

Team CES

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VIKING FLYER

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

VIKING FLYER

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On the cover



Tech. Sgt. Joel Johnson, 934th CES, knows his squadron succeeds based solidly on teamwork. For an overview of the unit, see Pages 5-6.

(Photo by Senior Airman Robert Walz)

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Commentary

Full plate

Busy year demands informing employers, family

by Col. Michael Gjede
 wing commander

It's only February, and already things are moving quickly toward the Operational Readiness Inspection this fall.

Between now and then, we've got a lot to do, whether it be individual unit activities and/or deployments, the Readiness Assistance Visit in June or our first-ever Unit Self Assessment, which is kicking off at this very moment. We've got a lot on our plate, but before we "dig in," I want to give you some useful advice that, if not heeded, could make things more complicated than they need to be: the use of good communication.

We all know how important it is to communicate with our unit to both get and give information on what's expected. Equally important is the communication with the other legs of that "delicate triangle" I've referred to in the past: your civilian employer and your family.

If there's one thing we've learned in this business, if you don't let your employer know *well in advance* what your Reserve commitments are going to be, stress levels increase immeasurably on all sides. Many are inexperienced with the Reserve and don't realize we aren't just "weekend warriors" anymore. The statistics bear this out, and employers deserve



Gjede

to be made aware.

If you have a supportive boss, let them know how much you appreciate their flexibility by sending their name in

to the Employer Support of Guard and Reserve for a "My Boss is a Patriot" certificate. Or invite them out to the base for our annual Employers' day in April.

And let's not underestimate those we sometimes tend to mistakenly take for granted: our families. Let them know what you're doing out here. That may ease some of the stresses of spending so much of your valuable time away from home. Give them a schedule of what's coming up between now and the end of the year. And please continue to include your family members in our annual events, such as Family Day.

As I have said many, many times, this is going to be a busy year for all of us. Let's take a look at the upcoming activities and plan to use our time here at the base wisely. And when not at the base, let your bosses and families know what's going on. I promise you, it'll make things much easier in the long run. □

UTA schedule

March 2-3
 April 13-14
 May 4-5
 June 22-23
 (RAV)**

July 13-14
 Aug. 3-4
 Sept. 7-8

Nov. 2-3
 (ORI)**

** Stay alert for additional requirements!

February UTA pay should be deposited by: **Feb. 15.**



World

Reservists tasked for Bosnia duty

Though the first waves of reservists heading to Bosnia have not included C-130 units, heavy airlift and refueling started flying missions December supporting Operation Joint Endeavor.

Also, some 200 Air Force reservists with F-16 and A-10 units started 1996 by helping to enforce the no-fly zone over Bosnia. Fighter and attack aircraft are based at Aviano Air Base, Italy.

Other Reserve flying participation to date includes four C-5 units, four C-141 units and seven KC-135 units.(AFRESNS)

Historic Bosnian airlift ends

The humanitarian airlift that kept Sarajevo alive for three and a half years ended Jan. 9, bringing a new hope for peace in Bosnia-Herzegovina.

A French C-130 flew in the last ceremonial pallet of food; preceded 10 minutes earlier by an Air Force C-130. The United Nations airlift to the city of 380,000 people actually ended Jan. 4. (AFNS)

19907

Wing earns safety honor

The 934th Airlift Wing has earned an Air Combat Command Flight Safety Award for completing fiscal year 1994 without a command-controlled Class A or Class B flight mishap. The award was presented at the January UTA flight safety meeting.

Class A mishaps involve loss of life or permanent, total disability and/or \$1 million or more in damage. Class Bs involve damage of \$200,000 to \$1 million and/or permanent, partial disability and/or inpatient hospitalization of three or more people.

"The 934th has a tradition of having zero Class A or B mishaps in its more than 145,000 hours of safe flying," said Lt. Col. Rich Huntington, chief of safety. "This is a tribute to the professionalism of our aircrews and the top-quality maintenance received from our maintenance people."

