

VIKING FLYER



For members of the 934th AG, Air Force Reserve, Minneapolis-St. Paul IAP ARS, Minn.



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VIKING FLYER

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Commander: Col. Michael Gjede
 Reserve Public Affairs Officer:
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 Civilian Chief of PA: Mark Davidson
 PA Specialist/Editor: Cherie Huntington
 NCOIC: MSgt. Darrell Habisch
 Reserve Editor: SSgt. Larry Dean
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 Dyer, SSgt. Janet Byerly

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 UPAR of the Year 1992)

* Indicates this month's contributors.

On the cover



SSgt. Darrel Knox, life support specialist with the 96th Airlift Squadron, fires a pen flare during May's escape and evasion exercise. For more, see pages 6-7.

(Photo by SSgt. Janet Byerly)



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Inspection time again

One more time

by Col. Michael Gjede,
 commander

One more time, approximately 350 members of the 934th will simulate mobilization and deploy in support of the Operational Readiness Inspection. One more time, we will simulate combat conditions and practice doing what we constantly train to do -- go to war.

Only this time we will be demonstrating our proficiency to a group of inspectors from Headquarters, Air Mobility Command. One more time, this is not merely an ORI for the 27th Mobile Aerial Port Squadron. It is an inspection of the 934th Airlift Group. It's our chance to show the world not only that we know how

to do our job, but we know how to do it well.

We have trained hard over the past months, and I feel we are ready. One more time, I ask you to THINK COMBAT. Think about the mission and how to accomplish it. Do what it takes to successfully accomplish the mission -- and accomplish it safely.

Everybody's job from bus driver to airplane driver is equally important. We can't accomplish one without the other. Think ahead and anticipate problems. Look out for each other and offer assistance when it's needed. Above all, think about safety. We can't afford to damage our most important assets -- our people.

Let's have a great ORI -- one more time.

Transition benefits

by Maj. Gen. John Closner,
 commander, Air Force Reserve

There's a lot of speculation at the moment about who qualifies for the Reserve transition benefits recently authorized by Congress.

There are actually several "benefit packages" on the table, taking in everything from involuntary separation pay to early retirement options. "Benefit" is probably the wrong word. Nothing offered so far should be considered a true benefit or entitlement.

What we are really talking about are tools that could be used to reshape and fine tune our force as we restructure. As a quality organization, we want to maintain maximum combat capability. These programs allow us to ease the impact on

our people who, through no fault of their own, are forced to leave us.

The Office of the Secretary of Defense is still working out the details. You can expect any implementation only to affect people in particular organizations at specific locations. We probably won't ask for volunteers. Rather, we will compensate those who are either forced to leave the Reserve due to restructuring, or are identified under high year of tenure guidelines and are not immediately eligible for retirement pay.

So count yourself fortunate if you don't qualify. You'll gain more in the long run. So will the Air Force Reserve. As we strive to maintain a fully combat ready reserve force and prepare ourselves for the challenges of the future, your experience and commitment are more important than ever.

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Reserve duty no piece of cake

by Lt. Col. Geraldine Bendickson,
commander, 47th AES

Whoever coined the term "weekend warrior" should visit an Air Force Reserve base during a UTA nowadays.

They would soon learn that the UTA is but a small portion of time required of today's reserve members. Sixteen hours of the UTA just doesn't come close to being enough time to accomplish the training required, and every day, more and more demands are made on reservists as the active duty side of

the house is scaled down.

Although we constantly hope for world peace, it remains elusive, and the need for a strong U.S. military continues. Recently, the 47th was tasked to support Operation Restore Hope, deploying flight nurses and medical technicians to provide aeromedical evacuation of patients in that region. Members of the 47th are now being integrated into patient airlift in Central America.

As we are tasked to support such activities in many countries, our training must be expanded to keep current on medical conditions and risks of those countries.

Naturally, the workload increases as the taskings increase.

At the same time the workload is going up, the budget is being reduced. Balancing demands of training and fair monetary reward for hard-working unit personnel is becoming increasingly hard to do.

And how much time does the average reservist have to give us when they also have a full-time civilian job and family responsibilities? It takes dedication on the part of each reservist to work as hard as they can in every aspect of their lives.

Weekend warrior? Yes, but a whole lot more!

