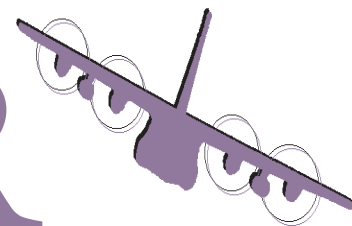




VIKING FLYER



934th Airlift Wing (AFRC)

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

March 2005

Vol. 27, No. 3



Photo by Cristina Oxta

Ready to fly

Airman 1st Class Amy Gillette, 934th Maintenance Squadron, helps a child reach for the controls in a C-130 mock cockpit Jan. 30 at the Government on Display Expo at the Mall of America. For more photos, see pages 8 and 9.

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The editorial content is edited, prepared and provided by the 934th Airlift Wing Public Affairs Office (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.

Wing

Senior Master Sgt. Jan Dalton assumed the role of wing command chief after **Chief Master Sgt. Richard Grewe** retired March 1.

Finance

Mike Oringerff received the Air Force Reserve Command Financial Services Civilian of the Year award in the GS-11 and above category. **Michelle Gunderson** was named AFRC Installation Level Resource Advisor of the Year.

Military personnel flight

Maj. Richard Erredge was named Air Force Reserve Command Military Personnel Flight Commander of the Year.

Communication

Senior Airman Sao Xiong transferred to the Army.

Tech. Sgt. Dave Taylor conducted self-aid buddy care for flight members while **Tech. Sgt. Crystal Bell** provided information management training.

Services

Senior Master Sgt. Shawn Ferrin was named the squadron's Senior Non-commissioned Officer of the Year. **Tech. Sgt. Michael Gangl** was selected as the squadron's NCO of the Year while **Senior Airman Lindsay Medin** was named Airman of the Year.

Tech. Sgt. Duane Schoenherr and **Staff Sgt. Nancy Winter** received a unit Bivouac Superior Performer certificate.

Sergeant Winter also received the unit Hennessy Traveler certificate.

The squadron said farewell to **Master Sgt. Daniel Shaddrick** and **Tech. Sgt. Duane Schoenherr**, both of whom retired, and **Senior Airman Lindsay Medin**, who will relocate to Washington, D.C.

Welcome to new members **Master Sgt. Michael McGuire**, **Tech. Sgt. Lee**

Dustin and **Airman Rene Sobiech**.

Master Sgt. Stacy Campbell scored 90 percent on a career development course exam.

Logistics

Tech. Sgt. Michelle Szydel was named the wing's Noncommissioned Officer of the Year.

The squadron bid farewell to **Senior Master Sgt. John Maki** and **Tech. Sgt. David Wagoner**, who are both retiring.

The squadron will participate in deployments to Puerto Rico in support of Operation Coronet Oak. Squadron members will also complete an annual tour at MacDill Air Force Base, Fla.

Aerial port

Lt. Col. Craig Bogan received a 3rd Aerial Port Squadron coin from **Master Sgt. Jon Juliot**, team chief for a recent annual tour at Pope Air Force Base, N.C. The 3rd APS operations officer presented the coin to Sergeant Juliot in appreciation for the outstanding job the 27th APS personnel performed during the biggest Large Package Exercise at Pope in six years.

A team of 21 squadron members was sent to McChord AFB, Wash., to participate in annual tour training. Six squadron members provided support in Red Flag operations at Nellis AFB, Nev.

Airlift squadron

Staff Sgt. Stacey Ostendorf scored 90 percent on a career development course exam.

Civil engineer

Michael Asper died after a heart attack Jan. 21. He was a construction inspector for the squadron. He was a retired military member and received two Purple Hearts in Vietnam. He is survived by his daughter, two sons, parents, three brothers, one sister, his fiancée and her son.

Reservists switch to myPay; LES now paperless

Jan. 1 was the deadline for Air Force reservists to start using myPay, the Internet method for managing pay. The Feb. 1 leave and earning statement was the last paper copy reservists will receive through the mail. Under the myPay program, reservists can view their LES online. Those who do not have access to the Web at home or at work should contact their respective pay offices.



Commander shares lessons from dad

By Lt. Col. Stan Sheley
934th Maintenance Group
commander

It may be three months until Father's Day, but I am seizing this opportunity to pay tribute to my father and relate some life lessons I learned from him that apply to all of us.

My dad retired from 48 years in the grocery business in January 2005. He started out bagging groceries and stocking shelves, spent time as a butcher, and for the last 40 years managed three different stores.

I am sure a part of him will miss the job. After all, there were some great perks. For instance, he met my mom at the store and vendors often gave away St. Louis Cardinal tickets, a very big deal in central Illinois. He also met and has maintained friendships with some great employees and customers.

For the most part, his job was extremely stressful and could frustrate even the most patient person. It also entailed incredibly long work hours to

include weekends. Other than vacations, I don't ever remember my dad being off on a Saturday.

Despite the tough conditions, he thrived as a manager and as a father. In the process, he passed along several life lessons that I would like to share.

*** A little hard work never hurts anyone.** I lead the hardest working group of maintainers in the Air Force. But, hands down, the hardest working individual I have ever met is my dad. His work ethic is legendary among his family, friends and business associates.

I learned early on the meaning of hard work and I am certain my dad's current bout with baldness is, in part, due to my lack of enthusiasm for work when I was a child. I dreaded waking up on Saturdays or weekdays in the summer to find a to-do list on the kitchen table.

