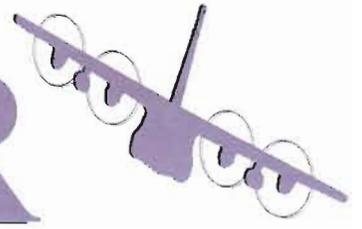




VIKING FLYER



934th Airlift Wing (AFRC)

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

October 2004 Vol. 26, No. 10

Inside:

✪ Wing's last C-130E flies to new home page 4

✪ New base road built page 5

✪ Wing hosts Family Day pages 8 and 9

✪ Deployed civilians vital in Iraq page 11

✪ Parents can help children eat healthy page 15

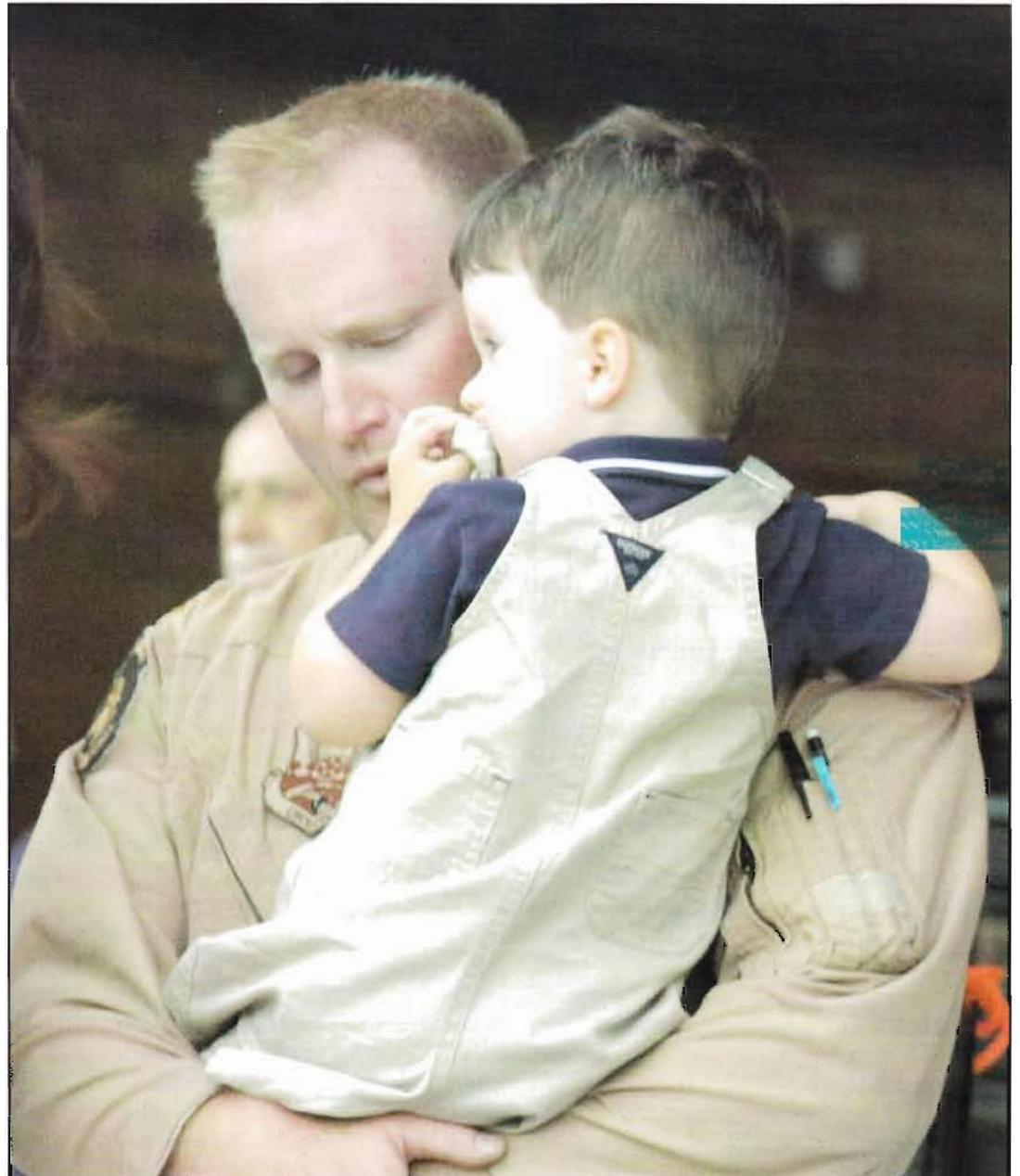


Photo by Syndee McCann

Dad's hug

Maj. Robert Hockman of the 96th Airlift Squadron savors the moment he could once again hold his son, 2-year-old William. The major was one of 36 wing members who returned home Aug. 24 after a 90-day deployment in Southwest Asia in support of Operation Iraqi Freedom and the war on terrorism.



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All photos are Air Force photographs unless otherwise indicated.

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

Communication

Tech. Sgt. Jon Schmidt, Tech. Sgt. Christian Krug, Staff Sgt. Scott Inwards and Staff Sgt. John Herrick will compete at the 2004 Air Force Marathon Relay at Wright-Patterson Air Force Base, Ohio.

The Air Force Sergeants Association, Chapter 858, will pay for part of the team's entrance fee. The team hopes to improve upon its fourth place finish last year.

