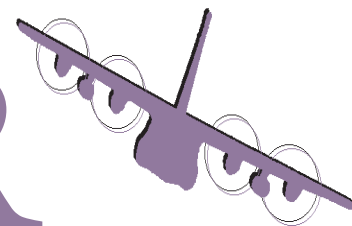




# VIKING FLYER



934th Airlift Wing (AFRC)

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

July 2005

Vol. 27, No. 7



## Unveiling

Crew chiefs Tech. Sgt. Randy Kenowski and Staff Sgt. Jim Erickson, both of the 934th Aircraft Maintenance Squadron, unveil the new nose art on one of the wing's C-130 aircraft during a ceremony on base June 5. The art was designed by Master Sgt. Tim Payton of the 934th Maintenance Squadron. Sergeant Payton will design other nose art for the rest of the wing's aircraft.

Photo by Tech. Sgt. Jeffrey Williams

## ***Inside:***

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- ★ Wing hosts Chicago Employers' Day - pages 8 and 9
- ★ Retiree talks about base's history - page 11
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## EDITORIAL STAFF

934th Airlift Wing commander  
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**Lt. Col. Margaret McGlenn**

NCOIC  
**Tech. Sgt. Jeffrey S. Williams**

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**Staff Sgt. Nicholas Olson**  
**Senior Airman Curtis Holden**

Photographers  
**Staff Sgt. John Herrick**  
**Staff Sgt. Josh Nason**

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

The Viking Flyer is mailed to reservists' homes. Copies of the Viking Flyer are also available at various locations on base.

All photos are Air Force photographs unless otherwise indicated.

The deadline for all submissions is the Sunday of the UTA one month prior to publication.

## Aircraft maintenance

Welcome to new squadron member **Staff Sgt. Kyle Klass**.

Congratulations to **Tech. Sgt. Joe Mohlis** and his wife **Teresa** on the birth of their son **Alex**.

## Aerial port

A congratulatory letter was presented to **2nd Lt. Andrew Severt** for his outstanding performance at Air and Space Basic Course at Maxwell Air Force Base, Ala.

**Staff Sgt. John Siemieniec** received a congratulatory letter for scoring 98 percent on the Aerial Port Operations Course at the Air Mobility Warfare Center at McGuire AFB, N.J.

**Tech. Sgt. Gregory Ott** was named Porter of the Quarter for April through June.

**Senior Airman Kenneth Kippley** received the Chief Master Sgt. Robert Duckworth Award from the Transportation Proficiency Center at Dobbins AFB, Del., in recognition for being the top student in this three-level class and for his final test score of 99 percent.

## Aeromedical evacuation

Welcome to new squadron members **Staff Sgt. Andrew Reinhardt** and **Senior Airman Mike Riemer**.

**Senior Airman Ed Savage** graduated from Leadership Development Program.

**Staff Sgt. Anthony Veltri** introduced his civilian employer, **Artist Dance III**, to the squadron June 4 during the wing's Chicago Employers' Day.

Eleven squadron members will participate in the Golden Medic Joint Service Exercise in Fort Gordon, Ga.

## Aeromedical staging

**Master Sgt. Craig Haggen** retired after a 36-year military career.

Three members of the Critical Care Air Transport Team deployed to Ramstein Air Base, Germany.

## Civil engineer

**Senior Master Sgt. Tim Tamlyn** is the new associate air reserve technician.

**Senior Airman Patrick Craig** returned from technical school. **Senior Airman Brianna Hart** passed her end of course exam.

**Staff Sgt. Mark Titel** and **Airman 1st Class Tim Tabor** joined the electric shop.

The Global War on Terrorism medal was presented to several individuals.

## Logistics

Welcome to new squadron member **Airman 1st Class Gregory Greseth**, who will be assigned to the fuels flight.

**Tech. Sgt. Jason Virkus** returned from a deployment in Iraq.

**Tech. Sgt. Barb Arwood** received the Air Force Longevity medal 3rd device. **Senior Airman Derrick Girard** received his first Air Force Longevity device.

Ten individuals received the Global War on Terrorism medal.

## Security forces

The squadron welcomed **Senior Airman Seanwong Brown's** civilian employer, **Mark Handl**, June 4 during the wing's Chicago Employers' Day.

**Senior Airman Kris Geiger** returned from a six-month duty at the Air Force Academy in Colorado Springs, Colo.

**Staff Sgt. Aaron Groskreutz** and **Senior Airman Chad Howard** completed Tactical Automated Security System training at Naval Air Station, Fort Worth, Texas. **Maj. Theodore Ruminsky**, **1st Lt. Leo Moreno**, **Master Sgt. Michael Gullickson**, **Master Sgt. Michael Leary** and **Master Sgt. Michael Ross** completed the Integrated Base Defense Leadership Course at the same base.

**Major Ruminsky** also attended the Air Force Reserve Command Squadron Commander's Course at Robins AFB, Ga.

Welcome to new squadron members **Senior Airman Arthur Gonzales** and **Airman Grace Claus**.

## Services

**Staff Sgt. Dennis Shaw** scored 98 percent on his career development course exam and **Senior Airman Brandon Lancaster** scored 90 percent on his exam.

**Staff Sgt. Michelle Pagel** scored 91 percent on her Fit to Fight test.

**Tech. Sgt. Scott Braski**, **Senior Airman Michael Hotter** and **Senior Airman Joseph Cervantes** were recognized by 22nd Air Force services inspectors for their outstanding performance during the June UTA inspection.



## Saluting: Keeping tradition, courtesy, respect alive

By Lt. Col. Selina Petaros  
934th Mission Support Group

Air Force customs and courtesies are proven traditions that explain what should and should not be done in a given situation. Many are acts of respect accorded to others. They have evolved as a result of the need to maintain good order and discipline, which helps establish and promote the smooth conduct of affairs.

Over the years, our customs and courtesies have changed to reflect current practices. But one thing has not changed, and that is what the salute represents — a sign of recognition and respect.

There are different theories as to how the salute began. The Roman salute is the oldest known hand salute. It consists of holding the right arm straight out from the shoulder, elevated about 45 degrees.

During the Age of Chivalry when two knights approached each other, they would raise their visors to expose their faces. This way, knights were able to recognize their allies versus their enemies.

