

Vol. 18, No. 9/September 1996

VIKING FLYER

*Focus:
family
readiness*

934th Airlift Wing, Air Force Reserve
Minneapolis-St. Paul International Airport Air Reserve Station, Minn.

VIKING FLYER

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On the cover



Senior Master Sgt. John Nirschl, 934th Civil Engineer Squadron, gets a big welcome home from daughter Jenny after the June deployment. For a focus on family readiness, see Pages 5-10.

(Photo by Tech. Sgt. Janet Byerly)

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Commentary

Families: Equal partners

by Col. Michael Gjede
 wing commander

I spend a fair amount of time talking about the "delicate triangle." That is the plight of our fellow reservist, trying to balance family life, a full-time job and commitments to the Air Force Reserve.

Obviously, I know how much we ask of all of you regarding Reserve participation. It's also a given that most employers expect a full week's work, so I guess it's safe to assume that the third leg of the triangle — the good old family — is where the sacrifice really occurs.

This issue of the *Viking Flyer* is aimed at helping our families, who really do make the Air Force Reserve what it is today. I truly believe we spend the least amount of time worrying about the families because we have mistakenly thought that they will just take care of themselves.

However, since Desert Storm, where families really found themselves on their own — many, for the first time

— we found that not every family was prepared to "take care of themselves." Thus the birth of the Air Force Reserve Family Readiness Program. We have since made great strides in ensuring our families are both prepared for mobilization and are made aware of the various support systems that Family Readiness has to offer.

I've said many times that the 934th Airlift Wing, as well as the entire Air Force Reserve, could not possibly be the outstanding, combat-ready organization we are today without the total, unselfish support of our families. As we continue to do more with less, I want to dedicate this issue of the *Viking Flyer* to you, our families, and thank you for the sacrifices you make to support peace. □



Gjede

Paranoia pays:

Vigilance in a dangerous world

by Maj. Gen. Robert McIntosh
 chief, Air Force Reserve and
 AFRES commander

The terrorist bombing that recently took the lives of several of our fellow airmen is a grim reminder that we must always be on guard against danger, especially when we are deployed. Our

jobs often put us in risky situations in dangerous regions of the world.

Consequently, we need to be cautious and aware of our surroundings at all times. Be constantly aware of your environment. This will help ensure your safety and that of those around you. A little extra vigilance could save your life. □

UTA schedule

Oct. 5-6	1997:	May 3-4	●September UTA pay should be
Nov. 2-3	Jan. 4-5	June 7-8	deposited by: Sept. 18.
(ORI)	Feb. 1-2	July 12-13	●Subject to change, September entrees
Dec. 7-8	March 1-2	Aug. 23-24	should be:
	April 5-6	Sept. 6-7	Saturday, roast pork or lasagna
			Sunday, baked fish or Swedish meatballs.



World

Officer careers see changes

When the Reserve Officer Personnel Management Act goes into effect Oct. 1, some of its key provisions will significantly alter the way the reserve components manage officer appointments, promotions, tenure and separations.

A joint Air National Guard and Air Force Reserve working group began last year to resolve a number of issues before ROPMA is implemented later this year.

ROPMA significantly impacts reserve officer promotion and retirement systems. The traditional "fully qualified" promotion system changes to a "best qualified among the fully qualified" system. Each mandatory promotion board will have quotas based on service needs and an estimate of the number of officers needed to fill vacancies.

Other changes include:

- ♦Phase-out of the total years service date requirement,
- ♦Voluntary delays of promotion, commonly called "hip pocketing" for as many as three years, and
- ♦Changes in time in grade requirements for retiring — officers selected for promotion after Oct. 1 must serve satisfactorily in grade for three years in an active status to retire at that grade. (AFNS)

Junior officer seminars finish season

The last sessions of the year for the Junior Officers Leadership Development Seminars are coming up in October.

♦Oct. 11-14, a session will be held at Maxwell Air Force Base, Ala., with a focus on conflict resolution, positive feedback and teambuilding. The contact is **Maj. Bill Forshey**, day phone DSN 596-2820 or commercial (334) 416-2820; fax DSN 596-2879 or commercial (334) 416-2879.

♦Oct. 18-20, a session is set for Lackland Air Force Base, Texas, with a focus on leadership essentials, teambuilding, motivation, managing stress, self esteem and resolving conflict. Contact **Capt. Bill Lydon**, day phone/message (210) 949-2032, fax (210) 949-2010 with cover sheet addressed to Lydon.

✉ Any junior officer of any branch of service, active or reserve forces, may attend these sessions. The 934th point of contact is **1st Lt. Chris Kiraly-Thomas**, Ext. 5328.

Vinyl blinds pose threat to young kids

The Consumer Product Safety Commission has determined that some imported, non-glossy, vinyl mini-blinds can present a lead poisoning hazard for children six years old and younger.

The CPSC has not issued a recall but recommends these blinds be removed from homes where children ages six and younger may be present. Adults and older children generally are not at risk because they are not likely to ingest lead dust from the blinds.

