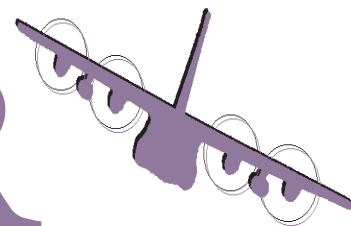




# VIKING FLYER



934th Airlift Wing (AFRC)

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

May 2005

Vol. 27, No. 5



Photo by Staff Sgt. Michael Rehbein

## Parachute packing

(Left to right) 27th Aerial Port members, Tech. Sgt. Lyle Coney, Master Sgt. Kent Long and Tech. Sgt. James Cullum, pack a G12E parachute March 19. The parachute is 64 feet in diameter and can support up to 2,200 pounds. See more on page 2.

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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.

## **Aerial port**

The "parachute packing party" March 19 at the Port went well. Riggers trained new members in packing 20 parachutes. **Master Sgt. Geraldine Garoutte**, **Tech. Sgt. Michael Trujillo**, **Master Sgt. Kent Long**, **Tech. Sgt. Lyle Coney**, **Tech. Sgt. James Cullum**, **Staff Sgt. Matthew Collier** and **Senior Airman Jeremy Eggerth** participated in the training.

Squadron members recovered loads dropped by the 96th Airlift Squadron at the Camp Ripley drop zone March 22 and 23. The accurate day and night drops were quickly recovered and safely returned to the Port. **Master Sgt. Jerome Cassidy**, **Master Sgt. Timothy Soby**, **Master Sgt. Michael Vosen**, **Staff Sgt. Michael Rehbein** and **Senior Airman Scott Tammen** participated in this exercise.

Squadron members thank everyone who participated in the retirement party for **Master Sgt. John Parenteau**.

## **Aircraft maintenance**

The squadron welcomes new members **Airman 1st Class Craig Dunbar** and **Airman 1st Class Meghan Hubbard**.

Several squadron members are deployed in Puerto Rico in support of Operation Coronet Oak.

## **Airlift squadron**

**Staff Sgt. Cory Copa** scored 90 percent on a career development course exam.

## **Chapel**

**Chaplain (Maj.) Charles Perry**, **Chaplain (Capt.) Steve Svoboda**, **Tech. Sgt. Paul Ives** and **Senior Airman Jason Slaughter** attended the Reserve Chaplain Service Training Conference in Atlanta, Ga., April 18 to 22.

## **Communication**

Congratulations to **Tech. Sgt. Ken**

**Ferderber and his wife Alice** on the birth of their daughter, **Makenna**, March 18.

Congratulations also to **Staff Sgt. John Cheney and his wife Joanne** on the birth of their daughter, **Isabelle**, April 1.

**Tech. Sgt. Dave Taylor** provided ground radio equipment training to radio personnel during the April UTA. In addition, **Tech. Sgt. Crystal Bell** provided awards and decorations training to base information management personnel.

## **Logistics**

**Master Sgt. Brian Iverson** was named the 22nd Air Force's Transportation Senior Noncommissioned Officer of the Year. **Tech. Sgt. Michelle Szydel** was named the 22nd Air Force's Supply NCO of the Year. Both will next compete at the Air Force Reserve Command level.

Several squadron members returned from annual tour at MacDill Air Force Base, Fla. The following members received letters of appreciation and squadron coins from the 6th Logistics Readiness Squadron: **Senior Master Sgt. Jeff Nyhus**, **Master Sgt. Charles Colstrom**, **Tech. Sgt. Barbara Arwood**, **Staff Sgt. Dustin Hunstiger**, **Airman 1st Class Michael Thomas** and **Airman 1st Class Breon Gibson**.

**Staff Sgt. Todd Rice** scored 90 percent on his career development course exam.

Congratulations to newlyweds, **Staff Sgt. Brian and Carolyn Hoff**, who were married Feb. 26.

## **Maintenance**

**Staff Sgt. Benjamin Filbert** scored 90 percent on his career development course exam.

## **Services**

**Staff Sgt. Dennis Shaw** scored 98 percent on his career development course exam.

## **Congratulations to the wing's 2004 Civil Servant of the Year award recipients!**

Anthony Destro, 934th Operations Group  
Michelle Gunderson, 934th Maintenance Operations Flight  
Maj. David Hanten, 934th Airlift Wing  
Lt. Col. Jeffrey Higgins, 934th Aircraft Maintenance Squadron





## Commander shares Memorial Day message

By Col. James J. Muscatell Jr.  
934th Airlift Wing commander

**M**emorial Day marks a special time in the year when we as a nation pause to remember and honor our courageous military men and women who sacrificed their lives for the freedom of our nation and that of others.