But hard work does not necessarily mean grueling manual labor. Working hard means putting your mind, body and soul in gear and maintaining a central focus on completing

the task.

It is easy to get distracted by external influences and never get anything done. As leaders, we need to create a work environment free from unnecessary distractions. As followers, we must resist unnecessary distractions and get the job done right.

*** Treat others like you want to be treated.** When you work in any retail business, there will always be some unhappy customers. Even when those customers became irate and demanded things, my father treated them with respect and dignity, and he expected his employees to do the same.

Each of us deals with someone else in the course of carrying out our jobs. Inevitably, someone is going to rub us the wrong way. It could be a boss, a co-worker, someone from an outside agency or a customer.

We must put aside our personal feelings and treat everyone with the dignity they deserve, and we should expect the same from our co-workers.

If treating people this way

becomes the standard where you work, productivity will flourish and people will have one less stressful thing to deal with in their lives. Sometimes, you just have to be nice.

*** Do the job right the first time.** Success in life comes not from making shortsighted decisions to get you through today or tomorrow, but rather from making good sound decisions that will serve you well in the foreseeable future. Unless he was dealing with a crisis, my dad always based business decisions on what would help his store profit for years to come.

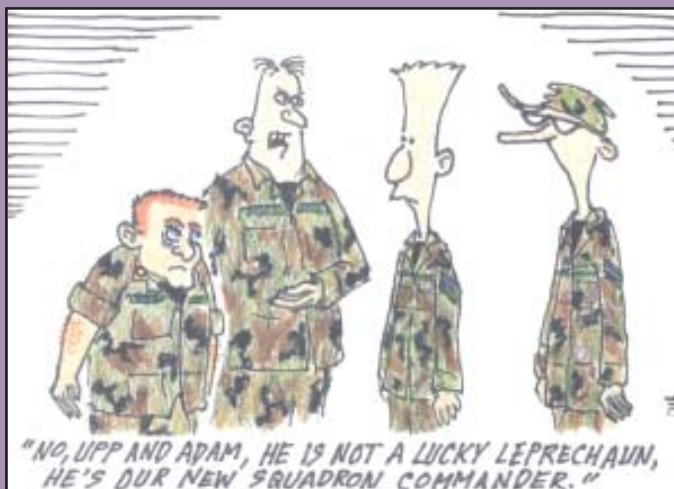
His ability to maintain a visionary approach to life constantly amazed me, and to this day, I try to emulate his wisdom. However, to try and to succeed are two different things. My dad's first year of retirement is going to be spent undoing temporary construction fixes I have around the house.

Regardless of our personal shortcomings, we need to remain visionary in our jobs. We must base decisions on what will be best for the airman first class for years to come, not on what is best for the lieutenant colonel on his way out the door.

Some people have created various processes, automated systems and other brilliant mechanisms to help us deal with the time pressures we constantly endure. To some degree, they work well and are necessary in our modern Air Force.

But whenever I feel the weight of the world on my shoulders at work or at home, the things that ultimately help me get back on track are the lessons my father taught me about hard work, treating people right and looking beyond today's problems. Sometimes, the simplest solutions are the best ones.

SERGEANTS UPP & ADAM



By Senior Master Sgt. Doug Johnson

Happy
Saint
Patrick's
Day!



Volunteers needed for Habitat build

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

The building blocks are ready for a new Habitat for Humanity house, and federal employees throughout the Twin Cities are being asked to help build the home.

This is the second "federal build," said Roger Hanson, organizer for the 934th Airlift Wing's build team.

According to Mr. Hanson, more than 540 federal employees volunteered to build a home in St. Paul last summer. Thirty-two of those volunteers were from the 934th AW. Mr. Hanson hopes more wing members will volunteer this year.

Col. James Muscatell Jr., 934th AW commander, is challenging the upper ranks to team up with Airmen to accomplish the new project.

"What an opportunity to be part of a good cause and have time to mentor and build relationships," he said.

Volunteers do not need any prior construction knowledge.

"If you can swing a hammer, you can help build a house," Mr. Hanson said.

The 934th AW will participate in three days of the total construction. Those days are April 19, May 13 and June 15.

At least 16 volunteers are needed to fill slots for each of the three days. Family and friends are invited to help. Children ages 14 to 18 are allowed to participate with adult supervision.

If a volunteer cannot participate during the designated three days, he or she can still volunteer at other times during the three-month build, Mr. Hanson said.

Margo Leslie, 934th Services Squadron, volunteered last year and said it was "a wonderful opportunity to build a relationship with the family and the federal community."

Ms. Leslie was in charge of food and beverages throughout the construction. Her role gave her a chance to meet many of the volunteers and speak with the family moving into the home.

"It was so heartwarming to see the responses of the family and it was a neat



Photo by Roger Hanson

Maj. Jeffrey Higgins, 934th Aircraft Maintenance Squadron commander, measures a piece of trim during the federal build with the Twin Cities Habitat for Humanity in 2004. He, along with 32 other wing members, volunteered to help construct a home in St. Paul.

way of seeing people coming together for a common cause," Ms. Leslie said.

Fund-raising events, such as a golf tournament scheduled for May 1, will pay for the food and beverages at the build.

Twin Cities Habitat for Humanity builds 60 to 70 homes each year. Each home is built with help of the families, who are chosen based on their need, ability to repay a zero percent mortgage and willingness to work 300 to 500 hours on the project.

Families are subject to all of the same laws and consequences as anyone else who holds a mortgage.