Family readiness activities set

The 934th Family Readiness Program has planned several programs for February and March.

☒ **Income tax update:** On Saturday, Feb. 3 (UTA), and Thursday, Feb. 8, at 10 a.m., Bldg. 760, Room 194, features presenters from the Internal Revenue Service providing income tax tips and information. Also, a representative from the state will discuss changes in Minnesota taxes.

☒ **Financial planning and deployment:** On Sunday, Feb. 4 (UTA), at 11 a.m., NCO Club, Sharon Danes from the University of Minnesota Extension Service will provide

information on coping with a dramatic decrease in funds, which is especially relevant if reservists are deployed.

☒ **Honoring the military child:** On Sunday, March 3 (UTA), from 4-5:30 p.m. at the NCO Club, the FRP will host a Spring Festival Day for children. Activities include an Easter egg hunt, crafts, food, a visit from the "Spring Bunny" and other fun.

☒ For information on these or any other FRP activity, call Ext. 8057.

ROA meeting scheduled this UTA

The Reserve Officers Association general membership meeting will be held Sunday, Feb. 4, at 11:30 a.m. in the Officers Club ballroom. Biannual chapter elections will be held, as well as a recap of happenings at the National ROA Midwinter Conference in Washington, D.C.

☒ Attendees should go through the line for lunch and be seated by 11:30 a.m. For more information, call Capt. Deborah Buonassisi, Ext. 5335.

Community project ends successfully

LaVern Callum, 934th Base Civil Engineering, extended her thanks to all who supported the Federal Executive Board/934th Airlift Wing "Adopt a Family" project in December. A total of \$407.30 was raised by the 934th Civil Engineer Squadron, 934th Mission Support Squadron, 27th Aerial Port Squadron, 934th Maintenance Squadron, 934th Logistics Support Squadron, 934th Base Supply, 934th Aeromedical Staging Squadron, 934th BCE, wing headquarters, recruiting and contracting. Contributions of clothing and food came from the 96th Airlift Squadron, information management and recreation services.

Callum reported that clothing and food were also donated by two area retailers. Cash donations were used to purchase clothing, shoes and a grocery gift certificate for the adopted family.

Trespassers warned

The 934th Airlift Wing firing range located on Fort Snelling grounds is off-limits to unauthorized people.

☒ For additional information, contact the 934th Security Police Squadron, Ext. 5420.

Public affairs offers free services

The 934th Airlift Wing Office of Public Affairs offers a number of community services available free of charge.

C-130 tours are hosted weekdays and during UTAs, including school holidays/vacation and summer months. Tours can be scheduled for scout groups, community organizations or even a neighborhood group of 10-40 people. Also, Air Force Reserve speakers are available for church groups, civic clubs and school groups upon request.

☒ Tours and speeches can be arranged by calling public affairs, Ext. 5337. In addition, public affairs and recruiting participate in community events such as parades, job fairs, career days, sports days and airshows, so call with information. ☐

Double duty ID card

That 'fancy-smancy' ID now talks to your paycheck

by Cherie Huntington
public affairs

The new "hologram" ID produced in minutes by the 934th Military Personnel Flight now doubles as a UTA sign-in card.

"In September, everyone has to have the new ID card," said Gerri Steffe, budget analyst for military pay, or Reserve Personnel Authorizations. "The old sign-in card will be phased out."

Steffe stayed extra busy in the units in December installing the new bar code card readers, which are black and approximately the size of a blackboard eraser on its side. The ID is slid through the reader, upside-down, left to right, with the picture side facing you so the bar code on the back can be read. Previous readers were tan in color and read the magnetic strip on the back of the sign-in card.

Steffe reminded reservists that the old cards do not work in the new reader or vice versa.

"This system is easy to use and provides better verification because it's a picture ID," commented Steffe. "Plus, the unit is compact and works with all our computers except the laptops."