In the Middle Ages, men's outer attire included a heavy cape that could be used to conceal swords. When two men approached or greeted each other, they would raise their

right arm to show that it was not on the sword hilt. If one's right arm was not raised, it could mean that attack was imminent.

According to British military history, when juniors approached a senior to address him, they would take off their hat with the right hand. If no hat was being worn, they would grab a lock of hair. In the late 19th century, taking off one's cap was replaced with the hand salute.

In early American military history, removing the hat became a sign of demonstrating respect, but that gradually changed to touching the brim of the hat. It has since evolved to the hand salute we use today.

Moving forward in history, to a time when I was a cadet in the Reserve Officers Training Corps, where I learned the expression "When in doubt, whip it out." I was taught that it was better to be embarrassed about saluting someone you did not need to salute than being embarrassed about not saluting someone who deserved it. I later learned this lesson the hard way.

My first reserve assignment was as an IMA to a joint service unit. I was a young captain waiting outside the office of the executive officer to report for duty to my new assignment. The door opened and I walked in to report to an individual in ser-

vice dress. He had all kinds of accouterments all over his uniform and stripes going up his sleeves. He also had an air of no nonsense about him.

I wanted to make a good first impression. Having no previous experience with Navy rank, he looked very important to me, so I snapped to attention, delivered my salute and reported for duty. I then had my first lesson in Navy enlisted ranks. It turned out he was a master chief.

My next experience was with a Navy lieutenant. I was a captain, so I thought I outranked him. We were outside when we crossed paths. He did not salute, so I did what any good officer should do. I took him to task for not saluting. A lieutenant commander explained to me later that day that the rank of Navy lieutenant is equivalent to an Air Force captain.

I share my embarrassing experiences with you to spare you the same embarrassment. The lesson I learned, besides learning ranks, is when uncertain, salute. The salute has a great history and is one of our most honored traditions. It should not be treated lightly or with irreverence. Rendering a salute reinforces our proud history, solidifies the Air Force esprit de corps and our core values. It makes us who we are.

### In the Spotlight

#### What does the 4th of July mean to you?

Photo by Staff Sgt. Jennifer Johnson



**Maj. Sharon Simpson**

"It's a day to celebrate freedom. It's also a day for us to appreciate the military and those who lived and died to keep us free."



**Master Sgt. Tara Venem**

"It's a day to reflect on our country's accomplishments, patriotism and celebrate the freedoms we have in this country."



**Staff Sgt. Nick Carey**

"It's a special day to spend time with my family on our country's birthday."



**Senior Airman David True**

"It means the sacrifices our forefathers made for us, and our responsibility to defend and maintain our constitution and country to the best of our ability."



# Sending charitable donations via MPS prohibited

By Tech. Sgt. Kirk Baldwin  
U.S. Air Forces in Europe  
Postal Policy and Programs

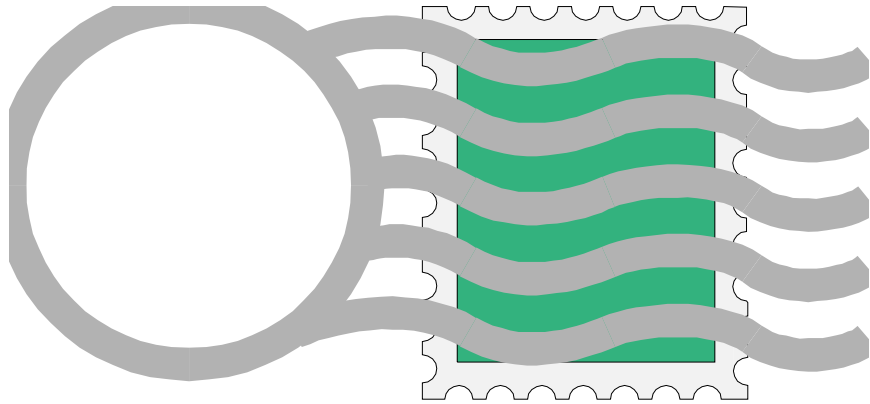
**RAMSTEIN AIR BASE, Germany** — Each year, the Department of Defense plays a huge role in delivering relief supplies and assisting in relief operations worldwide. For people overseas who want to contribute, the problem is getting the package where it needs to be.

However, the military postal service is not an option, said U.S. Air Forces in Europe postal officials. Sending charitable contributions through Air Mobility Command or through the MPS is prohibited.

In Europe, organizations within the command raised money and supplies for the victims of the recent tsunami. The only problem was getting the items to the victims without using the military postal system, said Matt Haacker, USAFE's postal functional area manager.

"These commendable efforts and the spirit behind them are extremely noteworthy," Mr. Haacker said. "However, when the charity includes sending donations via mail, we must stop and follow the authorized delivery methods."

The Department of Defense is prohibited by law to provide airlift to non-DOD activities, said Robert Eichholz of the Air Force director of communications operations office. This means organizations and people authorized to use MPS cannot serve as intermediaries for any person or organization not specifically authorized such service.



Just because there is postage on a package or it is being sent through the MPS does not mean the mailing is paid for, Mr. Haacker said. The postage applied to mailings only applies to movement while in the possession of the U.S. Postal Service.

"A 20-pound box going to Chicago will cost (about) \$25 in postage," he said. "That postage defrays transportation costs from the gateway at New York to Chicago. All remaining transportation costs from a military base to New York are at DOD expense."

DOD spends more than \$73 million moving mail between U.S. gateways and military locations worldwide every year, Mr. Eichholz said.

"The most expensive is movement to Southwest Asia in support of operations Enduring Freedom and Iraqi Freedom," he said. "Lack of commercial lift in the theater reduces the commercial mail potential.

"Because of that, we must buy contract airlift from companies that are op-

erating in that area," he said. "This is a very expensive option. A round-trip cargo flight between New York and Kuwait costs the DOD (about) \$395,000 per flight."

Items mailed in the MPS also cost DOD, Mr. Haacker said. For example, if 2,000 pounds of goods were shipped by the MPS via Air Mobility Command from Ramstein Air Base, Germany, to Bagram AB, Afghanistan, the bill from AMC would be more than \$7,000.