To volunteer with the wing or for

more information on the golf tournament, call Mr. Hanson at (612) 713-1091.

To learn more about the federal build or the Twin Cities Habitat for Humanity, go to www.fedhouse.org or www.tcbhabitat.org.

Wing volunteer days

**April 19 - Framing
Roofing**

May 13 - Drywall

**June 15 - Interior trim
Landscaping**



Help available for servicemembers facing adjustment difficulties after deployment

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — The Defense Department's senior medical advisor said troops redeployed from combat zones should suffer no stigma for seeking help for emotional problems.

Some troops who have returned from duty tours in Afghanistan or Iraq are experiencing symptoms associated with posttraumatic stress disorder, said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

Dr. Winkenwerder said recently that DOD is expanding its post-deployment health assessment program. It will soon require all servicemembers — active and reserve components — to complete a

health questionnaire and visit a care provider within three to six months after returning from deployment.

More than 600,000 pre- and post-deployment health assessments have already been completed, Dr. Winkenwerder said. He added that medical officials learned that servicemembers were exhibiting symptoms, such as chronic nervousness, anger or depression, months after they had returned to their home bases from deployments in combat theaters.

"If you've been in a very stressful environment, to have symptoms like that is normal — you're not crazy," Dr. Winkenwerder said.

Yet, if symptoms are not identified and dealt with early on, he said more significant problems could develop.

"(Some) people could turn to alcohol or other things to try to drive away some of the uncomfortable feelings," Dr. Winkenwerder said.

Servicemembers can be successfully treated with the proper support from the unit with medical care and family services assistance as needed, Dr. Winkenwerder said.

Troops who believe they may be having trouble adjusting after returning from combat-zone duty should not be afraid of being stigmatized when they seek help, he said.

"If you've got some emotional things going on or psychological things going on, the best thing to do is to reach out and get some help," he said. *(Courtesy of Air Force Print News)*



Courtesy photo

Courtside

Staff Sgt. Marcus Erickson of the 934th Logistics Readiness Squadron shakes the hand of Chris Wright, president of the Minnesota Timberwolves basketball team. Sergeant Erickson along with LRS members Master Sgt. Brian Iverson, Tech. Sgt. Colleen Kramp and Tech. Sgt. Michael Humenny stood at center court and were honored with a standing ovation, cheers and applause from the audience during a game Feb. 4.



CE rewarded for money-saving efforts

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

Recent upgrades on the base's heating system have led to a big rebate for the 934th Civil Engineer Squadron.

A representative of CenterPoint Energy-Minnegasco, a local energy provider, presented a check for more than \$34,000 to CES recently for its cost-saving improvements.

Three boilers on the base were replaced, including two in the heating plant and one in the Enlisted Club. Improvements were also made to kitchen equipment in the dining facility.

The squadron made several improvements to the three boilers and the large water tank on base. Civilian contractors performed the operations.

"We identified several heating upgrades that could be made around the base and, with the funding, we were able to replace equipment, some as much as 60 years old, with high-efficiency appliances," said Les Canarr, 934th CES chief of design and construction.

With new energy-efficient components in place, the base was able to save 10 percent of its total annual natural gas costs in the first year.

The project to upgrade the older equipment began last April.

"We insulated the water tank, and the heat from the ground has kept the water above freezing this past year without having to heat it from the outside," Mr. Canarr said.

This is not the first time the unit has been recognized for its money-saving efforts. In 1996, after replacing the burners in the boiler plant, the base received a check for \$20,000. In 1998, energy-efficient bulbs were installed throughout the base, which saved the base several thousand dollars and earned a \$20,000 rebate from Xcel Energy.

"This is all about saving the Air Force money and putting fewer emissions in the air," Mr. Canarr said.

Congratulations to all medal recipients!

Meritorious Service

Col. Jay Pittman, Lt. Col. Sharon Turovaara, Chief Master Sgt. Richard Grewe, Senior Master Sgt. John Maki, Master Sgt. Robert Jones, Master Sgt. Wanda Kauffman, Master Sgt. David Pogatchnik, Master Sgt. Sandra Regner, Master Sgt. Robert Swartout and Master Sgt. La Verne Terwey

Air Force Commendation

Maj. Richard Goodwin, Capt. Amory Bulacating, Master Sgt. Jon Juliot, Master Sgt. Kenneth Kruger, Master Sgt. Michael Vosen, Tech. Sgt. Michael Pierce, Tech. Sgt. Bruce Rineer, Staff Sgt. Ronald Holbeck and Senior Airman Amber Jereczek

Air Force Achievement

Capt. Cory Larsen, Senior Master Sgt. Lee Traxler-Siehdndel, Tech. Sgt. Alvin Greener, Staff Sgt. Stefan Halushka, Senior Airman Sandy Anderson, Senior Airman Brandon Schrader and Senior Airman Andrew Schneider

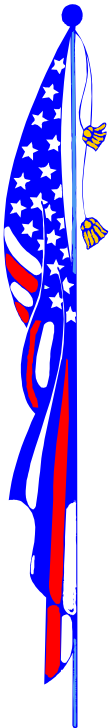
Congratulations to everyone selected for promotion!

Senior airman

Kevin Egan, Jesse Ingersoll, Jacob Larson, Teresa Makowski, Paul Marcus and Daniel Piecuch

Airman first class

Joshua McGuire



Assistance fund drive underway

By Cristina Oxta
934th Airlift Wing Public Affairs

The Air Force Assistance Fund's "Commitment to Caring" campaign at the 934th Airlift Wing starts March 1.