Several units, including 27th Aerial Port Squadron and 934th Civil Engineer Squadron, use laptops for sign-in, so they are still working the system manually. However, Steffe said Headquarters Air Force Reserve is working on finding a reader that works with a laptop, and she expects a solution shortly.

"I'm hoping for an adapter for this reader," Steffe said.

In any case, many units previously inputting sign-in information manually are now enjoying the ease of the new system. Also, new members or people who have lost their sign-in cards no longer have to wait six months or more for a replacement - IDs can be finished in around 10 minutes.

"We aren't ordering any more old sign-in cards," said Steffe. "If a person

needs one, they should get a new ID."

Before there is a mad scramble to get an ID card, however, personnel officials have an orderly system in place to accomplish the task.

"We're scheduling units according to their mobility commitment for the Readiness Assistance Visit and size of unit," explained Tech. Sgt. Mike Ginapp, chief of customer service for MPF. "For the UTAs, we've prioritized who gets IDs - scheduled units, reenlistments and promotions."

Retirees, for example, are being encouraged to handle their ID needs during the week, or else face a possible long wait on UTAs as priority IDs are created.

"All reservists should have new IDs by the end of September," Ginapp said.

Potential uses of the new IDs could expand geometrically as experts give it some thought. For example, local services officials are studying possible use of bar code readers in areas such as the dining hall and lodging. □



Viking Victors:

Joseph DeCapite

New position: 934th Chief of Base Supply. Previously supply systems analyst, Kelly Air Force Base, Texas.

Education: Bachelor's in education and music methodology, Kent State University, Kent, Ohio.

Hobbies: Singing, playing piano, choir directing, gardening and playing various sports.

Professional organizations: Kelly Management Association, Toastmasters.

Goals: "To be an effective manager and a good provider for my family."

Family: Wife, Regina; children, Juliana (14), Steven (13) and Valerie (7); recently purchased a home in Woodbury, Minn.

Comments: "The weather has been challenging for us, but I believe this outstanding job opportunity will override the winter's problems!" □

Airlift mission 'plateau'

Reserve affairs champion visits 934th, comments on ops tempo

by Mark Davidson,
public affairs, and
Capt. Deborah Buonassisi
executive officer

Deborah Lee, assistant secretary of defense for reserve affairs, visited the 934th briefly Jan. 8 before presenting a National Committee for Employer Support of the Guard and Reserve award to Northwest Airlines.

Lee answered the following questions prior to her windshield tour of the base:

Q: The reserves are not suffering the same massive drawdown as the active force, yet the operational tempo for the reserves continues to increase. Will this increase continue, or is there a plateau in the foreseeable future?

Lee: The Air Force and its relationship with the Air Reserve Component has been a model relationship which is held in high esteem at the Pentagon. I constantly urge other services to model themselves after the Air Force.

The ARC is also a victim of its own success, in that it must constantly meet the high expectation it has established for itself. Both General [Ronald] Fogleman, Air Force chief of staff, and Maj. Gen. [Robert] McIntosh, chief of the Air Force Reserve, are aware of this. We have had to utilize the ARC airlifters more in the '90s



(Photo by Mark Davidson)

Lee

than other combat forces, but I see the ARC airlifters maintaining their present operational rate with no further increases. Some of the other combat forces [such as fighters] will be participating more.

Q: What is the state of legislation concerning the reserves recently introduced in Congress?

Lee: There have been two separate bills recently introduced to Congress which would benefit the Guard and Reserve, but both are still pending.

Mobilization insurance for reservists is the main feature of one bill, while the other bill features a tax incentive to ease

the burden of reservists on employers. The Defense Appropriations Bill, which has recently been vetoed by the president, contains reserve items of interest, such as income insurance as well as tax incentives for employers of guardsmen and reservists. These items are not points of contention for the president and will stay in the bill.

Q: And what about Congressman Laughlin's "Reservists' Bill of Rights"?

Lee: It is a separate bill and also contains items that will enhance reservists' quality of life, such as dental plans and, again, income insurance. It is still pending.

