

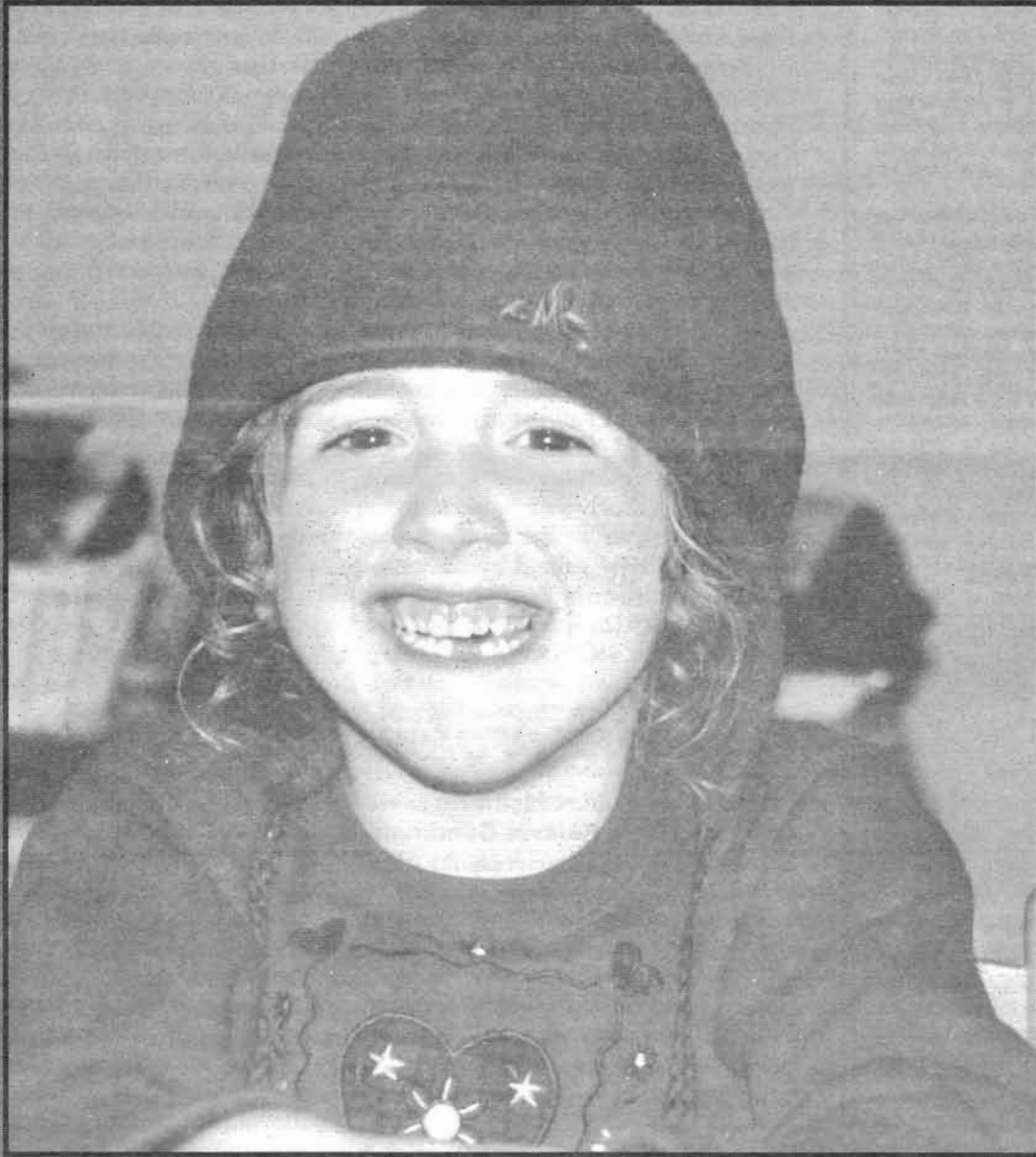
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U.S. AIR FORCE



# VIKING FLYER

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



(Photo by Tech. Sgt. Janet Byerly)

***Month of the military child***  
***(Pages 9-13)***

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(UPAR of the Year 1996)  
Master Sgt. Timothy Tamlyn - 934th CES  
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Staff Sgt. Shannon Armitage - 934th AW

## On the cover

Elena Byerly (5), daughter of Tech. Sgts. John and Janet Byerly, 934th Airlift Wing, welcomes April, "Month of the Military Child." See special military parenting features, Pages 9-13.



(Photo by Tech. Sgt. Janet Byerly)

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## Commentary

# Finale to 'musical chairs'

## *Superficial changes only in creating 'seamless airlift'*

by Col. Michael Gjede  
wing commander

**A**s you read this issue of the *Viking Flyer*, most of the command structure of the 934th Airlift Wing has traveled to our first commander's conference at 22nd Air Force, Dobbins Air Force Base, Ga.

As part of the Air Force restructure, the wing left 10th Air Force, Naval Air Station Fort Worth Joint Reserve Base Carswell Field, Texas. That was where most C-130 units were assigned prior to the move from Air Combat Command back to Air Mobility Command on April 1. Listening to the desires of the C-130 wing commanders, the senior leadership of Air Force Reserve Command decided rather than distribute the wings geographically as we were the last time in AMC, we would be kept together and placed in 22nd Air Force.

As for our gaining major command, it's still pretty much geographic, with the Mississippi River as the dividing line. The 934th is now gained by the active duty's 15th Air Force, Travis AFB, Calif., along with the 302nd AW, Peterson Field, Colo.; and the 440th AW, Milwaukee,

Wis., which is an exception to the "river line."

Speaking of major commanders, on Feb. 17, Air Force Chief of Staff Gen. Ronald Fogleman officially changed the status of the Air Force Reserve to a major air command called Air Force Reserve Command, or AFRC. Fortunately, we have been treated by the active Air Force as though we were always a major command for years, but now it's official.

The change to AMC from ACC will probably bring about noticeable cosmetic changes. Letterhead, patches on uniforms and the tail flash on our aircraft will all change. Some Air Force Instructions will change, but many are now multi-command.

Again, these are superficial, cosmetic changes. They're important because this is our identity, and that instills pride and camaraderie. However, what doesn't change is the outstanding, professional manner with which we accomplish our mission.

The same great people are still doing the same great job. We just report to different headquarters and wear a different patch. □

## *Consider professional associations*

by Maj. Gen. Robert McIntosh  
chief, Air Force Reserve Command,  
commander, Headquarters AFRC

**A**ir Force reservists are encouraged to participate, join and be active in professional military associations. Under the Joint Ethics Regulation, the Air Force is prohibited from any stated or implied endorsement of a particular military association.

However, the Air Force and military organizations frequently communicate on a host of topics of mutual interest. Their efforts have, on many occasions, resulted in increased public understanding and support of the Air Force's mission and needs.

I encourage Air Force reservists, enlisted and officer, to participate in professional military organizations and associations. The Joint Ethics Regulation allows members to participate in their personal capacities.

While joining a military organization is a personal decision, I believe it is another way for a reservist to continue his or her professional development while enjoying the social and educational aspects of the organization. □

UTA schedule		
May 3-4	Sept. 6-7	April UTA pay should be deposited by: April 15.
June 7-8	(Family Day,	
July 12-13	Day,	
Aug. 23-24	Sept. 7)	

World

**New defense secretary sworn in**

The Quadrennial Defense Review is not about defending today's force, said Army Gen. **John Shalikashvili**, chairman of the Joint Chiefs of Staff. It's "what kind of a force can we build, or should we build, in the future. It's also a question of what kind of a force will be out there in the future that we can afford."

He said the QDR, scheduled for completion in May, was a thorough review of the nation's military strategies, major defense programs and force structures. This may result in requiring the military to cancel or change certain programs the nation now has, he said. (AFNS)

**Wing 'brieflets'**

On the occasion of the Air Force's 50th Anniversary, Air Force officials want to remind members how important dress and personal appearance are to the service image.

A recent Headquarters Air Force message stated, "While the public perception of the Air Force is a primary concern, upholding the standards of grooming and uniform wear also influence how we function as a fighting force."

The message said the force is under constant scrutiny, so "Air Force members should display the discipline in behavior and appearance that inspires confidence in our ability to get the job done." It concluded by asking people to "take pride in our appearance through proper uniform maintenance and grooming practices."

