouse, son, daughter, stepson or stepdaughter are eligible for the scholarship.

Grandchildren can apply if they are dependents of the club member.

Six scholarships ranging from \$2,500 to \$6,000 will be awarded to winning entries.

Entrants must provide an essay of 500 words or less on "What Freedom Means to Me" along with a one-page summary of their long-term career goals, life goals and previous accomplishments.

Entries must be submitted to the 934th Services Squadron office at Building 852, Room 213, by July 15.

Call (612) 713-1662 for additional information.

### Pallet recycling

Bring used and excess pallets, regardless of condition, to the recycling center located at Building 733. The pallets are sold to a pallet recycler.

Funds from the sale of recyclable material go to Morale, Welfare and Recreation.

Call the recycling center at (612) 713-1955 for information.

### Family friends

Friends of Family Readiness unites concerned citizens to assist military families. To volunteer or learn more about the program, call the Family Support Center at (612) 713-1516 or (800) 231-3517.

### Voting

Military members stationed overseas are encouraged to register for absentee ballots. Deadlines and state specific rules on voter registration are at [www.fbap.gov](http://www.fbap.gov).

# 'Waist' not, want not: Waist size reflects individual's whole health

By Staff Sgt. C. Todd Lopez  
Air Force Print News

WASHINGTON - The waist measurement portion of the Air Force's new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations.

"The waist measurement is used to determine visceral or intra-abdominal fat," said Maj. Lisa Schmidt. Air Force officials chose this measurement because there is ample evidence that links an increase in visceral fat with an increase in risk for disease.

"When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing," Major Schmidt said. "With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer."

Agencies like the American Medical Association and the National Institute of Health have produced such studies.

Individuals can perform the measurement on themselves by using a tape measure, the major said. The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor. The measurement is taken the same way for both males and females.

Air Force officials use two tables for measuring waists, one for males and one for females. There are no variations in regards to height or age.

"The risk for disease is independent of your height," Major Schmidt said. "Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for disease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements."

In addition, unlike other body parts, the size of the waist does not grow proportionally with height, Major Schmidt said.



Photo by Master Sgt. Jim Varhegyi

**One of the new three-pronged fitness standards being adopted by the Air Force is the waist measure. Taken with a tape wrapped around the abdomen, and placed midway between the bottom rib and top of the pelvic bone, the waist measure serves as a total health gauge.**

"As you get taller, it isn't as if you grow out as well," she said. "It is not proportional growth. The area you are measuring does not include any bone."

While there is no variance allowed for height when it comes to waist measurements, it is important to consider the fitness evaluation as a whole in regards to the total fitness score, Major Schmidt said.

"When you look at the fitness score, it is a composite score," she said. "If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and more pushups to get the same composite score as the 50-year-old."

For Airmen who have measured their waists and determined they are not within an acceptable range, there is hope, she said. Visceral fat is generally the first to go when people begin an exercise program.

While it may take several months of running, crunches and weight lifting to

knock an inch or two off the waist circumference, that effort pays off in more than just the one or two points gained on the waist-measurement portion of the evaluation, Major Schmidt said.

"A lot of Airmen will look at the chart and say it is difficult to lose an inch in abdominal circumference, and that they only get a point for it," she said. "But if you are engaged in some kind of program to lose that inch and to gain that point, some aerobic and fitness program, then in the process of gaining that extra point for waist measure, you will improve your performance on the running and strength portions. They are all interrelated. This is about total health."

Major Schmidt said Airmen should concentrate on getting a "good" or "excellent" fitness score. The expectation is not for most Airmen to achieve a perfect score. The expectation is for everyone to participate in a regular fitness program, which will result in improvements in overall fitness, she added.

**Enlisted Club  
Pizza Parlor  
Grand Opening**

July 9 from 3 to 6 p.m.

Join the celebration and enjoy free pizza,  
reduced beverage prices and door prizes!

The club will also offer a  
new bar menu  
for your dining pleasure.

For more information,  
call the Enlisted Club  
at (612) 713-1655.



***Mongolian Barbecue***

July 14 from 5:30 to 8:30 p.m.  
at the Officers' Club

Create your own bowl of delicious  
Mongolian barbecue.

Choose from a variety of  
vegetables, meats and seasonings and  
watch the chef grill them to perfection  
for you right before your eyes!

For more details, call (612) 713-3678.



**Social hour and bingo are held  
every Friday from 5 to 7 p.m.  
at the Enlisted Club.  
Bonanza Bingo offers  
buy three, get one free during lounge hours.  
Call (612) 713-1655.**

How Do You Spell

19



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

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