Q: You have been a strong supporter of the family readiness program in the Air Force Reserve. Your comments on this program?

Lee: The family readiness program has grown and gotten more important. The program is doing well, but we have to do a better job in this area due to the increasing number of deployments every year.

Q: From your perspective, is the Reserve Officers Association a visible presence on Capitol Hill?

Lee: I place a great premium on working reserve issues with ROA. I am involved with ROA, and they definitely have a presence in Washington. They serve to better explain the missions of the various reserve forces to members of Congress. □

Tape time

If the measuring tape is no friend of yours, reenlistment could be a real bummer

Instructions governing reenlistment have changed to require body fat measurement instead of weighing prior to "signing on the dotted line."

"This is going to be interesting," said Master Sgt. Leon Gilder, 934th Military Personnel Flight's chief of career enhancement. February will see the first people affected by the change, as earlier reenlistments were handled under the old criteria. Now, even those who are under their maximum allowable weight must be measured.

"The emphasis is moving from fat to fit," said Gilder. "Now, people must be measured the UTA they are scheduled to reenlist."

Gilder explained that PC-III, the computerized personnel system maintained by each unit, has a body fat calculation program which provides a printout to include with the reenlistment package. "If you don't make your allowable body fat, you're placed on the weight program and extended," he said. "The length of extension depends on how many percentage points you are over, allowing for 1 percent loss of body fat per month."

For example, if a person were 2 percent over in body fat measurement, they would be extended two months. If body fat does not meet requirements in two months, the person would be reassigned immediately to the Air Reserve Personnel Center. □

Far right, squadron fire fighters practice rescuing victims from a motor vehicle, first stabilizing the van. Right, Staff Sgt. Tim Rice does some spot welding.

TEAM CES



(Photo by Senior Airman Robert Walz)

There's more to this bunch than changing light bulbs, fixing water leaks and moving dirt -- they've got a team thing going

by Master Sgt. Tim Turner
public affairs

Teamwork.

That word seems to best explain the secret of the 934th Civil Engineer Squadron's continued success, despite its size - second largest in the wing, with 147 members - and its broad span of technical specialties.

Proof can be observed in black and white: posted in the squadron's work areas and break room is a one-page statement

Far right, Staff Sgt. Jeffrey Jacobs builds a mobility container during the January UTA. Right, Master Sgt. David Blom serves in disaster preparedness.

outlining the goals the unit hopes to accomplish in 1996. The statement serves as a reminder of how teamwork can help the squadron meet the high standards it has set for itself this year.

"One of the wonderful aspects of this unit is that such a large and diversified group of people can work together so efficiently," said Master Sgt. David Rau, CES first sergeant. "But we work hard to emphasize teamwork every step of the way."

Small-town structure

Considering that CES is comprised of 16 sections ranging from electrical power production to fire fighting to pest control, teamwork



(Photo by Capt. David Winter)



(Photo by)



(Photo by Senior Airman Robert Walz)

is paramount, said Rau.

He added that while CES has a good reputation among other base units for its team aspect, many people here still do not know exactly what the squadron does. "We do a lot more than replace light bulbs and adjust thermostats," said Rau.

For the person who's unfamiliar with the squadron's on-base mission, picture CES as the public works department for a small town. "Public works for the City of Richfield, for example, may fight fires, fix broken water mains and handle snow removal. Well that's exactly the types of things we do here, and then some," said Capt. Donald Kom, CES disaster preparedness officer.

Every 934th member, however, is familiar with two projects CES handled here recently. Last year, the squadron's heavy equipment section razed the massive, yellow-wooden building that was once home to the Base Exchange and chapel.

"Last fall, we also constructed the new C-130 ground trainer facility behind aerial port, including laying the concrete foundation and building a retaining wall," said Rau.