"No one moves anything for free. For this reason, only authorized personnel may use the MPS. Any other use could be considered misuse of taxpayer dollars," Mr. Haacker said.

"American people have a great spirit of giving when the need arises, and military personnel are no exception to this rule," he continued. "The most important thing to remember is that convoy size increases as the demand on the system and mail volumes grow. This places more servicemembers on the road and in harm's way."

## ARPC officials stop mailing point credit summary

By Jackie Bing  
Air Reserve Personnel Center  
Program Management Directorate

**DENVER** — Air Reserve Personnel Center officials here no longer mail point credit summaries to Air Force reservists.

Guardsmen and reservists received an Air Force Form 526, Air National Guard/Air Force Reserve Point Credit Summary, annually since October 1972. They must now use the virtual military

personnel flight to print a copy of their point credit information.

Air Force officials are also eliminating the form itself and will no longer place it on microfilm.

As a result, point credit information will reside in data form in the military personnel data system where specialists will obtain it by pulling products from the system. They will use these products to verify reservists' service.

Reservists can print their summary

of points using the vMPF and maintain copies in their personal files in the same manner as leave and earnings statements and other important documents.

Whether at home, at work or while deployed, reservists have the means to access their point credit information.

For more information about credit of points, reservists can call ARPC headquarters at (800) 525-0102.

They can also access the vMPF online at [www.afpc.randolph.af.mil/vs/](http://www.afpc.randolph.af.mil/vs/).



# New law to affect servicemembers' life insurance payments, premiums

By Donna Miles  
American Forces Press Service

WASHINGTON — Defense Department and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush on May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, said Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, Dec. 1. The legislation directs that both benefits will be retroactive to Oct. 7, 2001, Mr. Wurtz said.

Traumatic SGLI benefits will be retroactive for servicemembers who have lost limbs, eyesight or speech, or received other traumatic injuries as a direct result of injuries received during operations Iraqi Freedom or Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Mr. Wurtz said.

Servicemembers enrolled in the

SGLI program will notice an increase in their premiums when the increases take effect.

The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Mr. Wurtz said.

Servicemembers opting for maximum SGLI coverage — \$400,000 versus the current \$250,000 — will see their monthly premiums increase from \$16.25 to \$26, Mr. Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Mr. Wurtz said, except for the \$1 traumatic SGLI premium.

While these expanded benefits will be provided retroactively, affected servicemembers will not be charged retroactive payments, he said. DOD will absorb that cost.

In a new twist introduced through the supplemental legislation, servicemembers with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage.

In the case of people who are not married, notice will be provided to the

designated beneficiary when the person purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Mr. Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help family members of severely wounded troops leave their homes and jobs to be with their loved one during recovery.

"These families incur a lot of expenses, and this is designed to help them financially," Mr. Wurtz said.

While VA staff members consult with DOD officials to write regulations that will put the new SGLI benefits into effect, Mr. Wurtz said, "lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That is 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Mr. Wurtz said VA is confident Congress will resolve this issue before there is any lapse in coverage.

VA will continue to oversee and control the SGLI program.

## EDITOR'S CORNER



Dear Viking Flyer readers,

*This is the last Viking Flyer for which I will serve as editor. In July, I will be moving on to the 934th Services Squadron, to work as an advertising and marketing specialist. I appreciate all of your contributions and support of the Viking Flyer since I became editor almost two years ago. Please be sure to welcome and provide your outstanding support to the new editor. It has been a pleasure working with and serving you. Thanks.*

Sincerely,  
Cristina Ostra

***Congratulations to all medal recipients!***

**Bronze Star**

Lt. Col. Stan Sheley

**Meritorious Service**

Master Sgt. Ruth Beecher, Master Sgt. Craig Haggen,  
Master Sgt. Steven Pittman and Master Sgt. Michael Sabaka

**Air Force Commendation**

Capt. Steven Christoff Jr., Chief Master Sgt. David Angerman,  
Senior Master Sgt. Lawrence Corrigan, Senior Master Sgt. Robert Linder,  
Senior Master Sgt. Gerald Siehndel Jr., Senior Master Sgt. Clarence Super Jr.,  
Master Sgt. Steven Nicolai, Master Sgt. Ricky Olson, Master Sgt. Sandra Regner,  
Master Sgt. David Sowers, Tech. Sgt. John Kline Jr., Tech. Sgt. Paul Oven,  
Staff Sgt. Benjamin Rettman, Staff Sgt. Anthony Robinson, Staff Sgt. Thomas Theis,  
Staff Sgt. Nancy Winter and Senior Airman Jennifer Ettish

**Air Force Achievement**

Capt. David Drummond, Chief Master Sgt. Jeffrey Gustafson,  
Senior Master Sgt. Patti Amos, Senior Master Sgt. Timothy Tamlyn,  
Master Sgt. Kenneth Philippi, Master Sgt. Thomas Schutz, Master Sgt. Mitchell Shores,  
Master Sgt. Wayne Stierlen, Master Sgt. James Werner, Tech. Sgt. Janelle Bombeck,  
Tech. Sgt. Michael Cleveland, Tech. Sgt. David Dudash, Tech. Sgt. Clark Elwarner,  
Tech. Sgt. Jeffrey Hockers, Tech. Sgt. Justin Kay, Tech. Sgt. Brian Loudermilk,  
Tech. Sgt. Gerard Marking, Tech. Sgt. Dennis McClain,  
Tech. Sgt. Michael McNally, Tech. Sgt. John Miller, Tech. Sgt. Paul Okon,  
Tech. Sgt. Robert Payne, Tech. Sgt. Thomas Reiter, Tech. Sgt. Randal Utzka,  
Staff Sgt. Johnathan Denes, Staff Sgt. Shane Graham,  
Staff Sgt. William Justin, Staff Sgt. Brian Knutson, Senior Airman Joseph Kalas,  
Senior Airman Kurt Lahners and Senior Airman Matthew Salonus

***Congratulations to everyone selected for promotion!***

**Senior airman**

Mark O'Brien and Michael Thomas





Photo by Staff Sgt. Josh Nason

**Award winning Staff Sgt. Jamie Christenson, command post technician, receives a plaque from Maj. Gen. James Bankers, commander of the 22nd Air Force, June 5. Sergeant Christenson was named AFRC Command Post Noncommissioned Officer of the Year. In addition, the command post received the AFRC Small Command Post of the Year award.**

## Tricare access to increase for reservists

By Donna Miles  
American Forces Press Service

**WASHINGTON** — Defense Department officials have made “tremendous efforts and strides” to meet the needs of reservists and guardsmen who now qualify for health care coverage under the Tricare program, the program manager said June 8.