Army and Air Force Exchange Service has contacted their suppliers, and they have acknowledged that some lead can be found in their non-glossy vinyl mini-blinds. The amount of lead varies and cannot be accurately determined except through scientific laboratory testing.

AAFES will post warning signs in their stores alerting

customers that the non-glossy vinyl mini-blinds may contain lead. Customers who purchased these blinds from AAFES can return them for a refund. (AFNS)

Magazine subscriptions offered

Subscriptions to *Citizen Airman*, the official magazine of the Air Force Reserve, are available to retirees and other community members through the Government Printing Office for \$9.50 annually. The magazine is mailed free to the homes of reservists and individual mobilization augmentees.

Future retiring members will receive a subscription form as they out-process; retirees on the *Viking Flyer* mailing list will receive an order form along with the November mailing.

✉ Anyone else interested in a subscription may call public affairs for an order form, (612) 725-5337, or order by phone with a credit card, (202) 512-1800.

Flight wins repeat honor

The 934th Communications Flight has won the Air Force Reserve Base-Level Information Protection Organization of the Year Award for 1995. This marks the second year in a row the unit has achieved this honor.

The award recognizes superior performance, professional excellence and significant contributions to the security of the United States information and "C4" systems — command, control, communications and computer systems.

Pink line badges become invalid soon

The pink flightline badge, Air Force Form 1199B, will no longer be valid as of Oct. 1. Anyone with the pink badge will not be allowed entry into restricted areas, and the badge will be forfeited to security police. Remember, the Operational Readiness Inspection is coming up at the end of October!

Anyone with the old badge should see their unit security manager for the yellow badge, Air Force Form 1199C.

Golf tournament results announced

The 934th Annual "Best Ball" Golf Tournament was held July 13, with aircraft maintenance teams awarded titles as both best and worst teams. Thirteen teams participated.

♦Members of the fuel cell team won first place with a score of 32: **Pete Huppert, Marty Maher, Don Mickelborough and Rory Schmidt**.

♦The second place team was the Naval Reserve with a score of 34: **Kevin Albers, Mercer Morgan, Wes Oliver and Tom Rice**.

♦The avionics team won the "Booby Prize" with a score of 43: **Pete and Susan De Sanctis, Curt Nelson and Sue Sorenson**.

School supply donations requested

KD Steward, a warehouseman with 934th Base Supply, seeks school supplies for the neighborhood library for underprivileged children he established and manages in St. Paul, Minn. (see *Viking Flyer*, February 1996). Items needed include paper, pencils, crayons and any other standard supplies.

✉ To donate or get details, call KD, Ext. 5422 or 5419. □

Local

So long, see you in four years

Air Guard neighbors shine in their first Air Combat Command ORI

by Cherie Huntington
public affairs

The 934th Airlift Wing has observed its final Operational Readiness Inspection prior to its own ORI, starting Oct. 28.

"We're next in line," said Lt. Col. Larry Snider, 934th project officer for the ORI.

The last chance to learn from other units' successes and failures came as the neighboring 133rd AW, Minnesota Air National Guard, underwent their first ORI under Air Combat Command, July 14-23, held at Volk Field, Wis.

Though lessons learned from such a similar unit could be helpful, there are sizeable differences to consider as well. Though both inspection teams are from Air Combat Command, the 133rd's gaining numbered air force is 8th Air Force, Barksdale Air Force Base, La., and the 934th's is 12th Air Force, Davis-Monthan Air Force Base, Ariz. Plus, this ORI holds other distinctions all its own.

Unique aspects

"We're the first joint-deployed, joint-inspected ORI," said Lt. Col. Larry Snider, 934th project officer for the ORI. 12th Air Force will be joined by inspectors with 9th Air Force, gaining air force for the 911th Airlift Wing, Pittsburgh — the other half of the 1845th Provisional Wing. 9th is located at Shaw Air Force Base, S.C.

"12th will be taking the lead in the deployed portion of the inspection," Snider said, adding that each wing's gaining air force will inspect the Phase I portion — mobility and deployment.

Snider explained that 9th has observed and evaluated C-130 units inspected under ACC, while 12th has not.

Guard accomplishments

The 133rd deployed nearly 700 people, while their partner, the 189th Airlift Wing, Little Rock Air Force Base, Ark., sent approximately 400. The 934th and the 911th will most likely send around 700 people each. There were 114 sorties



flown in support of the inspection, with 96 flown during the ORI.

Overall, of 147 scored areas, 16 achieved perfect scores and 75, superior results.

Aircraft maintenance excelled with flawless scores in initial response generation timing, deployment departure timing, number of aircraft successfully deployed, sortie generation, and reliability of both aircraft and avionics systems.

The 109th Aeromedical Evacuation Squadron also made their mark, achieving perfect results in four areas: overall aeromedical evacuation operations, mobile aeromedical staging facility, aeromed evacuation site management and aeromed evacuation crews. The squadron also chalked up the wing's solo Best Practices/Benchmark Candidate program, the Patient Data Checklist for collecting patient data.

Other areas achieved top ratings:

- ♦ Security awareness exercise,
- ♦ Operations airland missions, including engine running on/offloads and shortfield landings,
- ♦ Personnel manpower operations,
- ♦ Chaplains' ministry in both operational areas and medical facilities, and
- ♦ Law of Armed Conflict exercises.