Considering a 'smoke free' base

by Col. (Dr.) Brian Younge,
96 AS flight surgeon

Many of us remember our outrage a few years ago when a terrorist bomb destroyed a Pan Am Boeing 747 over Scotland, killing all aboard.

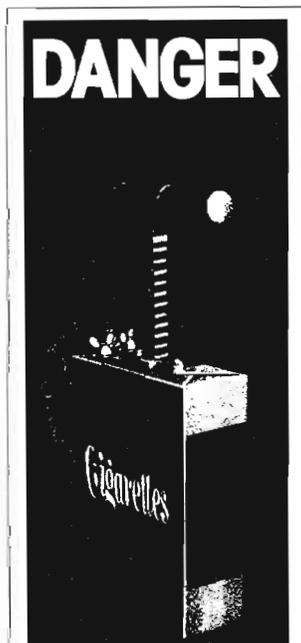
By comparison, the number of deaths occurring every day here in the United States due to smoking is equivalent to that 747 full of people dying! That's over 395,000 people every year, but where is our outrage? The diseases and deaths caused by smoking are entirely preventable, not only in the smokers themselves, but in those close to them due to secondary smoke.

I've been involved with the care and health of the 934th's people for a long time now. I've poked and prodded many of you and have talked with people from group commanders all the way down through the military and civilian ranks to the newest airman basic, and I like you folks! You've earned my respect.

I'm Canadian-born, but having lived here nearly 20 years, I closely identify with the people here. You have a high work ethic, are quality-oriented and are generally very decent, hard-working individuals. No where else in the world can you find a population so oriented, and this is no where better exemplified than right here on our base.

But many of you smoke. You know it's not good for you. Your families give you trouble all the time, and your fellow workers

hassle you. We physicians have talked at some length with many of you in our offices, and I've brought lungs, hearts and cancer-ridden tissues to the annual Family Day showing you real pathology caused by smoking. Smoking not only causes cancer, but it causes ongoing damage to the cardiovascular system, in the arteries of the heart, lungs, kidneys, eyes and brain.



WARNING:
The Surgeon General
has determined that
cigarette smoking is
dangerous to your health.

I spoke to one of the Base Exchange employees the other day about cigarette sales here on our base and was surprised to learn that about 65 percent of the gross sales of the whole store comes from cigarette and tobacco products. Of course, our reservists aren't the only people purchasing these items, but it's scary to discover what a thriving business this deadly habit creates even on our little base.

If people insist on smoking despite the harmful evidence, that's their choice. I believe we can do something about smoking on this base, however. Let's make it smoke-free! If we could pull this off, we'd be the first military installation in the world to become truly smoke-free. Industry is doing it, and so are the health care institutions.

I'm sure the non-smokers out there are in favor of such an idea, but the ones we need to accomplish this ideal are the smokers. Only you smokers can get this done, and it is to you that I make this appeal. Our commander can't order you to change your personal habits, nor can I as your flight surgeon, but we are willing to help you make the decision to stop smoking and lead a more healthy life.

Reserve briefs

Sexual harassment training

The Air Force Reserve plans to train every member in sexual harassment awareness within two years via classes starting as early as this fall.

Classes will be limited to 25 students, and senior ranking members will be trained first. Classes will be taught by unit social actions office instructors, who will receive formal training this summer.

More information will be available at a later date. Any questions should be addressed to social actions at base extension 5327.

C-17 troubles

An Air Force major general has been relieved of command following the defense secretary's review of reports on the management and financial integrity of the C-17 cargo aircraft program, Pentagon officials announced.

Maj. Gen. Michael Butchko was relieved following a two-year review of the C-17 program, especially its financial operations during the last six months in 1990. A lieutenant general, brigadier general and civilian were also removed from their jobs in acquisition.

Officials said the actions relate only to the situation and actions taken in 1990 and do not reflect the current status or management of the C-17 program. (AFNS)

Women in combat

The commander of the Air Force's Air Combat Command said the decision to allow women in fighter and bomber aircraft is great news, and a long time in coming.

"I think this is a great day for the Air Force, and I welcome it," said Gen. John Loh after the Pentagon announced the ban on combat flights for women would be lifted.

Loh said the Air Force has always been a leader in allowing opportunities for minorities and women, opening up what aircraft it could to women early on. In terms of this decision, he said, most women air combat pilots will be coming to ACC.