Women's new uniform items also have prompted reminders:

- ♦The women's long- and short-sleeved blouse with fly-front closure and rounded collar is now obsolete.
- ♦The new "bucket" hat, now all navy blue instead of white with navy bill and trim, may be worn as soon as available. The hat is mandatory for field grade officers, worn with clouds and darts on the bill, and optional for junior officers and enlisted. As before, the large-size hat insignia is centered on the front. Officers wear the insignia without the circle; enlisted, with the circle.
- ♦The new, additional mess dress blouse may be worn in place of the current pleated, ruffled blouse as soon as available. Cufflinks and studs are optional. (HQUSAF message, AFNS)

**Brief briefs ...**

- ♦The Air Force has appointed **Chief Master Sgt. Carol Smits**, Air Force Reserve Command senior enlisted advisor, as a new military representative to the Defense Advisory Committee on Women in the Services, or DACOWITS, effective May 1. One other Reserve representative is **Col. Betty Mullis**, commander of the 940th Air Refueling Wing, McClellan Air Force Base, Calif.
- ♦The **Team Spirit** exercise has been cancelled this year by the Republic of Korea and the United States. The decision was made considering the recent overall security situation in Korea.
- ♦**Court-martial charges** have been preferred against the Air Force's first female bomber pilot, **1st Lt. Kelly Flinn**, 23rd Bomb Squadron, Minot Air Force Base, N.D. She has been charged with adultery, conduct unbecoming an officer, failure

to obey a lawful regulation (fraternization), failure to obey a lawful order and making a false official statement.

♦The first-ever **U.S. Air Force Marathon**, in celebration of the Air Force's 50th Anniversary, will be run at Wright-Patterson Air Force Base, Ohio, on Sept. 20.

♦**Col. John Miller**, 916th Air Reserve Wing, Seymour Johnson Air Force Base, N.C., has been selected for the "Best Commander Support of Public Affairs" for Air Force Reserve Command. This new award, established by Secretary of the Air Force **Sheila Widnall**, chooses one commander from each major command who has "clearly demonstrated their leadership in public affairs." (OSAF message)

♦Vermont's **Maj. Gen. Martha Rainville** has become the first female National Guard adjutant general after election by the state legislature. Vermont is the only state to elect its adjutant general. In other states, the governor makes the appointment. (AFNS unless otherwise noted)

**Base phone numbers changed**

Local

Especially for family members, don't forget all on-base phone numbers changed last month! Be sure to ask your reservist for his/her new extension.

All prefixes are now 713, not 725, and all 934th extensions start with either 1 or 3. Also, the base DSN prefix for government calls is now 783. Here are some numbers to note: emergency, Ext. 1911; base operator, 713-1000.

**Family readiness on the move**

- ♦The 934th Family Readiness Program should be moving into its new facility, along with Omega Travel, sometime in May. The building is located across the street from the Base Exchange, where the old Four Seasons Store used to be.
- ♦A Teddy Bear Basket Auction and 934th FRP volunteer recognition event is being planned for the June Unit Training Assembly.
- ♦Recipes will be accepted for the wing cookbook through April UTA.
- ♦For further details, call family readiness, Ext. 1516.

**VA Medical Center conducting study**

Healthy men are sought for participation in a study of cognition and brain functioning, conducted by the Minneapolis Veterans Administration Medical Center. Participants will be paid, and requirements include being between the ages of 18-56, and no history of mental/emotional disorders or chronic physical disorder. Call (612) 725-2000, Ext. 3195, for further information. (VAMC) □

**Surfin' the VF**

- 6-8** No 'April Fool': reservist survey results
- 9-13** Month of the Military Child features
- 15-18** More member honors



# Natural, cultural preservation

## Base must consider variety of Earth's resources in daily business

by Joanne Bentley  
environmental engineer

**W**hen hearing the word "conservation," you may think of the "Conservation Corps" of the Roosevelt era, or the "energy conservation" drive during the Carter administration.

Conservation, as defined in the context of the Air Force environmental quality program, however, speaks to conservation of the natural and cultural resources entrusted to us. Good stewardship of these resources requires effective environmental planning in addition to regular caretaking responsibilities.

### Start a paper trail

The first step to ensure consideration of natural and cultural resource conservation in a project or program is the Environmental Impact Analysis Process.

In the earliest planning stages, EIAP is initiated with an Air Force Form 813, Request for Environmental Impact Analysis. This process documents potential consequences of the proposed actions and recommend alternative actions where warranted. A recent, local example of this is the planning of the new storage facilities on the prairie restoration site. Through the EIAP planning process, a mitigating action was identified to plant equivalent prairie for that which will be lost in the construction project.

### Where dinosaurs roamed?

One of the more interesting aspects of the 934th Airlift Wing conservation program is the cultural resource survey recently completed for the installation.

The purpose of the survey was to identify and evaluate all cultural resources within the installation boundaries. It included an archaeological survey and an architectural evaluation considering installation property from prehistoric time.

The survey concluded there were no facilities eligible for the National Register of Historic Places. A portion of the property in Area D, however, occupied by the Air National Guard, has the potential for containing buried archaeological remains because of its proximity to Fort Snelling.

As a result of these findings, whenever there is ground disturbance below the 12-inch mark in Area D, the area is evaluated for the presence of archeological artifacts. These artifacts could include bone, purple



glass, square nails, pottery, flakes or tools.

All findings of the survey and future discoveries are coordinated with the State Historic Preservation Office.

### Not just birds and bees

Although, on the surface, natural resource conservation may mean birds, bees, flowers and trees, the 934th program includes management of wetlands, floodplains, threatened and endangered species, grounds and pests.

Like most environmental programs, management of these resources is mired in regulation and legalese. Although much of the planning and documentation required by these programs means paperwork, it is easy to develop a sense of responsibility for these resources when surrounded by so many "natural resource neighbors."

Despite being at the airport in what is considered an industrial setting, the installation has several parks within short distance. These include Fort Snelling State Park, Minnetonka Park, Woodlake Nature Center and the Minnesota Valley National Wildlife Refuge.

Base environmental people work closely with park managers to ensure conservation of our natural resources. Management philosophies should remain consistent to continually improve and encourage habitat for nature's wonders. □

## Recycling bin 'spot check'

Fluorescent light bulbs are regulated as hazardous waste and must be turned in to base environmental engineering. Cardboard boxes must always be flattened. Scrap metal is collected in the large bin by Bldg. 735 "on the hill."

— Doug Yocum

Building	Area	Items Found
710	Aerial port	Fluorescent light bulb, scrap metal
711, 716	Lodging	Cardboard, cans, plastic bottles
744	Civil engineers	NONE!
745	Transportation	NONE!
750	Security police	NONE!
755	Base Exchange	NONE!
760/761	HQ/Communications	NONE!
801	Supply	Paper
807	NCO/Dining hall	Cardboard, paper, cans
812	Boiler plant	Cardboard
821	Hangar	Newspapers
822	Aircraft maintenance	NONE!
830	Life support	Paper (maps), phone book, cardboard
840	Aeromeds	Paper, cans □

# Foundation for military service

## *Moral traits find basis in simple credo, 'integrity first'*

(This is the first installment of a nine-part series on core values/competencies.)

**I**ntegrity forms the foundation of Air Force core values. The other values — service before self and excellence in all we do — depend on integrity first, according to senior Air Force leaders.

At the recently concluded long-range planning conference, the Air Force leaders reaffirmed their commitment to these core values for the service. The core values from "Global reach, global power" remain intact as part of the new Air Force strategic vision document, "Global Engagement: A Vision for the 21st Century Air Force." That vision calls for the integration of instruction in core values throughout Air Force training and education programs.

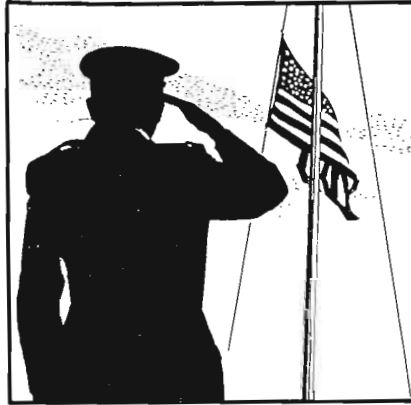
Secretary of the Air Force Sheila Widnall emphasized that "these core values represent the fundamental principles by which airmen, Air Force civilians and Air Force contractors must carry out their work and live their daily lives.

"They make the Air Force what it is," she continued. "They are the values that instill confidence, earn lasting respect and create willing followers. They are the pillars of professionalism that provide the foundation for military leadership at every level."