Since the war on terrorism began, our country has lost many of our finest and bravest. We are fortunate that during our wing's two-year activation, all of our warfighters have returned home.

However, sadly, many of our fellow comrades at arms, some from Minnesota, were not so fortunate. I hope you will take the time this Memorial Day to remember and honor them. Keep also in your thoughts and prayers their families and loved ones.

Although we are in the process of de-activated for the time being, the fight is not over. We will still continue to deploy our wing members from whenever and wherever they are needed to support our nation and help others in need.

Despite the challenges and the risks, our wing members will continue to will-



Illustration by Bryan Snuffer

ingly step up to defend our country. Keep them in your thoughts and prayers as well.

To those who have given their lives before us, we have not forgotten you. We humbly thank you and are proud to follow in your footsteps and serve.

To all military members today, regardless of your branch of service, you bear on your shoulders the enormous

responsibility of preserving freedom and peace for America and the rest of the world. Our nation is blessed to have such outstanding and honorable individuals like yourselves.

Thank you for your steadfast service, your devotion to duty and your commitment to our country.

God bless and God speed.

### In the Spotlight

What has your mother meant to your military career?

Photos by Staff Sgts. Nicholas Olson and Troy Novak



**Lt. Col. Carolyn Lohman**  
"My mom has always been supportive. When I'd come home to visit for Christmas, I'd wear my service dress for Midnight Mass to surprise her."



**Master Sgt. Mark Stodola**  
"My mother has always been proud of all of achievements throughout my military career."



**Senior Airman Lee Haines**  
"She has been really supportive and has always been there when I need her."



**Senior Airman Lindsay Lande**  
"When I was in basic training, she sent me two or three letters a week to show support and encourage me."

# Military pay, allowances changes will recognize troops' contributions

By Gerry J. Gilmore  
American Forces Press Service

WASHINGTON — Since the Sept. 11 attacks, Defense Department leaders and U.S. legislators “have worked together to increase servicemembers’ basic pay by more than 21 percent,” a senior DOD official told House Armed Services Committee members recently.

DOD officials remain “committed to taking care of servicemembers and their families through appropriate compensation while members are deployed and serving their country in dangerous locations around the world,” Charles Abell said before the military personnel subcommittee.

Mr. Abell is the principal deputy undersecretary of defense for personnel and readiness.

U.S. troops are slated for a 3.1 percent across-the-board pay raise this coming year, Mr. Abell said. In addition, he said the department has met its goal of eliminating

troops’ average out-of-pocket housing costs by 2005.

In fact, he said military housing allowances are 41 percent greater than they were in 2001.

Troops serving in dangerous overseas locations receive various types of tax relief, depending upon rank and income, as well as additional compensation in view of their contributions in fighting and sustaining America’s fight against terrorism, Mr. Abell said.

For example, eligible enlisted troops deployed to combat zones have their military pay exempted from federal income tax, he said. Besides their regular pay, these troops also receive \$225 monthly in danger pay and a \$250 monthly family separation allowance.

Mr. Abell said that troops deployed to overseas combat zones also receive hardship duty pay of \$100 a month and a \$105 monthly incidental expense allowance.

An accumulation of such added com-

penensation typically amounts to more than \$700 a month for married servicemembers and more than \$500 for the typical single troop during deployment, he said.

“These pays and allowances acknowledge the hardship and danger involved at these deployment locations, as well as the sacrifice associated with tours away from family,” Mr. Abell said.

He said that troops who volunteer to extend their overseas tours of duty in combat zones like Afghanistan and Iraq also can receive an additional \$1,000 monthly in assignment incentive pay.

DOD officials also want to work with Congress to increase servicemembers’ hardship duty pay, Mr. Abell said. And the department is seeking to keep its special operations troops in uniform through an array of incentive packages, he said.

For example, Mr. Abell said officials “are offering bonuses of up to \$150,000 for highly skilled senior noncommissioned officers to serve an additional six years.”

## DOD establishes new sexual assault policy

By Terri Lukach  
American Forces  
Press Service

WASHINGTON — The new guidelines for reporting incidents of sexual assault within the military has been established.

The policy will create, for the first time, a Defense Department-wide standard that will provide victims with the support they need after incidents occur and help commanders get to root causes of the problems, said Brig. Gen. K.C. McClain.

She is the head of the Pentagon joint task force for sexual assault prevention and response.

Before the policy, there were “pockets of excellence” but no

overarching policy for contending with sexual abuse,” General McClain said. The new policy “provides a framework for how the department will respond,” she said.

The new guidelines are expected to take effect in mid-June.

“Sexual abuse crimes create a sense of (powerlessness) in the victim (and) a loss of control, and the official investigative process can be overwhelming,” General McClain said.