Airmen are encouraged to contribute to the campaign, which helps fund four official charitable organizations in the Air Force. The charities benefit active-duty, Reserve, Guard and retired Air Force members and their families.

Tax deductible donations can be made through cash, check or payroll deductions. Charities receive 100 percent of designated contributions. The wing's campaign ends April 15.

This is the 32nd year of the fund drive and the Chief of Staff of the Air Force recently announced a \$5.4 million goal. Last year, Air Force members gave \$6.7 million to the fund. The 934th AW's goal this year is \$1,000.

"The Air Force Assistance Fund is focused on taking care of our people. I hope everyone in the wing will contribute to this worthy cause," said 1st Lt. Julie Hamiel, 934th AW campaign chairman. "Your contribution may go towards helping someone in the Reserve or even in your own unit."



"As a contributor, you have the opportunity to help your fellow comrades in our Air Force family," added 1st Lt. Leo Moreno, campaign co-chairman.

The four charities AFAF supports include the Air Force Aid Society, Air Force Enlisted Village, Air Force Village Indigent Widow's Fund and the Gen. and Mrs. Curtis E. LeMay Foundation.

The **Air Force Aid Society** provides Airmen and their families with worldwide emergency financial assistance, education assistance and an array of base-level community enhancement programs. Base family support centers have more details on programs and eligibility requirements. Additional information is also available online at www.afas.org.

"The need for (Air Force Aid Society) assistance remains strong," said retired Lt. Gen. Mike McGinty, Air Force Aid Society chief executive officer. "Last

year, the Air Force Aid Society helped more than 30,000 Airmen with \$21.1 million in assistance. That is a lot of help! Contributions are vital for the society to sustain this kind of help. It is truly an Airmen-helping-Airmen program."

The **Air Force Enlisted Village** is in Fort Walton Beach, Fla., near Eglin Air Force Base. The facility provides rent subsidy and other support to indigent widows and widowers of retired enlisted people age 55 and older. The facility's Web site is at www.afenlistedwidows.org.

The **Air Force Village Indigent Widow's Fund** is located in San Antonio, Texas, and is a life-care community for retired officers, spouses, widows or widowers and family members. The organization's Web site can be viewed at www.airforcevillages.com.

The **Gen. and Mrs. Curtis E. LeMay Foundation** provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The foundation's Web site can be viewed at www.info@lemayfoundation.org.

For more information about the AFAF campaign at the wing, call Lieutenant Hamiel at (612) 713-1755 or Lieutenant Moreno at (612) 713-1106 or speak with a unit representative.

Plans to reduce risks for truck drivers in Iraq

SOUTHWEST ASIA — Two hundred fifty additional U.S. truck drivers per week were removed recently from the dangerous roads of Iraq because of expanded air operations that deliver cargo directly from the U.S. to airfields in Iraq.

This, combined with existing air operations, now removes about 1,280 convoy drivers per week from Iraqi roads.

Army Brig. Gen. Mark Scheid, who is in charge of U.S. Central Command's Distribution and Deployment Operations Center, has been working on not just getting more truck drivers off Iraqi roads, but also getting convoys off the roads where the risk is the highest.

"Ninety-one percent of all U.S. casualties occur in an area called the Sunni

Triangle, so that is the area all logisticians were directed to turn their focus to reduce driver casualties," General Scheid said.

"Many cargo operations were flying into airfields that were located in ... the most dangerous areas of Iraq," he said. "Truck convoys would then drive outward from these airfields across the most dangerous highways in the world in order to deliver supplies to the military forces. There had to be a smarter way to get supplies to our forces."

Air Force officials increased the number of aircraft available to mitigate convoy operations, but, until now, the focus was not in the areas where truck drivers were facing their greatest threat.

Today, strategic airlift delivers cargo directly to several airfields capable of handling the large aircraft, officials said.

A hub-and-spoke system has been established to re-fly cargo to smaller airstrips where C-130 Hercules aircraft can land, but more importantly, to locations where the largest concentration of military forces are assigned.

According to officials, these initiatives have not eliminated all trucks on the roads within the Sunni Triangle. However, air support has certainly reduced the threat for at least 250 more truck drivers per week that once traveled the most dangerous roads in the world. (Courtesy of U.S. Transportation Command News Service)

Military, federal, state agen

GOVERNMENT O



Above: Master Sgt. Anthony Staut of the 934th Aeromedical Evacuation Squadron talks to visitors at the annual Government on Display Expo, which was held Jan. 29 and 30 at the Mall of America. Left top: members of the Marine Corps help a child perform pull-ups. Left bottom: A 20-foot high model of NASA's Saturn V rocket towers over the expo. Right: An expo visitor writes on a postcard that will be sent to deployed Army soldiers.



encies featured at N DISPLAY



Above: Staff Sgt. Victoria Cronsell, a singer with the Air Force band Starlifter based at Scott Air Force Base, Ill., dances with audience members. Below: Air Force Reserve recruiters, Staff Sgt. Jeffrey Grunewald (left) and Senior Master Sgt. Brendt Traicoff, accept a trophy after the Air Force Reserve won third place for best display at the expo.



Photos by
Cristina
Oxtra



Celebrating National Women's History Month:

Wing women proud to serve in Air Force, to defend nation

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

March is National Women's History Month. The 2005 theme, "Women Change America," honors and recognizes American women for transforming culture, history and politics as leaders, writers, scientists, educators, politicians, artists, historians and informed citizens.