Air Force Chief of Staff Gen. Ronald Fogleman said, "These core values and the sense of community and professionalism they bring to our service are vitally important to the future of the Air Force."

That is why, he said, "Integrity is the bedrock of our core values. At the heart of our military profession has to be the idea that a person's word is his bond. If you're going to be in this business, if you're going to talk about the profession, you must have integrity."

The chief of staff stressed that, "In the Air Force; we don't pencil-whip training reports; we don't cover up tech



data violations, we don't falsify documents; and we don't submit misleading readiness indicators. The bottom line is we don't lie."

According to the new basic guide on core values, "U.S. Air Force Core Values," Jan. 1, 1997, integrity also covers other moral traits such as having the courage of one's convictions, creating an open environment within one's unit, treating people in a just manner, taking responsibility for one's actions and standing accountable for them.

In this regard, Fogleman said, "We're entrusted with the security of our nation. The tools of our trade are lethal, and we engage in operations that involve risk to human lives and national treasure. That's why integrity is so important to the profession we're in, and why the standards we are judged by must be higher than the society we serve."

The chief of staff said integrity is particularly essential for Air Force leaders if they expect their troops to execute the mission. He said, "When you ask young men and women to go and die for their country, when you are put in a situation where you make decisions that employ those people, it's essential that they believe you are a person of honor and integrity who has their best interests at heart."

The general said it wasn't long after he was commissioned that he came face to face with integrity issues in the real world. Based on that, he said, young

airmen and officers would do well to build upon integrity as a core value.

"That will give you a framework within which you can make decisions," Fogleman said. "Stay within that framework. Selfless service with integrity at the foundation will serve you well."

In a similar manner, the new basic guide emphasizes the need to not only teach core values, but to continually live and practice them in day-to-day activities in the field. (AFNS, "Must Run") □

### *What does integrity mean to you?*

“ Doing what's right, always. Integrity is looking in the mirror every morning and knowing I have matched my intent with what is good — what is right. Integrity is a foundation of ethics. Integrity in an organization creates a culture where there is genuine trust.

If a company or organization lacks integrity, how do they build a customer base? We — all of us —

are the core to the Air Force values. Integrity is doing what's right even when you know there is no one present to observe you.

Intrinsically, when you do what is right and no one is there to share the thoughts and actions with you, this is still one of the best feelings in the world: 'I did what was right, always.' ”

**1st Lt. Chris Kiraly-Thomas**  
Officer in charge, maintenance operation, 934th Logistics Squadron



**Kiraly-Thomas**

Fooled you!

How well do you know your fellow reservists? The *Viking Flyer* staff decided to have a little 'April Fool' fun



**Movies**

Base reservists top-five all-time favorite military movies are:

1. Top Gun
2. Stripes
3. Patton
4. Platoon
5. Tie: Kelly's Heroes  
M\*A\*S\*H\*

**Sports**



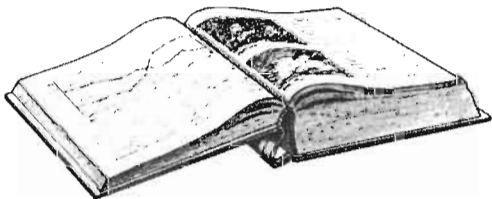
These are the top five sports 934th reservists enjoy watching:

- |              |          |               |            |
|--------------|----------|---------------|------------|
|              |          | 1 Football    |            |
| 2 Basketball |          |               | 3 Baseball |
|              | 4 Hockey | 5 Auto racing |            |

On the other hand, football falls from grace when it's time to play the top five participant sports:

- |        |           |              |              |
|--------|-----------|--------------|--------------|
|        |           | 1 Softball   |              |
| 2 Golf |           |              | 3 Volleyball |
|        | 4 Bowling | 5 Basketball |              |

**Leisure time**



compiled by Tech. Sgt. Janet Byerly and Cherie Huntington public affairs

An informal survey distributed recently by public affairs found nearly 300 reservists interested in playing along with a little April Fool's fun.

No rude pranks here, just some lightly-personal observations on the nature of the "beast," lurking around the corner, camouflaged in BDUs. Join in the tomfoolery and see if you'd guess the most popular responses to our questions! □

Appears blue suiters are quite the bookworms ... Here are your top five ways to relax, while you're at home or on the road for the Air Force Reserve.

**At home, sweet home**

1. Reading
2. Watching television
3. Watching movies/videos
4. "Putzing" around the house or garage, sitting outside, just relaxing
5. Napping/sleeping  
(In a tie for sixth were spending time on the computer and walking.)

**On a road trip for the Reserve**

1. Tie: Reading, Sightseeing
2. Socializing
3. Walking
4. Exercising
5. Golfing  
(In sixth place came television, while next came having a few drinks.)

**Hobbies**

The bookworm returns to usher in the top five reservists's hobbies.



1. Reading
2. Fishing/hunting
3. Computer/Internet
4. Woodworking
5. Listening to music

The staff's vote for the most unusual hobby listed? Demolition derby!

## Dud duds ...

Here's what 934th reservists dislike most about their military clothing .

1. Blues
2. Hats
3. Boots
4. BDUs
5. Tie: Flying scarf, necktie

## ... but we love you, BDUs

On the other hand, how could the hated No. 4 make it as the resounding favorite of the majority? And how can the No. 3 "boo to boots" also rate a No. 3 love note?

Here are your favorites:

1. BDUs
2. Parka
3. Boots
4. Flightsuit
5. Tie: Gor-Tex® jacket, T-shirts, hats

## Dropping a few pounds



When you're watching your weight, knowing the first sergeant's after you to go face-to-face with the scale, here's what most reservists say they usually do:

1. Walk
2. Run
3. Bike
4. Indoor fitness equipment
5. Aerobics

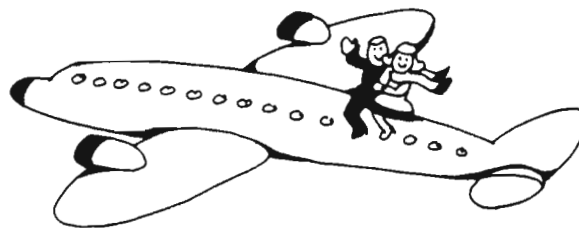


## Long commutes

Of the responding reservists, here were the ones with the most grueling commutes each Unit Training Assembly. We salute you!

1. **TEXAS:** Maj. Chris Lewis, 96th Airlift Squadron, 970 miles each way.
2. **NORTH DAKOTA:** Capt. George Rohrich, 934th Aeromedical Staging Squadron, 425 miles each way.
3. **WISCONSIN/Tie:** Master Sgt. Darrell Habisch, 934th Airlift Wing, and Tech. Sgt. Jeff Nyhus, 934th Logistics Support Squadron, 400 miles each way.
4. **MINNESOTA:** Staff Sgt. Janice Johnson, 934th Airlift Wing, 360 miles each way.
5. **NORTH DAKOTA/Tie:** Staff Sgt. Scott Brown, 934th Logistics Support Squadron, and Staff Sgt. Melissa Wright, 934th Aeromedical Evacuation Squadron, 350 miles each way.
6. **IOWA:** Senior Master Sgt. John Nirschl, 934th Civil Engineer Squadron, 245 miles each way.
7. **MINNESOTA:** Staff Sgt. Timothy Mikesh, 934th Communications Flight, 242 miles each way.

**ILLINOIS:** No one listed names, but we know where you're coming from — 350 miles away.



## Favorite travel locations

As expected, most people's favorite temporary duty locations were out of the continental United States, but U.S. favorites nabbed two of the top three.

### Hawaii

**Germany** (Rhein Main Air Base, No. 1)

**Alaska** (Elmendorf Air Force Base, No. 1)

**England** (Royal Air Force Mildenhall, No. 1)

### Panama

As for the No. 1 stateside location, reservists say that's **McChord Air Force Base, Wash.**

## Dream lunch

Heading to the Hennessy Trophy-winning Viking Inn for lunch, what gets the mouth watering most for 934th reservists?

1. Steak
2. To-go-lunch
3. Chicken
4. Holiday dinners
5. Turkey
6. Hamburgers

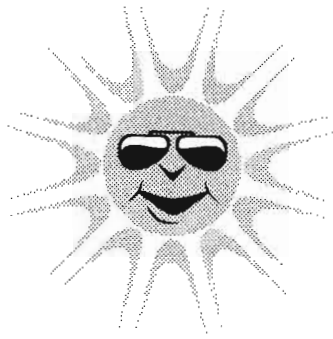
(And cooks, take heed: those burger lovers say they want burgers back on the short order line !)