It is primarily this sense of being overwhelmed and powerless that causes victims to forgo reporting sexual abuse incidents, the general said.

The new policy allows the victim to report incidents and receive medical treatment, care

and counseling, while at the same time giving the victim more time and control over the release and management of personal information.

In short, it allows the victim “to come forward without initiating the reporting process,” General McClain said.

She said the new policy will not limit commanders from addressing problems of abuse within their commands.

“Now commanders will have more information about the scope and nature of the problem within their organizations,” the general said. “It will allow them to adjust their prevention efforts and judge the effectiveness of their training program.”

General McClain said it

also creates a universal policy across all services, which is particularly important in this new era of joint operations.

“It is critical that the same policy be applied across the Department of Defense,” she said. “Otherwise, we could have different forms of confidentiality, or even different access to services, varying by location. That would not only be confusing, but also inequitable.”

The message of the new policy, General McClain said, is that while complete reporting and accountability is preferable, the first priority is to ensure that victims are protected, treated with dignity and respect, and receive the medical treatment, care and support they deserve.





**Polished**  
Senior Master Sgt. Mike Sciarra (right foreground) of the 27th Aerial Port Squadron joins other wing members to get their boots polished at the annual Boot Shine fund-raiser at the base exchange lawn April 2. The money raised goes toward this year's military ball.



Photo by Senior Airman Curtis Holden

## Law assists troops dealing with creditors

By Gerry J. Gilmore  
American Forces Press Service

**WASHINGTON** — Federal law prohibits mortgage lenders from immediately foreclosing on homes owned by servicemembers deployed overseas on military duty, a senior legal officer in Washington, D.C., said.

All servicemembers, including those deployed, are protected under the Servicemembers Civil Relief Act, signed by President Bush on Dec. 19, 2003, said Army Col. Christopher Garcia, director of legal policy for the undersecretary of defense for personnel and readiness.

"The (Act) includes a provision that protects against default judgment," Colonel Garcia said. "In any civil action, such as a lawsuit or a foreclosure, in which the defendant does not make an appearance, the court must require the plaintiff bringing the suit to file an affidavit saying whether or not the other party in the lawsuit is a servicemember."

If the party being sued for foreclosure or some other debt action is a servicemember, the Act "requires the judge to do certain things to protect the servicemember's rights," he said.

For example, the courts are required to stay the court proceedings for a minimum of 90 days until the servicemember can be present to assert a defense, he said. Most often, such court cases are delayed until the servicemember has completed his or her overseas deployment.

Colonel Garcia said he had no specific information regarding recent news reports saying some deployed servicemembers have had their homes foreclosed on or had other assets seized in contradiction to the law.

Business-community compliance with the Act "generally has been very good," Colonel Garcia said. Yet, he acknowledged, there have been "isolated cases of noncompliance." This usually occurs "when a lender, or landlord, or other person dealing with a

servicemember is unaware of the law," he said.

After lenders and other creditors become aware of the law, they usually comply with it, Colonel Garcia said.

Activated Reserve and Guard servicemembers and those on active duty and their family members can contact their local military legal assistance officers to assist them in enforcing their rights, Colonel Garcia said.

A legal assistance attorney can "draft a letter or make a phone call," he said. If the creditor refuses to comply with the Act, either the servicemember can sue privately or the Department of Justice can bring an enforcement action in federal court.

The Act is an update to the Soldiers and Sailors Civil Relief Act of 1940, which was established to provide protections to deployed troops who have difficulty meeting their personal financial and legal obligations because of their military service.

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

**Meritorious Service**

Lt. Col. Richard Gabe, Maj. Kirby Bauer, Maj. David Gerda, Maj. Marianne Kwiatkowski,  
Maj. Michael Laughton and Master Sgt. David Friestad

**Air Force Commendation**

Master Sgt. Raymond Cleveland, Master Sgt. Steven Priebe and Tech. Sgt. Cory Demuth

