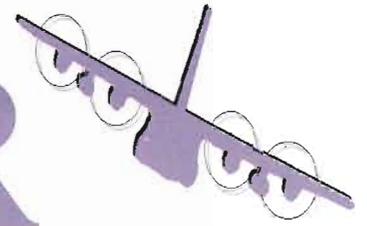




VIKING FLYER



934th Airlift Wing (AFRC)

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

December 2004

Vol. 26, No. 12

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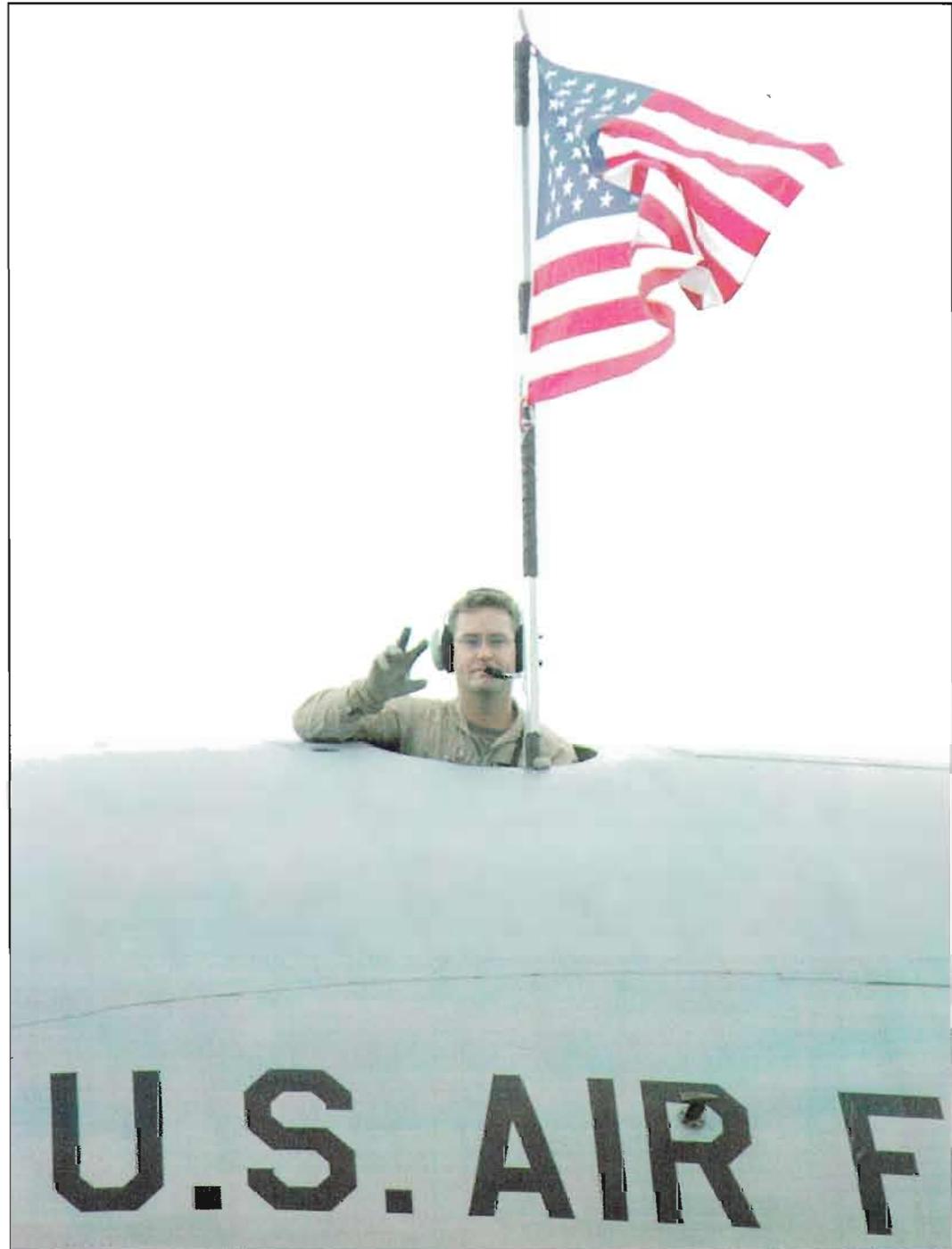


Photo by Syndee McCann

With flying colors

Master Sgt. James Courneya, 934th Operations Group, waves the flag and greets families and friends after he and other wing members returned from deployment in August. For more photos remembering the events of 2004, see pages 8 and 9.





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The editorial content is edited, prepared and provided by the 934th Airlift Wing Public Affairs Office (Air Force Reserve Command), Minneapolis-St. Paul International Airport Joint Air Reserve Station, 760 Military Highway, Minneapolis, MN 55450-2100. For more information, call (612) 713-1217.

The *Viking Flyer* is mailed to reservists' homes. Copies are also available throughout the base. To receive an electronic copy of the *Viking Flyer*, send an e-mail to cristina.oxtra@minneapolis.af.mil.

All photos are Air Force photographs unless otherwise indicated.

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

Aerial port

Maj. Craig Bogan was promoted to lieutenant colonel.

A retirement ceremony was held in honor of Senior Master Sgt. Adan Sylva, who served in the Air Force for 21 years.

Tech. Sgt. Todd Moucha, Tech. Sgt. Martin Meister, Tech. Sgt. Brian Barclay and Staff Sgt. Kevin Lynch received a wing coin for their contributions to the squadron. Senior Airman Scott Tammen received a certificate for being "Top Tunner" during a two-week loader training class at Westover Air Reserve Base, Mass.

Services

The dining facility was evaluated for the Hennessey Award Nov. 5 to 7.

Maj. Scott Calvert was promoted to lieutenant colonel.

The squadron's team was the champion at the flag football game Nov. 6.

Logistics

Tech. Sgt. Troy Huna returned from Germany. Staff Sgt. Dustin Kruger returned from Southwest Asia. Capt. Daniel Johnson is attending Squadron Officers' School at Maxwell Air Force Base, Ala.

The squadron welcomed new members Senior Airman Nicole Tacey and Airman 1st Class Nicholas Ferry.

Aircraft maintenance

Master Sgt. Mark Sidla, Tech. Sgt. Frank Helseth, Tech. Sgt. David Fisher and Staff Sgt. Kenneth Ferderber received the Air Force Commendation Medal.