Six flight members completed their annual tour at McGuire AFB, N.J., and were trained on establishing theater deployable communications.

The flight welcomed new members Tech. Sgt. Crystal Bell, Tech. Sgt. Janelle Bombeck, Staff Sgt. Albert Rohland and Airman 1st Class Cassandra Carter.

Aircraft maintenance

More than 20 squadron members are deployed worldwide.

The squadron supported a presidential and vice presidential visit in August.

Staff Sgt. Greg McGowan was selected for promotion to technical sergeant. Senior Airman Joshua Nelson was promoted to staff sergeant.

Master Sgt. Richard Rogozinski retired Sept. 12 after 31 years of military service. During his years in the military, he participated in or supported many missions, including those in Vietnam, South America, Kosovo, Bosnia and Southwest Asia. A retirement party was held Sept. 11 to honor Sergeant Rogozinski.

Civil engineer

The unit welcomed new squadron members Senior Airman Briana Hart and Airman 1st Class Andrew Johnson.

Senior Master Sgts. David Halverson and Randy Polansky were selected for promotion to chief master sergeant. Master Sgt. Steven Nicolai was selected for promotion to senior master sergeant. Tech. Sgt. Timothy Giles was selected for promotion to master sergeant. Airmen 1st Class Andrew Johnson and Shaun Ramsett were selected for promotion to senior airman.

Senior Airman James Hocum

scored 90 percent on his end-of-course examination.

Tech. Sgt. John Kline graduated from the Noncommissioned Officers Academy at McGhee-Tyson Air National Guard, Tenn.

The unit's equipment shop completed a road project on base. The road connects the Army Reserve to the road leading to the Air National Guard. Master Sgt. Dale Klossner was the noncommissioned officer in charge of the project.

Several squadron members were involved in the set up and clean up at the wing's Family Day held Sept. 12.

Congratulations to Capt. Cynthia Doolittle and her husband, Terry, on the birth of their son, Garrett, who was born Aug. 8 and weighed 6 pounds, 13 ounces.

Aerial port

Airmen 1st Class Richard Melroy, Caleb Nelson and Elisamuel Quinones were selected for promotion to senior airman.

Squadron members bid farewell to Capt. Brian McCullagh, who is transferring to the 934th Logistics Readiness Squadron, and Tech. Sgt. Randy Hanson, who retired.

Twenty-four squadron members recently left for duty in Rhein-Main Air Base, Germany.

Services

Airmen 1st Class Yakini Branchibura, Joseph Cervantes, Marquita Sellers and Oscar Smith were selected for promotion to senior airman.

Aeromedical

Airmen 1st Class Brian Heroux and Lance Pryor were selected for promotion to senior airman.

Maintenance

Tech. Sgt. Darrel Anderson was selected for promotion to master sergeant.

Senior Airman Bernard Williams was selected for staff sergeant.

Airman 1st Class Charles Haefner was selected for senior airman.

To include individuals or squadrons in Around the Wing, speak with a Unit Public Affairs Representative. The deadline for submissions is the Sunday of the UTA one month prior to publication.

Salute: perfecting, honoring treasured military courtesy

By Tech. Sgt. James Brabenec
Air Force Personnel Center
Public Affairs

RANDOLPH AIR FORCE BASE, Texas — For most people the salute symbolizes the honor and respect inherent in the military lifestyle.

Despite its significance, I have noticed a variety of salutes during my Air Force career. These salutes include the 'tennis elbow' salute, delivered with the elbow low and close to the body.

There is also the 'Capt. Hook' salute characterized by the cup-like shape of the fingers and palm of the hand.

Then there is the 'who goes there' salute, which features the fingers of the right hand coming to rest somewhere over the right eyebrow. Finally, the 'off we go' salute is where the right hand flies swiftly forward instead of taking its normal downward path along the gig line.

I am not sure where these salutes came from because Air Force Manual 36-2203, Drill and Ceremonies, provides concise guidelines. The manual states that to salute correctly, one should raise the right hand smartly in the most direct manner while at the same time extending and joining the fingers. Keep the palm flat and facing the body. Place the thumb along the forefingers, keeping the palm flat and forming a straight line between the fingertips and elbow.

Tilt the palm slightly toward the face. Hold the upper arm horizontal, slightly forward of the body and parallel to the ground. Ensure the tip of the middle finger touches the right front corner of either the billed hat or outside corner of the right eyebrow or the front corner of glasses if no hat is worn. To complete the salute, bring the arm smoothly and smartly downward, retracing the path used to raise the arm.



Photo by Tech. Sgt. James Brabenec

Senior Airman Nicholas Lang of the Randolph Air Force Base Honor Guard in Texas demonstrates a sharp Air Force salute.

It sounds easy, but how about the snap most Airmen prefer? I checked with Master Sgt. Anthony Gardner, superintendent of the Randolph Air Force Base Honor Guard. He said any movement the honor guard performs only gains its precision through practice, something they do regularly. He added that same adherence to practice will sharpen any Airman's salute.

I recall how practice played a key role in getting through saluting during basic training. We learned this maneuver then anxiously waited our turns to knock at the training instructor's door, march in, report and smartly salute.

We practiced quietly, reciting our report and salute prior to that moment under scrutiny. Invariably, nerves set in and many failed. But over time, we learned how to deliver a good salute.

Moving on to technical school my awareness of the salute came frequently

to bear during change of command and retirement ceremonies.