Thirty-eight individuals from the 133rd were selected for the "Total Force Excellence Award." This recognizes those whose knowledge, perseverance

and professionalism contribute greatly to the unit's high state of mission readiness.

Three 133rd teams were also selected for the excellence award: marshalling area in-check, patient decontamination team, and Personnel Support of Contingency Operations, or PERSCO.

Sore spots

Health concerns reared their ugly heads because of humidity and high temperatures, ranging from highs of 98 down to lows in the 40s as redeployment started.

Heat-related concerns resulted in around 75 people seeking medical assistance during the inspection. The busiest days of the inspection also turned out to be some of the hottest days of the summer so far, cooling off once it was time to redeploy.

The 934th will face quite different environmental challenges, according to Snider. "The biggest difference for us, compared to our Readiness Assistance Visit, is that we'll have concerns about the cold rather than the heat," he said. "We'll also be spending much more time in darkness, so we be concerned that everyone has reflective gear and flashlights."

Snider said the goal is for everyone at Volk to wear reflective gear at night, whether on Volk on not, in the play area or not.

The 133rd now has more pleasant activities at hand, according to Col. John Silliman Jr., wing commander, who has been nominated to the rank of brigadier general, effective upon Senate confirmation. The unit celebrates the close of its 75th anniversary year this month, along with arrival of its first factory-fresh C-130H Hercules and a new, \$8 million operations/aeromedical/airlift control facility nearing completion. □

Operational Readiness Inspection reports from other units are available on the Local Area Network "G" drive:

G:\crossfeed\reports\acc\ori**

Military family 'guardian angels'

Family readiness office serves as contact for help, information

by Cherie Huntington
public affairs

When a military family faces a crisis — or just finds itself stranded with no one to turn to when help is needed — guardian angels stand only a phone call away.

Though not heavenly messengers, the Reserve's thriving Family Readiness Program represents a growing commitment to reservists and their families.

"We try to link people to the service they need, from A to Z," explained **Patricia Botkins**, director of the 934th FRP.

Botkins established the 934th program in June 1994, and much has been accomplished in only two years. Services of the 934th FRP are available free to service members and their families with any military branch, active or reserve forces. Some of those services include:

- ♦ Assessment, information, referral and follow-up, linking individuals and families with resources (See story, Page 10),
- ♦ Crisis intervention,
- ♦ Deployment assistance for reservists and their families,
- ♦ Workshops/seminars on topics such as starting a business, job search assistance, buying a house, stress, drug abuse prevention, estate planning and tax tips,



Botkins

- ♦ Career transition assistance, including a computerized resume program and job listings,
- ♦ Relocation assistance program, including a worldwide relocation service for all military branches,
- ♦ Newcomers' luncheons,
- ♦ Library of family-related books and educational videos,
- ♦ Community information,
- ♦ Kids' corner with children's books and toys,
- ♦ Volunteer outreach, providing an ongoing support group and a communications link to families (see Pages 6-7),
- ♦ An annual family health fair,
- ♦ Various special get-togethers throughout the year, such as a five kilometer fun walk in the spring for base employees, a spring egg hunt for children, a family holiday party in December and welcome home activities following major wing deployments,
- ♦ The Family Action Information Board, which meets quarterly on the Unit Training Assembly weekend and is open to all interested people (see story, Page 8), and
- ♦ A newsletter, *FRP Update*, mailed to the homes of 934th reservists, normally in October, January, April and July.

The FRP office is located in Bldg. 760, Room 150, and is open for clients on Tuesday through Thursday, 7 a.m. to 3:45 p.m., and on UTA weekends, 7:30 a.m. to 4:30 p.m. Two reservists are assigned to family readiness: **Tech. Sgt. Debra Pockat**, noncommissioned officer in charge, and **Tech. Sgt. Dennis Dodge**.

Appointments are encouraged since Botkins is the only full-time employee. Phone numbers are (612) 725-8057 or (800) 231-3517. Messages may be left 24 hours a day. □



(Photo by Tech. Sgt. Janet Byerly)

Miles of smiles

Though there is little comparison between a short deployment such as June's Readiness Assistance Visit and a contingency like Operation Desert Storm, welcome home activities remain important. Here, the family of Master Sgt. John Nirschl (back, center), 934th Civil Engineer Squadron, welcomed him home from the RAV. Beside him is his wife, Jayne, with their children in front, left to right: Jenny, Jeffrey and Joey. The get-togethers give families opportunities throughout the year to visit the wing, helping them feel more at home in a military environment. Then if reservists mobilize for a contingency, families would have a comfortable network for seeking help, support or information. □



Hansen

In recruiting volunteers, Brenda Hansen speaks first-hand of the joys of sharing time, talent

Leading by example

by Master Sgt. Tim Turner
public affairs

If you are looking for a volunteer, don't ask 1st Lt. Brenda Hansen, a nurse with the 934th Aeromedical Staging Squadron.

It's not that she wouldn't be willing to help — it's more that her plate is already pretty full.