ACC is the primary provider of air combat forces to the warfighting commands. Air Force women will now be able to fly such ACC aircraft as the F-15, F-16, B-1, B-52, A-10 and the B-2 Stealth Bomber when it becomes operational. (AFNS)

Reserve women in Bosnia

The Department of Defense directive opening up combat aircraft to women may seem a moot point to at least one reservist flying airdrop missions over Bosnia-Herzegovina, Air Force Reserve officials said.

Capt. Isabella "Isie" Kenyon, a C-130 pilot with the 911th Airlift Group in Pittsburgh, Penn., started her one-month tour in late April. She is one of three Air Force women flying relief missions now. An unknown number of other Reserve women have flown missions over the former Yugoslavia. (AFNS)

New Quality specialists

by 934th Quality

The 934th Airlift Group gained 24 Quality specialists recently when graduates of an eight-day course received their certificates as instructors/facilitators.

The new specialists came from various units on base to learn the Quality message and take it back to their units. In addition, they developed their instructor skills while learning how to facilitate the Quality improvement and problem solving processes.

Everyone has heard of the Quality initiative by now but may be asking, "When is the actual training going to take place?" Each unit's Quality specialist will sit down with their commander and determine the best time and place to conduct training, "cascade" style. Don't expect to get training next week or even next month, however. The Quality process won't be taught quickly and then forgotten.

It's a new way of doing things in the Reserve, so training will be conducted slowly and thoroughly. "Family groups," or groups of people with related jobs, will receive training in groups no larger than 18 -- one group at a time.

If you have questions, find one of the Quality specialists in your unit, listed below, or call the Quality office at base extension 8112.

AES: Maj. Vicki Allen, Maj. Chris McKinnie and MSgt. Kathy Peters.

AG: Capt. Deborah Besselaar, MSgt. Patty Boettner, SMSgt. Kent Erlandson, Capt. Paul Gilbertson and TSgt. Lisa Goetsch.

AS: Capt. Kelly Bankole, SSgt. Scott Brady, 1st Lt. Mike Dargen and 1st Lt. Toby Hammer.

CES: Paula Fields, Gary Gustafson, Capt. Don Kom and SSgt. Scott LeClair.

CF: SSgt. Andy Cveykus and SSgt. Paul Gulenchyn.

LGS: Carolyn Farley and Judy Molm.

LGT: Roger Hanson and Steve Wickham.

LSS: SSgt. Mark Hesse and SSgt. Gary Rolli.

MAPS: 1st Lt. Craig Bogan, SSgt. George Erler and TSgt. Scott Larsen.

MedSq: Maj. Bob Emery, TSgt. Gail Gregor and CMSgt. Bryant Tate.

MS: MSgt. Dennis Dodge, TSgt. Rory Ernst, MSgt. David Hammer, TSgt. Robert Jones and MSgt. Tim Payton.

MSF: Capt. Barbara Dock and SMSgt. Jerry Yasgar.

MWRS: MSgt. Ruth Duffy, MSgt. Robert Jacobson and SSgt. Doug Johnson.

OSF: Lt. Col. Doug Pederson.

RS: MSgt. Ray Brown.

SPS: TSgt. Michael Harnish.

'Communications gurus'

Rothe Development experts provide customer support for the base



by SSgt. Larry Dean,
934th public affairs

If you would like to add a bit more byte to your computer or are just trying to get the most out of your existing software, the Rothe Development team is here to help.

Rothe Development has held the communications and computer systems contract on base for nearly five years and is staffed by a team of 19 professionals, many of whom wear two hats as both civilian employees on base during the week and communications squadron reservists on UTAs.

Joe Armitage, communications contract manager, points out that the Rothe crew provides a customer support center staff who help with much more than com-puters. "We're here to answer questions about land mobile radios, radio frequencies, telephones, computer hardware and software, risk analysis, communications security, special applications and more," he said.

Rick Ensenbach, operations manager, added that Rothe enjoys the challenge of supporting the base computer and communications needs. "You have to love what you're doing to be willing to work here all week and then put on a uniform for the UTAs and annual tours in the same office," he said. "That's exactly

what our people do here. We love the job, and the camaraderie makes it all worthwhile. Rothe Development draws on the natural talent of military communications people which is beneficial to both the company and the military. We can relate to each others' needs."