Senior Airman Amber Hecht received the Air Force Achievement Medal.

Master Sgt. Mike Starr, Tech. Sgt. Frank Helseth, Master Sgt. Mark Sidla,

Master Sgt. Steve Preibe and Staff Sgt. Shawn Klein each received a certificate of appreciation.

Senior Airman Ken McIntosh was promoted to staff sergeant.

Civil engineer

The squadron welcomed new members Staff Sgt. Ryan Christopherson, who will be assigned to the fire department, and Airman 1st Class Jason Bjorge, who will be working at the electrical shop.

The squadron also welcomed back Senior Airman Joseph Boyle, who completed training at the fire protection technical school at Goodfellow AFB, Texas. Senior Master Sgt. Douglas Johnson and Senior Airman Carl Wiggins participated in an exercise in Savannah, Ga.

Chief Master Sgts. Randy Polansky and David Halverson were officially inducted as chief master sergeants. Tech. Sgt. John Kline, Tech. Sgt. Anthony Oswald, Tech. Sgt. Duane Whittaker, Staff Sgt. Barton Inks, Senior Airman Deon Walker, Airman 1st Class Jason Bjorge and Airman 1st Class Matthew House were selected for promotion.

Senior Master Sgt. Gerald Siehndel and Tech. Sgt. Michael Lein received the Air Force Commendation Medal.

Maintenance

Master Sgt. Timothy Payton and Senior Airman David Krause scored 94 percent on their career development course exam.

Security forces

Master Sgt. Kevin Harstad scored 93 percent on his career development course exam.

Winter 2004 to Fall 2005 UTA schedule

Primary UTA

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

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

Commander sends holiday greetings



It has been a little more than a year since I became commander of the 934th Airlift Wing, and what a year it has been.

The exercise at Volk Field, Wis., was a success. Our wing proved it is 'Fit to Fight' at our first Air Force fitness test. We supported numerous presidential and vice presidential visits.

We hosted a civic leader tour to Duke Field, Fla., and Eglin Air Force Base, Fla., an Eagle Eyes neighborhood get-together, Congressional breakfasts and Employers Day. These superb events help educate our reservists' employers, community leaders and local citizens about our Air Force, our mission and how we accomplish it. We also hosted an historic ceremony in which we inducted three community members as our first Honorary Flying Vikings.

We welcomed the arrival of our C-130H aircraft that replaced our older E models. The last of our C-130Es left us in

October. Our new aircraft have been put to good use with our wing's countless deployments to Southwest Asia as well as our wing's participation in other operations around the world.

Our warfighters have received a tremendous amount of community support and recognition for their courage and the outstanding job they do each day. Even the Minnesota Timberwolves basketball team opened its usually closed-door practice to our wing members and their families and provided them with free tickets to a game. It was the team's way of thanking them for the sacrifices they make to ensure the safety and security of our nation.

In addition, many of our wing members who returned from deployment earned various awards and medals, including Bronze Stars and Purple Hearts.

As our wing prepares to draw down in February after a two-year activation, we can look back at our achievements with utmost pride. Our wing has played a vital role in the war on terrorism, not just in 2004, but since the Sept. 11, 2001 terrorist attacks.

Since 9-11, our wing has performed more than 284,000 duty days. We performed more than 30,000 TDY days just

from July 1, 2003 to June 2004 alone. Reservists and civilian employees worked together to make this happen and get the job done right.

While you celebrate this holiday season, keep in your thoughts and prayers all of our nation's military members who are far from home. They can only dream of savoring a slice of a homemade pumpkin pie or watching loved ones gleefully open boxes filled with gifts. We are so fortunate to be at home to enjoy such festive moments and to have such brave and selfless military men and women who make it all possible.

If you know a military member who cannot be home this holiday, write a letter to him or her or send a package to show you care and appreciate what he or she is doing. If you know of a family whose loved one is deployed, invite them to share a holiday celebration at your home. No matter how small you think your gesture may be, I am sure it will mean a great deal.

My wife Nancy and I thank all 934th AW members and their families for a wonderful year. We appreciate your hard work, sacrifice and commitment to our wing, our Air Force Reserve and our country.

Happy Holidays and Happy New Year!

Commander's Hotline

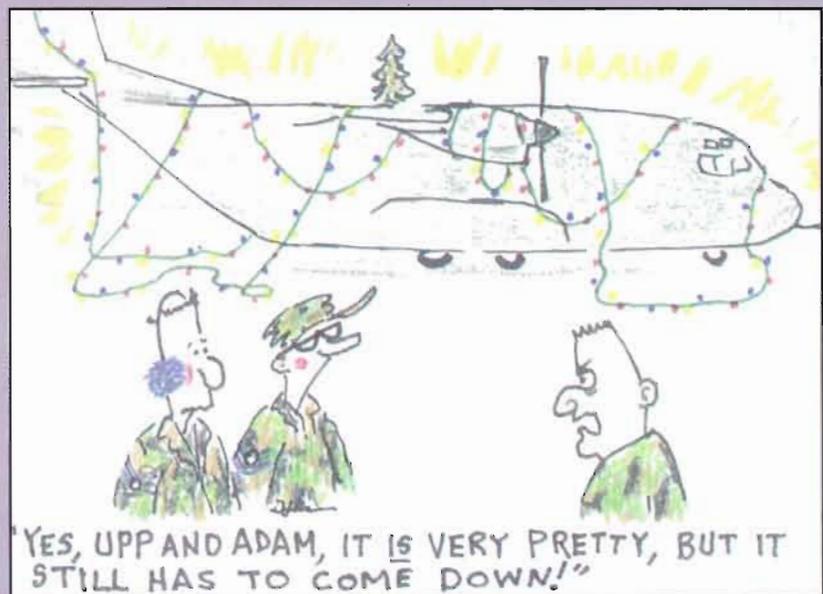
The Commander's Hotline is your direct link to the wing commander for kudos, questions, concerns or suggestions about matters related to the 934th Airlift Wing.

To use the hotline, call (612) 713-4685. Be sure to leave your name and phone number.

When it is appropriate, some concerns and questions will receive a personal response.

If you have a problem that needs to be resolved, use your chain of command or call the responsible agency first so it can have the opportunity to help you.