(Continued, next page)

# No April Fool

(Continued from previous page)



## Hail, Minnesota

Whether you're a Minnesota reservist or a commuter from another state, there's no question what's No. 1 when it comes to choosing your favorite "Minnesota happening."

Minnesota State Fair  
Renaissance Festival  
Summer  
Fishing Opener  
Winter Carnival

## Near and dear

It appears most reservists prefer to bring along photos to remind them of family and home as they travel around the world on temporary duty — nothing else came close!

Photos  
Favorite blanket/  
pillow  
Calling card

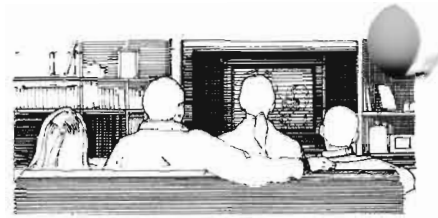
Though some reservists reported that their children insisted a favorite toy travel along, others said the kids always seemed to stow something in the suitcase:

"GI Joes I just happen to find in my make-up bag."

"I've found small dolls, cars and swimming suits in

my suitcase ... They make sure I remember them." Another reservist said he usually brings along something he can't help but feel close to: "My kid's cold."

The staff's vote for the oddest item: "My fur (cat clips)."



## T.V. fare

The wing appears to be a "fixer-upper" kind of place, as Tim Allen's comedy takes the win in reservists' favorite television shows.

1. Home Improvement
2. Tie: Seinfeld/ER
3. Star Trek (assortment, but Voyager held the lead)
4. X-Files
5. Frasier

## Favorite military benefit

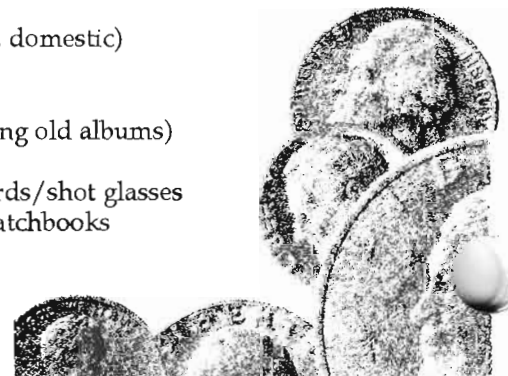
Right at the very end, Nos. 2 and 3 switched places — close call! And at a close six was Servicemembers' Group Life Insurance. But there seemed to be no doubt about the big winner.

1. Retirement
2. Pay
3. Travel
4. Base Exchange
5. Education

## Collections

Dozens of different collectibles made the list, including some unique ones such as vacuum cleaners, frogs, antique farm tractors, beer labels, deer antlers, rocking horses and the "Hot Wheels/Matchbox" cars of our childhoods. Here were the most popular:

- Coins (foreign, domestic)
- T-shirts
- Caps/hats
- Music (including old albums)
- Books
- Tie: Sports cards/shot glasses
- Tie: Mugs/matchbooks





## Salute to our 'junior GIs'



**T**hey're practically little soldiers, sailors, airmen and Marines in their own right — children of military members.

Whether we're talking about active duty or reserves, children sometimes

end up hurting most. Even though we explain where we're deploying, make lots of phone calls

home, send postcards and hope the kids find all the hidden "Hello, I love you" notes, sometimes a simple fact remains: mommy or daddy is gone, and a little heart feels the loss.

That's what April's "Month of the Military Child" represents — a special month to thank your brave, patient little airmen who support you in your demanding military career in the Reserve.

This section, through Page 13, focuses on military parenting issues. So here's a salute to all our junior GIs — and their citizen-airmen parents. □

## Single/single parent workshop

Family program focuses on needs of significant segment of base population

by Master Sgt. Tim Turner  
public affairs

**T**he 934th Family Readiness Program has always been a safe haven for single-parent reservists who need a helping hand, information about affordable assistance or the occasional shoulder to lean on.

Now the FRP is even more committed to providing resources single parents need with its new single parent workshop program.

Among the issues addressed at the first workshop in February were co-parenting after divorce, mediation and how single parents can have stronger relationships with their children, explained single mother **Tech. Sgt. Debra Pockat**, noncommissioned officer in charge of the FRP.

"We hope the workshops cover all the needs single parents here have," she explained. "You can't define a single parent based on the amount of time a child is with each parent. A single mom, for example, may raise her kids 90 percent of the time and dad gets the kids every other weekend — or vice versa. But they're both single parents facing the same type of challenges, such as finances, loss of separation from their children,

things like that."

The first workshop was conducted by members of the Catholic Charities of the Archdiocese of St. Paul/Minneapolis. Catholic Charities is a social service agency that provides a number of programs and services for people in need.

"They also have access to referral programs for single parents," said single mother **Tech. Sgt. Vicki MacGlover** of family readiness. "One charges for mediation services on a sliding scale based on income."

"Our goal is to offer a single/single parent program to our Department of Defense community on at least a quarterly basis," said **Patricia Botkins**, FRP director. "Each program would address issues affecting single parents."

She went on to say the workshops grew from a demand from 934th single parents to have a support program dedicated to their concerns. "There are nearly 100 single parents here," she pointed out. "That's about 10 percent of the base population. I have three single parents in my office alone."

**Master Sgt. Eric Baumer**, military personnel technician, attended the first workshop. Baumer has been a single parent for three years. He has four

children at home, ages ranging from 10 to 17.

"I went to add some ideas and to take some ideas," he said. "I've learned a lot from other single parents who have helped me, and if there's a way I can return the favor, I will."

Baumer is developing a questionnaire for single parents to determine their needs and what FRP can do to help. "The questionnaire will also solicit types of issues single parents would like addressed at the workshops, the best time on the UTA to hold the program and frequency," he said.

When asked what will ensure the workshop's success, Baumer said, "Single parents come in all different shapes, colors and stages of their 'single-parentness'. Ideally, the program will give single parents a forum for discussing common issues.

"But the workshop can only do so much," he continued. "All single parents here could also be involved in programs offered through their church or community, if they choose."

For more information or to sign up for the single parent workshop, call MacGlover or U.S. Marine Corps **Staff Sgt. Mary Crawford** in family readiness, Ext. 1516. □

# Single parenting, military style

*It's tough enough to be a single mom or dad. But throw in a busy military career, and you've got one of the toughest challenges of all.*

by Master Sgt. Tim Turner  
public affairs

**H**elping with homework. Making sure they're at the corner in time for the bus. Shuttle service from one school activity to the next. Little league baseball. PTA meetings. The cold and flu season.

It's tough enough raising kids when there are two of you. But ask many single moms or dads and they'll say parenting is a full-time job. They'll also tell you the ups outweigh the downs.

According to the 934th Family Readiness Program, nearly 100 reservists here, about 10 percent of the base population, are single parents.

For any single parent, balancing schedules between work on one hand, and kids' school and sporting activities on the other is akin to juggling porcupines. For three single parent reservists here, the juggling act is tougher on UTA weekends — plus all have a sizable commute.

"I live in Mazeppa, about 65 miles south of the base," said **Master Sgt. Karen Patnaude**, assistant chief of personnel systems and readiness with the 934th Mission Support Flight. In the summers, she drops her kids — **Kevin** (10) **Cory** (8) and **Colten** (3) — at her folks Friday night before the UTAs. "They live in Austin, about 50 miles farther south of Mazeppa," she said. "Then I drive home Friday night and get up about five Saturday morning to make it here by sign-in."

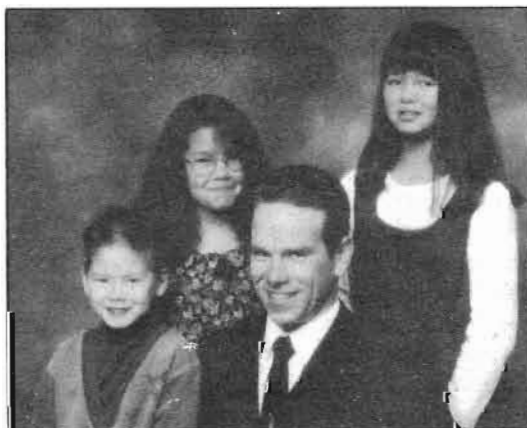
After sign-out on Sunday, she reverses the routine, except during the cold months. "My folks winter in Arizona, so when they're away I depend on friends, sitters and my fiancée Terry's family to watch the kids UTAs," she explained.