The 934th established its initial contract with the San Antonio-based Rothe Development as a money saver, an arrangement modeled after the communications contracted support at Dobbins AFB, Ga.

Armitage explained that the base and Rothe have set their sights on yet another money-saving goal. "We're moving forward to make the communications center a 'paperless' operation," he explained.

"The unit is more PC (personal computer) driven than paper driven, and the technology available in base units allows us to access messages via the computer," said Armitage. "This will eliminate problems such as illegible message printouts from the communications center. Offices will pick up their messages on Local Access Networks or electronic mail and print what they want or need on their own computer printer."

Ensenbach added, "The transition allows us to focus more on software and hardware needs and less on 'which typing element should I use' questions."

Another challenge Rothe has in store involves the base's use of the "SARAH-Lite" program for messages. "We recently helped the base transition into sending all messages to other bases using SARAH-Lite," Armitage said. "The next step is to transition the base to receive messages using SARAH-Lite, which will be a quantum leap for customer service."

Rothe also provides support for a number of agencies outside the confines of the 934th. They provide the switching station for 60 military agencies, as well as handling telephone billing for all of Fort Snelling. They assist in communications security for both the Reserve and Air National Guard. They also manage the base switchboard and both telephone administration and maintenance. And, of course, they help with computers.

"I urge everyone experiencing problems with their computers on base to call us," Armitage said. "If the person on the line can't give you the answer to your question, he or she will find someone who can."

For answers to your communications-related questions, call the customer support center at base extensions 8100 or 8101.



Danita Alderson is a part-time switchboard operator for the installation.

Photo by Cherie Huntington

ON THE RUN



by SSgt. Janet Byerly

When an aircrew member pulls the parachutes downward, that's not the wondering, "What do I do now?"

After a day-long course in combat survival, 25 aircrew members from the 96th A are better equipped to face the challenges when they land.

From how to release a parachute caught to building a shelter, starting a fire and tracking the aircrew learned the rudiments of survival.

The exercise, conducted at Rosemount, included an orienteering exercise in a hostile area. Security police squadrons camouflaged from head to toe blanketed the aircrew members little chance to advance through the woods before they were "captured."

"We do this every three years," says Hagan, a flight engineer with the 96th. "It's updated information because they update it."

"Many of the places we fly in the world are mountainous, so you could easily come across a place like this," Hagan continued. "This is the difference between surviving and not making it."

"When it started raining, it made the training better," he said. "It's wet, cold and uncomfortable, which makes it even more realistic."

Photos by SSgt. Janet Byerly

Above, SSgt. Patrick Haefner, 934th Security Police Squadron, plays the enemy, tracking down aircrew members.

Escape and evasion, or "E & E," might look like playing in the woods, but it's training that could someday save the trainee's life



Aircrew members on the run need to don camouflage paint. Above, group commander Col. Michael Giede shows the end result, as SSgt. Paul Korkowski, right, gets started.



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Left, MSgt. Jamey Canniff of life support demonstrates how aircrew members safely get loose from a snagged parachute. Below, 96th Airlift Squadron members "salvage" a parachute, as a downed crew can make use of the lines for rope and the material for shelter. Pictured are, from left, SSgt. Paul Korkowski, Capt. John O'Connor, TSgt. Terry Preusse, MSgt. James Hagan and Capt. Gary Bray.



Left, SSgt. Patrick Garvey of security police lies in wait of human prey. Above, the "good guy" is nabbed.

History meets the wrecking



A building intended to have a shorter life than a hardback tent ended up productive for nearly 50 years

by Cherie Huntington,
934th public affairs

Some people see it as a shabby eyesore -- a dinosaur of a building long past due for meeting the wrecking ball.

But others see it through misty, dreamy eyes as a vanishing piece of history.

Building 751, which still houses the Base Exchange, has seen nearly 50 years of service, but it now sees only visitors arriving via bulldozer, dump truck or crane. The machines chew away steadily at the end farthest from the exchange, crunching wartime history into toothpicks and gravel.

Bill Ellis is one of those observing the growing pile of rubble with bittersweet emotions. A former group historian, Ellis has held a lifelong love of history and a healthy respect for all things historical, and Building 751 is undoubtedly that.