Since January, Hansen has served as the wing volunteer coordinator for the 934th Family Readiness Program. Among the many hats she wears is recruiting reservists and spouses as volunteers to help with the FRP's many events.

"Family readiness has such an array of activities — from the 'welcome home' events for reservists returning from deployment, to workshops for family members, to hosting fund-raisers," said Hansen. According to Patricia Botkins, FRP director, Hansen is one of the most outstanding, enthusiastic volunteers in "Friends of Family Readiness," which includes some 40 people.

Hansen joined the 934th two years ago after graduating with honors in nursing from the University of Minnesota, Minneapolis. As she recalls, she more or less stumbled into volunteering with the FRP.

"Last September, I was returning nursing uniforms to base

supply and heard two women talking about the FRP needing donated baked goods," she said. "One of them said the FRP needed volunteers, too. So I went over to their office and filled out the volunteer form."

Hansen first participated in last October's "Welcome Back Get-Together" for the Operational Readiness Exercise. "I assisted in calling family members and encouraged them to come out and welcome home their loved ones," she said. Her efforts led to her becoming the FRP's wing volunteer coordinator three months later.

Of all the activities she participated in now, Hansen finds those dealing with deployments the most gratifying. "I like assisting with deployment briefings for reservists," she said. She coordinated the recent "Welcome Back" for the Readiness Assistance Visit but was unable to attend because she was deployed on annual tour to Mississippi.

She also enjoys FRP activities revolving around the children of 934th members. "I love to see the joy in the kids' faces when they're totally involved in an activity," Hansen said. "For example, we had a Spring Festival in March and had an egg hunt for the kids, along with crafts."

While the 934th has benefited from Hansen's generosity as a volunteer, she also has reaped rewards. "My creativity has expanded since I've been in this position," she pointed out. "In family readiness, we regularly use the quality process to brainstorm ideas on improving the program and coming up with activities. That kind of process has also helped in my civilian job." Hansen is an orthopedic and general postsurgical nurse at Methodist Hospital in St. Louis Park, Minn.

Hansen volunteers her talents in the civilian community as well. Once a month, she volunteers as a nurse at the Uptown Community Clinic, a nonprofit health care center in south Minneapolis. She also works several hours each month as needed at the Armed Forces Services Center, located in the Minneapolis-St. Paul International Airport. "A lot of the volunteers there are retired active-duty and Reserve people, including some from the 934th," she noted.

Hansen receives a lot of support as volunteer coordinator from the people in her unit, as well as from her husband. "The people in ASTS recognize the importance of the program, and I've been successful in recruiting a couple of them to help at FRP events," she said. Hansen's husband, Guy, a former active-duty Marine, is "very proud of my military obligation and my volunteer activities with FRP," she said. "I've even recruited him for some FRP activities and brought him out here for National Military Spouse Flight Day last spring."

Hansen's one-year term as volunteer coordinator ends this January. "It's very fulfilling," she said. "If it weren't, I'd cease to participate. Right now, I can't see that happening!"

For more information on volunteer opportunities in the FRP, call Ext. 8057. □



Guy Hansen, on 1996 spouse flight

Making a difference

Volunteers find contributing to program can be hard work but fun, too

by Tech. Sgt. Janet Byerly
public affairs

Volunteers may not run the show at the Family Readiness Program, but they're definitely in the thick of things.

Volunteers call to let reservists know about upcoming FRP events, help plan and staff huge undertakings such as the Readiness Assistance Visit Welcome Home event in June and do a myriad of other tasks that keep the program running.

While **Patricia Botkins**, the director of family readiness, does have a staff of two reservists, she makes it clear that "we never could do it without our volunteers."

One FRP volunteer who got involved during the Operational Readiness Exercise Welcome Back last October was **Cindy Foster**, wife of Maj. Jeff Foster, wing plans. She has found FRP to be a link between the 934th and the reservists' families.

"I was on active duty for five years, so I noticed right away the difference between active duty and the Reserve," she said. "In the Reserve, you have Family Day and that's about it; I felt isolated from military people, from the military community."



Foster

But the FRP helped change that outlook.

"I was asked to bring baked goods to the Welcome Back event, and I got here and the volunteers were having such a good time, it was fun to be involved," Foster said.

Now she's a specialist who organizes children's activities for FRP events, using

her two kids as "test pilots to try out the crafts and activities before the other kids come."

"It has taken someone, a leader here, to get things organized and get people caring," Foster continued. "I think we need to work with the young people and their families. I think support is a big issue."

Jerlynn Gjede, wife of Col. Michael Gjede, wing commander, got involved with FRP to learn more about the Reserve and also to support its mission.

"I'm really new to the military, so it took me a long time to understand not only what the Reserve does, but also the troubles Reserve families experience," she said. "I don't think you heard much about that issue before Desert Shield and Desert Storm."

"The reservist can't do their job well if things aren't taken care of at home," Gjede said. "I'm concerned about families and children -- and that they're able to stand behind their reservist 100 percent. That only happens when they understand what their reservist does."

In helping to provide that understanding, the FRP can often be the lifeline between deployed reservist and anxious family.