**Air Force Achievement**

Lt. Col. Nina Gilberg, Lt. Col. David Olafson, Lt. Col. Gary Peitzmeier, Maj. Mark Vijums,  
Maj. Richard Erredge, Capt. Michael VanHefty, 2nd Lt. Lynette Petsinger,  
Senior Master Sgt. Rebecca Hanson, Senior Master Sgt. Michael Ginapp,  
Senior Master Sgt. Charles Stemig, Senior Master Sgt. Wayne Stenberg, Master Sgt. Timothy Atchlee,  
Master Sgt. James Brausen, Master Sgt. Jose Gonzales-Rocha, Master Sgt. Robert Keldsen,  
Master Sgt. Laurie Konz, Master Sgt. Stephen Korolenko, Master Sgt. Bernadette Lunde,  
Master Sgt. Dana Moog, Master Sgt. David Nelson, Tech. Sgt. James Cullum,  
Tech. Sgt. Michael Finstrom, Tech. Sgt. Dennis Gauthier, Tech. Sgt. Steven Johnson,  
Tech. Sgt. Randy Kline, Tech. Sgt. William Liberatore, Tech. Sgt. Todd Liffitt,  
Tech. Sgt. Gerard Marking, Tech. Sgt. Jason Rebholtz, Tech. Sgt. Steven Robinson,  
Tech. Sgt. Robert Walz, Staff Sgt. Danielle Romero, Senior Airman Jacqueline Burns,  
Senior Airman Paul Kraft and Airman 1st Class Lisy Smith

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

**Senior master sergeant**

David Sowers

**Master sergeant**

Todd Kopperud, Michael Lein, Michael McNally, Christopher Rumreich and Patrick Smith

**Technical sergeant**

Dennis Maddox and Benjamin Rettman

**Senior airman**

Terrance Davey, Taylor Debel, Nicholas Ferry, Breon Gibson, Meghan Hubbard, Jolene Koch,  
Christine Laroco and Christopher Phillips

**Airman**

Joshua McGuire and Joshua Westergren



# Officials announce new health care benefit for Guard, Reserve

By Terri Lukach  
American Forces Press Service

**WASHINGTON** — A new health-care plan is now available to eligible members of the National Guard and Reserve and their families.

The plan will include coverage comparable to that enjoyed by federal employees under the Blue Cross and Blue Shield health insurance plan, according to Defense Department officials.

The new plan, called Tricare Reserve Select, will serve as a bridge for reserve component troops entering or leaving active duty who are not covered by their civilian employer or other health insurance plans.

It applies to all reserve component servicemembers who have been activated since Sept. 11, 2001, and who agree to continued service in the Selected Reserve. The coverage will be applied retroactively, officials said.

“We are committed to providing the proper combination of compensation and benefits that will allow us to attract and retain the world’s best fighting force,” said Charles Abell, principal deputy

undersecretary of defense for personnel and readiness.

He said large numbers of National Guard and Reserve servicemembers have health insurance through their employers. However, he added that DOD officials “recognize the importance of maintaining a continuity of care as they transition from their employers to serve with us and then back, as well as the need for some of them who may be self-employed or who work for small businesses to have health coverage.”

The program is a nationwide, premium-based plan that closely resembles the Tricare Standard coverage of the active-duty force. Its rates are based on the premiums for the Blue Cross and Blue Shield Standard Service Benefit Plan for federal government employees. Premiums will be adjusted annually.

Reserve component servicemembers and their family members also now are eligible for benefits 90 days before activation, and for up to six months after demobilization, said Thomas Hall, assistant secretary of defense for reserve affairs.

“For every 90 days of active-duty ser-

vice, Guard and Reserve personnel are eligible for one year of Tricare coverage for a modest fee,” Mr. Hall said. “That means, for example, that personnel who have served two years of active duty are eligible for eight years of health care coverage.”

Dr. William Winkenwerder, assistant secretary of defense for health affairs, praised the members of the National Guard and Reserve.

“They have shouldered a tremendous share of the global war on terror in which we are deeply engaged, and they have performed exceptionally well,” he said.

“They mobilized and deployed side by side with active-duty forces, many serving in Iraq and Afghanistan,” Mr. Winkenwerder said. “They served with pride and loyalty. And while we have, in the past, offered full health care benefits for these servicemembers, and for their families, this change will shortly offer a more comprehensive benefit for transition back to private life, and, importantly, the opportunity for those who have served in contingency operations, the option for obtaining Tricare coverage on a longer term at very attractive rates.”

## Report recommends family-friendly initiatives

By Gerry J. Gilmore  
American Forces  
Press Service

**WASHINGTON** — A military women’s advisory panel recommends that the armed forces discontinue the practice of simultaneously deploying both military parents of minor children.

That is among several proposed changes the Defense Advisory Committee on Women in the Armed Services cited in its 2004 report.

“Our recommendations are intended to improve the military lives of servicemembers

and their families and to ensure that they believe their sacrifice is worthwhile and appreciated,” committee officials said.

Recommendations in the report include:

- \* Developing sabbatical programs and allowing military families the option of remaining at assigned installations during critical family events.

- \* Evaluating how military training affects single parents and encouraging military leaders to support family-readiness programs.

- \* Implementing a new definition of sexual assault

into the Uniform Code of Military Justice for consistent reference in training and information collection, and by military law enforcement agencies.

- \* Ensuring that the official definition of what constitutes sexual assault within the military establishes a clear legal standard that is distinct from other sex-related offenses.