SERGEANTS UPP & ADAM



By Senior Master Sgt. Doug Johnson

Air Force honors spouses with pin



Photo by Master Sgt. Jim Varhegyi

Master Sgt. Glenn Forney fastens a spouse pin on his wife, Sandra, during a ceremony at the Pentagon Nov. 8. The event launched the spouse pin program. The pin is designed to recognize and thank spouses who support the efforts of Airmen stationed worldwide. Sergeant Forney is an Air National Guardsman with the 113th Logistics Readiness Squadron at Andrews Air Force Base, Md.

WASHINGTON — Air Force officials have expanded the pin program to recognize and thank those who support the efforts of Airmen around the world by introducing the Air Force spouse pin.

The new pin joins the Air Force employer pin and parent pin as one of the service's most visible public outreach programs.

Peter B. Teets, undersecretary of the Air Force, presided over a ceremony held in Washington, D.C., Oct. 8, where the first three pins were presented to spouses of an active-duty, Guard and Reserve Airman.

"In an increasingly volatile world, the Air Force depends on families for their support as never before," said Col. Chris Geisel, assistant director of Air Force public affairs. "It's only appropriate that

we reach out to the spouses who stand shoulder-to-shoulder with us."

The spouse pin — a blue star cradled in the Air Force symbol — is a contemporary adaptation of a wartime tradition. Beginning with World War I, families hung service flags in their windows to display a blue star for each family member serving in the armed forces.

The new pin is given to spouses of American Airmen and civilians in recognition of the sacrifices they make for their spouse's service, Colonel Geisel said.

Besides the one-inch silver lapel pin, the spouses will receive a personalized letter signed by Secretary of the Air Force Dr. James G. Roche and Air Force Chief Staff Gen. John P. Jumper.

Airmen and civilian employees can register for a spouse pin and letter

through a program that is available online at www.yourguardiansoffreedom.com.

The Your Guardians of Freedom office, a division of the Air Force public affairs directorate, manages the recognition program. The office helps commanders and Airmen reach out to key audiences to tell the story of Airmen fighting the war on terrorism.

More than 222,000 Airmen have created profiles at the Web site, which has resulted in the presentation of more than 318,000 parent pins and more than 61,000 employer pins. *(Courtesy of Air Force Print News)*



Devices to be available to save lives

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

Twenty Automated External Defibrillators will soon be placed at various locations on base to help save lives.

AEDs are small, lightweight devices that look at a person's heart rhythm through special pads placed on the torso and can recognize ventricular fibrillation, also known as sudden cardiac arrest.

Through the Cardiac Arrest Survival Act of 2000, the Secretary of Health and Human Services has set guidelines for the placement of AEDs in federal buildings, including those on military installations. As such, Air Force Reserve Command recently purchased AEDs for all noncollocated AFRC bases.

"Experts estimate that 30 percent of victims of cardiac arrest could be saved by immediate cardio pulmonary resuscitation and defibrillation, according to a memo from Maj. Gen. John J. Batbie Jr., AFRC vice commander.

"AEDs provide a means by which life-saving treatment may be rendered before emergency medical services arrive to treat the victim," the general wrote. "Skillful deployment of these devices could save as many as 28 lives over the next five years."

During cardiac arrest, the regular, systematic pumping action of the heart's chambers stops because the normal electrical signal that runs through the heart in a prescribed sequence has been interrupted.

Electrical chaos ensues and results in uncontrolled, nonproductive quivering of the heart chambers. The AED stuns the heart tissue, disrupts the electrical chaos and allows the normal electrical sequencing of the heart, and subsequently pumping action, to resume.

The AED is used along with CPR.

"The AED's function is only to restore a heartbeat, not breathing, so CPR is essential to keep oxygen flowing to the brain," said Tech. Sgt. Jason Rebholtz, 934th Aeromedical Staging Squadron.

The AEDs at the base can be used on adults and children who are at least 8 years old or weigh at least 55 pounds.

The device is equipped with voice, text and printed instructions. It is designed to



Photo by Staff Sgt. Troy R.A. Novak

Automated External Defibrillators will soon be available in various locations on base to help save lives. An AED looks at a person's heart rhythm through special pads placed on the torso and can recognize ventricular fibrillation, also known as sudden cardiac arrest.

be used by lay rescuers or first responders. If cardiac arrest is present, the device will advise and talk the responder through steps to defibrillate. It will not activate unless it is necessary.

A preliminary list of possible AED locations at the base include the clubs, lodging, fitness center, maintenance break room, clinic and security forces patrol cars. The AEDs will be put in place once personnel in the designated locations have been trained to use them.

Sergeant Rebholtz said only trained people should use the AED. Training on using the device will be held in conjunction

with CPR classes. Courses for security forces personnel who already hold a CPR certificate will also be offered.

“ Skillful deployment of these devices could save as many as 28 lives over the next five years. ”

- Maj. Gen. John J. Batbie Jr.
Air Force Reserve Command

Congratulations to all medal recipients!**Air Force Commendation**

Capt. Kristin Becker, Capt. Robert Jackson Jr., Senior Master Sgt. Rick Ensenbach, Master Sgt. Roy Goins, Tech. Sgt. David Bugni, Tech. Sgt. Timothy Giles, Tech. Sgt. Paul Gulenchyn, Tech. Sgt. Shirley Houin, Tech. Sgt. Robert Knight, Senior Airman Nolan Gartin, Senior Airman Lisa Janisch and Senior Airman Sean Sanford

Congratulations to everyone selected for promotion!**Chief master sergeant**

Richard Dunne

Senior master sergeant

Mark Hartnett

Master sergeant

John Kline, Anthony Oswald, Michael Ross and Duane Whittaker

Technical sergeant

Theodore Hemmah and Barton Inks

Staff sergeant

Jessica Alioto, Angela Arndt, Angela Caruth, Ryan Christopherson, Brian Lodermeier, Lee Place, Lisa Gonsalves, Damion Kosmosky, Kenneth McIntosh, Jennifer Pawlik and Deon Walker

Senior airman

Stephanie Barnes, Jason Bjorge, Eric Butler, Ashley Carpenter, Lana Ferrin, Blake Hanson, Matthew House, Kelly Jabas, Justin Watts and Daniel Vogel

Airman first class

Cale Byrdziak and Benjamin Danielson




Officials stress troop support mail policy

By Air Force Print News

WASHINGTON — Department of Defense officials announced the continued suspension of the "Any Servicemember" mail program Nov. 2.