"When the reservist is away, it's nice to know the families have a resource," Gjede said. "If they have any problems they can call FRP," she said.

From the most recent recruits to the volunteers who have been involved since the FRP began in June 1994, they all seem committed to keeping the community support network they've established, and helping it flourish. □



Gjede

Gifts of time

Volunteers for family readiness rack up service hours

Volunteers represent the life's blood of the 934th Family Readiness Program, and they come from throughout the community. The successful volunteer program has garnered interest throughout the command for benchmarking purposes.

Family readiness also reports outstanding results and hundreds of hours at no government cost from student trainees and workers in various special programs, such as for the hearing or sight impaired.

Here is a list of current volunteers and their hours. (The list will be reprinted periodically, so if the hours are wrong, update your records soon with the FRP!)

Volunteer	Hours
Brenda Hansen	232
Candace Meinders	200
Jerlynn Gjede	100
Randall Botkins	98
Eric Baumer	67
Debra Benson	53
Rebecca Kvamme	49.25
Linda Davidson	49
Mireya Hermosilla	37
Nancy Linster	36
Cindy Foster	30.5
Rebecca Kvamme	30.5
Anne Groskreutz	30
Nancy Shogren	28
Kim Farris	26
Sonya Link	20
Andrea Smith	13
Pat Morris	10.75
Patricia Sahr	9
Amanda Chang	8.5
Vicki MacGlover	7
Lydia Meyer	6
Susan Peterson	6
Jeffrey Williams	6
Michelle Hanson	3.25
Richard Boudreau	2
Gerald Bouffe	2 □

Group dynamics

Family action board stirs 'pot' of concerns, needs

The Family Action Information Board is a community forum, mandated by regulation, which strives to create awareness of the Family Readiness Program. The group meets quarterly during the Unit Training Assembly.

"The FAIB is about taking care of the 934th family, military and civilian, and addressing their needs and concerns," explained **Lt. Col. Paul Groskreutz**, support group commander and chairman of the FAIB. "We realize we have a special resource that needs to be taken care of."

Part of that care relies on resource availability, which in turn relies greatly on awareness of needs. "Awareness results in more inputs from on-base and off-base groups," said **Patricia Botkins**, FRP director. "The FAIB is a structured group that also reaches out into the civilian community to get their input and build working relationships."

People on the FAIB represent major areas on base dealing directly with people and their concerns, such as the senior enlisted advisor, staff judge advocate, social actions, recreation

services, military personnel, and spouses and family members. Off-base agencies such as the Red Cross, Air Force Association and Air Force Sergeants Association are also represented.

"But anyone with concerns or suggestions is welcome to attend and share their ideas," Botkins said.

The board addresses family-related issues, needs and resources, according to Botkins. It identifies deficiencies in services, raises issues impacting military families and provides solutions to resolve identified problems and concerns.

"We're so accustomed to letting our people reach out to someone else for their assistance or support," said Groskreutz. "The FAIB is there as a community forum for action — another safety net — so people don't fall through the cracks, without help, and we lose them."

"Friends of Family Readiness" evolved from the FAIB's work, and well as a community resource book in the works, scheduled for publication in January 1997. The board also oversees the volunteer advisory committee and relocation assistance coordinating committee. □

More bang for the BUCK\$

by **Cherie Huntington**
public affairs

Helping military members and their families remains the top priority of the 934th Family Readiness Program. However, the need for money shadows every advance, according to director **Patricia Botkins**.

"No Department of Defense employee can solicit for funds in an official status," she explained. "That's why it's so important for our volunteers to conduct our fundraising events."

Like any agency on base, Botkins has a budget for such areas as office supplies and equipment. However, all other money needed must be received through fundraising or donations.

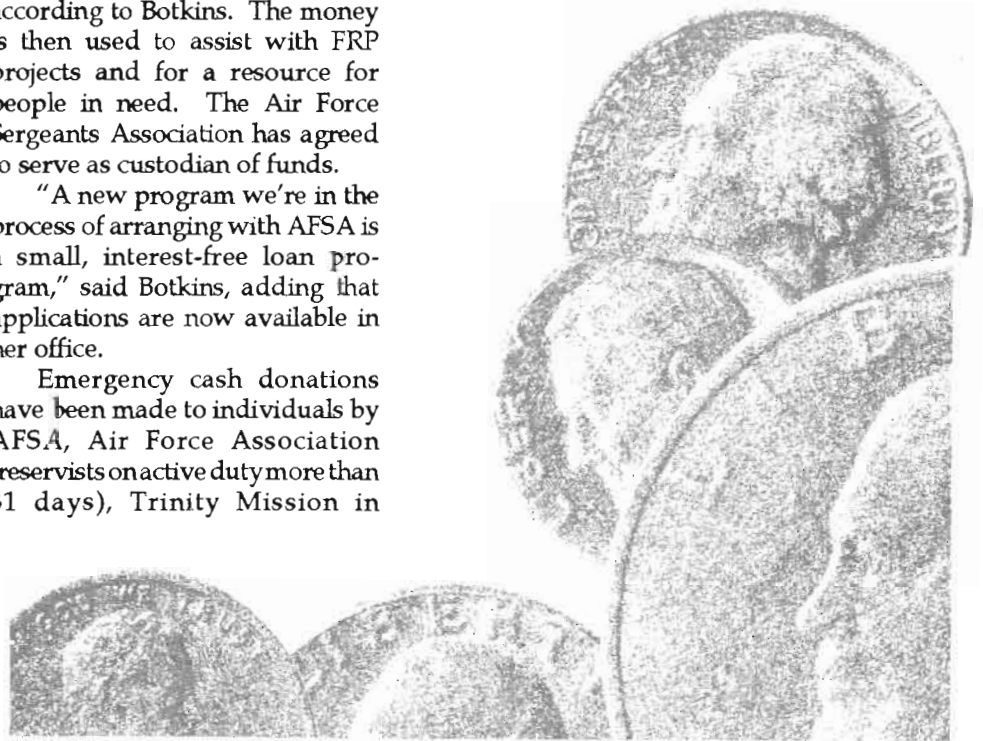
Many items can often be borrowed from base or community resources, such as coffee pots, ice coolers and tables, while other items are donated, such as food and drinks for members involved in exercises or deployments, toys for waiting children to play with or clothes for needy military families.