The committee also recommended that the military assess the effectiveness of Web-based family support programs, such as Military One Source.

The committee did not

specifically address recruitment issues but said retention, deployment and sexual assault concerns could affect recruitment.

The 13 committee members visited 14 military bases, conducting 70 focus groups consisting of servicemembers and spouses.

The committee, chaired by retired Marine Corps Lt. Gen. Carol Mutter, advises senior DOD leaders on issues and policies related to the recruitment and retention, treatment, employment, integration and well-being of women in the armed forces.





## Mother's Day salute :

# Wing members proud to serve

By Cristina Oxta and  
Senior Airman Curtis Holden  
934th Airlift Wing Public Affairs

Once a year, on Mother's Day, children honor their moms for all that they do everyday.

For two 934th Airlift Wing members, Senior Master Sgt. Sonja Fisher and Senior Airman Elizabeth Loveless, Mother's Day means thanking their moms not only for what they do for their family, but also for the entire nation.

Both of them take great pride in following in their moms' footsteps by joining the military.

Growing up, Sergeant Fisher looked up to her mom.

"My mom was my idol," said Sergeant Fisher, chief of information management at the 934th Communication Flight. "When my mother joined the Air Force Reserve at age 33, I knew I could do it at 18."

Sergeant Fisher's mom, Chief Master Sgt. Susan Crosby, is the senior recruiter for the 433rd Airlift Wing at Lackland Air Force Base, Texas.

After she joined the military, Sergeant Fisher learned a great deal about her mom.

"I realized how much strength my mother had to go into the military and still help raise a family," Sergeant Fisher said. "Prior to her enlistment, mom was mom. Now I see more of the person, all of her strengths and weaknesses."

Sergeant Fisher said her mom has set an excellent example for her in her military career.

"She kind of showed me the way," she said. "She gave me that extra push, that incentive I needed in basic training."

Mother and daughter talk regularly, sharing ideas, experiences and even goals. As she climbed up the ranks, Sergeant Fisher set her goals using her mom as a kind of measuring gauge.

"I used my mom as my goal, whether it be rank or decorations. That



Photo by Cristina Oxta

**Senior Airman Elizabeth Loveless, financial management office, shows off a photo of her mom, Army Sgt. 1st Class Sharon Loveless. As a Mother's Day gift, Airman Loveless plans to give her mom a scrapbook containing photos her mom sent to her during her deployments.**

was a way to set my standards high and try and surpass her," she said. "And I've basically made all of my promotions on time, except for master sergeant. She already had a couple of years on me, so I had to try harder to match her and achieve her level of rank."

The two were even locked in a friendly rivalry to see who could be promoted to chief first.

"The race wasn't my idea. It was hers," said Chief Crosby during an interview with Citizen Airman about the mother-daughter race for chief. "I didn't know until she made senior master sergeant that she had this as a goal."

Sergeant Fisher submitted her early promotion package to her bosses while her mom became eligible for regular promotion. In April 2004, then Senior





# ve with their military moms

Master Sergeant Crosby was selected to be one of 199 chief master sergeants assigned to the Air Force Reserve.

Sergeant Fisher said she is happy for her mom and she continues to eagerly wait for the day when she can join her at the top of the enlisted ranks.

Who knows. Perhaps, one day, Sergeant Fisher's daughter, Jacqueline, 14, may join her mom and grandma in the military as well.

"She hasn't really shown much of an interest in joining the military ... If she wanted to enlist in the military, I would encourage her," Sergeant Fisher said.

Like Sergeant Fisher, Airman Loveless, military pay technician at the financial management office, said she is proud of her military mom, Sergeant 1st Class Sharon Loveless. She is a paralegal with the 214th Legal Support Organization, 88th Regional Readiness Command, Army Reserve.

"She's so awesome at doing her job," Airman Loveless said. "She takes on a lot of responsibilities. She's very professional, well-known and well-respected among her co-workers, subordinates and supervisors."

Serving in the military has strengthened their mother-daughter relationship, Airman Loveless said.

"The fact we're both in the military has enhanced our relationship because we can both relate to and support what the other has gone through, even though our military training and experiences have been different because we're each in separate service branches," she said.

It seems no matter the circumstance, they always find a way to cheer on one another. When Sergeant Loveless was mobilized and preparing to deploy to Afghanistan in 2003 during Operation Iraqi Freedom, Airman Loveless was in basic training at Lackland AFB. Sergeant

Loveless' commander at Fort Hood, Texas, issued her a 12-hour pass to see her daughter at her graduation ceremony.

"I thought that was pretty cool because I didn't expect to see her at all," Airman Loveless said. "I heard her call my name when I was marching down the bomb run with my fellow graduates. It was fun to see my mom."