"It was built around early 1944 as one of the last wooden frame buildings here," he explained. "Back in November 1941, the War Department issued a directive that all the temporary wartime buildings would be built to one blueprint. The specifications were simple: wood, windows and asbestos insulation -- and they all burned coal." Intentions were for the buildings to be torn down after the war, but it was only a few years ago that it was finally committed to Congress for demolition.

The building began as a naval hospital, Ellis said, and continued as such until the Air Force Reserve took over the base in 1970. The garage-type entrance nearest the current security police building served as the ambulance entrance.

As the 934th took up residence, the building became a "revolving door" for most group units, including the clinic and flying squadron, as well as tenants.

Ellis clearly remembered serving as a reservist in the flying squadron when it moved temporarily into 751 from their present building. They would stay only until asbestos removal was completed in Building 821.

"It was super cramped," he said mournfully. "It was terrible -- so crowded that trying to get anything done was difficult. We all finally fled back to Building 821, leaving only a few tenant units behind."

Those tenants, including Defense Investigative Service and Air Force Office of Special Investigations, finally moved out in 1991, leaving only the Base Exchange in the west end.

Ellis, now retired from the Reserve but serving as a civilian with the 934th Mission Support Flight, holds one especially fond memory of the building. In 1979, when he worked on the base police force, he was completing routine rounds of the building and made an amazing discovery. The Navy had left behind something that for 10 years held little interest to anyone -- something of great interest to historian Ellis.

"It was a room full of books -- books piled all the way to the ceiling," marveled Ellis. "They were everywhere, all kinds of books. It must have been a library for the active duty Navy here. I borrowed many of those books to read, but I don't know how long the books remained there."

He also remembers that the 934th's finance office was a mere cubbyhole near the ambulance entrance. "It was barely big enough for two people and their little safe," he said.

"By the end of the decade, all the wooden World War II buildings will be gone," predicted Ellis. "They'll be destroyed, either to make room for new buildings or for health reasons -- those buildings were full of asbestos."

Ellis concluded by saying that Building 751 not only served its purpose, but served it so well that the military was able to use it into the 90s. "Now it's time for it to go," he said. "We'll never see buildings like that again."



Demolition proceeds on Building 751.

(Photo by SSgt. Janet Byerly)

Young George Bush: 'the Minnesota connection'

by MSgt. Tim Turner,
934th public affairs

When he took his first military physical here 50 years ago, he was just over six feet tall and weighed about 160 pounds.

Little did anyone realize that this skinny 18-year-old pilot-trainee from New England would eventually have his own staff of doctors -- at the White House.

November 1992 marked an anniversary of sorts for George Herbert Walker Bush, 41st president of the United States. Fifty years ago, he spent four months here, November 1942 to February 1943, in training to fly the Navy's Stearman N2S-3, an open cockpit bomber biplane painted yellow and nicknamed "The Yellow Peril."

Back then, the property and many of the buildings that make up today's 934th Airlift Group were part of the Wold-Chamberlain Naval Airfield.

Like most men his age when the war began, Bush was eager to defend his country. After enlisting, he entered the Navy's preflight training school at Chapel Hill, N.C. Upon graduation, Bush was upgraded to aviation cadet status, and his flight training would continue in Minneapolis.

During his first few weeks in Minnesota, the future president spent hours plotting flight paths, attending lectures on flight theory and getting his body in shape to fly the small Navy plane -- but so far, he had never been in one.

According to *Flight of the Avenger: George Bush at War*, a book by Joe Hyams describing Bush's war years, the president said he was "excited" about his debut flight in the Navy's Stearman bomber. "All the training led up to this moment, and I was looking forward to learning to fly," he said.

During that first week of cockpit training, Bush's flight instructor, Ensign James Crume, Jr., showed the president the

basics of flight -- landing, taking off, climbing and banking.

Crume, now a retired high school English and art teacher living in Carson City, Nev., says of that time, "As I remember, the president was a pretty good pilot, and even the fact that he was left-handed didn't seem to affect his flying."

Bush also had kind words for his instructor. In a letter written to his mother in late November, he wrote, "I sure am lucky for Ensign Crume hasn't sworn at me yet -- something few others can say."

According to Bush's flight records, his next six weeks following that first flight, he flew nearly daily, logging more than 43 hours, including many solo hours. On Feb. 2, 1943, Bush made his first nighttime flight in "The Yellow Peril." Remembering that experience in *Flight of the Avenger*, he says, "I was thrilled. Night flying was darn good fun. After my first solo, all my nervousness left."