Cash goes to "Friends of Family Readiness," a non-profit organization under the umbrella of the FRP, according to Botkins. The money is then used to assist with FRP projects and for a resource for people in need. The Air Force Sergeants Association has agreed to serve as custodian of funds.

"A new program we're in the process of arranging with AFSA is a small, interest-free loan program," said Botkins, adding that applications are now available in her office.

Emergency cash donations have been made to individuals by AFSA, Air Force Association (reservists on active duty more than 31 days), Trinity Mission in

Minneapolis, and People Reaching Out to People in Eden Prairie, Minn. □



Survey says *Commanders polled on family programs — helping set agenda for future*

by Master Sgt. Tim Turner
public affairs

As the saying goes, if you want results, go to the top. That's exactly what the 934th Family Readiness Office did this spring when it sent a survey to unit and group commanders.

According to FRP Director Patricia Botkins, the purpose of the survey was to get input and feedback from the base leadership. "We're looking for help in planning our next phase of programs and to take a look at our current and future fund-raising activities," she explained.

The one-page survey included just six questions, ranging from whether units organize any family member activities to should the 934th host a Family Day this year. All 13 unit and group commanders

completed the survey.

♦When commanders were asked if they organized family member oriented activities in their unit, seven said yes while six replied no. Four of the commanders who responded yes said their units host a holiday party as their family event.

♦When asked to indicate what type of family-oriented programs commanders would like to see planned for the units, there were 10 responses for a family readiness workshop. Other popular choices included six responses for a personal financial management workshop and five for a career transition program.

♦Only three commanders expressed interest in conducting a Family Day this year. Comments for not holding the annual event included "full plates" and time constraints due to the upcoming

Operational Readiness Inspection.

♦Eight of the 13 commanders said they prefer to find out about family readiness activities through the *Viking Flyer*.

♦When posed the question of what types of family activities commanders think would be best supported by their units, there were nine responses for a hangar dance and seven each for a National Spouses Day C-130 flight and a homemade bake sale.

Botkins indicated that her office analyzed the survey results and already plans to implement several of the suggestions. "For example, most of the commanders indicated they prefer family-oriented activities on Saturday of the Unit Training Assembly rather than Sunday — from now on we'll try to abide by their request." □

Year-ahead calendar

Use this calendar as a heads-up on tentative events, but be sure to watch your Family Readiness Program *Update* newsletter for changes in schedule. As always, feel free to call the FRP office, 725-8057, or 1-800-231-3517.

Volunteer meetings are held each Saturday of the Unit Training Assembly, 11 a.m.-1 p.m., at the NCO Club.

September (UTA: Sept. 7-8)

•Sept. 6-7: Discount Book Fair, 11 a.m. - 5 p.m., Base Exchange and Bldg. 760

•Sept. 8: Parent to Parent Drug Prevention, 10 a.m. - noon, Bldg. 760, Room 193 (series, same time/place)

October (UTA: Oct. 5-6)

•Oct. 5: Family Action Information Board, 10 a.m., Bldg. 760, conference room (quarterly, same time/place)

November (UTA: Nov. 2-3)

•Nov. 3: "Time to Harvest," all-day welcome back from Operational Readiness Inspection and celebration of National Military Family Appreciation Week

•Annual Health Fair moves to September

December (UTA: Dec. 7-8)

•Dec. 7: Children's Holiday Party

January 1997 (UTA: Jan. 4-5)

•Jan. 5: Parent to Parent

•Jan. 5: Job Search/Resume Workshop, 11:30 a.m. - 12:30 p.m., NCO Club (also Jan. 9)

February (UTA: Feb. 1-2)

•Feb. 2: Parent to Parent

March (UTA: March 1-2)

•March 1: Financial and Estate Planning seminar (also March 6)

•March 2: Parent to Parent

April (UTA: April 5-6) Month of the Military Child

•April 5: Volunteer Appreciation Luncheon

•April 6: Parent to Parent, also FAIB meeting

May (UTA: May 3-4)