Sergeant Loveless said she is "so thrilled" with her daughter and her military service.

"Liz has done so much for herself. It makes me feel better because she's so independent and has become a responsible, capable adult," she said. "I can rest at night knowing I don't have to worry about her."

Airman Loveless said she wishes the best for her mom in her military career.

"I just hope my mom can keep doing the excellent job she's doing and enjoy it," she said.



**Senior Master Sgt. Sonja Fisher (right), 934th Communication Flight, helps put on her mom's new rank at a promotion ceremony in 2004. Her mom is Chief Master Sgt. Susan Crosby, senior recruiter at the 433rd Airlift Wing at Lackland Air Force Base, Texas. Sergeant Fisher plans to call her mom on Mother's Day and send her a card and flowers.**

Courtesy photo



# Quilters support wounded warriors

By Master Sgt. Kimberly Spencer  
59th Medical Wing Public Affairs

**LACKLAND AIR FORCE BASE, Texas** — Americans watching news coverage of the war in Iraq are asking, “How can I show my support for our brave servicemembers?”

To show their support, many have donated phone cards, frequent flier miles or sent letters and messages.

A group of San Antonio area quilters are doing their part to support wounded veterans. Stitched with love and gratitude, their lap quilts are just big enough to cover the legs of those in wheelchairs or on stretchers.

Military retiree Larry Cromer and his wife Dee, own a quilt shop in Lytle, Texas. They said it was the perfect answer.

“It really hit home,” Mrs. Cromer said. “Here is something we can do. We need to appreciate the members of the armed forces that are overseas fighting for us, and if they’re injured, we can try to make life a little better for them by sending love stitched in each quilt.”

The quilters’ efforts began after learning of a similar project by a Maryland quilters guild.

The project soon grew to more than 30 people. Known as the “Lytle Stitchers,” most of the participants have ties to the military.

As word spread, other local guilds joined the cause. Mr. Cromer shared their story in a quilters’ Internet chat room and asked other quilters to send blocks of fabric with patriotic themes and colors.

The request netted blocks of fabric from all over America. Norma Koth, a Pennsylvania quilter in her 70s, has sent 15 hand-stitched quilts so far, and a North Carolina fabric company donated 2,300 yards of patriotic material.

Local children also participated. Small handprints become angels or hearts, while little footprints share space with the words “Stand for Freedom,” while others draw pictures or write poems.

On each red, white and blue quilt is sewn a label which reads, “To: An American Hero, From: The Lytle Stitchers.”



Courtesy photo

**Louis Smith adds a pattern to a quilt for a wounded servicemember.**



Photo by Capt. Lisa Adams

**An Army corporal at Balad Air Base, Iraq, uses a lap quilt stitched by the “Lytle Stitchers.” It was given to him at the 332nd Aeromedical Staging Facility while he awaited transportation to Germany.**

“In a small community, you do for each other,” Mrs. Cromer said. “It’s wonderful how this project has spilled out to the world. These servicemembers come from every state imaginable, and we want them all to know we thank them and appreciate them.”

The Cromers are working with Maryland Jones, Wilford Hall volunteer services director, to send quilts directly to a field hospital at Balad Air Base, Iraq.

“It’s wonderful how this project has brought our community closer together,”

Ms. Jones said. “It has touched the hearts of so many and just keeps growing.”

The Lytle Stitchers also have sent quilts to Scott AFB, Ill., Wilford Hall and Brooke Army and Medical Center in San Antonio.

A quilt means so many things,” said Lytle Stitcher Kitty Janiga. “Warmth, cheer and caring, as well as something for the (servicemembers) to wrap themselves in. They’re perfect; what’s better than a quilt?”





# Bagram Airmen recover hundreds of pallets

Courtesy of Air Force Print News

**BAGRAM AIR BASE, Afghanistan** — The numbers 88-by-108-by-2.25 inches and 290 pounds represent lifeblood for the Air Force's logistics readiness officers and air transporters.

They are the measurements of a pallet type used to carry combat supplies in and out of war zones ... and they are "wanted."

A critical shortage of these pallets arose and Air Mobility Command officials began an effort to find and return as many of them and their netting as possible.

"We took AMC's worldwide call for pallets to heart," said Brig. Gen. James Hunt, 455th Air Expeditionary Wing commander. "It's easy to forget

that mobility movement is not complete until pallets and nets are returned to the mobility system for reuse in future missions."

Maj. Rich Fillman, 455th Expeditionary Logistics Readiness Squadron commander, said he noticed the pallets were being used for everything from bunker tops, decks, bridges and long-term storage platforms, so his squadron's Airmen started collecting these pallets.