Weather played a big factor in his training, however. Bush took about twice as long to log the hours he needed because the frosty Minnesota weather made training in the open-cockpit aircraft uncomfortable as well as dangerous.

By the time he was ready to leave Minneapolis in late February for more flight training, Bush had made 61 flights as a student pilot in the Stearman. His total flight time was almost 90 hours, 25 of which were solo. Having successfully passed every flight check on "The Yellow Peril," Bush left the frozen north for advanced pilot training at a Navy base in Corpus Christi, Texas.

According to *Flight of the Avenger*, the change in weather from Minnesota to Texas meant pleasant flying conditions for Bush. "Until I got there (Texas), I don't think I'd ever landed except on snow and ice," he admitted.

Bush went on to become a decorated pilot during the war, flying nearly 60



White House photo courtesy MSgt. Jeffrey Gustafson

George Bush as a young aviator

missions as a torpedo bomber in the Pacific. He also saw his share of action, including having his plane shot down twice.

Since being stationed in Minneapolis 50 years ago, Bush has landed here several times, usually to attend political or civic fund raisers. But the plane he flew in to the Twin Cities -- Air Force One -- was somewhat larger than the Stearman he and Crume took off in from the 934th runway in the early '40s.

After receiving an invitation last year to attend the November commemoration of his 50th anniversary of training here, the president wrote, "I appreciate your invitation to visit my old training base. Although this is bound to be a very busy year, I will give it every consideration.

"Time has taken a toll on my memory," Bush continued, "but I do remember that the Naval Air Station in Minneapolis was very cold."

Though he was not able to make it to the Twin Cities in November, hopefully any reception Bush would receive if he visited us today would be far from cold.

(Excerpts from *Flight of the Avenger: George Bush at War*, copyright 1991 by Joe Hyams, reprinted by permission of Harcourt Brace & Company.)

Thanks to a team dedicated to studying Reserve career concerns, the Air Force Reserve recently adopted an official Code of Ethics. The code was developed by a process action team (PAT) on the Traditional Reservist Life Cycle, chaired by Brig. Gen. Robert Nester.

"It was the consensus of our team that there was a requirement for a code of ethics which would address the reservist responsibilities to the organization and to their employer," wrote Nester. "The inputs to this final product were many and the styles of presentation were

varied. Our team selected this format and realize this is not a perfect product. We feel it is a quality beginning and should serve our needs to provide each reservist food for thought.

"We understand the commitment each reservist makes to this program and the sacrifices each makes," Nester continued. "We applaud their efforts to balance family, job, community and participation. Our team remains dedicated to improving quality of life for our troops."

Air Force Reserve

Code of Ethics

As a member of the Air Force Reserve, I am sworn to support and defend the constitution of the United States and hold sacred my oath of office. In addition, I will adhere to the following ethical standards:

Consider Quality Before Production

Overall Good of the Organization Above Personal Gain

Duty, Honor, Country

Each Individual is Entitled to Fair, Equal and Unbiased Treatment

Of Special Concern is Loyalty to Country, Above Loyalty to Government
Departments/Agencies

Full Day's Work for a Full Day's Pay

Expose Fraud, Waste and Abuse Whenever and Wherever Discovered

Teamwork and Empowerment Lead to Increased Efficiency

Honesty and Fairness in Dealing with Your Civilian Employer

Integrity is the Cornerstone of the Air Force Reserve Program

Correct Deficiencies in Private -- Praise Accomplishments Openly

Strive to Foster an Environment that Encourages Creativity and Mutual Respect

In Summary, Consider the Words of William Shakespeare:

"To Thine Ownself Be True, and It Must Follow,

as the Night the Day, Thou Cannot Then Be False to Any Man."

News Briefs

Employers' flight

The annual Bosses' Day is set for Saturday, Sept. 11, which includes a C-130 orientation flight. Forms are available in unit orderly rooms. For more information, contact public affairs at base extension 5337.

Club dues

Starting July 1, only one member of a dual military couple will have to pay club dues when both belong to the same club.

Under the new policy, both members will have full membership privileges; however, when dual military couples are members of separate clubs, each member

will pay his or her respective club dues. For more information, call the NCO Open Mess at base extension 5390 or the Officers Open Mess at 5391. (AFNS)

Commander's call

The number of group commander's calls will be reduced from four to two annually, scheduled for Family Day and December UTA.