The recent introduction of new patients into the Tricare system presents “a challenge,” but DOD is being “very attentive” to the needs of new Tricare participants, said Dr. David Tornberg, acting deputy director of the Tricare Management Activity and deputy assistant secretary of defense for clinical and program policy.

Thousands of reservists and guardsmen and their families became eligible to purchase health care insurance through Tricare in late April.

Congress authorized the new benefit, called Tricare Reserve Select, for reserve component servicemembers under the fiscal 2005 National Defense Authorization Act. The plan is designed to serve as a bridge for reserve-component troops leaving active duty who are not covered by civilian

employer or other health insurance plans, defense officials said.

Tricare Reserve Select is available to all reserve component troops who have been activated since Sept. 11, 2001, served supporting a contingency operation and agree to continued service in the Selected Reserve.

To help ensure that licensed physicians across the nation accept these and other Tricare patients, Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, sent letters to national and state medical associations last August, seeking their support.

The letter urged the associations to contact their members and encourage them to become Tricare providers and to treat “America’s heroes — the people making sacrifices to keep our country safe and strong.”

In addition, the Tricare Management Activity is surveying 20 U.S. metropolitan areas to determine what Tricare resources are available and whether they are sufficient to meet the current need, said Maj. Michael Shavers, a Pentagon spokesman.

The survey results will help DOD officials identify areas where beneficiaries may

run into difficulties getting access to Tricare services and to help resolve those problems, Major Shavers said.

A similar survey was conducted last year, as required by the 2004 National Defense Authorization Act legislation.

As DOD officials work to increase the number of Tricare providers and improve access to the network, Dr. Tornberg said that 80 percent of guardsmen and reservists called to active duty already are covered by another form of health insurance.

After 30 days on active duty, they qualify for full benefits under Tricare — a system Dr. Tornberg said “has one of the most generous and robust benefits available in the health insurance market.”

Legislation introduced in the Senate would further expand health care benefits for guardsmen and reservists by allowing them to enroll in the program for a monthly premium, regardless of their duty status. Defense Department officials are studying the legislation, Dr. Tornberg said.

For more information about Tricare, including a description of services available, go online to [www.tricare.osd.mil](http://www.tricare.osd.mil) or [www.tricareonline.com](http://www.tricareonline.com).

## Chicago Employers' Day: Employers see reservists in action

By Staff Sgt. Jennifer Johnson  
934th Airlift Wing Public Affairs

**T**en Chicago employers flew aboard a 934th Airlift Wing C-130 June 4 and got a round-trip ticket to Minneapolis to participate in the wing's first-ever Chicago Employers' Day.

The program is aimed at informing employers about the wing's mission and role in the nation's defense. It gave the Chicago employers a first-hand experience of what their reservist employees do one weekend a month and two weeks a year.

Almost immediately upon boarding the C-130, the employers saw the 934th military members in action when they took turns visiting the flight deck.

The bird's-eye view was "fascinating," said employer Mike Falese, who was in the cockpit when the employers landed in Minneapolis. "I've never experienced anything like it before."

After the aircraft landed on the base, the employers received a tour of the base and a description of all the units in the wing.

They were then welcomed by Maj. Gen. James Bankers, 22nd Air Force commander; Col. James Muscatell Jr., 934th Airlift Wing commander; Chief Master Sergeant Janet Dalton, 934th Airlift Wing command chief; and Jack Grams, Employer Support of the Guard and Reserve representative.

Mr. Grams thanked the employers and told them their support is vital in supporting military operations.

"It's very important we give back to people who risk their lives for us. When you know someone who has lost someone, you realize the importance of the program," he said.

Colonel Muscatell also thanked the employers and told them how important they were to the mission.

"You guys are my heroes because you make sacrifices for us as well," he said.

After the morning briefings, the employers ate lunch at the Services Club with their reservists and visited their duty sections.

"It was nice to get a better understanding of what the reservists do when

they are up here, and how their training applies to their civilian job," employer Kathy McGrath said. "There are people who don't understand it and think the reservists are taking a vacation day, but that is definitely not the case."

Master Sgt. Nester Evaristo, 27th Aerial Port Squadron, said the employers can now become ambassadors for the civilian world.

"Most people are never exposed to the military, so this gives them a chance to come out and see what we do," he said. "One of our concerns when we have to go at a moment's notice is our employer's support, so this gives them an understanding of how vital we are to homeland defense and overseas."

Capt. Amory Balucating, 934th Aeromedical Staging Squadron, said the day cemented good relations between the Reserve and his employers.

"If you don't have your employer's support, then you have total shutdown," he said. "So, even at the very least, if it makes them aware of how much we have to offer to the United States, it was a success."



**Employer Rich Goebel stands behind Master Sgt. Stephen Taylor, 96th Airlift Squadron, and looks out into the horizon from the cockpit of a C-130 aircraft during an orientation flight at the 934th Airlift Wing's first Chicago Employers' Day June 4.**

Photo by  
Tech. Sgt. Jeffrey Williams







Senior Airman Cory Price, 96th Airlift Squadron, escorts employers as they exit a C-130 after returning home June 4 from a full day of activities at the 934th Airlift Wing during the Chicago Employers' Day.



Chief Master Sgt. Richard Dunne, 934th Aeromedical Staging Squadron, shows a chart to his civilian employer, Mike Falese.

Photos on this page by Senior Airman Curtis Holden



# VA secretary: Opportunity ensures care given to all military members

By Samantha L. Quigley  
American Forces Press Service

WASHINGTON — Where some might see challenges for the department, he sees opportunities, the secretary of Veterans Affairs said June.

“One of the big opportunities we have, and it’s a priority of ours, is to make sure that our servicemembers coming out of the combat theater are well taken care of,” R. James Nicholson said. “That is one of our biggest opportunities.”