Patnaude



Above and right, Cory, Kevin and Colten Patnaude



From left, Jeremiah, Jennifer, Steven and Theresa Nicolai



Nicolai

**Master Sgt. Steven Nicolai**, pavements and construction operator, 934th Civil Engineer Squadron, has an equally daunting UTA commute. He lives in Wells, Minn., 115 miles south of the Twin Cities. On Fridays before the UTAs, Nicolai leaves **Theresa** (13), **Jennifer** (12) and **Jeremiah** (8) with his parents.

"They live in St. Clair, about 30 miles from Wells," he explained.

"Fortunately, it's on the way to the base. Then I pick them up Sunday evening."

Single parent **Master Sgt. Ann Hawkins**, medical service specialist with the 934th Aeromedical Staging



**Hawkins**

Squadron, lives in Watertown, Minn., about 40 miles west of the base. Her drive is relatively tame compared to Patnaude's and Nicolai's. But for three years, up until last November, Hawkins lived in Bemidji, finishing her nursing degree at Bemidji State. During UTAs, she would drive the 220-mile one-way trip with her son, **Jeremy** (11). He would stay with Hawkins' sister, who lives in the Twin Cities.

All the reservists say their kids have adjusted to mom or dad's long commute. They're also proud of the other adjustments their kids have made living with single parents.

"My daughters aren't wild kids," Nicolai said. "They do a lot of household chores, are very involved in school and sports. They watch Jeremiah when I work evenings at my civilian job. Theresa got straight A's on her last report card. Their behavior makes it easy for me."

Balancing family life during annual tour and deployments presents different priorities and challenges for the three single parent reservists. "I pull my annual tours on base to be near the kids," Patnaude explained. "I'd love to go somewhere for my two weeks, but it's my choice."

During Desert Storm, Hawkins spent two months in Spain with her unit. She left Jeremy with her sister. "I'm really lucky," she said. "Jeremy's not shifted around with babysitters or strangers during my annual tours or deployments — he stays with family. When I was in Spain, my sister even got Jeremy enrolled in swimming lessons."

Nicolai pulled seven weeks of duty last year. That training included preparing his shop for the Operational Readiness Exercise/Inspection. "My dad's retired, so he watches the kids when I'm on annual tour," he said. "I pay him, but it's not much — enough to cover the gas he burns driving from his house to ours."

Missing a child's activity is a regret all parents have but one that's exacerbated for many single parents at the 934th with UTA conflicts and TDYs. "Theresa and Jennifer are on the school basketball team and in band," Nicolai explained. "Last year I missed more than half their games and concerts because of UTAs and annual tours."

"Our whole family makes sacrifices," Patnaude said. "It's hard to explain to an eight-year-old that mom can't be at his birthday party because she'll be at the base that day."

The three single parents alleviate the disappointment of missed activities due to Reserve conflicts by ensuring their children are part of the 934th's extended family. "I bring Jeremy to Family Day," Hawkins said. "He's very proud of what I do. He tells his friends at school that his mom is a master sergeant. He doesn't know what it means, but he thinks it's cool."

Patnaude, Nicolai and Hawkins emphasize the need for a sturdy support group of family and friends to cope with the trials of single parenthood. "If it wasn't for my dad watching the kids on UTAs, I wouldn't be out here," Nicolai



**Ann and Jeremy Hawkins**



**Nicolai's parents, Ruth and Lyle, left, help take care of the children during Unit Training Assemblies and active duty tours.**

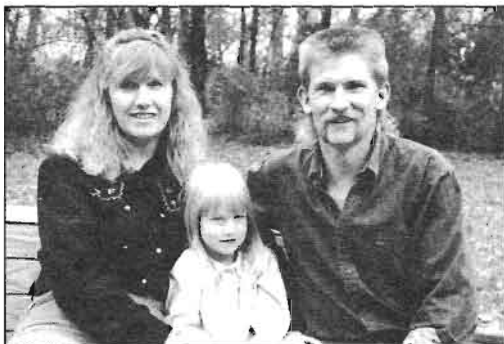
admitted. "I'd wind up spending my entire UTA check hiring a baby-sitter. It wouldn't be worth it."

"My unit has been very supportive about giving me a chance to work extra days to make ends meet," Hawkins emphasized. "I've seen some real messy situations with women I know who are single parents — messy divorces and custody cases. I'm the exception. And my family has always been there for me."

Despite the sacrifices inherent in the single-parent reservist, Patnaude, Nicolai and Hawkins don't intend to renounce their UTAs. "The Air Force is all I know," Patnaude said. "I've been in the military personnel career field on active duty and the Reserve for more than 15 years. It's what I do and it's what I know how to do." □

## Military Child

From left to right: Virginia, Kate and Steve Meyer



# Called by love

by Chief Master Sgt. Kent Erlandson  
934th Logistics Support Squadron

**H**ave you thought about having children but just aren't sure? Maybe you're already a parent of one child and are trying to decide if you'd like a second. What if you know you like kids of the "kindergarten" age but don't long for the "diaper-changing" age — what do you do?

One 934th reservist has found a "lending library" of sorts that has given her a chance to experience having more children of a variety of ages.

**Master Sgt. Virginia Meyer**, vehicle management supervisor in LSS, and her husband, **Steve**, thought a lot about having a second child. While they already have a daughter, **Kate (4)**, they just weren't sure if they wanted to repeat the infancy/diaper stage with a new child.

As the couple explored their options and feelings, they hit on the idea of checking out foster care — short-term care of children in need — that would not only help them in their decision-making process but also benefit someone else.

"Why do I do it? I feel sort of a 'calling' to do it," said Meyer, "to give the child a constant, routine home life, including the sense of safety and stability."

Meyer and her husband have been active in the Family Foster Care Program, which provides on-going foster care to children in need of temporary out-of-home placement when they can't remain safely in their own homes because of neglect or abuse. Besides those situations, Meyer explained, children can be placed in foster care if their parents are chemically dependent, mentally ill or otherwise unable to provide parenting. On-going care can last up to one year while services plans are developed and initiated to reunite the family unit and while families receive the help they need.

According to **Joan Becker** of the Scott County Human Services Division, applying for a foster care license is nearly as complex as going through the adoption process.

"There is an extensive background and criminal record check," Becker said. "The medical profiles are reviewed, since no communicable diseases are allowed. Their home is inspected by the fire marshal for safety purposes, including presence of

smoke detectors and fire extinguishers."

Candidates also undergo external reference checks, such as employers and schools. "We've found that people in the military fit in [the foster care program] very well," said Becker.

The Meyers have cared for children from the ages of 2 to 17. "We've had our current foster child, Tanya, for the longest length of time, about six months," Meyer said. "What we're trying to do with her is help her work toward getting ready to live on her own, starting on her 18th birthday. She's learning how to keep house, balance a checkbook, cook supper, be mobile and how to get a job. It's literally on-the-job training on how to live."

## Foster parenting answers this reservist's 'calling'

To teach Tanya to budget, for example, the Meyers "pay" her to go to school and do housekeeping chores, then they "charge" her for rent and meals.

"We work on building the level of trust with the foster child and use trust as a motivational tool," said Meyer, "while still letting her know she is safe in our environment... It's really neat to be able to see her learning the experiences of a normal teenager's life."

One of the tough parts of foster parenting can be dealing with children who have special needs, such as developmental disabilities or special emotional needs.

"We see the child's history and learn why they're in foster care," Meyer said. "We get to decide which ones we think we can handle. The kids have to get used to the household before they settle down. Our daughter, Kate, gets along well with most kids, but she had to learn how to get along, too. We had to provide her with a sense of security also, yet teach her how to share things."

Meyer said foster parenting can also present challenges in how to share the family's time, money and possessions. "It's a lot of work," she said. "It's not just 8-to-5 and then you go home. Sometimes we only get an hour or two advance notice before a child is brought to us, but if that's the case, the child would only stay up to 72 hours."

"There are other times when we have months go by with no foster children in the house," she continued, "and then we'll get them back-to-back for a while."

Meyer also explained that if a foster family wants to go on vacation, they can choose to bring the foster child with them or place it in respite care until the family returns. Furthermore, if Meyer is activated in the Reserve, Steve continues to care for the child, although the situation would be reevaluated depending on the Reserve requirement.