Col. Michael Gjede, 934th group commander, continues to visit unit commander's calls on a scheduled basis. For additional information, contact public affairs at base extension 5337.

Bond drive

The 934th's annual U.S. Savings Bond campaign is underway now through June 18.

Investments are guaranteed to earn at least 6 percent annual interest, compounded semiannually, meaning it will double within 12 years. Bond holders can track the progress of the market-based rate and guaranteed minimum by calling 1-800-4US-BOND (1-800-487-2663).

The payroll savings plan makes it easy to purchase bonds for building education funds and retirement savings. For more information, contact Steve Lerbakken at base extension 5468.

Kudos

Promotions

TSgt. Sherry Abitz	OSF
SSgt. Bochniak-Williams	AES
SMSgt. Dave Brownlee	LG
Maj. Christopher Clay	AES
Capt. Jerin Coppenger	MedSq
SSgt. James Edvenson	MS
SSgt. Sean Egginton	AES
SSgt. David Fisher	AS
A1C Jeremy French	MS
MSgt. Ronald Gerst	MedSq
SSgt. Andrew Herd	LSS
SSgt. Barton Inks	MAPS
SSgt. Steven Jardine	MS
Lt. Col. Eileen Kalow	MedSq
SSgt. Charles Keller	MS
TSgt. Randy Kline	CES
SSgt. Conrad Kluck	MS
Maj. Jorge Llambes	MedSq
Lt. Col. Rocco Maffei Jr.	AG
SSgt. Richard Mogard	MS
TSgt. Terrence Rice	LSS
TSgt. Michael Sabaka	MS
SSgt. Michael Salmon	LSS
SSgt. Kathryn Smith	MS
TSgt. Timothy Szvetecz	MSF
Maj. Douglas Trogstad	AG
A1C Alexandra Vargas	AG
Maj. Steven Warren	MedSq
TSgt. Peter Wasko	MS

Newcomers

Amn. Jamey Ahlgrim	CES
SSgt. Daniel Bergin	SPS

SrA. Jeffrey Broman	AS
Capt. James Hayes	AS
SrA. Wendy Henderson	LSS
SSgt. Lawrence Koland	MS
SrA. Lance Luoma	MS
SrA. Brent Saba	CES

Reenlistments

SSgt. Robert Benson	MAPS
Sgt. Kelly Bochniak-Williams	AES
TSgt. John Conrad	MS
Sgt. Michael Dvorak	MAPS
SSgt. Todd Erickson	MS
SSgt. Stefan Halushka	MSF
TSgt. Paul Jacobsen	MSF
Sgt. Louis Jaeger	MAPS
TSgt. Richard Karpinski	AS
SrA. Michael Mattison	AS
SSgt. Craig Moore	MS
MSgt. Hilary Schyma	AG
SrA. Bradley Weis	SPS

Retirements

TSgt. Ambrose Moriarity, a supply specialist with the 934th Logistics Support Squadron, retired after 21 years of service. He served on active duty with the U.S. Navy for four years during the Korean War then entered the Army Reserve until 1985. As a civilian, he is employed by the Faribault, Minn., Public School District 656. He is senior vice commander of Eagles Club 1460 and is a member of Veterans of Foreign

Wars Post 1562 in Faribault. He lives in Faribault and has one daughter, Robin, and two sons, Dan and Tim.

Certificates of Service

30 Years:	
Jerome Allar	LGT
Herbert Link	MAFA
20 Years:	
Michael Dean	CEOMF
Joseph Erickson	LGTO
10 Years:	
Rebecca Ogden	CC
Christopher McKinnie	SGO
Keith Evans	SCQ
Troy Vonada Jr.	MSM
Mary Lou Jensen	MSMA
David Stai	SP
Michael Duffy	MA
Diane Marie Eckstein	LGSP

Suggestion Awards

Larae Koopman	LGC	\$283
Robert Olson	LGS	\$159
Edwin Burke	MA	\$25
Bruce Heuer	MA	\$25
Richard Klick	MA	\$25
Donald Miller	MA	\$25
Craig Molm	MA	\$25
Robert Olson	LGS	\$25
Michael Anderson	CEF	Cert.
Michael Barrera	LGT	Cert.