Accordingly, the general public is urged not to send unsolicited mail, care packages or donations to servicemembers during the holiday season.

During this time of the year, the number of donation programs increases and causes mail from families and friends to be mixed with mail from unknown sources resulting in delivery delays.

DOD officials continue to emphasize that names and addresses of military servicemembers must not be distributed by the media, Web sites, companies, non-profit organizations, schools and individuals for the purpose of collecting letters of support or donations for mailing to servicemembers.

Servicemembers should receive mail only from those friends and family to whom they personally give their address.

Military addresses should not be passed around by family members for use by donation programs.

Unknown mailers could then obtain

those addresses and mail harmful items to servicemembers.

For these reasons, DOD continues to indefinitely suspend general donation programs from unknown mailers.

Americans who do not have loved ones deployed overseas can still show support during the holidays by other means.

A list of these programs is available at www.defendamerica.mil.

To guarantee mail arrives in time for end-of-year holidays, family members are encouraged to view the mailing guidelines online at www.usps.com/cpim/ftp/bulletin/2004/pb22138.pdf.

Defense act spells changes for Guard, Reserve medical benefits

By Kathleen T. Rhem
American Forces Press Service

WASHINGTON — The 2005 National Defense Authorization Act contains new medical benefits for activated reservists and guardsmen, and extends some other benefits that had been enacted temporarily.

Medical benefits for guardsmen and reservists who are called to active duty change significantly under provisions in this year's authorization act, said Thomas Hall, assistant secretary of defense for reserve affairs, Nov. 4.

Mr. Hall explained that Department of Defense officials are committed to providing quality medical care for reserve component troops and their families before, during and after deployments.

Recent changes make reserve servicemembers and their families eligible for medical care up to 90 days before a deployment. A major change in the new act provides for considerably extended coverage after deployment as well.

Activated reserve component servicemembers are now eligible for one year of Tricare Standard coverage for each 90 days of active-duty service.

They pay 28 percent of the cost for care and agree to stay in the Selected Reserve for their entire period of coverage, Mr. Hall said.

"We want to take care of guardsmen and reservists and their families (before) mobilization — which we do for 90 days," he said. "We want to take care of them while they're mobilized by extending these benefits, and we want to take care of them for a period of time after they come off of active duty."

Previously-enacted temporary benefits became permanent under the new act as well. These include: 180 days of transitional health care for activated reservists, waiver of Tricare deductible for those called to active duty for more than 30 days, and payment of as much as 115 percent of Tricare maximum allowable charges.

The act also addresses medical readiness of reservists and guardsmen. It provides for a review of medical and dental readiness of reservists and guardsmen called to active duty.

"Our medical and dental readiness for guardsmen and reservists has been OK, but it has not been as good as what it needed to be," Mr. Hall said. "We need to ensure that not only is the health of our

guardsmen and reservists what it should be, but (also that) they're medically ready to go when we call them."

One possibility is changing the frequency reserve servicemembers are required to take physical exams. Currently, active and reserve servicemembers must get a physical every five years. Mr. Hall explained this might not be adequate for reserve servicemembers, who have much less exposure to military medical professionals than their active-duty counterparts.

Active troops may only be required to have a physical every five years, he said, but every time they are sick or injured, they have their medical readiness considered by military medical professionals.

That is not the case for reservists, who spend much more of their time in civilian life.

"The real question is how do we do medical screening for guardsmen and reservists, how do we do dental screening, and is it producing the results we need that we see from people that are mobilizing?" Mr. Hall said. "And if the answer is no, then we probably need to put some resources (toward the issue), and we need to change the way in which we screen (servicemembers) medically."

Aerial port squadron unveils new unit patch

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

After years of working on its design, 27th Aerial Port Squadron members can now wear their new unit patch.

With the change of mission and the realignment of force structure, units, like the 27th APS, often find the symbols that identify them must keep up with the times.

"When our unit's name was changed from the 27th Mobile Aerial Port Squadron to 27th Aerial Port Squadron approximately 10 years ago, we decided to modify the old unit patch," said Chief Michael Dressen, 27th APS.

The patch was first submitted for ap-



proval in 2000 through Headquarters Air Force Reserve Command for coordination and review. The final approval was submitted by the Army Heraldry Office.

The patch design consists of a green globe and blue sky. In the sky hovers an eagle with a star on its chest and the North Star alongside it. The Latin phrase on the patch, "In Utrumque Paratus," means the unit is "prepared for both." That is, peacetime and war.

The history of unit patches revolves around the idea of unit morale. Emblems and patches give a unit a unique identity, similar to a mascot for a sports team. The insignia represents the unit, its members, its equipment and its accomplishments.

According to Air Force regulations, all Air Force units and establishments, squadrons and above, are authorized a unit emblem.

**934th
Airlift Wing
Family Album
2004
Memories**



Photo by Staff Sgt. [Name]

On Aug. 19, the last of the wing's C-130E aircraft left the base home at the 86th Aircraft Maintenance Squadron in Ramstein.



Photo by Syndee McCann

Left to right: Kathryn and Shannon Hockman and Anna McCann wait for a loved one to return from deployment during a troop homecoming in August.



Photo by Staff Sgt. [Name]

Wing members prove they are up to it for the first time participate in the 1.5-mile run part of the new Air Force fitness test.

Children learn how to use a fire hose during Family Day Sept. 12.



Photo by Senior Airman Josh Nason

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Nicholas Olson
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April 4 as



Photo by Maj. C.J. Lupo

Above: Wing members prepare a litter to carry the wounded during an exercise at Volk Field, Wis., May 12 to 15.

Left: President George W. Bush shakes hand with military members and their families at the base Oct. 30 during one the president's many visits to Minnesota in 2004.



Photo by Tech. Sgt. Jeffrey Williams

Long-term care insurance can pay when people need help with living

By Bo Joyner
Citizen Airman magazine

Most people do not like to think that there might come a time when they will not be able to take care of themselves. ... when they will not be able to do everyday things like getting dressed, eating or bathing without assistance.

But the reality is that most people will need this kind of care at some point in their life, and when they do, it can come with a hefty price tag.

That's why Air Force officials are encouraging all members of the Air Force team to consider long-term care insurance. Long-term care is the type of care people need when they can no longer perform activities of daily living by themselves. It also includes the kind of care people would need if they had a severe cognitive impairment like Alzheimer's disease.