•National Spouse Appreciation Day

June (UTA: June 7-8)

•June 7: On the Move/Relocation seminar, 3-4 p.m., NCO Club (also June 12)

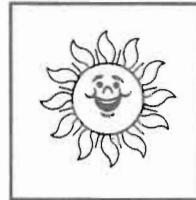
•Hangar Dance (may be moved to September's Family Day)

July (UTA: July 12-13)

•July 13: FAIB meeting

A Look Ahead: September 1997

•Family Day (may include annual Hangar Dance), Annual Health Fair, and Employers' Day and Orientation Flight □



Straight from the heart:
wing members
helping others

Serving reservists in need

FRP offers lifeline to troubled military families

by Master Sgt. Tim Turner
public affairs

Patricia Botkins, director of the 934th Family Readiness Program, recounts the following story:

"Two years ago, there was a woman in her mid-'30s, recently separated from the military, who was selling her blood to make ends meet and put food on the table for her two teenage daughters. She had just come off active duty and was having a hard time transitioning to Reserve life — both financially and emotionally. She was in real danger of losing her house because she couldn't make the monthly payments."

With no where else to turn, the woman turned to Botkins and the base FRP office. "She came in and said, 'Can you help me?' We put her in touch with the Airman's Memorial Foundation and Air Force Sergeants Association, which gave her funds to make ends meet."

Most of us have needed financial assistance at some point in our lives — perhaps to repair a broken car or put money down on a dream house.

Sometimes we need money for more serious matters, such as expenses to cover the funeral of a loved one, or to halt foreclosure on our home. When this kind of unexpected financial aid comes to our rescue, our reaction is often, "Someone really does care."

Botkins has been on the giving end of this kind of assistance. One of the many missions of the FRP is seeking out financial assistance avenues for base members.

"Just as with any program, there are requirements reservists have to meet to become eligible for financial assistance through FRP," says Botkins. "But the bottom line is we'll try to help anyone here who is in need of emergency funds."

Under Department of Defense regulations, any military

member who is on active duty for 31 or more days is eligible for emergency funds, Botkins explained.

Many of the requests Botkins receives for emergency financial aid come from military members transitioning from active duty to Reserve life. "But we do also get other kinds of requests too, like members who need money for a plane ticket to travel home because of a death in the family, or even people who need to get their car repaired," she said.

Once a request for emergency funds comes into the base FRP office, Botkins refers the member to the proper Air Force or DoD-sponsored financial assistance program. Two agencies she regularly works with are the Airman's Memorial Foundation and Air Force Aid Society. Funds from both agencies are given to the qualifying reservist through the Air Force Sergeants Association. In most cases, the emergency funds are gifts, according to Botkins.

One of 934th FRP director's current priorities is trying to ensure that more base members can qualify for emergency financial assistance through such programs. "The problem with the current regulations is that most reservists here wouldn't qualify for emergency financial aid because they're not on active duty for 31 or more days," Botkins says. "We're trying to get those regulations changed so that more reservists here are eligible."

Botkins said few things in her job give her more satisfaction than knowing that the financial assistance given to a reservist really has mattered. "The woman who received the money to make ends meet for herself and her daughters recently got a full-time job in a hospital," she says. "We love to hear success stories like that."

For more information on obtaining emergency financial assistance through the 934th Financial Readiness Program, call Botkins, Ext. 8057. □

Check out these figures from the 934th Family Readiness Program's first two years:

- ♦ **Total contacts/requests for assistance:** Nearly 19,000
- ♦ **Total individuals requiring crisis assistance:** 72
- ♦ **Total volunteer hours (including "unofficial" volunteer efforts):** 1,652
- ♦ **Top areas of assistance:**
 1. Info/assistance referral
 2. Readiness assistance
 3. Transition assistance
 4. Substance abuse
 5. Family life education

Family readiness factoids

- ♦ **Top population assistance requests:**
 1. Base civilians
 2. Air Force Reserve
 3. Veterans
 4. U.S. Navy
 5. U.S. Air Force
- ♦ **Total cash gifts achieved for clients in emergency need:** More than \$5,000

- ♦ **Domestic situation of clients assisted:** Married, 66 percent; single, 14 percent; unknown, 14 percent; single parent, 6 percent
- ♦ **Clients with wills:** No, 54 percent; yes, 40 percent; no response, 6 percent
- ♦ **Clients with power of attorney:** No, 51 percent; yes, 43 percent; no response, 6 percent
- ♦ **"Benchmark" programs:** Joint Military Family Assistance Network and the volunteer program
- ♦ **Special projects under study/in progress:** base cookbook, rummage sale, base community resource guide, wing calendar □

Medals

Meritorious Service Medal

Master Sgt. Kathryn Peters (Retired), AES
Senior Master Sgt. Thomas Peters (Retired), AES