Age is no excuse

by Col. DeWayne Walker,
commander, 934th MedSq

One of the great "cop outs" of life is relegating oneself to "couch potato" status based on age.

Does reaching 50, 40 or even the tender age of 30 mean that one must accept extra pounds, extra inches and less endurance as a natural phenomena of aging? Let's hope not, as we have but one body to deal with lifelong, and getting to know our bodies is one of the keys to its well-being.

Treating our bodies with respect by eliminating abuse factors such as smoking, poor nutrition and risky physical endeavors is half the battle. After that, knowing your physical limits -- but challenging your limits routinely -- is a mechanism for a more active life in years to come.

Age is without a doubt a slow, degenerative process, but a positive attitude about aging can even extend life. Statistics show that a lifelong commitment to our bodies can pay great dividends in looking and feeling much younger than is our true chronological age.

Recent studies show that chronological

age affects our body's fitness far less than presumed in the past. Simply stated, we don't have to give in to a more sedate form of life just because we age. At the same time, if we challenge our bodies through routine, moderate physical conditioning, we can still preserve muscle mass, flexibility and bone structure.

Some researchers maintain that a 30-minute program of rapid walking three to four times a week turns back the biological clock some 10 years. A recent study of men aged 60 to 72 noted that training for 12 weeks resulted in doubling knee-bending strength, and knee extension increased by 22 percent. This is comparable to the muscle mass recovery seen in young men, suggesting that our muscles have tremendous resilience, even with advanced age.

Evidence is also mounting that regular exercise conserves and actually retards the loss of bone mass, an aging process starting in our mid-30s. Though routine exercise can't make one younger, it certainly can make one feel younger.

As we look forward to retirement, it behooves us to watch and listen to our bodies now so those senior years can be healthy and many in number.

MWRS BRIEFS

Herk Hustle

Due to bad weather, the Herk Hustle 5K Fun Run/Walk has been rescheduled for Saturday, June 5, 1993, beginning at 5 p.m. There is still time to register! Registration is free, and medals will be given to the first 50 finishers.

Softball

Softball will be held during the June, August and September UTAs. For schedule information, contact your squadron representative or Morale, Welfare, Recreation and Services.

Golf tourney

The 8th Annual 934th Airlift Group Golf Tournament will be held Saturday, July 10, 1993, at the Rich Acres Golf Club in Richfield, Minn. The cost is \$18 per golfer. The tournament will be nine holes, best ball, with a limit of eight teams of four players.

Call MWRS: 725-5316
Building 852

Diets: just say no

by Cherie Huntington,
934th public affairs

Diet!

As a verb, it's a word invoking powerful emotions for many people, whether it be guilt, disgust, worry, confusion or despair. According to Susan Harrison Hanson, a registered dietitian who spoke to a full-house audience at the 934th recently, it's also a verb that would best be banished from our vocabulary.

"The phrase 'go on a diet' automatically implies that you'll at some point 'go off a diet,'" Hanson said. She is nutrition program director of the Health Education Center of Park Nicollet Medical Foundation. The seminar, "Weight Control: What

Works, What Doesn't," was sponsored by the 934th's Health Promotion Program Committee.

The "on a diet" mentality isn't healthy, Hanson said, and it calls for taking an honest look at why you diet, assessing your personal history with diet failures and adopting a healthy lifestyle to control your weight.

"When we're talking about healthy eating and lifestyle, at least half your commitment has to be exercise," Hanson stressed. "Be active daily, plus get in a good aerobic workout three or four times a week." She described aerobic activity as walking, biking or exercises increasing the heart rate, done at least 20 minutes, but preferably 30 to 40 minutes.

Sometimes the diet you strive to maintain does more harm than good in the long run

Hanson said that one to one-and-a-half pounds of weight loss per week is sensible, but two or more on a consistent basis could be doing more harm than good.

She illustrated how people follow the destructive cycle of losing a lot of weight quickly, losing muscle mass, then gaining all the weight back and possibly more. In the process of putting the weight back on, it returns mostly as fat. So in cycling through this pattern over the years, a person could end up in 10-15 years weighing the same -- but actually as a much "fatter" person.

"So you actually need to bump up your calorie intake to 1,200 or more daily, and do more exercise," Hanson said. "Eat a reasonable amount of food, getting a variety of the nutrients you need."