As we stood at attention in the hot Mississippi summer heat, we answered our group commander's call for 'present arms' as hundreds of young Airmen flashed precision salutes.

I would be a liar if I said my conduct has always been completely exemplary. While on assignment overseas, I would follow the lead of my golfing buddies and duck under the eaves of a building to keep from saluting during the daily two-nation retreat ceremony. However, I can say those selfish habits are in the past and I now enjoy saluting.

Although I doubt I will ever be as good as an honor guard member, I do know each opportunity to show respect to the flag or to Air Force officers provides me a chance to perfect my salute.

Practice your salute. It may be a courtesy that grows on you, too.

Wing military members, civilian employees and family members can write a commentary for the Viking Flyer. For writing and submission guidelines, call (612) 713-1217.

Wing's last C-130E flies to Germany



Photo by Staff Sgt. Jennifer A. Johnson

The last of the 934th Airlift Wing's C-130E departs the base Aug. 19 and flies to its new home at the 86th Aircraft Maintenance Squadron at Ramstein Air Base, Germany.

By Staff Sgt. Troy R. A. Novak
934th Airlift Wing Public Affairs

The 934th Airlift Wing closed another chapter in its history Aug. 19 when its last C-130E left the base.

The aircraft has been reassigned to the 86th Aircraft Maintenance Squadron at Ramstein Air Base, Germany.

"Nothing but laudatory comments was expressed on how the 934th AMXS takes pride in its ability to maintain an aircraft, which is over 40 years old," said Tech. Sgt. Glenn Dagan, lead technician at Ramstein.

The C-130E is an extended-range model, with two under-wing fuel tanks and increased range and endurance capabilities over the A and B models. The crew consists of two pilots, navigator, flight engineer and a loadmaster. These models were built in the early 1960s.

The wing now flies C-130 H2 models, which were built in the early 1990s. Compared to the E models, the H2s have a more powerful engine along with a better avionics package that includes enhanced flight instruments. The H2s can also fly at a higher altitude and increased range.

The wing's E models were remembered by some of those who worked on the aircraft since they first arrived at the base in 1986.

Master Sgt. Dave Strande said when the first E model arrived, it was quite an occasion.

"It was a big deal because the crews that worked on A models knew them like the back of their hands," he said.

He added that the E models "showed up in raggedy shape and the crews were apprehensive about the change."

"[Vietnam] Combat repairs were still being fixed, and shrapnel was found in the belly of one of the planes," Master Sgt.

Rick Klick said.

Although the aircraft showed up in bad shape, Sergeant Strande said the E models "helped blend the 934th into the Air Force in general."

"It gave us increased reliability and mission capability," he added.

The crews also became attached to the aircraft. Some of the aircraft even gained nicknames, like Whisper Jet or Alpha One.

Sergeant Klick said even though the C-130s design is more than 50 years old, it continues to perform well.

"It's still the workhorse of the Air Force," he said.

The wing's H2s have already begun to show its capabilities.

"The E models were like driving an old truck, and the new H models, a new mustang," Sergeant Klick said.

The wing's other C-130Es were either reassigned to bases in the United States or retired.

Civil engineer constructs road to connect base with Guard, Army

By Staff Sgt. Nicholas Olson
934th Airlift Wing
Public Affairs

The 934th Civil Engineer Squadron finished building a road that connects the Air National Guard and the Army Reserve Sept. 3.

Members of the 934th CES Pavements and Equipment section began the road construction Aug. 25.

The project had been in the planning stages since April when the squadron saw the need to alleviate traffic congestion between 4th and 5th streets at Kittyhawk Avenue, said Master Sgt. Klossner, 934th CES.

Surveying for the project took place in July, said Tech. Sgt. Michael McNally of the 934th CES. The road, which includes a 100-foot storm sewer, took two weeks to construct.



Photo by Staff Sgt. Jennifer A. Johnson

A member of the 934th Civil Engineer Squadron paves the newly built road that connects the base with the Air National Guard and Army Reserve.

Sergeant Klossner is proud of his squadron's achievement. "The main purpose of the

Air Force is to fly aircraft, but the support infrastructure needed to make that possible is

large and diverse," he said. "We're proud to be able to meet those needs."



Photo by Staff Sgt. Jennifer A. Johnson

Demolition

An Army Corps of Engineers demolition crew tears down Building 711 Sept. 8. The building was formerly used as the base lodging facility. The land at the site will be leveled and prepared for the construction of a security forces office.



Photo by Tech. Sgt. Jeffrey S. Williams

Fair day

(Left to right) Senior Master Sgt. Chuck Stemig, Capt. Mike Vanhefty and Senior Master Sgt. Jim Gustafson, all members of the 934th Airlift Wing, help veterans from the Minnesota Veterans Home get through the crowds at the state fair. Twelve wing members volunteered to assist veterans Aug. 31 to Sept. 3.

Wing donates shoes for Iraqi children

By Cristina Oxta
934th Airlift Wing
Public Affairs

Members of the 934th Airlift Wing donated more than 500 pairs of shoes for Iraqi children through the Kicks for Kids program recently.

The program was established by an Army sergeant who is deployed in Baghdad, Iraq, and wanted to do what she could to help the Iraqi children.

When members of the wing's Partnership Committee heard about the program, they were quick to get the wing involved. Partnership Committee member, John Schille, 934th Logistics Readiness Squadron, headed up the collection effort.