With more than 200,000 guardsmen and reservists deployed supporting operations Iraqi Freedom and Enduring Freedom, VA officials expanded some of the benefits offered to this group of servicemembers, he said.

“VA has a very extensive, new program for our reserve components,” Mr. Nicholson said. “The reserve component person who ... is redeployed back is entitled to two years of full medical and dental care at any nearby VA facility. Then of course, if they have any other service-connected disablement, either physical or mental, as a result of their service, that care will continue on beyond the two years.”

Education benefits also have been expanded for guardsmen and reservists so they may participate in the G.I. Bill.

The amount of the benefit, however, depends on the time spent in an active-duty capacity, Mr. Nicholson said. The life insurance and home loan programs also have improved for guardsmen and reservists, he said.

Eligibility requirements can be found on the Veterans Affairs Web site. Changes within VA affect active-duty servicemembers who come back from the combat theater and choose to leave the service, too, Mr. Nicholson said.

The Seamless Transition Program, he said, makes 158 medical centers and more than 850 clinics available for servicemembers who separate from the military. A home loan program has 25

“It’s an expression of the appreciation of the American people ... for the important work and the sacrifices that the reserve components are making ...”

- R. James Nicholson  
Secretary, Veterans Affairs

percent of the mortgage guaranteed by the VA, which allows most veterans to buy a home without down payment.

“That used to be a one-time benefit,” Mr. Nicholson said. “It now is a continuing benefit throughout the life of a veteran — any veteran.”

Benefits also include vocational and rehabilitation training for those injured physically or mentally. VA officials also are helping disabled veterans adapt to their environment, including the modification of a home or a vehicle if needed. They also work to help veterans find work. This is a top priority, Mr. Nicholson said, as about 20 percent of veterans between the ages of 20 and 24 are unemployed.

“We ... are working within the other agencies of government, encouraging them to hire our veterans. We’re doing it ourselves at the VA,” Mr. Nicholson said. “We have many disabled veterans working here ... especially in the (information technology) department.”

Mr. Nicholson said he has worked with governors and heads of corporations and major trade associations to encourage them to reach out to veterans looking for employment. The program is promising, he said, but more needs to be done. Readjustment counseling services are important as well, he said. The program is crucial to heading off any latent mental health problems.

“It’s important to (veterans) now, and it’s important to them for the rest of

their lives,” Mr. Nicholson said.

The program was extended to families of veterans who also make a sacrifice. Injuries cause change for every family member and every family member needs to adjust to that change, he said.

“We’re responsible for veterans affairs,” Mr. Nicholson said. “And certainly part of a veteran’s welfare is his family, his family life and his quality of life. Spouses and dependents have to endure a great deal of sacrifice at home when a servicemember is deployed, especially to a combat zone, and especially if they’re injured.

“We need to educate the whole family about what’s going on there so that they can accommodate to that and accept that and go on as a, hopefully, happy, productive family unit,” he added.

Benefit changes also have affected life insurance provisions. Congress has approved the increase in the death gratuity of a one-time payment to the family of a servicemember killed in action from \$12,000 to \$100,000. The maximum life insurance benefit also has increased, from \$250,000 to \$400,000.

A new catastrophic insurance program covers the servicemember up to \$100,000 above the other programs in the event of a catastrophic injury like the loss of eyesight or hearing, Mr. Nicholson said. The premium for that coverage is about \$1 a month, he said.

It all boils down to veterans having the right benefits available to them, and servicemembers need to know what their benefits are and how to access them, Mr. Nicholson said. The recent changes to veterans’ benefits are moves to make sure that the VA’s goal of taking care of servicemembers is met, he said.

“It’s an expression of the appreciation of the American people, the president and the Congress for the important work and the sacrifices that the reserve components are making in operations Enduring Freedom and Iraqi Freedom and for freedom for our country,” the secretary said.



# Presentation remembers base's history

By Senior Airman Curtis Holden  
934th Airlift Wing Public Affairs

**T**he history of the Minneapolis-St. Paul International Airport Air Reserve Station came alive through former aviator and retired Army Capt. James Johns on June 5 at the 934th Airlift Wing.

The wing's Human Resources Development Council invited Captain Johns to make a presentation on the base's history as part of the council's mentoring program and the services squadron's Brown Bag Lunch Series. He served on the base from 1953 to 1957 as an aviation ordnance specialist.

During his presentation, Captain Johns said the base used to be the site of an international racetrack called Speedway Field. It was built on the site where the Minneapolis-St. Paul International airport is now located.

Speedway Field was opened in 1911 by owners and operators of a similar racetrack in Indianapolis and was hailed as the supreme state-of-the-art racetrack in the world possessing all the latest innovations the Indianapolis racetrack did not have, Captain Johns said.

On its opening day on Labor Day 1915, Speedway Field showcased a big race, a grandstand for 30,000 spectators and bleachers for another 30,000, a huge score board, a two-mile racing circuit with steep banks in the turns, three tunnels to the infield and 19 garages for the racers' vehicles, Captain Johns said.

"The race was billed as the final decision among Mercedes, Duisenberg, Peugeot, Stutz, and the greatest names in racing were here," he said.

It was at Speedway Field where the newcomer racer Eddie Rickenbacker set a world speed record of 114 miles per hour on the straightaway. After that first race, however, drivers complained that the track was rough and caused damage to their vehicles.

Later investigations showed that there were places in the track where there were no steel reinforcement rods underneath the cement. A combination of poor design, cheating on construction

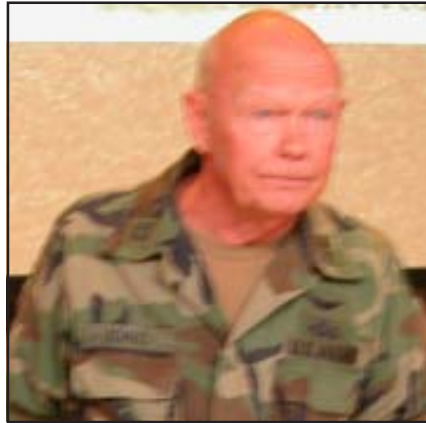


Photo by Senior Airman Curtis Holden

## Retired Army Capt. James Johns discusses the base's history June 5.

contracts and harsh Minnesota winters made it necessary to completely rebuild the track.