Perhaps one of the most profound changes women have had on American society has been as military members.

As of December 2004, there were 71,638 women in the United States Air Force, according to Air Force Personnel Center statistics. Of those women, 58,161 were enlisted and 13,477 were officers.

At the 934th Airlift Wing, women proudly perform their jobs in support of the Air Force mission. For a number of them, they are the first women in their family to serve in the military.

Lt. Col. Selina Petaros, 934th Mission Support Group executive officer, said women deserve representation in the military. A number of the colonel's male relatives have served in the military and she is the first female military officer in her family. Her little sister is her family's first female noncommissioned officer.

Colonel Petaros has been in the Air Force for 24 years, serving the first five on active duty and the last 19 as a reservist, and she enjoys being in the Air Force Reserve.

"I used to say, I temp for Uncle Sam," she said. "It's been a positive experience."

Of the many jobs the colonel has held in the Air Force, she said the one she enjoyed most was as a Civil Air Patrol cadet evaluator at Maxwell Air Force Base, Ala.

"I just got a lot out of that because I felt I was giving back," Colonel Petaros said. "I gave the cadets insight into how to get into the Air Force Academy or the



Photo by Senior Airman Curtis Holden

Senior Airman Allison Fieseler, a medical service apprentice with the 934th Aeromedical Evacuation Squadron, studies her career development course and hopes to become an AES flight medic.

military way of life, scholarships and things that they could do."

Like Colonel Petaros' family, Senior Airman Allison Fieseler's family also has a long history of military service. Airman Fieseler is a medical service apprentice with the 934th Aeromedical Evacuation Squadron. Her father was an Army National Guard recruiter and her grandfather served in World War II.

She is also the first woman in her family to join the military.

"No one in my generation joined and I thought it was important for me to carry on my family history and to be the first woman in our family to join," Airman Fieseler said.

Airman Fieseler admitted that her father was concerned when she announced she wanted to join the military.

"...Because daddy's baby girl was going away and they can't protect me. But it's showing them that we can be strong, too. And it is not just a traditional male role to be in the military," Airman Fieseler said.

She added that the Air Force has helped her decide on a career field. She is currently studying her career development course to become an AES flight medic. She looks forward to getting the chance to help her fellow military members who have been injured while deployed.

"Air Force-wide and military-wide



we're bringing people home on planes and making sure they're getting the best medical attention they deserve. They're out there on the front lines and they deserve the best that they can get," she said.

Senior Airman Cassandra Carter, 934th Communications Flight computer specialist, is also enthusiastic about her military career and job specialty.

"I enjoy it immensely, helping out others and working with the network computers," Airman Carter said. "I get to meet a lot of people, whether it's for training or I'm just out and about fixing problems and helping others with their systems. I love it."

Airman Carter, who is from Zion, Ill., joined the wing in September 2004. She, too, is the first woman in her family to join the military.

As an Air Force reservist, she said she serves as an example for her younger sister, who is in the process of joining the Air Force Reserve.

"I'll become a role model for her. She sees the difference that it has made in my life and she wants to be a part of that," Airman Carter said.

Carter said it is an honor to serve in the U.S. military and that women help make America strong.

"Women in general can multi-task and we're able to do many things,

whether it's supportive or hanging out in the background and helping out," Airman Carter said. "Whatever the need, I think women have a strong sense of urgency to get the job done and pull together as a team."

Each year, National Women's History Month celebrates the spirit, courage and achievements of American women, like Colonel Petaros, Airman Fieseler, Airman Carter as well as all of the women at the 934th AW and throughout the military. Through their commitment to duty, dedication and pride in service, and selfless contributions, they continue to strengthen the diversity and vitality of the United States.



Members of the U.S. Navy's Women Accepted for Volunteer Emergency Service, or WAVES, train in Norman, Okla., during World War II.



The day before helicopter pilot Maj. Marie Rossi and her three crew members were killed in 1991, she told a reporter, "...this is the moment that everybody trains for, that I've trained for, so I feel ready to meet the challenge."

Women in the Military

Statistics on the number of women in the military are incomplete. Recordkeeping is tentative to eras as recent as the Vietnam War. Currently, an estimated 350,000 women comprise almost 15 percent of the active duty, reserve and guard units in the U.S. Armed Forces. Here are the approximate numbers of women who served at specific times.

Spanish-American War	1,500
World War I	21,480 in the Army Nurse Corps; 2,000 in the Navy Nurse Corps; 12,000 Yeomen; 305 women Marines; 200 in the Army Signal Corps
World War II era	400,000 - More than 432 were killed in hostile fire, including 200 nurses. 88 were prisoners of war.
Korean War era	50,000
Vietnam	265,000 - The 7,500 women deployed in the theater included 36 Marines, 421 in the Navy and 771 in the Air Force. The remainder were in the Army. Army, Navy and Air Force nurses accounted for 80 percent of the total.
Grenada	170 (deployed)
Panama	770 (deployed)
Desert Storm	374,000
Operations Noble Eagle, Enduring Freedom and Iraqi Freedom	more than 37,000

Statistics and photos courtesy of womensmemorial.org

Airman returns home to Thailand

By 2nd Lt. Ben Sakrisson
U.S. Forces Japan Public Affairs

KORAT, Thailand — Military exercises like Cope Tiger 2005 — involving the United States, Thailand and Singapore — serve to highlight close relationships between countries, but for some servicemembers involved, the link hits even closer to home.