"We have been blessed here in this country. We have so much," Mr. Schille said. "I truly

believe that it is in our nature as Americans to help."

Mr. Schille spread the word across the wing, urging people to donate shoes, and placed collection boxes in various locations on base. He also encouraged people to talk to others in their communities and ask them to donate shoes.

After a month-long collection drive, more than 500 pairs of shoes were donated and will soon be sent to Iraq.

Mr. Schille said he learned a great deal from the project.

"People are caring and willing to help others who are less fortunate," he said. "Thanks to those who went to their churches and talked about the project, to the kids who went door-to-door asking for shoe donations, to those who purchased shoes. A big thank you."



Photo by Jennifer Jarosch

John Schille, 934th Logistics Readiness Squadron, sorts more than 500 pairs of shoes wing members donated recently to help children in Iraq.

Officials encourage military members to register to vote before deploying

By Master Sgt. Ron Tull
Air Force Personnel Center
Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Airmen deploying between now and the general election Nov. 2 should register to vote with their deployed unit address before departing, said voting officials at the Air Force Personnel Center.

Registration is accomplished by completing a Federal Post Card Application Standard Form 76. Some states will accept the form electronically or by fax.

The form and all the state rules can be found on the Airmen Votes Web page

at www.afpc.randolph.af.mil/airmenvotes.

“Registering in advance means the balloting materials will be waiting for them at their forward location,” said John Lowrance, Air Force assistant voting action officer. “Deploying (Airmen) who do not yet know their deployment address or cannot release it will need to take some additional steps.

“They’ll need to file an SF 76 explaining in the remarks box that no address is available,” he said. “This will prevent the state from sending balloting materials. All states are different, but many will not resend balloting materials.”

When they find out their address or if they have a change of address while

deployed, military members will need to send another SF 76 with their new APO/FPO address, checking off “Mail Absentee Ballot To” (item 4).

In the remarks section, they should include the dates they will be absent, enter their old address and write in block letters the words “OLD ADDRESS.” Under the updated address, the applicant writes in block letters “NEW ADDRESS.”

“The bottom line is to know your state rules and not make your ballot come looking for you,” Mr. Lowrance said.

Members of the 934th Airlift Wing who want to know more about voting can call Col. Kris Rudin at (612) 713-1298.

Congratulations to all medal recipients!

Meritorious Service Medal

Col. Jorge Llambes, Lt. Col. Marjorie Boldenow, Lt. Col. Cleo Bonham, Maj. Benedicto Bobadilla, Maj. Lynn Rydberg, Maj. Susan Sedivec, Capt. Zeus Celi, Chief Master Sgt. Marc Gilbertson, Senior Master Sgt. Rebecca Hanson, Senior Master Sgt. Ann Hawkins, Senior Master Sgt. Rebecca Ogden, Master Sgt. James Brausen, Master Sgt. Shane Lohmann, Master Sgt. Charles Matthews, Master Sgt. John Peterson, Master Sgt. Richard Rogozinski, Master Sgt. Naomi Williams, Tech. Sgt. Randy Hanson, Tech. Sgt. Kristina Puffer and Tech. Sgt. Hans Vinge

Air Force Commendation Medal

Lt. Col. Carolyn Lohman, Capt. Gail Gregor, Master Sgt. Barry Haukoos, Master Sgt. John Kopka, Master Sgt. Michael Leary, Master Sgt. Joseph Wiatros, Tech. Sgt. Stephanie Belleisle, Tech. Sgt. Scott Benson, Tech. Sgt. Scott Chock, Tech. Sgt. Dawn Flipp, Tech. Sgt. Jeffrey Grates, Tech. Sgt. Steve Hanson, Tech. Sgt. Frank Helseth, Tech. Sgt. Thomas Robelia, Tech. Sgt. Hans Vinge and Staff Sgt. Christian Hermanson

Air Force Achievement Medal

Col. Teresa Hams, Maj. Carol Lupo, Senior Master Sgt. Janet Dalton, Senior Master Sgt. Shawn Ferrin, Senior Master Sgt. Sonja Fisher, Master Sgt. Mary Miller, Master Sgt. Robert Rude, Tech. Sgt. Dawn Flipp, Tech. Sgt. John Kline, Tech. Sgt. Alisa Malszycki, Staff Sgt. Scott Inwards, Staff Sgt. Jason Greiner, Staff Sgt. Jessica Lind, Staff Sgt. Greg McGowan and Senior Airman Jacqueline Burns



Nancy Muscatell, wife of Col. James Muscatell Jr., 934th Airlift Wing commander, hands out gift wrapping paper and other free items during Family Day Sept. 12.



Staff Sgt. Scott Inwards (left) and Tech. Sgt. Richard Taylor II, both members of the 934th Communication Flight, are all smiles and laughter after being spun around and around on an amusement ride at the Family Day festivities.

VIKING FLYER

934th Family

Photos by S



Guests at the wing's Family Day festivities are riding tricycles. The event also includes rides and a car show as well as games.



Airlift Wing Family Day

Senior Airman Josh Nason



Participants participated in all kinds of activities, including featured food, music from a live band, amusement rides for children.



A child swooshes down a giant slide at Family Day.



Using fire hoses to knock down cones (above) and face painting (below) were just two of the many activities children enjoyed.