After investors moved back to Indianapolis, the track went into bankruptcy and was dismantled. The last race at the track was run on July 4, 1917. The track's demise came three months after the United States declared war on Germany in World War I.

At the end of the World War I, there were no aerosquadrons or air service squadrons for U.S. military pilots and mechanics to get into, Captain Johns said.

"The adjutant general of the state of Minnesota and his chief of staff made it their life's mission to convince Washington, D.C., that there could be a part-time air service in the United States," Captain Johns said. "They devised plans for a mock air services squadron and campaigned to enlist support for it."

Their efforts paid off after a lobbying trip to D.C. in 1920 when the Minnesota legislature approved legislation and funding for the construction of three hangars at the north end of the former Speedway Field track, Captain Johns said.

In February 1921, Washington officially recognized the 109th Observation Squadron, 34th Infantry Division, Minnesota National Guard Air Services Squadron, the precursor to the current U.S. Air Force Reserve.

"The U.S. Air Force Reserve actually began right here at what is now called the

934th Airlift Wing," Captain Johns said.

The base used to be called Wold-Chamberlain Field, named after two World War II Air Force Reserve pilots.

One of the many historical events that occurred on the base include Charles Lindbergh landing his plane "The Spirit of St. Louis" at the old speedway site in 1927. Lindbergh's visit drew more visitors than on opening day at Speedway Field and extra security was brought in, Captain Johns said.

The base was also the training ground for a former president. As a Navy pilot, President George H.W. Bush conducted flight training missions on base from December 1942 to February 1943 and stayed in barracks across from the current dining hall, Captain Johns said. He said President Bush logged half of his 82 flight training hours on the base in -10 degree weather.

The base has been the site of numerous technological development. Sixteen B-25 Bomber aircraft were designed and developed here. The aircraft, called Doolittle Raider Aircraft, were deployed in World War II missions.

"Unfortunately, the homing beacons weren't turned on any of the aircraft and all 16 aircraft pilots either bailed out or crash landed, and all 16 of the aircraft were destroyed," he said. "The surviving Doolittle Raider Aircraft pilots still have reunions on the base or in the Twin Cities area to this day."

The CG4 Troop Glider production program was conducted on base. The gliders were used in the invasion of Normandy, France, in World War II. Honeywell developed its C1 auto pilot and automation stick technology at the base. The automation stick allowed aircraft to fly in formation no closer than 7 feet apart. Honeywell also developed its aircraft deicing technology and cold weather navigational equipment on base.

This was the second presentation Captain Johns has given and he hopes to continue delivering it. He said learning about "the wealth of history available at this station" allows 934th AW members to gain a greater appreciation of how the base is currently configured and operated.



# Everyone urged to think safety first during July 4th activities, festivities

Courtesy of the American Red Cross in Greater New York

**NEW YORK, N.Y.** — Because jumping jacks, bottle rockets, Roman candles and firecrackers pose a serious hazard to users and spectators, the American Red Cross in Greater New York is urging parents across the country to take extra caution and provide appropriate supervision this July 4th.

“In recent years, fireworks have been one of the leading causes of serious injuries requiring emergency room treatment, and school-age children are most at risk for injury,” said Tom Waring of the Health and Safety Services for the American Red Cross in Greater New York.

The most common injuries that result from the use of fireworks are burns.

If burns occur, the American Red Cross urges the following steps:

**\* Stop the burning:** Put out flames and remove the victim from the source of the burn.

**\* Cool the burn:** Use large amounts of cool water to cool the burned area. Do not use ice or ice water to treat a burn. Soaked cloths can be used on the face or other body parts that cannot be immersed.

**\* Cover the burn:** Loosely bandage the affected area with dry, sterile dressings or a clean cloth to keep out air. Reduce pain and help prevent infection. For burns covering a large area of the body, use clean, dry sheets.

**\* Avoid home remedies:** Never try to treat a burn with ointment or with any home remedy such as butter or tomato paste. They increase the risk of infection.

**\* Leave blisters intact:** Blisters help protect the skin while it heals. Do not remove pieces of clothing that stick to burned skin.

**The three levels of a burn:**

**\* Superficial burns (first degree)** affect only the top layer of skin, which



will be red and dry, and can be painful.

**\* Partial-thickness burns (second degree)** affect several of the top layers of skin. These burns become red and they often develop blisters that may open and seep clear fluid.

**\* Full-thickness burns (third degree)** destroy all layers of skin, as well as any of the underlying body tissues and structures, including fat, muscle, bone and nerves.

These burns look charred brown or black. Burns caused by flames or hot grease usually need medical attention, especially if the victim is a child or elderly person whose skin may be more sensitive. They may look minor at first, but they can continue to worsen.

Call 911 or local emergency medical assistance right away if: the burn victim has difficulty breathing; the victim has burns covering more than one body part or on the head, neck, hands, feet or genitals; or if the burn resulted from chemicals, explosions or electricity.

If celebration plans include a visit to the beach or pool this 4th of July, the American Red Cross in Greater New York urges families to practice safe water habits.

**Here are some important water safety tips to keep in mind:**

**\* Learn to swim.** It is the best thing anyone can do to stay safe in and around the water.

**\* Swim in supervised areas only.**

**\* Obey all rules and posted signs.**

**\* Watch out for the “dangerous toos” — too tired, too cold, too far from safety, too much sun and too much strenuous activity.**

**\* Maintain constant supervision of children around any water environment no matter what the children’s swimming skills are and no matter how shallow the water.**

**\* Do not rely on flotation devices with children.** The use of flotation devices and inflatable toys cannot replace parental supervision. Such devices could suddenly shift position, deflate or slip out.

**\* Do not mix alcohol and swimming.** Alcohol impairs an individual’s judgment and coordination, affects one’s swimming and diving skills, and reduces a person’s body’s ability to stay warm.

**\* Pay attention to local weather conditions and forecasts.** Stop swimming at the first indication of bad weather.



## SERGEANTS UPP & ADAM



By Senior Master Sgt. Doug Johnson

## Retirements

### Chief Master Sgt. Gary Smith

Aug. 20 - 3 p.m. - Location TBD  
Call Master Sgt. Steven Orwig at ext. 1535.