Foster parenting is no money tree, according to Becker, but care providers receive compensation determined by the age of the child and the degree of difficulty of care needed. "This isn't an income-producing activity," she commented. "[Foster parents] only receive payment to cover any maintenance costs."

With the motivation of love's "calling," as with the Meyers family, anyone interested in foster care may call Becker, (612) 445-7751/7750. □



# Parent-to-Parent

## Workshops present tools for keeping kids out of drug culture

by Master Sgt. Tim Turner  
public affairs

Last month, a group of Massachusetts teenagers overdosed on prescription muscle relaxants. Thirteen required hospitalization, with 10 in critical condition.

Newspaper reports said the pills were distributed at a dance meant to keep the teens off the streets. Most of the victims were teenage girls, ages 13 to 16. They were celebrating being chosen for the cheerleading squad.

Master Sgt. Eric Baumer, 934th military personnel technician and trained instructor in family drug prevention, can't help asking why it happened.

"I think they just caved into peer pressure," he said. "You wonder if their parents ever sat down with them and talked about drugs. Maybe the whole situation could have been avoided."

Baumer facilitates the 934th's Parent-to-Parent Prevention Program. The program helps prevent drugs from entering the families of Air Force reservists. Last year, Baumer attended a workshop at Headquarters Air Force Reserve designed to train Reserve parents to keep their kids off drugs. He then became a facilitator to share what he learned with other Reserve parents.

"The hope is that the facilitators would go back to their units and share what they learned with their co-workers and people throughout the community," Baumer explained.

Baumer is living proof the workshop "worked." Last year, he conducted the first Parent-to-Parent series here, and he's currently teaching the second. Baumer also facilitates the

program through his church.

The latest 934th series meets for two hours Sunday mornings of the Unit Training Assembly. It started in February and ends in May.

Participants watch a total of eight videos, two per UTA. The videos cover different aspects of how parents can communicate with their children about drugs. A group discussion follows each video.

"The videos make it real," Baumer said. "All parents have the same types of fears concerning drugs. Participating in this series helps jolt them out of their complacency and asks the question: 'Am I really providing the best environment I can for my kids?'"

"Parent-to-Parent brings reservists together and gives them a forum for

age eight isn't too early," he noted. "If you wait until they're teenagers, it could be too late. Those kids in Massachusetts were influenced by their peers and not their parents."

According to Baumer, the education goal of Parent-to-Parent is prevention versus dealing with a teen on drugs. "It's proactive intervention at an early age," he maintained.

The program doesn't just focus on hard drugs, however. "Tobacco and alcohol are just as severe for kids because they're gateway drugs — using them can lead to trying much worse substances," said Baumer.

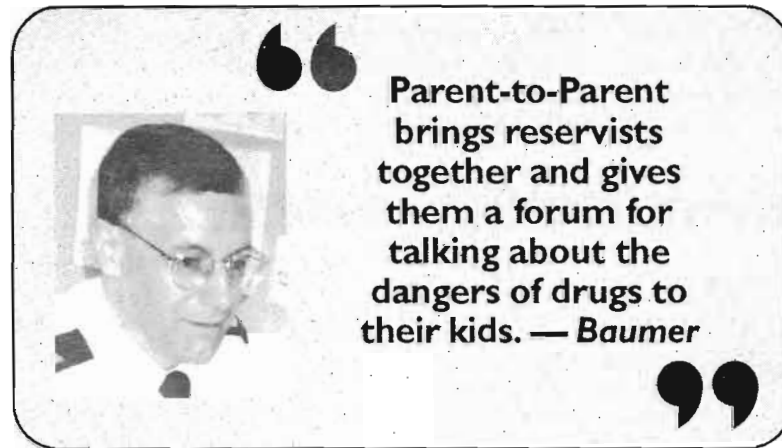
He went on to say that Air Force Reserve Command strongly supports the Parent-to-Parent program. "Maj. Gen. James Sherrard III, AFRC vice commander, is behind it 100 percent,"

he said. "Everyone at our command level wants it to succeed."

"They realize that a reservist who finds out his teenage daughter is having problems with drugs, for example, is going to have a hard time focusing on his job," he continued. "The hope is that program helps parents work through some difficult times with their kids."

The drug education facilitator practices what he preaches. "I'm a single parent with nine kids, four of whom are still at home," Baumer said. "I've talked to my kids about drugs. Whether you're a single parent or there are two of you, you should set aside one evening a week to really talk to your kids. Turn the TV off and have a conversation with them. You'll be surprised how much you'll learn."

For more information on the 934th Parent-to-Parent Prevention Program, call family readiness, Ext. 1516. □



Parent-to-Parent brings reservists together and gives them a forum for talking about the dangers of drugs to their kids. — Baumer

talking about the dangers of drugs to their kids," he continued. "Statistics show that parents who talk with their teens dramatically increase the chances they'll stay drug-free.

Baumer said the best starting time may be earlier than you think.

"You really need to start the dialogue when your kids are pre-teens;

# Surveys say ...

## ... 'Give us more live entertainment'

by Cherie Huntington  
public affairs

**M**ore live entertainment heads to base service clubs here after a successful survey conducted in December by the 934th Services Division.

According to **Sonya Link**, services' marketing director, the 934th had a 40 percent return rate for the survey, which was her first major project after her selection for the new marketing position last fall.

"We sent out a total of 6,000 surveys," Link said. They went to all club members, which included people



Link

from all branches of service plus retirees, as well as most Army, Navy, U.S. Marines and Air National Guard units in the area.

"This was a great return for the 934th," she said. "People put down good comments. We took time to read every comment, and some we kept for possible future use. We've added a lot of services because of those comments."

Many respondents asked for such activities as live entertainment and bingo, so both clubs now feature more of both.

"We have more live entertainment, such as the comedy night we had at the NCO Club last Unit Training Assembly," Link said. "This was quite successful, so we're planning another for this summer, plus one at the Officers Club."

She added that an assortment of live bands are being lined up, including rock and country-western bands. She also wants to see more events planned for the NCO Club on drill weekends for

the Reserve and Guard.

Coming up with creative ideas seems to be Link's primary mission. "Bringing in events is pretty much what I'm paid to do!" she said. "Before, our managers had to do it all."

More special events such as an Air Guard Appreciation Night last month are also in the works. "We're planning a Retiree Recognition Night, maybe in May or June," said Link. "This might be a formal event for all retired members."

Another survey is planned for later this year, but in the meantime, customers are encouraged to use the comment card boxes located in each services facility, according to Link.

"The whole reason for doing the survey was to find out what people think," Link said. "That's why we're here: to benefit the people. And we're not benefitting you unless we're doing things you like." □

## ... Finance is 'on the money'

by Mark Davidson  
public affairs

**M**ike Burgess and financial management division members must have felt like the well-known washing machine repairman — the loneliest guy in town. This concerned them when it came to customer service.

"We don't see many people anymore due to the new technology in finance over the last few years," said Burgess, 934th comptroller. "The government credit card has taken away the need for advance pay, and the electronic funds transfer takes care of the pay and travel voucher money."

In the past, people came to the finance office and gave Burgess and his people indications of how they were serving their customers through formal or informal conversations with finance people, according to Burgess. But new technology took away that primary source of customer feedback.

"I put together a survey to get customer feedback and distributed it to civilian and military members during the January Unit Training Assembly as part of my quarterly



Burgess

comptroller fact sheet," said Burgess.

Survey questions dealt mainly with the areas of military pay and travel services for reservists. The civilian portion dealt with civilian pay.

Approximately 25 percent of randomly-selected civilians and Reserve members received a survey.

"I got back 23 percent of the surveys I sent out," said Burgess, and added he was pleased with what they revealed about the comptroller staff's work.

"I knew my people were doing a great job, and the survey confirmed it," said Burgess. "We scored very high in all areas of customer satisfaction with our work."

There were some negative comments about telephone etiquette that Burgess and his staff will address through local training.

"With finance, it's 'customer service first,'" said Burgess. "We'll keep improving on the way we serve and treat our customers." □

**Viking Victors:**

# Reserve-level winner, new commander



## *Staff Sgt. Scott Terpening*

**Honor:** Air Force Reserve Command Outstanding Combat Arms Training and Maintenance Airman 1996. Now competes against Air National Guard at Air Force-level competition.

**Unit:** 934th Security Police Squadron.

**Education:** Associate's in electronics, Technical Careers Institute, Conn.; associate's in aircraft electrical, Community College of the Air Force; working toward associate's in combat arms, CCAF.