The squadron's efforts achieved instant results. Within the first two weeks, 186 pallets with 399 top and side nets were returned. To help in the collection process, the Airmen created a wanted poster and sent it to every Department of Defense organization within the theater.

The local effort turned into an Operation Enduring Freedom-wide initiative to support Air Mobility Command, officials said.

"Our phone rang off the hook," said Capt. Jason Kalin, the squadron's operations officer.

"Communication was the primary problem," Major Fillman said. "Many people didn't know what to do with these pallets, and no one was telling them. Our campaign got the word out."

Since the project began, the Airmen located more than 1,030 pallets and 3,550 top and side nets worth \$1.7 million.

"This effort has paid off in a big way already," said General Hunt, "and we're just getting started." *(Courtesy of the 455th Expeditionary Mission Support Group)*



Courtesy photo

**Senior Airman Wesley Calhoun moves 25 pallets to the logistics storage at Bagram Air Base, Afghanistan. Airman Calhoun is a squadron aircraft services team member. Airmen of the 455th Expeditionary Logistics Readiness Squadron located 1,030 pallets and 3,550 top and side nets worth \$1.7 million.**





## Employers' Day 2005 - Aug. 13

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

**Employers' Day 2005 will be held Aug 13. Activities start at 8 a.m. and end around 2 p.m. They include briefings with the 934th Airlift Wing commander and Employer Support of the Guard and Reserve officials, along with a mock mobility line and a C-130 orientation flight. Breakfast and lunch will be provided.**

Nominating their employers for Employers' Day is one way reservists can say thanks to those who help support their military career. It is also an opportunity to introduce their employer 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 should complete a nomination form. **Completed forms must be received by the Public Affairs office by July 1.**

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

### Employers' 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 Aug. 13. In addition, I certify that my employer has not participated in any other Employers' 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



## 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.

To volunteer, e-mail [martha.grimes@minneapolis.af.mil](mailto:martha.grimes@minneapolis.af.mil).

## Spouses' club

Join the members of the Officers' Spouses' Club for a four-course dinner at 6 p.m. May 19 at Le Cordon Bleu Culinary School's Minnesota Room in Mendota Heights.

The meal will be prepared by the school's students. The cost is \$18. Participants must pre-pay. The OSC will elect its new officers at the event.

For more information on this event, call Phyllis Rehn at (952) 942-5405 or Stacy Michels at (952) 401-6345.

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

## Navigators

The 96th Airlift Squadron will hold a navigator selection board during the July UTA.

Anyone interested in apply-

ing for Undergraduate Navigator Training must submit all necessary paperwork to the 96th AS by the June UTA.

For more information, call the 96th AS training section at (612) 713-1746.

## Book drive

In honor of national Asian-Pacific Heritage Month, a book drive is being held on base throughout May.

The books collected will be donated to a public library in a small, rural town in the Philippines that is in desperate need of reading materials.

Book donations can range from children to adults and must be in good taste. Collection boxes are located in the wing headquarters building, fitness center and Enlisted Club.

Call Cristina Oxta at (612) 713-1217 for more details.

## Habitat

Volunteers are needed to help build a Habitat for Humanity home May 13 and June 15 in Minneapolis. To sign-up, e-mail [roger.hanson@minneapolis.af.mil](mailto:roger.hanson@minneapolis.af.mil).

## Recreation

Banquet tables, chairs, canopies, games, sports equipment, grills and a chocolate fountain can be rented at the Outdoor Recreation center.

The center also offers fishing boats, kayaks, canoes, bikes, camping equipment, gas powered washers and a utility trailer for rent. Club members receive a 10-percent discount.

Call (612) 713-1496 for additional information.

## 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.

## 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 fam-

ily of two or more. A free uniform is included.

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

## Family support

Military life can be challenging and at times overwhelming for military members and their families.

The Family Support Center at the 934th Airlift Wing is a place to turn to when military members or their families do not know where to go for help.

The center has a wide variety of resources and contacts that may provide them with the assistance they need.

Military members, regardless of their branch of service, or their families can talk to an FSC staff member by calling (612) 713-1516 or (800) 231-3517. The FSC Web site is at [www.afrc.af.mil/934aw](http://www.afrc.af.mil/934aw).

## Softball

The co-ed recreational softball season starts June 4.

To register, call Senior Airman Michael Hotter at (612) 713-1648.



May is Asian-Pacific Heritage Month.

## This month in Viking history

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



In May 2002, the Viking Flyer highlighted the 934th Logistics Readiness Squadron's transportation flight after it received the 22nd Air Force Base Transportation Activity of the Year award.





## Health officials recommend changes to fitness program

By Tech. Sgt. David A. Jablonski  
Air Force Print News

WASHINGTON — Air Force health officials recommended seven changes to the fitness program during the program's first annual review.