### Master Sgt. John Bunch

July 24 - 2 to 3 p.m. - Location TBD  
Call Lt. Col. Selina Petaros at ext. 1237.

### Master Sgt. Dawn Flipp

July 23 - 3 to 4 p.m. - Bldg. 760,  
All purpose room  
Call Lt. Col. Michael Maza at ext. 221.

### Master Sgt. Bob Keldsen

July 23 - 2 to 3 p.m. - Services Club  
Call Senior Master Sgt. Brad Kimble at  
ext. 1506.



# Viking Vibes



## Chapel services

During the July UTA, Catholic service will be held from 3 to 4 p.m. at the chapel at Bldg. 725.

Protestant service will be held from 3 to 4 p.m. at Bldg. 760, room 130.

For more information, call Chaplain (Maj.) Charles Perry at (612) 713-1226.

## Spouses' club

To join the Officers' Spouses' Club, call Lee Claar at (952) 831-5252.

## Lodging

The North Country Lodge's Business Center, located in the East Meeting Room, is now open. It was established for guests to use while staying at base lodging.

The center provides a computer, printer, fax machine, telephone, 32-inch TV with VCR and conference tables. Guests can use the Internet and check their e-mail at no cost.

Local faxes are free. Long-distance faxes are assessed a charge through lodging's telephone carrier. Charges will be posted to the guests's folio. Use of the copy machine costs 10 cents per copy.

Guests can request use of the Business Center at the front desk. For more information, call lodging at (612) 713-1983.

## Recreation

Banquet tables, chairs, a chocolate fountain and other party essentials, hiking and camping equipment, gas powered washers, and a utility trailer are available for rent at Outdoor

Recreation. All club members receive a 10-percent discount.

Call (612) 713-1496.

## Birthday

All club members receive a \$15 certificate to celebrate their birthday at the base clubs.

The offer is valid only on the month of the member's birthday.

Call the Services Club at (612) 713-1655 or the Officers' Club at (612) 713-3678.

## Taekwondo

The fitness center offers taekwondo classes from 11 a.m. to noon Tuesdays and Thursdays.

The cost is \$80 per person each month or \$136 for a family of two or more. A free uniform is included.

Call the fitness center at (612) 713-1496 for more details.

## Car wash

A car wash will be held at the base wash rack from 11 a.m. to 1 p.m. and from 3 to 5 p.m. July 23. Call Master Sgt. Vicky Kuntz at (612) 713-1443 for more information.

## Early bird

Early Bird Specials are offered Wednesday and Thursday from 4 to 5:30 p.m. at the Services Club.

Lunch is served from 11 a.m. to 1 p.m. at the Services Club.

The club offers a full menu until 10 p.m. every Friday before the UTA.

## Education fair

Several accredited metro-

area colleges and universities will be at the Education Fair in the Bldg. 760 all purpose room from 10 a.m. to 2 p.m. July 23.

Call the base education office at (612) 713-1501, 1515 or 3542 for more information.

## ESGR

The Employer Support of the Guard and Reserve's Web site has been updated.

To better serve Web site visitors, changes have been made to the reports section, state policies section, and the basic and advanced employer relations section.

Pre- and demobilization briefings have also been added.

Visit the ESGR Web site at [www.esgr.com](http://www.esgr.com).

## Retirees

Retiree Appreciation Day is Sept. 17.

To show its appreciation to retired military members, SatoTravel will offer retirees the opportunity to register for a chance to win one of three prizes: \$100 rental car vouchers, a hotel voucher at the Florida

Mall Hotel in Orlando, Fla., and a Hawaiian vacation for two.

Only retired U.S. military members are eligible to register for these prizes.

No purchase or other consideration is necessary to enter or win.

For more information, call SatoTravel at (877) 304-8456.

## Ride

A motorcycle ride to benefit an organization that provides support and education about prostate cancer will be held Aug. 20.

The 160-mile ride starts at 10 a.m. at Thompson Park in west St. Paul. The route goes through Taylor Falls, Cambridge, Ramsey, and back to the park.

The cost is a \$25 donation. A T-shirt and food is included.

There will also be a silent auction for Minnesota Twins, Timberwolves, Saints and Wild items after the ride.

For more information, call Tech. Sgt. Scott Helzen at (651) 230-6659 or send an e-mail to [bellzs01@yahoo.com](mailto:bellzs01@yahoo.com).

## This month in Viking history

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



In July 1975, the bicentennial flag was first unfurled and flown over the base every day until Dec. 31, 1976 in celebration of the United States' 200th birthday.



## Desert lifestyle leads to big weight loss

By Master Sgt. Michael Ward  
380th Air Expeditionary Wing  
Public Affairs

**SOUTHWEST ASIA** — Most of the people assigned at a forward-deployed location in Southwest Asia as part of Air and Space Expeditionary Force 3/4 have rotated home, but they left behind a lot of excess baggage — unwanted pounds.

Airmen hit the gym in heavy numbers, sometimes filling two facilities, and many left in much better shape than when they arrived.

“I’ve been on a variety of deployments before but never one where such a large number of people have come in with the goal of losing weight and have actually lost the weight,” said Staff Sgt. Reginald Johnson, 380th Expeditionary Services Squadron fitness center manager. “In our unit alone we had about 10 people each lose 10 to 15 pounds.”

He said one Services Airman who had always had problems with his weight dedicated himself and dropped 20 pounds.

“It was really amazing to see him come in and keep working at it,” Sergeant Johnson said.

The majority of people on the rotation lost weight by simply changing their diets and exercising more, he said.

“I adjusted my diet by limiting the size of my portions and severely limiting my intake of fried and fatty foods,” said 2nd Lt. Chris Cheshire, 380th Expeditionary Aircraft Maintenance Squadron. “In addition, I go to the weight room about five days a week and to the cardio room three to four times a week. He lost 10 pounds.”

“I just started eating five small meals a day every three hours while hitting the weights really hard,” said Staff Sgt. Jason Mires, 380th Expeditionary Logistics Readiness Squadron, who lost 17 pounds. “I wanted the weight to come off the right way and not do any crazy diets.”