Long-term care is not the medical care required to get well from a sickness or injury, and it is not short-term rehabilitation from an accident or recuperation from surgery. Long-term care can be received in the home, an assisted-living facility, an adult day care center or a hospice facility.

For members of the Reserve team who are also federal employees, like air reserve technicians and regular civilian employees, the government has its own long-term care insurance program.

Launched in 2002, the Federal Long-Term Care Insurance Program is the largest employer-sponsored long-term care insurance program and the largest group program in the country. It provides more than 20 million eligible members access to long-term care insurance as a voluntary benefit, where the employee pays all the cost.

"The need for long-term care usually arises from age or chronic illness, injury, or disability," according to the Federal Long-Term Care Insurance Program Web site. "In fact, approximately 60 percent of

us who reach age 65 will need long-term care at some time in our lives."

But people who believe they can wait until they retire to start thinking about purchasing long-term care insurance might be in for an unpleasant surprise.

"Statistics show that 40 percent of people receiving long-term care services are working-age adults, between the ages of 18 and 64," the Web site says. "In addition, insurance premiums are lower the younger you are when you buy.

"For example, the bi-weekly premium if you purchase coverage at age 40 for a plan available from the Federal Long-Term Care Insurance Program that covers home and facilities care and keeps pace with inflation is \$30.05. At age 50, if you purchase the same plan, it will cost \$43.06."

Many people mistakenly believe they are covered by their current health insurance or disability insurance policies in the event they need long-term care. Health insurance plans are designed to cover medical care for illnesses or injuries, such as cancer, a broken arm or a stroke.

They will not pay for long-term assistance with activities of daily living, such as dressing or using the bathroom. Disability insurance is designed to replace the income people lose if they are unable to work because of an accident or injury. It provides no additional benefits for long-term care.

While Medicaid does pay for long-term care, it is designed to protect people with minimal assets. To qualify, most people would have to spend down nearly all their assets. Medicare only pays limited amounts for skilled care following a hospital stay. It does not cover purely custodial care, the type required by most people in nursing homes.

This means that without long-term care insurance, people requiring long-term care are left to pay the bills out of their own pocket. And the bills can be very large.

According to the Federal Long-Term Care Insurance Program Web site, the

national average cost of a semi-private room in a nursing home is \$52,000 a year. Nursing home costs, on average, go up about 5 percent a year. If that trend continues, by the year 2032, a semi-private room in a nursing home will cost \$190,600 a year.

Home health care is expensive, too. The national average annual cost of home health care is well over \$20,000, the Web site noted. That figure is expected to climb to more than \$68,000 by 2030.

"People have very little understanding of what long-term care is and what long-term care insurance will be able to do for them until they need it," said Mary Lou McGuinness in a recent American Forces Information Service news article. She is a nurse and director of care coordination/claims for the Federal Long-Term Care Insurance Program.

"And I think when they have an immediate need for the services, that's when they tend to try to tap into whatever resources they have to give them the information to answer their questions. The problem is that the need for the knowledge is often very urgent by the time they need it."

Ms. McGuinness urged federal employees to take a close look at the federal program. The Web site at www.ltcfeds.com is a good place to start. Once they enroll, federal employees have access to the program's care coordinators — registered nurses with experience in long-term care situations who can provide general information, assessment and approval of the need for long-term care, and help in developing a care plan.

"When you need long-term care services, securing the best type and quality of care can seem daunting," she said. "That's why the care coordination services provided by the federal program are truly one of the hallmarks of the program. Care coordination not only provides individuals with information to make a knowledgeable decision, but it also offers emotional support and peace of mind at a very difficult time."

Safety crucial part of winter activities

Courtesy of the Minnesota Public Safety office

Last winter, five people died when they fell through the ice, according to the Minnesota Public Safety office's Homeland Security and Emergency Management.

To help keep Minnesotans safe during the winter season, the safety office offers the following tips:

On thin ice

Over the last 10 years, 63 people have drowned after breaking through thin ice. Sixty-five percent of ice drowning is vehicle related. Several children die almost every year in ice-related accidents.

* Never walk on ice less than four inches thick. Do not snowmobile on less than five inches or drive a vehicle on less than eight inches of new, clear ice.

* Warn children to stay away from ice-covered ponds and streams.

Snowmobiling

Last winter, 17 people died in snowmobile accidents and many of the deaths were alcohol or drug related.

* Avoid alcoholic beverages, especially when snowmobiling. Alcohol causes the body to lose heat more rapidly, even though one may feel warmer after drinking alcoholic beverages.

* Avoid overexertion. Cold weather even without physical exertion, puts an extra strain on the heart. Adding the strain of heavy physical activity, such as shoveling snow, pushing an automobile or even walking too fast or too far, increases the risk of damaging the body.

Frostbite

Hypothermia and frostbite can quickly become life- or limb-threatening.

* Watch for frostbite and other symptoms of cold-weather exposure. Frostbite causes loss of feeling and a white or pale appearance in extremities, such as fingers, toes, tip of the nose and ear lobes.

* If such symptoms are detected, get medical attention immediately. Do not rub the affected area with snow or ice.



Courtesy photo

Winter can be fun, but it can also be dangerous. Wearing layers of warm clothing, avoiding alcohol and strenuous activities, and staying dry and hydrated are important in staying safe during the season.

This does not help the condition and, in fact, will make it worse. The best treatment for frostbite is rewarming the affected tissue.

* Drink plenty of fluids. Dehydration can be a severe problem.

* Keep clothes dry. Change wet socks and all other wet clothing as quickly as possible to prevent loss of body heat. Wet clothing loses its insulation value and transmits heat rapidly.

* If paralyzed persons or infants must go outside in severe weather, they should be checked frequently for signs of frostbite.

Winter attire

* Dress warmly in loose-fitting, layered, lightweight clothing. Outer garments should be tightly woven, water repellent and natural wool, if possible.

* Wear a hat. More than half of body heat is lost through the top of the head. Wear mittens that are snug at the wrist. Mittens offer better protection than gloves, which allow fingers to cool faster.

* Cover the mouth and nose with a scarf to help protect lungs from cold air.

* Keep feet as dry as possible and wear wool socks.

For more winter safety tips, call (651) 296-6157 or (888) MINNDNR, or send an e-mail to info@dnr.state.mn.us.