This assessment consists of reviews by three panels: functional, external and leadership, said Lt. Col. Sherry Sasser, chief of health promotions for the Air Force surgeon general.

Air Force officials conducted the functional review while experts from outside agencies and universities gave their opinion in an external review.

The leadership review began in April. Commanders and senior enlisted leaders will be randomly selected via e-mail to take a Web-based survey. The survey data will be compiled and forwarded to Air Force Chief of Staff Gen. John P. Jumper.

One consistent aspect of the program, however, is that Airmen worldwide are embracing fitness as a way of life.

"We are seeing a change in the culture of the Air Force," Colonel Sasser said. "Gyms are being used morning, noon and night, and are packed. Units are running together. It's wonderful to see."

In the interest of fostering the positive trend, officials said they are considering the following changes to better the program:

- \* Award full points on the body composition component of the test if the body mass index is within a healthy range. The Air Force is adding height and weight back into the standard to accommodate Airmen unable to obtain the minimum abdominal circumference but are still at a normal weight for their height. National Institute of Health officials define an index of less than 25 as a normal or healthy weight.

- \* Move the waist-circumference measurement to a controlled area for people rated poor or marginal and are being retested to reduce inconsistencies.

- \* Lengthen run times for tests con-

ducted at higher elevations.

- \* Retest Airmen who are rated "marginal" at 90 days instead of 180 days.

- \* Promote nutrition as an important aspect of education and intervention.

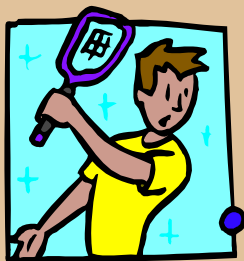
- \* Emphasize regular physical training rather than test results.

- \* Reinforce commanders' accountability.

A proposed change to weighing the programs components at 60-20-10-10 instead of the current 50-30-10-10 was rejected. The weighted areas, expressed in percentages, correspond to the run, waist measurement, crunches and push-ups.

Two smaller changes will be made to the assessment criteria. Values for females aged 50 to 54 were not consistent with all other age categories, so officials will adjust the criteria according to American College of Sports Medicine standards. A category was also added for people older than 60.

The program changes are expected to be implemented in June, officials said.

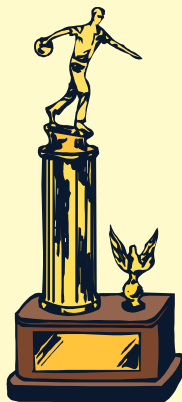


Got game?

The 2005  
Racquetball Ladder  
and Tournament  
starts May 2.

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

### Congratulations to the winners of the 2005 934th Services Squadron Bowling Tournament!



**Winning Team:**

James Muscatell Jr.  
Sherrill Beecher  
Jan Dalton  
Dan Fitzmaurice  
Russ Funaro  
Peter Sima

Total team average: 922

**Highest Individual Score:**

Dan Fitzmaurice  
with a score of 235



More than 60 people competed at the event  
held in Burnsville April 2.



**Bicycling - Riding Vikings Bicycle Club**

The club plans to organize rides and participate as a team in local races. Call Ronna Puck at (612) 713-1665 or Lt. Col. Carolyn Lohman at (612) 713-1446.

**Bingo - \$500 coverall jackpot, progressive numbers**

Join the fun every Friday starting at 5:15 p.m. at the Enlisted Club. Call (612) 713-1655 or 1674 for more information.

**Discount tickets/coupons**

To purchase tickets to the Minnesota Zoo and IMAX Theater, Chanhassen Dinner Theater, Camp Snoopy, Underwater Adventures, children's museum and other area attractions, call the fitness center at (612) 713-1496.

**Fit to Fight - Ready to Win Fitness Program**

Participate in special events for incentive awards. Squadron commanders will have a schedule of events available. Events will also be posted on the electronic bulletin board and at all services facilities.

**Meals at the Enlisted Club**

Early Bird Specials are offered Wednesday and Thursday from 4 to 5:30 p.m. Lunch is served from 11 a.m. to 1 p.m. at the Enlisted Club. The club offers a full menu until 10 p.m. every Friday before the UTA.

**Tuesday Night Pizza Special**

Show your North Country Lodge key card at the Enlisted Club and get a \$1 discount on a pizza of your choice. The offer is not available with takeout.

**Warmer weather means more outdoor fun!**



**Outdoor Recreation offers fishing boats, fishing gear, kayaks, canoes, bikes, sports equipment, games and camping equipment for rent.**

**Club members receive a 10-percent discount.**

**For rental information, call (612) 713-1496.**

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

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