Forward-deployed civilians play important role in war on terrorism

By Donna Miles
American Forces
Press Service

WASHINGTON —

The death of a Department of the Air Force civilian in Iraq on Aug. 8 brings attention to some of the unsung heroes of the war effort: Thousands of Army, Air Force, Marine Corps and Navy civilian employees who have voluntarily put themselves in harm's way to support the war on terrorism.

Special Agent Rick Ulbright, 49, a polygraph examiner with the 33rd Field Investigative Squadron at Andrews Air Force Base, Md., died at Kirkuk Air Base, Iraq, from wounds received in a mortar attack.

Agent Ulbright had been in Iraq for more than two months, providing polygraph support for counterintelligence and counterterrorism efforts, said Bryan Horaist, chief of the Air Force Office of Special Investigations' regional office at Randolph AFB, Texas. He was scheduled to return home in September.

Like the thousands of other Army, Navy, Air Force and Marine Corps civilian employees forward-deployed in Southwest Asia, Agent Ulbright "was an integral part of the effort," said Mr. Horaist, a friend of Agent Ulbright.

"He wanted to be there," he said.

Agent Ulbright was among an estimated 1,400 Department of Defense civilians who have volunteered

“ When the (terrorists) attacked New York, they attacked all of us. For me, I knew it was time to come forward and do what I could. ”

- Robert Dennis
Army Corps of Engineers

for duty in Iraq, said Army Lt. Col. David Farlow, a spokesman for U.S. Central Command in Baghdad. Most wear desert camouflage uniforms, like their military counterparts, with "DOD Civilian" tags on their chests.

The Air Force reports 35 employees in its work force forward deployed to the CENTCOM area. Besides criminal investigation support, they provide equipment, air traffic control, information technology, finance and intelligence support.

Army Lt. Col. Jeffrey Ogden, who supervises 12 Army Corps of Engineers civilians in Iraq, said he is "very impressed" with the volunteers' commitment.

"They've jumped right in, hit the ground running and shown no hesitation about going outside the international zone," Colonel Ogden said. "They know they have a job to do and they go out there and do it."

Robert Dennis, a Corps of Engineer employee from Clarksville, Va., who has been

in Iraq since May, said he wanted to play a critical role in the war on terrorism.

"When (the terrorists) attacked New York, they attacked all of us," he said. "For me, I knew it was time to come forward and do what I could."

Sharon Walker, an Army civilian for the Military District of Washington, is serving a six-month tour at the coalition press information center in Baghdad. She said the events of Sept. 11, 2001, had an effect on her and her decision to volunteer in Iraq.

"This volunteer opportunity came up and it was the natural next step for me," she said.

Beth Hilliard, a civilian employee from the Corps of Engineers' Savannah district office, said she volunteered to serve four months in Iraq simply because "it was the right thing to do, something that was going to help the Iraqi people."

Ms. Hilliard shrugged off the dangers involved in the deployment.

"Different incidents go

on here, but the mission takes priority," she said.

Ms. Walker said the preparation she received at Fort Myer, Va., and Fort Bliss, Texas, has proved invaluable in Iraq. Her training included learning nuclear, biological and chemical protection and day-to-day soldier skills, such as how to pack a rucksack.

The duty has some rough aspects that many of her civilian counterparts never encounter, Ms. Walker said.

"I get some adrenaline going sometimes when mortars hit near us, but that helps me get up off my chair," she said. "Talking to people helps me cope. Our interaction always improves my understanding and attitude."

After several weeks in Iraq, Ms. Walker said she believes she is making a meaningful contribution to the war on terrorism.

"I'm supposed to be here doing this work," she said.

With "16 days and a wake-up call" left on his 120-day deployment, Mr. Dennis said he has found tremendous satisfaction in the work he and his Corps of Engineers co-workers are doing, restoring electricity to Iraq. "We're turning the lights back on and making a huge difference in people's lives," he said.

"The job is very challenging and the work is fast-paced, but it's very rewarding," Ms. Hilliard said. "Overall, I'm glad I volunteered. And the longer I'm here, the more I feel that way."

Aerial port helps families, each other

By Staff Sgt. Troy R. A. Novak
934th Airlift Wing Public Affairs

Serving the country can take military members away from their family and prevent them from performing their usual duties at home. The 27th Aerial Port Squadron has found a way to make up for this. Squadron members simply work as a team to help one another.

"Afterall, we are a family," said Senior Master Sgt. Larry O'Connell.

The 27th APS has worked hard to support the families of those deployed, said Chief Master Sgt. Mike Dressen. He said the squadron surveyed all of those deploying to create a wish list of projects they would have done if they were not deployed.

Recently, one aerial port member and his family's wish came true: they got a new jungle gym. Building it was a project the military member planned to complete for his nine children this summer. But his plan changed when he deployed to Kuwait.

After seeing this wish on the squadron's wish list, five squadron members headed to the sergeant's home to build the jungle gym. Sergeant O'Connell said one of the children did not want to go to bed until he knew the new playground was built and the family was thankful for the help they received.

Besides building the jungle gym, the squadron also recently finished building a wheelchair ramp for a family with a handicapped child. The squadron maintains a list of other unfinished



Courtesy photo

Senior Master Sgt. Larry O'Connell (left) cuts wood while Chief Master Sgt. Tracy Tratar assists him. They are two of five 27th Aerial Port Squadron members who built a jungle gym for the children of a deployed squadron member. Capt. Brian McCullagh, Tech. Sgt. Timothy Thompson and Chief Master Sgt. Michael Dressen also helped with the project.

projects that it plans to accomplish.