Tech. Sgt. Siamrad Maher, a public health technician and translator is such a person.

Born in Korat in 1969, Sergeant Maher's adoptive father was a U.S. Air Force supply superintendent serving at Korat Royal Thai Air Force Base in the 1970s. While tending water buffalos as a child and playing Soldier at the air base, young Sergeant Maher said he never dreamed that he would one day return as an Airman in the U.S. Air Force.

He returned to Korat in January on a mission of medical goodwill as a member of the 18th Medical Group from Kadena Air Base, Japan.

"I think it was part of my destiny to come here and help people," Sergeant Maher said. "The night before I came, I could not sleep because I was so excited."

The mission to deliver ocular and dental aid to Thais during Cope Tiger 2005 struck Sergeant Maher personally.

"I was one of the people who did not have anything. I could have been one of these kids lining up for the medical care that we are giving here," he said. "My grandmother was like some of the villagers that we will see. They have never seen medical care in their whole lives. I know to them this is a big event."

Sergeant Maher and his younger sister were adopted in 1976 and brought to live in the United States by a man whom he describes as a Texas cowboy living in Thailand. After nearly a quarter-century absence, Sergeant Maher returned to Thailand in 2000 to visit his ill grandmother.

"When I came back, I couldn't speak Thai, and I certainly couldn't read and write (Thai)," he said. "I was frustrated that I could not speak with my family members."



Photo by 2nd Lt. Ben Sakrisson

Tech. Sgt. Siamrad Maher poses with children at a school in Korat, Thailand, as a part of a humanitarian outreach program during the Cope Tiger 2005 exercise Jan. 27. Military medical teams from the U.S. Air Force, U.S. Navy, Thailand and Singapore provided ocular and dental care to Thai citizens. Sergeant Maher is a member of the 18th Medical Group based at Kadena Air Base, Japan.

Through intense self-study and motivated by his desire to speak to his family, Sergeant Maher reached a level of fluency enough to qualify for language proficiency pay.

"I always feel grateful to my dad and mom for adopting me and bringing me to the states," Sergeant Maher said.

Although he was never pressured to join the Air Force, he said his parents jumped for joy when he enlisted. Now, close to his family in Korat, Sergeant Maher said they are really proud of him serving in the U.S. military.

"My family is happy. To them, I am really successful," he said.

Being both Thai and American suits him well, Sergeant Maher said.

"I love Thailand, but I want to travel around, and the Air Force lets me do that," he said. "The Thais scrutinize me as an American, (and), on the other hand, the Americans look at me as a Thai and assume that what I do is what Thais do. Hopefully, I will represent both sides well." *(Courtesy of Air Force Print News)*

Exercise Cope Tiger

Cope Tiger is a flight training exercise that focuses on large force employment, where large numbers of different aircraft fly against each other to simulate aerial combat.

More than 2,100 people participated in Cope Tiger 2005, including 620 American servicemembers and 1,500 from Thailand and Singapore. Aircraft and Sailors from the USS Lincoln also took part in it.

The exercise also provides opportunities to get involved with off-base civil activities. A humanitarian civil assistance mission involving Sailors and Airmen brought oral and eye care to local villages and treated more than 1,000 patients.

Trips also were taken to local schools to teach English, and servicemembers visited daycare centers where they spent time with the children.



Chicago Employer's Day 2005 - June 4

934th Airlift Wing reservists with civilian employers in the Chicago area can thank their bosses for their support during the past year through a special event.

Chicago Employer's Day 2005 will be held June 4. Activities start at 8 a.m. Employers will fly aboard a C-130 to the Minneapolis-St. Paul IAP Air Reserve Station, where they will receive briefings from the wing commander and Employer Support of the Guard and Reserve officials, tour the base, have lunch with their reservist and visit the reservist's workplace. Lunch will be provided. Employers will arrive back in Chicago at approximately 4:30 p.m.

Nominating their employers for Employer's Day is one way reservists can say thanks to those who help support their military career. It is also an opportunity to introduce their employers to the Air Force Reserve.

A certificate of appreciation will be presented to employers who participate in this event.

Space is limited. Reservists who want to nominate their employer for this event should complete a nomination form. **Completed forms must be received by the Public Affairs office by April 29.**

Forms can also be mailed to the 934 AW/PA, 760 Military Highway, Minneapolis, MN 55450-2100 or faxed to (612) 713-1229. Employers will receive an official invitation and more information at a later time.

Chicago Employer's Day 2005 Nomination Form

Please provide the correct spelling for all names and official titles. Each reservist may submit **ONLY ONE** employer or supervisor. No exceptions. Federal civil service employees of military organizations are not eligible for nomination. Reservists may not nominate family members, even if they are legitimate employers, or anyone who has flown with the wing for any reason.

RESERVIST'S RANK/NAME: _____

HOME PHONE: _____ **WORK/CELL PHONE:** _____ **UTA PHONE:** _____

EMPLOYER'S NAME: _____ **TITLE:** _____

COMPANY NAME: _____ **PHONE NUMBER:** _____

EMPLOYER'S MAILING ADDRESS: _____

EMPLOYER'S SSAN: _____

EMERGENCY CONTACT NAME AND PHONE NUMBER: _____

I acknowledge that I am responsible for notifying my military supervisor if my employer will attend and I will be on duty status June 4. In addition, I certify that my employer has not participated in any other Employer's Day.