**Hobbies:** Woodworking, shooting, spending time with the kids.

**Civilian occupation:** Director of quality, Amcom Corporation, Eden Prairie, Minn.

**Goals:** "I have more than eight years

in combined active duty and Reserve, and I want to stay in as long as I can, achieve chief master sergeant and retire."

**Family:** Wife, Kelly; daughters, Katherine (4), Kimberly (3); twins Emily and Jamie (6 months); live in Elk River, Minn. Born and raised in Newburgh, N.Y.

**Comments:** "My military experience and training has helped me in the civilian world, and as my military career progresses, so will my civilian career. I owe thanks to my family, who is very supportive; my supervisors, for their training; and my employer for his understanding." □

## *Capt. Vince Lupo*

**New position:** Commander, 934th Logistics Support Squadron.

**Job responsibilities:** "To set the tone, then provide the support to fully empower the 'top three' [master sergeants through chiefs] within the squadron."

**Education:** Bachelor's in business administration, Ohio State University, Columbus, Ohio; master's in business administration, Central Michigan University, Mt. Pleasant, Mich.

**Hobbies:** Federal Aviation Authority-certified flight instructor, scuba diving.

**Civilian occupation:** U.S. Postal Service.

**Goals:** "To get the money, manpower and facilities needed to move the unit into the 21st century. Focus is on training and technology."

**Family:** Two children, Kimberly Jo (7) and Joseph Paul (4); live in Eagan, Minn.

**Comments:** "It would be great to claim that I, alone, can turn the 934th LSS into an outstanding unit — not true, it's already outstanding! I'm very proud to be a part of this tremendously successful squadron." □



*Viking Victors:*

# Wing's top first sergeant, junior officer



## *Senior Master Sgt. Patricia Boettner*

**Honor:** 934th First Sergeant of the Year 1996.  
**Unit:** Serve as first sergeant for both the 934th Mission Support Flight and wing headquarters section.  
**Education:** Graduate this June from Metropolitan State University, St. Paul, Minn., with bachelor's in business administration.  
**Hobbies:** Golf, reading, billiards.  
**Civilian occupation:** Budget officer, 934th Airlift Wing, Financial Management Division.  
**Goals:** "To make sure more individuals in my unit are recognized through the awards program this year. I'd also like to improve my golf game — could be an impossible goal to obtain!"  
**Family:** Husband, David; live in Blaine, Minn.  
**Comments:** "Being a member of the 934th Airlift Wing for the past 17 years has been a great experience for me. I consider myself fortunate to have had the opportunity to work with and learn from such a hard-working and dedicated group of people." □

## *Capt. Maureen Chevalier*



*Chevalier*

**Honor:** 934th Airlift Wing Junior Officer of the Year 1996.  
**Unit:** 934th Aeromedical Evacuation Squadron.  
**Job responsibilities:** Flight clinical coordinator, assigned to aeromedical evacuations operations team following 10 years as a flight nurse and flight instructor.

**Education:** Registered nursing degree, South Dakota School of Mines and Technology; Rapid City Regional Hospital School of Nursing.  
**Hobbies:** "Who has time for hobbies? I enjoy waterskiing, downhill skiing, sewing and quilting."  
**Civilian occupation:** Registered nurse, surgical intensive care unit, Veterans Administration Center, Minneapolis.

**Professional organizations:** Reserve Officers Association

**Goals:** "To further development and implementation of the flight clinical coordinator program and its integration into the flying program."

**Comments:** "I'm honored to have been initially nominated for this award by my peers and would like to thank my commander for her outstanding support in this process. I work with great people at the 934th AES, and all of them deserve this award."

**Family:** Husband, Mark, orthopedic surgeon, Park Nicollet Minnesota; children, Dylan (4), Arianne (2) and Renner (1 month); live in Prior Lake, Minn. □



*Chevalier, second from right, and her family, from near right: Arianne, Renner, Mark and Dylan.*



## Superior performers

**I.G. Support Team provided elbow grease to keep behind-the-scenes action smooth**

by Staff Sgt. Larry Dean  
public affairs

**F**lexibility and a "can do" attitude are two of the many prerequisites for members of a team who are ready for a wide range of taskings in a moment's notice.

These two traits seemed apparent in the successful Inspector General Support Team providing administrative support for the team at Volk Field, Wis. The team was lauded as one of the 934th's Superior Performance Teams.

The team included Master Sgt. Ed Johnson and Tech. Sgt. Sonja Fisher, information management; Tech. Sgt. Sally Poindexter, mission enhancement; and Staff Sgt. Vicki Kuntz, plans. Another six individuals served as casualties during various scenarios and three photographers to document the inspection.

"The inspectors expect their support staff to deal with any situation that arises as if you've worked with them for years," Poindexter said. "They don't have time to spell things out for you. That's why it's so important that the support team is able to just jump in and get the job done in any situation, keeping their bearing because of the protocol involved, and remaining flexible and willing to get the job done in the best way possible."

The team worked directly for the inspectors, handling administrative and logistical requirements, such as



Photo by Staff Sgt. Robert Walz

**From left to right: Master Sgt. Ed Johnson, Tech. Sgt. Sonja Fisher, Tech. Sgt. Sally Poindexter and Staff Vicki Kuntz**

arranging for lodging and vehicles. This involved working with vehicle leasing outlets in the Twin Cities and Eau Claire, Wis., to make sure that around 80 cars and six vans were available.

Poindexter explained that while some of this work was accomplished prior to the inspection, there were also many short-notice requirements the team handled.

"Inspectors arranged to have people from other units participate in attack scenarios, including aircrews and paratroopers who needed accommodations for crew rest periods before returning to their home base," she said.

"This was a good inspection team to work for," Poindexter continued, "and we had a good support team to handle all their needs ... That's why the people on this team needed to be flexible and able to think fast and get the job done when the inspectors asked for our help."

She said that the team also assisted by coordinating pickup and delivery of the many photographs taken, which were sent offbase to a contractor for printing and then returned for distribution to any of the 140 inspectors for use in the outbriefing.

They also contracted for and/or obtained equipment such as radios, copiers and fax machines; set up equipment used for the outbriefing; contacted key players to convey meeting times and locations; coordinated the shuttle bus schedule from the base to nearby airports and the local hospital; typed reports and provided clerical assistance; and even shopped for groceries to get the food supplies the inspectors needed for meals.

Poindexter said her favorite part of working on the support team was seeing how everything came together after all the coordination.

"At times, things went so smoothly you couldn't help but worry that something would go wrong," said Poindexter, "but it also showed us how much we learned from the prior Readiness Assistance Visit ... It was a great experience where you could see the results of your efforts." □



Marissa



Matthew



Christopher

## Family readiness selects volunteers of the month

by Patricia Botkins  
family readiness program director

**A**pril is Month of the Military Child, and we'd like to salute three of our youngest volunteers. They are reservists' children who have volunteered at the 934th Family Readiness Office during the past year.

**Marissa Pockat** (10), is the daughter of **Tech. Sgt. Debra Pockat**, who is the noncommissioned officer in charge of the Family Readiness Program. She joined her mom on Unit Training Assembly weekends, and after she finished her homework, she volunteered for family readiness. She made approximately 60 of our flag pins, sold as a fundraiser by the Friends of Family Readiness Volunteer Program.

She also stuffs envelopes and helps get our quarterly FRP Update mailed. During some of our special events, such as the spring festival, she has painted faces and helped her mom with the Operational Readiness Inspection/Holiday Party children's activities.

Marissa loves the outdoors, cross-country skiing, ice fishing and bike riding. She helps her mom in the garden. She plays the viola and clarinet, and she plans on joining the Air Force and becoming an officer when she grows up.

Our other young volunteers we'd like to recognize are **Matthew** (9) and **Christopher** (7) **MacGlover**. Their mom is **Tech. Sgt. Vicki MacGlover**, who is another member of the family readiness team. Matthew and Christopher love to come to work with their mom. They helped stamp Halloween goodie bags for the ORI and decorated the hangar for the ORI/Holiday Party. They also help prepare the FRP Update for mailing, traveling up and down the stairs with boxes of newsletters.

They both enjoy building with (K'nex), science/nature projects and going to the rodeo with their mom. Vicki said they are already budding entrepreneurs, making special crafts to earn money.