"Units have the ability to reinforce the bond between military and family when duty calls loved ones away," Sergeant Dressen said. "We are leaders in

the effort to take care of our families."

For safety and security reasons, the names of deployed military members and their families cannot be published.



Put old shoe boxes to good use this holiday season by using them to send gifts to children in need. Each year, **Operation Christmas Child** collects "shoe box gifts" for children who are suffering because of war, natural disaster, poverty, illness or neglect. Find an empty shoe box, wrap it and fill it with toys, school supplies, hygiene items or other treats.

The 934th Airlift Wing chapel is collecting gifts from now until Nov. 15. Used items, war-related items such as guns and knives, chocolate or perishable food, liquids, medicine and breakable items will not be accepted. For more information, call (612) 713-1226.





Fun, safety can go hand-in-hand during Halloween festivities

By Cristina Oxta
934th Airlift Wing
Public Affairs

Halloween is a fun time for children.

However, there is potential for danger. As such, the Minnesota Poison Control System's poison center offers the following Halloween safety tips for parents and their children.

Treats

- * An adult should check all treats before they are eaten. Check for punctures or contamination.

- * Only eat treats in original, unopened wrappers. Throw away candy if wrappers are faded, have holes or tears or if the candy has been unwrapped.

Glow sticks

- * Glow sticks and glow necklaces occasionally break or children chew them open. If the contents get on the skin, it can cause irritation and dermatitis.

- * If the contents come

into contact with the eyes, it can cause severe irritation. Oral ingestion of the contents can cause nausea and burning.

Dry ice

- * When swallowed, oral burns may occur. Immediate dilution is recommended.

- * Direct contact with the skin can also cause tissue damage. Wash skin immediately with lukewarm water. If exposure occurs, call the poison center.

Makeup

- * Look for non-toxic designations when choosing Halloween makeup. Other products may contain emollient laxatives, talc or hydrocarbons that can cause problems. Wash with soap and water if an allergic reaction develops.

- * If any makeup is swallowed, treatment depends on the amount ingested, ingredients and symptoms.

Trick-or-treating

- * Feed children before trick-or-treating and give them some candy from home while trick-or-treating to avoid the temptation to eat from their bags.

- * Use smaller trick-or-treat bags to decrease the urge to get more candy.

- * An adult should accompany young children and visits should be limited to familiar, well-lit homes.

- * Carry a flashlight, wear reflective

clothing or tape and watch for cars. Try to finish before dark.

- * Instruct children to never go into a stranger's home or car.

- * Avoid barking dogs or other upset animals.

Costumes

- * Wear flame-retardant costumes that are roomy enough to allow a child to dress warmly but not too big that children may trip or brush against a flame.

- * Choose light-colored costumes or use reflective tape to make children more visible.

- * Masks, wigs and beards should fit securely, allowing for full vision.

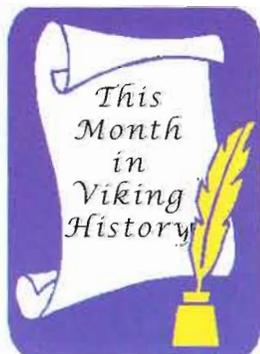
- * Accessories, such as swords, should be made of soft or flexible material.

Jack o' lanterns

- * Children can draw a face on a pumpkin or scrape out the contents, but an adult should do the carving.

- * Keep jack o' lanterns away from areas where costumes may brush against the flame. Indoor lanterns should be kept away from curtains, decorations or other furnishings.

Anyone who suspects a problem or potential poisoning can call the poison control center at (800) 222-1222.



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

October 1974

The Carrier Courier, the predecessor to the Viking Flyer, was awarded the best newspaper in the central region.

October 1984

Col. Jerry Boone became the 934th Airlift Wing commander.

October 1994

Construction of the new base exchange began.

Fire Prevention Week theme stresses importance of testing smoke alarms

By Staff Sgt. Nicholas Olson
934th Airlift Wing Public Affairs

According to fire prevention experts, smoke alarms are the most effective early warning device available. To emphasize the importance of smoke alarms, the 2004 National Fire Prevention Week theme is Test Your Smoke Alarms.

"The theme takes aim at the fact that 70 percent of home fire deaths in this country result from fires in homes where there were no smoke alarms or non-working alarms," said Col. James Muscatell Jr., 934th Airlift Wing commander. "We can reduce the number of fire tragedies by teaching folks to correctly install, test and maintain smoke alarms."