Sergeant Johnson said some people, including an Airman in his squadron who wanted to quickly lose 60 pounds, tried extreme diets to lose weight.

“I finally convinced her that the quick fix wasn’t a good idea because she would just gain the weight back,” he said. “I en-

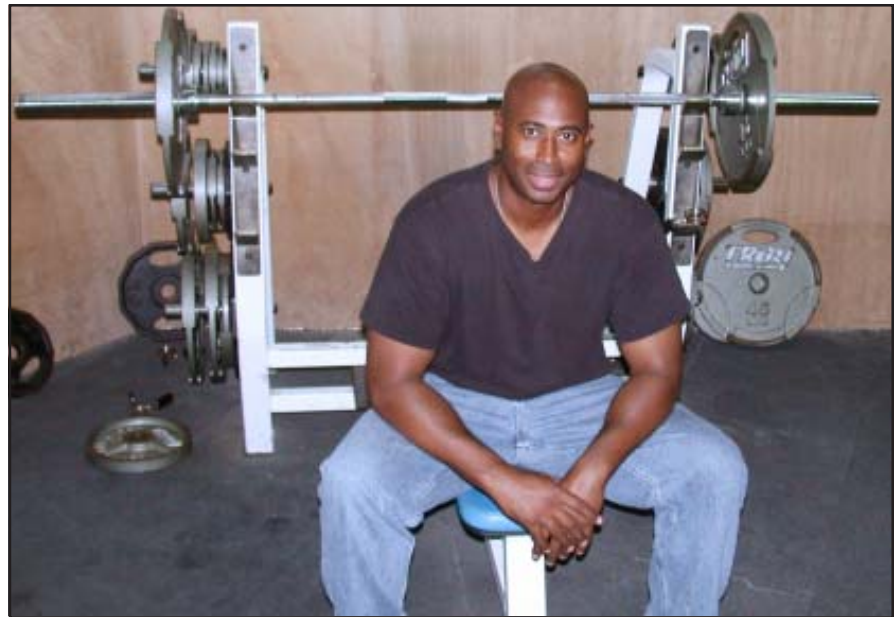


Photo by Master Sgt. Michael Ward

**Staff Sgt. Reginald Johnson lost 33 pounds while helping fellow deployed Airmen in Southwest Asia shed unwanted pounds.**

couraged her to lose what she could here and continue it at home. She did and lost 37 pounds before she left.”

During the deployment cycle, the fitness center began a successful exercise incentive activity called the “Walk, Climb and Run Program,” Sergeant Johnson said. Participants tracked the cardio miles they accumulated and received a free T-shirt when they hit the 100-mile mark.

“That was our catch to get them started,” he said.

Besides exercise, the fitness staff also encouraged people to change their eating habits.

“People think they have to eat salad and diet foods and they don’t,” Sergeant Johnson said. “You can continue to eat the same thing, but eat it in moderation. You can’t have three or four pieces of cake, but you can have just one. People will see me grab a cookie out the bin, but it is one cookie, not six or seven.”

Sergeant Johnson, who lost 33 pounds, said he did not deploy with the goal of losing weight.

“My goal was to come here safely and go home safely,” he said. “But I found I had a lot of time on my hands and wanted to go home in better shape than when I got here.”

His typical workout routine included approximately 40 minutes of weight lifting, 15 minutes on the treadmill, 40 minutes on the elliptical machine and 40 minutes on the stationary bike.

“I did it because I wanted people to see that I wasn’t just preaching it, I was doing it too,” he said.

For most people, taking off the weight was only half the battle. The other half comes as they return home and try to keep it off.

“That’s where discipline comes in,” Sergeant Johnson said. “All we can do is encourage them to keep up with what they have accomplished.”

“It’s not going to be easy, especially after missing good Mexican food and Italian food,” said Staff Sgt. Kirk Roger Nemeth, 380th Expeditionary Maintenance Operations Squadron, who lost 11 pounds.

Now that Airmen with AEF 5/6 have arrived, there is a new opportunity for people to begin getting in shape. But while the gym has been busy, it has been far from capacity, something Sergeant Johnson said may change as the new Airmen settle in.

“Hopefully, the fitness tents will be packed,” he said. “I like the fact that people can come here and leave in better shape than they came here.”

**Bicycling - Riding Vikings Bicycle Club**

Join the bicycle club. Call Ronna Puck at (612) 713-1665 or Lt. Col. Carolyn Lohman at (612) 713-1446 to sign up.

**Discount tickets/coupons**

To purchase tickets for Camp Snoopy, Underwater Adventures, Minnesota Zoo, Minnesota Children's Museum, Chanhassen Dinner Theater and the Renaissance Festival, call the fitness center at (612) 713-1496.

Discount cards for the zoo and IMAX theater are also available.

Underwater Adventures tickets cost \$9.50 for adults and \$5.50 for children.

**Fit to Fight - Ready to Win fitness program**

Participate in UTA fitness activities for incentive awards.

For more information, call the fitness center at (612) 713-1496.

**Fitness center hours**

5 a.m. to 9 p.m. Mondays through Thursdays

5 a.m. to 7 p.m. Fridays

8 a.m. to 5 p.m. Saturdays

8 a.m. to 4 p.m. Sundays

Closed on federal holidays

**Travel**

**Armed Forces Vacation Club** offers time share units for \$249.99 a week.

Go to [www.afvclub.com](http://www.afvclub.com).

**Air Force Travel** - [www.aftravelonline.com](http://www.aftravelonline.com)

**Colorado R&R USAF Academy travel** - [www.coloradorandr.com](http://www.coloradorandr.com)

**Shades of Green Resort, Disney World** - [www.armymwr.com](http://www.armymwr.com)

**2005 BEST BALL  
GOLF TOURNAMENT**

July 23

Emerald Green Golf Course,  
Hastings

from 4:40 to 8 p.m

Shotgun start

Air Force Sergeants  
Association-sponsored  
special competition

Four-person teams

\$35 per person entry fee

Food and prizes

Beverage cart on course

For more details, call the fitness  
center at (612) 713-1496.



**934th Airlift Wing  
Public Affairs office  
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Minneapolis, MN 55450-2100**

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