RESERVIST'S SIGNATURE: _____ **DATE:** _____

CHECK ALL THAT APPLY. My employer:

- Is highly supportive of my service, even when I am called on short notice.
- Outwardly recognizes me as a special asset because I am in the Air Force Reserve.
- Continues my salary when I am on active duty.
- Continues my company benefits when I am on active duty.
- Hires someone to fill in for me when I am on annual training duty without penalizing me.
- Keeps in touch with my family when I am on active duty for more than 30 days.
- Should be considered for a higher-level award.

PRIVACY ACT STATEMENT: INFORMATION REQUESTED IS AFFECTED BY THE PRIVACY ACT OF 1974. AUTHORITY FOR REQUESTING THIS INFORMATION FROM YOU IS TITLE 10, U.S. CODE, SECTION 8012 (SECRETARY OF THE AIR FORCE, POWERS AND DUTIES DELEGATED) AND EXECUTIVE ORDER 9397 (NUMBERING SYSTEM FOR FEDERAL ACCOUNTS RELATING TO INDIVIDUAL PERSONS). THE INFORMATION IS REQUIRED TO MANIFEST PASSENGERS FOR THE C-130 FLIGHT. SOCIAL SECURITY NUMBER IS USED TO MAKE POSITIVE IDENTIFICATION OF THE INDIVIDUAL APPLICANT. DISCLOSURE IS VOLUNTARY. HOWEVER, PARTICIPANTS WILL BE DENIED BOARDING FOR THE FLIGHT WITHOUT THE REQUESTED INFORMATION.





Viking Vibes



Employer award

April 1 is the deadline to nominate reservists and their employers for Air Force Reserve Command's Citizen Airman Award and Employer of the Year Award.

The awards recognize enlisted members and officers who deployed in support of operations in 2004. The employer award honors the person who strongly supported the activation and deployment of one or more reservists.

Nominees submit a one-page narrative of the reservist's contribution, a one-page narrative of how the employer helped his or her reservist and the Air Force Reserve, and a biography on the reservist or employer.

Nominations should be mailed to Chief Master Sgt. Troy McIntosh, 12313 Manchester Way, Woodbridge, VA 22192; or faxed to DSN 227-9103 or commercial (703) 697-9103; or sent by e-mail to Troy.McIntosh@pentagon.af.mil to arrive no later than April 1.

Lodging

North Country Lodging is a nonsmoking facility. Charges for smoking in a guest room

has increased to \$150.

The fourth and last phase of the remodeling project at lodging will be completed in mid-April and will add 55 guest rooms, boosting the total rooms at lodging to 303.

For more details about lodging, call (612) 713-1983.

Spouses' club

The Officers' Spouses' Club hosts Bunny Bingo at the Officers' Club at 11:30 a.m. March 17. The cost is \$12.

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

Tuesday bridge is held on the second and third Tuesday of each month at 10 a.m. To participate, call Germaine Reuter Dahl at (952) 881-0107.

Wednesday bridge is on the first and third Wednesday of every month at 7 p.m. Call Roberta Gronemann at (763) 494-3517 or Diane Lerohl at (952) 935-4437.

To join the OSC, call Lee Claar at (952) 831-5252.

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 Enlisted Club at (612) 713-1655 or the Officers' Club at (612) 713-3678 for details.

Stretching

Free basic strength training and stretching classes are held every Monday and Wednesday from 1:30 to 2:30 p.m. at the fitness center. Call (612) 713-1496 for information.

Kitchen

The kitchen at the Enlisted Club will now stay open until 10 p.m. and offer a full menu every Friday night before the UTA weekend.

The club is open to all military members and their guests, regardless of rank. Club membership is not required.

Mugs

The Enlisted Club's Chill Out Lounge and Pizzeria is offering customized mugs.

Patrons can create their own custom-made 20-ounce mug and have it filled for the

same price they would pay for a 16-ounce drink.

Mug designs include military branch, insignias, name and much more. The cost depends on the type of design. Call John Brown at (612) 713-1796.

CGOC

The Company Grade Officers' Council is looking for members.

CGOC promotes professional development and community service and instills camaraderie among company grade officers. It is open to all reservists from lieutenant to captain.

Call 1st Lt. Patrick McDonald at (612) 713-1224 or 1st Lt. Leo Moreno at (612) 713-1106 for more information.

All Of Us

Volunteers are needed to plan All Of Us, an event that will be held in July to celebrate the different cultural heritage of 934th Airlift Wing members. Musicians and food are also needed. To volunteer, e-mail martha.grimes@minneapolis.af.mil.

2005 UTA schedule

<u>Primary UTA</u>	<u>Alternate UTA</u>
March 5 and 6	March 19 and 20
April 2 and 3	April 16 and 17
April 30 and May 1	May 21 and 22
June 4 and 5	June 18 and 19
July 23 and 24	July 30 and 31
Aug. 13 and 14	Aug. 20 and 21
Sept. 10 and 11	Sept. 24 and 25

This month in Viking history

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



In March 1964, The 934th Tactical Carrier Group began preparing for its first military ball. It was held May 2 at the Radisson Hotel and featured Dick Kast and his orchestra. Ticket prices were \$8.25 per couple and \$4.25 for singles.



Airman offers tips to stop smoking

By Senior Airman Sarah Kinsman
15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE, Hawaii — According to the American Cancer Society, more than 46.5 million American citizens are in a private prison.