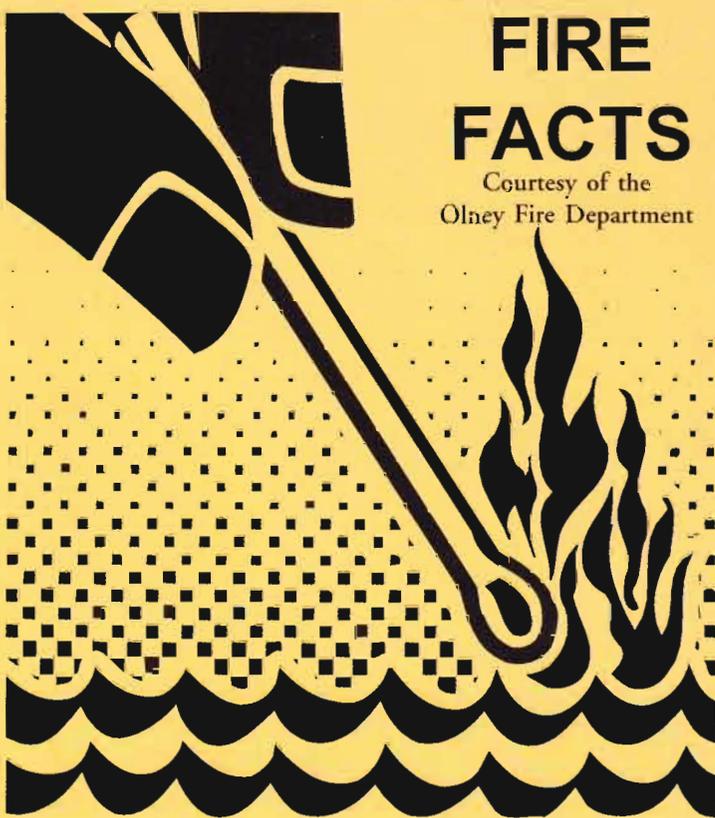
Fire Prevention Week runs from Oct. 3 to 9 this year, and Michael Anderson, chief of base fire protection, urged employers to educate their employees about fire prevention and installing smoke alarms in their homes.

"Fire Prevention Week reminds people how important it is to test their smoke detectors to make sure they're in top condition," Mr. Anderson said. "By spreading this message, you can help reduce fire injuries and fatalities."

National statistics show smoke alarms reduce the risk of death by 40 to 50 percent in fires that occur in homes, Mr. Anderson said.

Fire Prevention Week was established in 1911 to remember the tragic events of the Great Chicago Fire and teach people about fire safety. On Oct. 8, 1871, a fire tore through the city of Chicago, burning down 17,400 structures and more than 2,000 acres of land. It left 250 dead and 100,000 people homeless in a matter of 27 hours.

The International Fire Marshals Association decided that the 40th anniversary of the Great Chicago Fire should be observed in a way that would keep the public informed about the importance of fire prevention. Hence, the Fire Prevention Week observance began.



**FIRE
FACTS**
Courtesy of the
Olney Fire Department

- * Someone in the United States dies in a home fire roughly every 2.5 hours.
- * Three in every 10 reported home fires start in the kitchen, more than any other place in the home.
- * Cooking fires are the number one cause of home fires and home injuries in the U.S. and Canada.
- * Cigarettes and other smoking materials are the number one cause of home fire deaths in the U.S. and Canada. Heating equipment fires are the second leading cause.
- * In recent years, candles have been associated with more than 10,000 home fires and at least 150 related deaths each year.
- * More than half of U.S. electrical distribution equipment home fires and related deaths involve equipment located entirely or partially in walls or ceilings, which should be checked and fixed by a licensed electrician.
- * Having working smoke alarms listed by a qualified testing laboratory in a home cuts residents' chances of dying in a fire by nearly half.
- * According to one fire prevention survey, only one-fourth of U.S. families have developed and practiced a home fire escape plan.



Viking Vibes



Adopt a veteran

The daily recreation program is an important part of the lives of residents at the Minneapolis Veterans Home.

Between 15 and 20 activities are offered each day for the residents to enjoy. The cost is 50 cents per resident, per day, or \$15 per month.

Individuals or squadrons interested in providing funds for the program can sponsor a veteran for one to 12 months.

Call Margo Leslie at (612) 713-1119.

Pass, ID

During UTA weekends, the Pass and ID office will only be open on Saturdays. The office's phone number is (612) 713-1100.

Daylight saving

Daylight saving time ends at 2 a.m. Oct. 31. Remember to "fall back" one hour.

Health care

The Federal Employees Health Benefits open season is Nov. 8 to Dec. 13. Health care representatives will be on base Nov. 16 from 1 to 3 p.m. in Building 760, room 130, to an-

swer questions about health care plans.

Officers' spouses

The Officers' Spouses' Club will host a luncheon at the Officers' Club at 11:30 a.m. Oct. 21. Marion Hvistendahl will portray Lydia Pinkham. For reservations, call Jan Olson at (952) 831-2438 or Stacey Michels at (952) 401-6345.

OSC will also host a wine tasting luncheon at the Officers' Club at 11:30 a.m. Nov. 18. The cost is \$12. Call Kay Mikwold at (651) 330-5991 or Jan Olson at (952) 831-2438.

For information on Tuesday bridge, call Germaine Reuter Dahl at (952) 881-0107. For Wednesday bridge, call Roberta Gronemann at (763) 494-3517 or Diane Lerohl at (952) 935-4437.

Spouses of U.S. Armed Forces officers who are members of the Officers' Club can join OSC. Call Lee Claar at (952) 831-5252.

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.

Diversity

The Human Resource Development Council needs volunteers. The HRDC makes recommendations to the Chief of Air Force Reserve on matters related to workforce development, diversity and career progression of reserve personnel.

Call Col. Kristin Rudin at (612) 713-1298 at (612) 713-1217.

CFC

The 2004/2005 Combined Federal Campaign is in full swing. The campaign began Sept. 1 in the continental United States and runs through Dec. 15. Overseas, the campaign runs from Oct. 1 through Dec. 15. See the CFC Web site at www.opm.gov/cfc.