Severe weather procedures

In the event of severe weather, here are four ways 934th Airlift Wing members can obtain information.

1. Watch WCCO TV Channel 4 for advisories.

2. Listen to WCCO Radio 830 AM for advisories.

3. Go online to www.wcco.com/schoolclosings.

4. Call (612) 713-5934 and listen to the message.

In most cases, during severe weather, the base will be closed or a two-hour late start will be authorized.

Human Resources Council aimed at maintaining diversified work force

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

As it looks to the future, Air Force leadership has set forth a challenge to have individual wings handle human resource issues at a local level.

The Human Resources Development Council, a wing organization, was created to deal with Airmen issues and search for improvement possibilities.

According to Col. Kristin Rudin, 934th Airlift Wing inspector general, the local chapter of the HRDC is tasked with advising and making recommendations to the Chief of Air Force Reserve on any and all matters pertaining to human resources within the command.

"If people know they are valued, then they are going to want to come out here on the drill weekend," Colonel Rudin said.

Areas of interest include, but are not limited to work force development, diversity, career development, assignments and promotion opportunities.

Every reservist and civilian member should have the training and opportunity to maximize their potential and career aspirations, according to the HRDC Web site. The council's focus is to improve career opportunities for all participants. Its overall goal is to create and maintain a fully diversified work force.

The HRDC supports three major events each year: the Tuskegee Airmen convention in August, Women in Aviation convention in March and the League of United Latin American

Citizens convention in the summer. The council provides unit members with opportunities to attend and participate in these events in Minnesota and throughout the country.

HRDC member Tech. Sgt. Martha Grimes, 934th Military Equal Opportunity office, has attended Tuskegee Airmen conventions in Colorado and Nebraska and said she has learned a great deal from them.

"The Tuskegee Airmen experience has helped me to learn more about race relations both in society and in the military," Sergeant Grimes said.

One of HRDC's major accomplishments is the creation of the mentoring program and the retention committee, Colonel Rudin said.

"Retention surveys are about talking to people six months after they have left the unit to see what the Air Force can do better," the colonel said.

The HRDC was initially developed in 1992 to look into diversity development within the Air Force Reserve Command. This soon grew into an effort to look into all areas that impact every aspect of the career progression of Reserve personnel.

Issues related to civilian, Air Reserve technicians, active Guard and Reserve members, individual mobilization augmentees, mobility augmentees and traditional reservists are all taken under consideration.

In 1996, a memorandum was circulated that directed each wing to form a local HRDC program and address issues at the wing level. Today, the AFRC

council represents the 4th, 10th and 22nd Air Forces for reserve issues. The 934th AW HRDC covers its own local issues.

Under the leadership of Col. Stephen DeWerff, 934th AW vice commander, the wing's HRDC committees come together during the unit training assembly to discuss retention, recruitment, mentoring and special observances.

The mentoring committee provides an open forum for representatives of each unit to share their ideas with the rest of the HRDC.

Chief Master Sgt. David Halverson, squadron chief, 934th Civil Engineer Squadron, helped implement and support the current mentoring program both in the wing and his squadron.

"I was really pleased with the program," Chief Halverson said. "I noticed a lot of people don't participate in the program because they have to. They participate because they see the benefit of it.

"Supervisors find a new avenue to their subordinates," he added. "They find out the things that are important to the Airmen on a personal level. We ask ourselves if there are issues in the wing that are not being addressed. If we are not doing what it takes to keep people in, then what are we doing?"

The HRDC is currently looking for new members to join its various committees. Everyone is welcome to attend the meetings, which are held every UTA morning. The council meets on odd months and the committees hold their meetings on the even months.



This month in Viking history

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

1974

The 934th Tactical Air Group changed major commands from Tactical Air Command to Mobility Air Command to reflect the actual real-world mission.

Life Skills Center expert offers tips on making holiday season less stressful

By Crystal Lavadour
92nd Air Refueling Wing
Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. — The holiday season is supposed to be a time of fun, family and good food.

"Holidays should be happy and joyful," said Capt. Kimberly Newsom, chief of the Life Skills Support Center at the 92nd Medical Group. "It should be a celebration of time spent with loved ones."

Unfortunately, with all of the pleasure that the season can bring, it can also be a difficult time for some.

Several things can make it more stressful: extra financial needs, family disagreements, deployments and dealing with the loss of a loved one.

The easiest way to avoid financial stress is to make a detailed holiday budget and stick to it, Captain Newsom said. It is easy to overspend using credit cards.

"It isn't until you get the bill in the mail that you realize just how much you spent," the captain said.

She suggests shoppers leave the credit and debit cards at home and only take the amount of cash they have budgeted to keep from overspending.

Another option is to make gifts.

"...Get some great healthy recipes, make some treats and put them in a pretty tin," Captain Newsom suggested.

Homemade gifts can cost less and making them can be a great activity for families to do

together, she said.

Sometimes too much family togetherness can become a source of stress as well. Family disagreements can happen at big gatherings. If a fight starts, the best thing to do is to shift the attention away from the argument and on to something more pleasant, she said.

Negativity can be contagious. Do not let an unhappy person suck everyone into his or her crankiness, Captain Newsom said.

But what if it is family separation, such as a deployment, that causes the extra stress?

"It's the support system that carries people through deployments," Captain Newsom said.