Aerial Achievement Medal

Capt. James Carlen, AS
2nd Lt. Mark VonBerge, AS

Air Force Commendation Medal

Staff Sgt. Sean Egginton, AES
Tech. Sgt. Charles Epps III (2 OLC), CF
Maj. Elizabeth Erickson, ASTS
Tech. Sgt. Sonja Fisher (1 OLC), MSF
Staff Sgt. Dennis Gauthier, AES
Staff Sgt. Darrel Knox, AS
Capt. Judith Marchetti, ASTS
Staff Sgt. Arturo Martinez, APS
Senior Master Sgt. John Nirschl (1 OLC), CES
Capt. Susan Sedivec (1 OLC), AES

Tech. Sgt. Clarence Super Jr. (1 OLC), CES

Maj. Jacalyn Sutton (1 OLC), ASTS
Tech. Sgt. Dennis Swanson, AES
Tech. Sgt. Lee Traxler-Siehdnel, SVF

Air Force Achievement Medal

Tech. Sgt. Gregory Ahlfs (1 OLC), AS
Staff Sgt. Jeffrey Anderson, APS
Staff Sgt. Randy Anderson, MXS
Tech. Sgt. Richard Karpinski (1 OLC), AS
Staff Sgt. Todd Kopperud, AS
Staff Sgt. Vicky Kuntz, AW
Staff Sgt. Kevin Ley (1 OLC), MXS
Master Sgt. Jerome Meyer, MXS
Tech. Sgt. Gary Scheff, APS
Master Sgt. Laverne Terwey (1 OLC), LSS

Honors

Staff Sgt. Darrel Anderson, MXS, is an honor graduate of C-130 Aircraft Maintenance Apprentice School, Sheppard Air Force Base, Texas.

Newcomers

Capt. Maureen Banavige, LSS
Senior Airman Cinque Davis, ASTS
Sgt. Scott Hellzen, AS
Master Sgt. Robert Keldsen, MSF
Staff Sgt. Peter Mangone, CF
Staff Sgt. Steven Robinson, MSF
1st Lt. Robert Schulte, ASTS
Senior Airman Troy Teff, CES

Reenlistments

Staff Sgt. Gerald Boutte, LG
Tech. Sgt. Sonja Fisher, MSF
Senior Master Sgt. Gerald Yasgar, MSF

Retirements

Tech. Sgt. Donald Gould, SPS
Master Sgt. Randolph Stark, ASTS □

Viking Victors:

Master Sgt. Sharon Lake

Honor: Air Force Reserve Outstanding Air Reserve Technician Noncommissioned Officer.

Unit: 934th Aeromedical Evacuation Squadron.

Job responsibilities: Senior enlisted full-time manager for squadron, with primary duties in scheduling missions and recruiting.

Education: Associate's in business, Phillips Junior College, Las Vegas.

Hobbies: Any/all sports, but especially golf; traveling.

Professional organizations: Air Force Sergeants Association, Air Force Association, 934th search and recovery team member, 934th Enlisted Advisory Council.

Goals: "To continue the work I've been doing in the field with standardization/evaluation to help ensure our unit is ready for our upcoming Formal Standardization/Evaluation Visit in April 1997."

Family: Son, Mitch (7 1/2); live in Eagan, Minn.

Comments: "I want to thank the other air reserve technicians in my squadron, as well as my family, for their support. Without it, I wouldn't have been able to travel and perform the higher headquarters work I believe is responsible for me receiving this award. This award goes to all the ARTS in the 934th AES!" □



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Feelin' Good

Low-fat sneak attack

by Tech. Sgt. Janet Byerly
public affairs

Given the choice, most people choose a low-fat or reduced fat food and think they're doing the right thing. But are they?

Just because your favorite cookie has less fat than it used to doesn't mean all the calories, sugar and unhealthy ingredients have magically disappeared.

In fact, those who only look at fat content may find they gain weight if they exceed their daily intake of 2,000 calories, according to **Senior Airman Ronald Holbeck**, head of the 934th Nutritional Medicine Division.

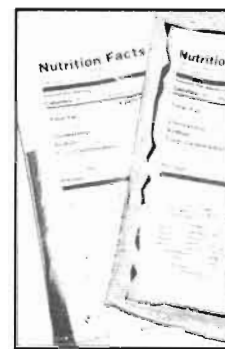
"If you're watching your weight, fat is not the only thing to watch," Holbeck said. "Regardless of what

Calories don't play fair: even carrots can fatten you up

you eat, if you eat 3,500 calories of carrots, it's going to add a pound of body weight — just as it will if you eat 3,500 calories of donuts."

The best way to guard against unhealthy food choices is to read the nutritional information on the package.

"Make sure it's a nutritious food," he said. "Does it have anything your body can use? Is it vitamin fortified? Make sure there's not too much sugar. Look at the percentage of recommended daily allowances for a balanced diet, then make your food choice."



Of course, if you wait and read the nutritional label after you've eaten something, you may find you've done more damage than you've bargained for, as Holbeck found out.

"I was at a fast-food restaurant and ate a donut, then I looked at the label," he said. "I had just eaten 98 percent of my fat content for the day. A daily intake of 2,000 calories should be made up of no more than 65 grams of fat."

For reservists, that next weigh-in is always right around the corner. So you may want to look a little closer at your food choices to make sure your new low-fat lifestyle hasn't added a few unwanted pounds. □