Mongolian barbecue

Enjoy Mongolian barbecue at the Officers' Club from 5:30 to 8:30 p.m. Oct. 28. Customers can choose from a variety of vegetables, meats and seasonings and watch the chef

grill them for a custom-made meal. Call (612) 713-3678.

Recycling

There is one dumpster on the base designated for wood waste, such as old, broken furniture and wood scraps. The dumpster is at the civil engineer parking lot between Buildings 744 and 745.

For more information, call (612) 713-1955.

Recruiting

The security forces squadron won 1st place in the Get One program last quarter with five recruiting leads. Aerial port and civil engineer tied for second place. Recruiting received 27 leads last quarter.

To learn more about the program or to provide a recruiting lead, call Master Sgt. Brendt Traicoff at (612) 713-1454.

Tickets

Discount tickets for the Chanhassen Dinner Theater, Minnesota Zoo, IMAX Theater, Underwater Adventures, Camp Snoopy and Valleyfair are available at the fitness center. Call (612) 713-1496.

Fall 2004 to Fall 2005 UTA schedule

Primary UTA

Oct. 2 and 3
Nov. 6 and 7
Dec. 4 and 5
Jan. 8 and 9, 2005
Feb. 5 and 6
March 5 and 6

April 2 and 3
April 30 and May 1
June 4 and 5
July 23 and 24
Aug. 13 and 14
Sept. 10 and 11

Alternate UTA

Oct. 16 and 17
Nov. 13 and 14
Dec. 11 and 12
Jan. 22 and 23, 2005
Feb. 19 and 20
March 19 and 20

April 16 and 17
May 21 and 22
June 18 and 19
July 30 and 31
Aug. 20 and 21
Sept. 24 and 25

Parents have power over what children eat, keeping them healthy

By Senior Airman Susan Stout
56th Fighter Wing Public Affairs

LUKE AIR FORCE BASE, Ariz. — Approximately 10 percent of 2- to 5-year-old children and more than 15 percent of children ages 6 to 19 are overweight, according to the National Center for Health Statistics.

What can parents do to help their children stay healthy?

A study by the American Dietetic Association Foundation shows parents can influence their children's behavior, including their eating habits, more than anyone else.

"Children are often more willing to eat healthy foods and be active if they see their parents and other family members eating healthy foods," said Capt. Risa Riepma, a registered dietician and 56th Medical Group health promotion manager. "When the whole family participates, children don't feel singled out or like they're being punished. They learn from example."

According to Captain Riepma, setting realistic goals and step-by-step guidelines will lead to successful eating habits.

"Remember, change takes time so be patient and stick to your goals," she said. "Decide on two or three specific, but small, changes in eating or physical activity. Keep track of your weekly goals by writing down the family's progress."

Healthy changes that turn into habits should be rewarded, said Marlyn Shults, 56th MDG exercise physiologist.

"Reward yourselves with a fun physical activity like bowling, ice skating or miniature golf," she said. "Other fun physical activities may include basketball, football, hiking, swimming, biking, playing catch, dancing and tennis. Overweight children may not feel comfortable playing competitive sports, so keep that in mind."

The following tips for parents can help a child understand when he or she is physically hungry and when he or she is satisfied:



Courtesy photo

Think outside the lunchbox. When packing a child's lunch, remember a sandwich does not always have to be the main course. Include soup in a thermos or a fresh garden salad. Fruit, vegetable and cheese kabobs with dressing or yogurt dip are also healthful options.

- * Do not overly restrict food. This can lead to preoccupation with food or make the child feel punished or rejected.

- * Do not use food to reward, comfort or punish a child.

- * Do not make a child eat everything on his or her plate.

- * Encourage a child to eat slowly. When a person eats too quickly, the body thinks it needs more food to be satisfied.

A balanced diet is key to good nutrition, said Airman 1st Class Emily Cayton, 56th MDG diet therapy technician.

"Aim for five servings of fruits and vegetables each day," Airman Cayton said.

"Reduce fat, eat sugary foods in moderation and eat healthy snacks. Parents should also serve appropriate portions. Oversized portions often contribute to weight gain."

Captain Riepma suggested parents and children keep a daily food and activity log.

"A log will help you keep track of healthy eating and physical activity goals," she said. "Focus on accomplishments, not failures, and don't expect perfection. If your goal is to walk five times a week and you miss a day, it's OK. It's important that you are making a healthy change."

OKTOBERFEST

Oct. 14 at 5:30 p.m. at the Officers' Club

**Enjoy a German buffet, German beer specials
and music by Han Thununder,
featuring the Zupan accordion!**

The cost is \$5 for members and \$10 for guests.

Call (612) 713-3678 for more details.

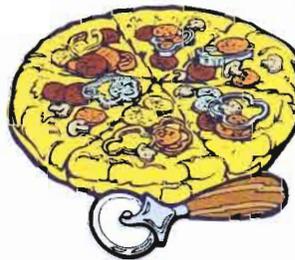
Stay safe. Don't drink and drive. Be sure to have a designated driver.



All-You-Can Eat Lunch Buffets

Thursdays and Fridays
at the Enlisted Club

As the weather cools, let the
Enlisted Club warm you up with
delicious soups and salads.



*Enjoy pizza that's a
cut above the rest!*

October Pizza Special

at the Chill Out Lounge
and Pizzeria

\$1 off large pizza
on Wednesdays

Members First applies.

Order a pizza for lunch or
to take home after work.

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