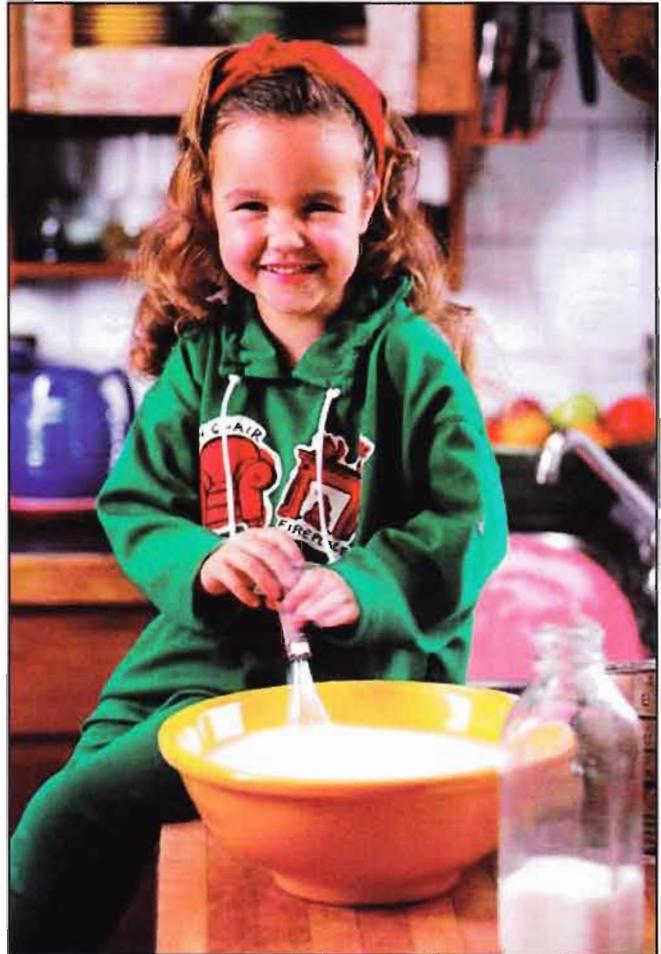
Family members of deployed servicemembers have several avenues to find support. Seek others who are in the same situation, maybe through the Family Support Center or a unit's key spouse, Captain Newsom said.

"You can also include deployed members in your celebrations, even though they are not with you," Captain Newsom said.

She suggested getting the family together to write letters and gather items to send in a care package.

Sometimes the holidays serve as a reminder of loved ones who have passed away, which can dampen the joy of the season. Captain Newsom said that it can help to talk with others who knew the deceased person.

"Share memories, and



Courtesy photo

Holiday gifts do not have to be fancy or expensive. Homemade gifts, such as baked goods, can cost less than store-bought gifts. Making them can also be a fun activity for families to do together.

don't try to cover up the fact that you are missing them," she said. "Suppressing feelings only makes it worse."

Do something special in remembrance, such as holding a small service, observing a moment of silence or placing a wreath at a place of worship, Captain Newsom said.

No matter where the stress stems from, people should not let the craziness of the season get in the way of their own good health,

Captain Newsom said.

Physical health is just as important as mental health. Staying active is important and can be difficult during the holiday season with all of the extra activities and colder weather. Home exercise DVDs and videos are great options for people looking to get in some indoor exercise, Captain Newsom said.

"Continue to take care of yourself," she said. "Don't let that go by the wayside."



Viking Vibes



Party booking

Book a holiday party at the base clubs. Call the Officers' Club at (612) 713-3672 or the Enlisted Club at (612) 713-1674.

Paralegal

The 934th Airlift Wing's legal office is looking for an additional paralegal. It is a technical sergeant's position.

The individual must already possess a five skill level in an Air Force career field. He or she must also be able to type least 25 words per minute and pass a typing test.

In addition, the individual must not have a record of any courts-martial, convictions or Article 15. The person selected must attend a six-week, three-level school within one year of assignment.

Applicants can call (612) 713-1230.

Recreation

Daily recreation 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. 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 (612) 713-1119.

Spouses' club

The Officers' Spouses' Club will host a holiday luncheon at the Officers' Club at 11:30 a.m. Dec. 16. The cost is \$12. Entertainment will feature the Lakeville High School Choral Group.

For reservations, call Lois Larson at (952) 890-9140 or Stacey Michels at (952) 401-6345.

For 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.

For membership information, call Lee Claar at (952) 831-5252 for more details.

Greetings

The Army and Air Force Hometown News Service will open its Internet print holiday greeting program to military members of all branches worldwide.

The program is open for

submissions until Dec. 5. It is Internet-based and military members can send a formatted holiday greeting to newspapers serving his or her relatives' community.

It is free to the military member and community newspaper. It is at the Hometown Link Web site at <http://hn.afnews.af.mil>. Access is restricted to dot-mil and dot-gov computers.

Holiday mail

The recommended deadlines for sending mail from the United States to all overseas military mailing addressees for the holidays are listed below.

* Parcel airlift mail: Dec. 4

* Priority and first-class letters and cards: Dec. 11 (Dec. 6 for APO 093)

* Express mail military service: Dec. 20 (Not applicable for APO 093)

For more information, read the article on the Air Force Link at www.af.mil/news.

Army vs. Navy

Wing members can watch the Army vs. Navy football game on the big screen at the Officers' Club at 1:30 p.m. Dec. 4.

Hot dogs, chili, chips and dips will be available at half time. There will also be prizes. The cost \$1 for members and \$3 for non-members. The event is sponsored by the Flower and Garden Club.

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

Tickets

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

Lodging

North County Lodge is open on federal holidays from 7 a.m. to 3:30 p.m. House-keeping services are provided. Call (612) 713-1983 or 1984.

Rentals

Tip ups, poles, skimmers, portable shelters, augers and bucket seats for ice fishing, snowshoes and tubes, and banquet tables and chairs can be rented at Outdoor Recreation. Club members get a 10-percent discount. Call (612) 713-1496.

December UTA menu at the dining facility

Dec. 4 lunch:

Chicken with wild rice soup
Baked ham, roast turkey, roast rib of beef
Parsley buttered potatoes
Stuffing, gravy
Peas with mushrooms
Green beans with almonds
Corn on the cob

Dec. 4 dinner:

Pita pizza
Mashed potatoes
Fried cauliflower

Dec. 5 lunch:

Beef with noodle soup
Orange spiced chops
Tempura fried fish
Pasta primavera
Rissole potatoes, rice, gravy
Broccoli, peas
Mixed vegetables

People can eat well, stay healthy throughout entire holiday season

By Senior Airman Curtis D. Holden
934th Airlift Wing Public Affairs

With the hustle and bustle of the holiday season, some people may find it difficult to eat right and maintain their workout schedules. Add to that the endless bounty of goodies available everywhere, and staying healthy during the holidays can be a downright battle to keep off the bulge.

The best way to eat healthy during the holidays is to pay close attention to portion sizes, said Staff Sgt. Dennis Shaw of the 934th AW fitness center.

"It's the holidays and you want to enjoy yourself. But mind how much you eat. One or two cookies is fine, but you don't need to eat the whole plate," he said.

"A person needs to know and identify their own food weaknesses," said Master Sgt. Ronald Holbeck of the 934th Aero-medical Staging Squadron's nutritional medicine. "We know what foods trigger us to overeat. If you know you are prone to overindulging in chocolate, you need to stress moderation when you come into contact with it."