We'd like to thank our youngest volunteers — they've helped with special projects and cheered us with their smiling faces! □

## Medals

**Meritorious Service Medal**  
Col. Donald Anderson  
(1 Oak Leaf Cluster), AW  
Maj. Deborah Buonassisi, AW  
Maj. Jeffrey Foster (Retired,  
2 OLC), AW

## Air Force Commendation Medal

Staff Sgt. Robert Arkulary,  
MXS  
Maj. Charles Peters, AW  
Staff Sgt. Steven Williams, SVF

## Honors

Maj. **John Rudin**, formerly commander of the 934th Logistics Support Squadron, has



Rudin

been selected as commander of the 934th Operations Support Flight.

## Reenlistments/Extensions

Staff Sgt. Crealeo Alverio, APS  
Master Sgt. David Angerman, CES  
Master Sgt. Elizabeth Axtman, ASTS  
Staff Sgt. Daniel Bergin, SPS  
Senior Airman Jeremy Bethke, CES  
Senior Airman Sean Conway, APS  
Staff Sgt. David Fisher, AS  
Staff Sgt. Dawn Flipp, OSF  
Tech. Sgt. Kenneth Gillette, MXS  
Sgt. John Jarel, SVF  
Airman 1st Class Christopher Johnson, ASTS  
Senior Airman Daniel Johnson, ASTS  
Staff Sgt. John Jones, LSS  
Master Sgt. Richard Karpinski, AS  
Staff Sgt. Casey Keller, LSS  
Staff Sgt. Chad Kent, AS  
Tech. Sgt. Lorraine Klein, MXS  
Staff Sgt. Manfred Kunoff, MXS  
Senior Airman Warren Lawrence, CES

Staff Sgt. Michael Leary, SVF  
Senior Airman Todd Littfin, AW  
Master Sgt. Brian Lloyd, SPS  
Tech. Sgt. Thomas Martin, AS  
Senior Airman Jess McKnight, LSS  
Staff Sgt. Richard Morrin, MSF  
Tech. Sgt. Harold Naatz, CES  
Tech. Sgt. Jeffrey Nyhus, LSS  
Staff Sgt. Eric Ortiz, CF  
Staff Sgt. Ian Owen, AS  
Senior Airman Darin Pederson, LSS  
Master Sgt. David Pogatchnik, ASTS  
Master Sgt. Randy Polansky, CES  
Tech. Sgt. Steven Priebe, APS  
Tech. Sgt. Ronna Puck, SVF  
Staff Sgt. Robert Rivard Jr., SPS  
Tech. Sgt. Ralph Rundquist Jr., MXS  
Staff Sgt. Orrin Schmidtbauer, LSS  
Master Sgt. Adan Sylva, APS  
Staff Sgt. Marian Smith, AES  
Staff Sgt. Patrick Smith, CES  
Master Sgt. Timothy Turner, AW  
Tech. Sgt. Kenneth Weber, C  
Master Sgt. Michael Webster, APS

## Births

Maj. **Doug Trogstad**, AW, and his wife, **Shelley**, have a new son, **Jeremy Dale**, born March 3, weighing 4 pounds, 15 1/4 ounces.

## 'Taps'

**Master Sgt. Charlie Hiebert**, who retired from the 96th Airlift Squadron in 1987, lost his battle with cancer Feb. 14. Interment was at Fort Snelling National Cemetery.

Hiebert was chief of administration with the 96th for more than 25 years. Prior to 1981, he did all orders for the entire wing — with no computers. He was Civil Servant of the Year for three years.

He was preceded in death by his daughter, **Laurie Snesrud**. He is survived by his son, **Tom**, and wife, **Tracy**, of Burnsville, Minn., and four grandchildren. □



## Run for your life from 'plastic monster'

by Tech. Sgt. Janet Byerly  
public affairs

**A** large part of financial health is based on how well you handle credit. If you ever figured out how much you paid in interest charges each year, you'd see how damaging credit can be — and how it really detracts from the bottom line.

**Tech. Sgt. Debra Pockat**, financial examiner for the Wisconsin Office of Credit Unions and 934th Family Readiness Program noncommissioned officer in charge, offers advice on how to handle credit and improve financial health. (For more information on cash flow and debt troubles, see last month's *Viking Flyer*.)

### ♦Why do we get in trouble with credit?

Our mentality as a society is the "me" society. "I deserve this." "I need this." "I should have it." You can justify anything. People don't see beyond the amount of money and what they can do with it. They don't see the future

when they have to pay the money back. They don't consider how much they'll pay in interest. It's a short-lived euphoria.

Another reason people get in trouble with credit is because they don't set aside money for emergencies. If you know you'll need new tires on the car in the next year, divide the cost into monthly amounts and set that money aside in a savings account. Then when the expense comes up, you're prepared. Most people end up putting it on a credit card because they don't have an emergency fund in place.

### ♦What are your thoughts on the government credit card — and credit cards in general?

With the government credit card, it needs to be stressed that the card is only to be used for Reserve-related expenses. Some reservists are under the impression they can use it as they would any credit card, but that's not the case.

Credit cards in general: if you have one for emergencies, fine. You're always better off setting the money aside in advance and not using a credit card at all. Credit cards are dangerous. They're so easy to get. If you see a credit card offer that's been mailed bulk rate, and it's pre-approved, tear it up and throw it away. Who needs a pile of cards? The big key is not to lie to yourself. Do you need a card? If you don't have it, you won't use it.

### ♦What steps can anyone take to cut the costs of the debt they already have?

If you have a credit card and continually carry a balance, find a credit card with no annual fee and a low interest rate. Local publications, as well as magazines, often publish lists of where you can get the best rates.

Try to make extra payments so you can reduce the debt as quickly as possible. In the end you will save a lot in interest charges. Make biweekly mortgage payments. Check out a good reference book at the library for other ways to save money.

### ♦Is it a good idea to consolidate your debt and get a home equity loan?

If you itemize on your taxes, yes, a home equity loan can be a good idea because in most cases the interest is deductible. For those who don't itemize, it's not a good idea because the interest rate is generally higher than a standard loan, and since it is a second mortgage you stand to lose your home if you fail to pay the loan back.

It pays to shop around. Definitely know who you are banking with. You need to feel comfortable and trust what they're telling you because if you don't read the fine print, you could be putting yourself and your home at risk. □

## Services Briefs

### ■ Officers Club happenings

The Fort Snelling Officers club will feature **Comedy Night** on Thursday, April 10, from 8-10 p.m.

There will be **live music** from the Ivory Keys, a Las Vegas-style show band, on Friday, April 11 and 18, from 8-11 p.m.

Both the Officers and NCO Clubs will have a **Secretary's Day lunch special** on Wednesday, April 23, from 11 a.m. to 1 p.m.

☎ For Officers Club dinner reservations, call 713-FORT.

### ■ NCO Club action

The NCO Club will offer the **Patty Manning Variety Show**, Friday and Saturday, April 4-5, from 8 p.m. to midnight.

☎ For NCO Club dinner reservations, call 713-1655.

### ■ Around recreation services

Here are the March 1 **bowling**



**competition scores:**

**First Place:** Loadmasters, 2503. **Brad Cooper, Mike Gilbert, Frank McKay, Randy Olson, Brian Winters.**

**Second Place:** Maggie's Raiders, 2361. **Tom Arneson, Tony Kubat, Maggie McGill-Zinny, Marty Miller.**

**Third Place:** No Names, 2187. **Ed Johnson, Mark Johnson, Tom Linster, Vince Lupo.**

**High Game/High Series Male:** **Brian Winters, 261/629. Female:** **Sharon Lehmyer, 173/454.**

**Lowest Score Male:** **Richard Grewe, 76. Female:** **Christina Kline, 61.**

**Lowest Team:** 934th Logistics Support Squadron #9, 1884. **Rose Heimerl, Kent Johnson, Terry Studaugson, Michelle Szydel.**

**May Fitness Month** activities will include softball, volleyball, bench press tournament and the 4th Annual Herk Hustle 5K Run/Walk. Also, softball league play begins in May.

**Classes:** A free, basic boxing class will be taught at the fitness center on Tuesdays and Thursdays, 6-7:30 p.m. Also, a four-week martial arts class will be offered at the U.S. Naval Reserve hangar.

**Tickets:** Valleyfair discount tickets will be on sale April through September. Gate prices for children are the same, but adult tickets are \$19.95 instead of \$23.95.

☎ For information on these activities, call 934th Recreation Services, Ext. 1128. □

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