Afflicted with worsening health, financial shackles and being publicly ostracized, these prisoners have their cell in their possession, but they can break out. All they have to do is quit smoking.

Tech. Sgt. Joanne Reed quit smoking in 2001.

“I started [smoking] when I was 17, so I had been smoking for 10 years at a rate of one to two packs per day,” she said. “It was not my first attempt at quitting, and I didn’t know if it would be my last either. It seems to take us smokers five to six times before we get quitting right. I was due to get it right this time.”

There were several reasons why she decided to quit smoking.

“I was tired of the stigma, the lectures, the smell, the cost and my health,” she said. “I was a medic. I was supposed to be leading the pack and setting the example. Instead, I was a complete hypocrite.”

Sergeant Reed had to make some changes to remain tobacco-free.

“I adopted several gradual lifestyle changes when I successfully quit,” she said. “First and foremost was to quit smoking.



Courtesy photo

Once I achieved that goal for myself, I slowly incorporated diet and exercise. Running became a successful outlet for me. I viewed it as swapping one addiction for another.”

Sergeant Reed offers a few tips to smokers wanting to quit.

“Hang in there is the best tip I can offer,” she said. “Quitting is not easy. It takes a lot of work, a lot of time and a lot of effort. Don’t beat yourself up if you fall off the wagon. We don’t succeed by berating ourselves into achieving. Get up, dust yourself off, give yourself a pat on the back and jump on again. In the mean-

time, you are gaining the skills you need in order to be successful when you do [quit].”

Smoking cessation is not just about stopping the act, but changing the lifestyle.

“For me, quitting smoking affected my social contacts and my daily routines,” Sergeant Reed said. “I had to change my thinking and behaviors regarding my eating and exercise habits.

Some smokers find excuses for not being able to quit smoking.

“Everyone has their reasons for smoking: to cope with stress, to relax, curb appetite, peer pressure, boredom.... Some people don’t quit because they fear the weight gain, the mood swings associated with nicotine withdrawal, they’re unable to find alternate ways to cope with stress, and some may not quit because consciously or unconsciously, they’re afraid of failing,” Sergeant Reed said.

The most important step is making the commitment to quit, Sergeant Reed said.

“Individuals can start by gathering the tools and resources. Seek information, join a support group, attend a smoking cessation class,” she said. “Even if you think you know everything there is to know about quitting, I guarantee you will gain at least one new resource to add to your toolbox to be a successful quitter. Anyone can quit, anyone. It’s up to the individual. All it requires is commitment.” *(Courtesy of Air Force Print News)*

Officials launch preventive program to help troops establish healthier habits

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — Defense Department officials are launching a new preventive health care program called “Healthy Choices for Life,” the department’s senior medical adviser said recently.

The purpose of the Tricare-managed program is “to put information in the hands of individual servicemembers and family members so that they can change their behavior,” said Dr. William

Winkenwerder Jr., assistant secretary of defense for health affairs.

The program will focus on persuading people to quit smoking, moderate drinking habits, exercise and lose weight, he said.

Adopting more moderate health habits enables people “to avoid bad health outcomes and bad health problems,” such as lung cancer, emphysema, liver and brain damage, diabetes, heart attacks and strokes, Dr. Winkenwerder said.

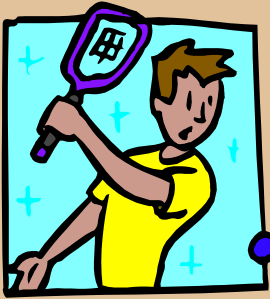
He said about \$13 million has been

budgeted to fund pilot programs over the next few years. Some features of the pilot projects under consideration include toll-free smoking and drinking cessation phone lines and dedicated Web sites touting healthier lifestyles, he said.

Dr. Winkenwerder said the program is envisioned as a DOD-wide and -managed endeavor rather than separate programs run by each armed service.

To learn more about the program, go to www.tricare.osd.mil/healthychoices/. *(Courtesy of Air Force Print News)*





Got game?
Compete in the
**Racquetball Ladder
and Tournament**

Racquetball ladder
starts March 1.
The top one-third will
compete in the tournament
beginning May 2.

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

Bowling

The annual bowling tournament will be held April 2.
Call Senior Airman Michael Hotter at (612) 713-1496 for
more information or to sign up.

Bingo

Join the fun every Friday at 5:15 p.m. at the Enlisted Club
\$500 coverall jackpot-progressive numbers
Call (612) 713-1655 or 1674 for more details.

Armed Forces Vacation Club

The club offers time share units for \$249.99 a week.
Go to www.afvclub.com.

The base installation number is 333.

Air Force Travel

Visit www.aftravelonline.com.

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

Go to www.coloradorandr.com.

**Enlisted Club
Bar & Pizzeria**

Bar hours

4 to 9:30 p.m. Tuesday with
pizza and beer specials
3 to 9:30 p.m. Wednesday
4 to 9:30 p.m. Thursday
3 p.m. to midnight Friday
4 p.m. to midnight Saturday
(until 1 a.m. on UTA)
Closed Sunday and Monday



Spring Style Show

April 21 at 11:30 a.m.

at the Officers' Club

\$20 per person

Sponsored by the Officers' Spouses' Club

and a local department store

**Proceeds will help support families
of deployed military members.**

Space is limited.

Call Phyllis Rehn at (952) 942-5405 or Stacy Michels at (952) 401-6345.



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

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