Losing track of one's food intake is one of the most common and critical mistakes some people make during the holidays, Sergeant Holbeck said.

"Co-workers are leaving candy on their desks, Grandma is baking cookies, and you are suddenly invited to more parties than your schedule has room for," he said. "You start to tell yourself that one more cookie won't make a difference, and before you realize it, you're immersing yourself in bad habits that may become permanent."

The sergeant said there are plenty of healthy foods that people can consume in moderate amounts during the holidays.

"Most parties have vegetable trays, fruits, breads, cheeses and meats. These foods are all healthy if they are eaten in moderation, but even they don't give you an excuse to pig out," Sergeant Holbeck said. "The key to any diet is not overeating. If you eat in moderation, you give your-

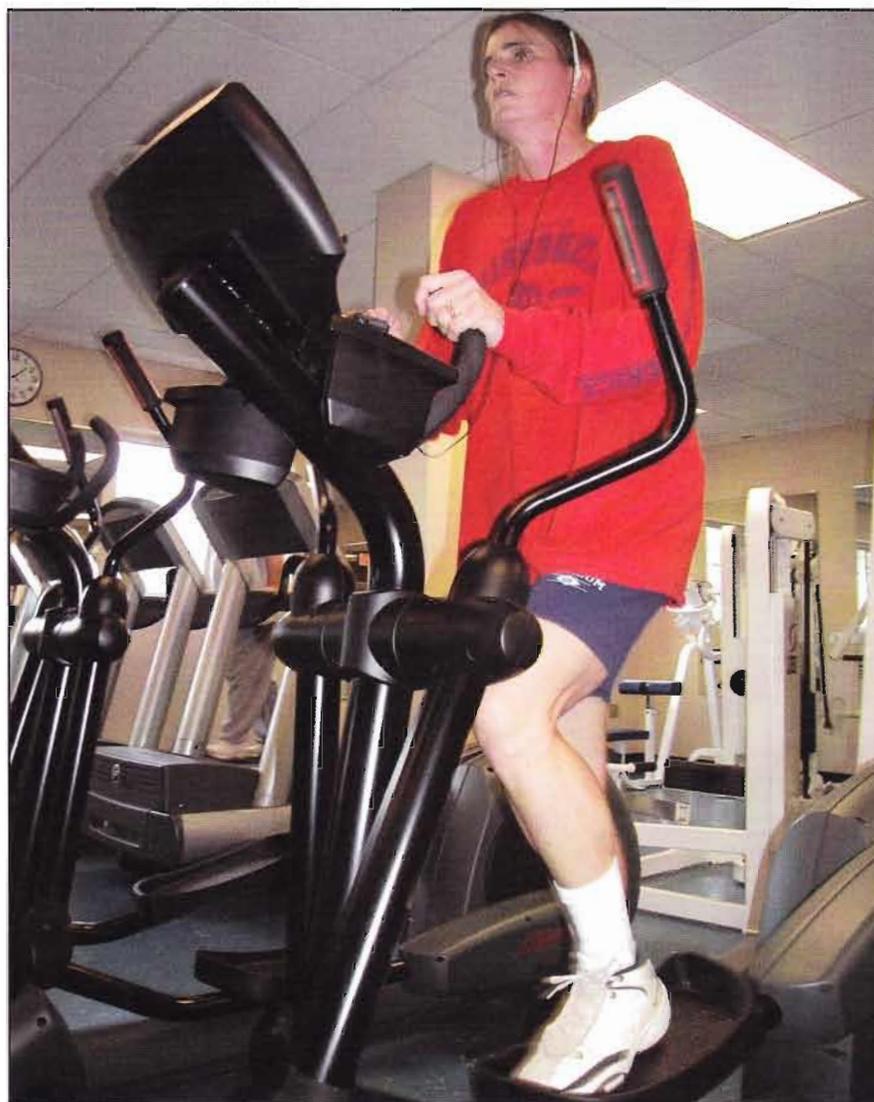


Photo by Senior Airman Curtis Holden

Tech. Sgt. Coleen Kramp, 934th Logistics Readiness Squadron, works out at the fitness center to strengthen her shoulder, which was injured during her deployment in Iraq. She plans to maintain her workout schedule throughout the holiday season.

self more opportunities to enjoy some of the sweets and avoid the guilt."

Besides eating well, maintaining an exercise routine during the holidays is also important, and the cold weather is no excuse to stay home, Sergeant Holbeck said.

"There are many physical activities you can enjoy in cold weather. You can take your family sliding, skiing or skating. You can stroll around the neighborhood and see

the holiday lights or take up a hobby, such as hunting or ice fishing," he said.

Sergeant Holbeck also recommended using the base fitness center or joining a health club off base.

"Basketball, racquetball and other indoor sports will help the winter fly by and help prepare you for the swimsuit season," he said. "The important thing is that you combine your good diet with exercise."



Ring in 2005 at the Officers' Club's
New Year's Eve celebration!

The menu includes a choice of steak or lobster.
There will also be champagne, party favors,
music and a continental breakfast.

Tickets go on sale Dec. 7.

Tickets cost \$45.95 for club members and
\$48.95 for non-members.

Call (612) 713-3678 for reservations.

Armed Forces Vacation Club

The club offers time share units for \$249.99 a week. Go online to www.afvclub.com. The base installation number is 333.

Air Force Travel

Go to www.aftravelonline.com.

Colorado R&R U.S. Air Force Academy travel service

Visit online at www.coloradorandr.com.

UTA activities:

A ski and tubing outing is being organized for Feb. 5. The annual bowling tournament will be held in A. Call Master Sgt. Stacy Campbell during the UTA at (612) 713-1496 for more information.

Fitness Center



The 8th Annual
Pig-Out Fitness Challenge
run through Jan. 5.
Workout and earn prizes.
For more information,
call (612) 713-1496.

Shoes: Those who use the fitness center must carry in a pair of sports shoes appropriate for the activity. Shoes must not be worn directly from the outdoors onto a court or group exercise floors. Soles must be clean and non-marking to maintain the court or floor finish.

Air Force cycling: Congratulations Rocky Elton, the fitness center's first 5,000-mile cyclist! The program runs all year. Participate and earn prizes. Register at the fitness center.



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