Worldwide assistance

But it is not just the 934th that benefits from the hard work and talents of CES. The squadron routinely deploys to other bases worldwide to lend a hand. "We've done everything from building an NCO Leadership Training School at Rhein-Main Air Base in Germany to laying the foundation for the space shuttle arresting gear at Zaragoza Air Base in Spain," said Chief Master Sgt. Wayne Emberland, noncommissioned



Capt. David Winter

officer in charge of operations maintenance.

"At every active duty base we deploy to, they're impressed with our skill level and work ethic," said Master Sgt. Tim Tamlyn, squadron career advisor. "We really have a good reputation among active duty civil engineers units. They always want us to come back."

Wartime 'triad'

What has been described so far is CES' peacetime mission. But like all other 934th units, the engineers also have a wartime requirement. The squadron's three-part wartime mission consists of a Prime BEEF (Base Engineering Emergency Force) element, a fire fighting team and a disaster preparedness team.



(Photo by Senior Airman Robert Walz)

Staff Sgt. Wayne Stierlen selects a part from bench stock.

"During a war, our Prime BEEF members would provide all civil engineer functions in a war zone, including constructing housing, perimeter defense and repairing runways damaged by enemy bombs," Kom explained. "If necessary, we have the capacity to build a tent city in the middle of the desert for 1,200 military personnel."

Essential training, communications

Training is another important part of the CES mission, and one that extends beyond the boundaries of the unit's own people. "We're responsible for training the entire base in the proper wear and use of the chemical warfare gear," said Tech. Sgt. Gerald Siehdnel, disaster preparedness specialist.

"We take this training very seriously and ensure that it's consistent among all units," he continued. "When it comes to disaster preparedness training, we want everyone singing off the same sheet of music - that way, miscommunication is avoided."

With a unit as large as CES, ongoing communication is essential to the unit's reputation for teamwork. So is empowerment, according to Emberland. "Our supervisors do a good job delegating assignments to all officer and enlisted ranks," he noted. "If you give people a sense of ownership, they'll take more pride in the finished product. It's just human nature."

"People really respect each other in this unit, and that's why morale is so high in CES," said Senior Airman Tara Tveitbakk, utilities specialist for the squadron and the base's 1995 Airman of the Year. "You can feel it - a camaraderie and a genuine willingness of people to work together for the common good. That's one reason why retention is so high in this unit. Once you're here, you don't want to leave." □

Australia for the holidays

Reservist helps handle Christmas mail deluge 'down under'

by Cherie Huntington
public affairs

When the Reserve's annual SOS went out for administrative people to augment the active duty over the holidays, Tech. Sgt. Sonja Fisher must have had visions of wombats dancing in her head.

Fisher, assistant chief of 934th Information Management, submitted her first and second choices, both in Australia, to Headquarters Air Force Reserve. Then she found herself jetting off on a 24-hour flight to the land of koalas for her two-week assignment at an Air Force mail detachment in Melbourne.

Australia is one day and seven hours ahead of Minnesota, so when Fisher arrived, her body told her it was definitely bedtime.

"But I went straight in to work and stayed until 4:30 p.m.," she said. Again, her Minnesota body clock knew it was really 2 a.m. "I wasn't tired, though," Fisher said. "I was so excited, and the people there said I should stay up until 7:30 p.m. to adjust."

She augmented the solo Air Force member assigned there, processing incoming and outgoing mail plus providing the regular services of a U.S. Post Office. Though that may sound simple, the mail flow increased from three sacks of mail daily to 25 sacks daily during the holiday season, hence the need for Reserve augmentation.

"I learned a tremendous amount on how to process bags of mail, sort mail and handle overseas requirements," Fisher said.

But she also experienced the wonder of "down under." Though early in Australia's summer season, the weather stayed



Fisher feeds a wallaby, a kangaroo cousin.

in the unseasonably-cool '70s during her stay. And though koalas do not gaze down from every tree, Fisher did see 50-75 kangaroos roaming on a golf course one day.

"They're nosy animals, but they normally don't bother the golfers," she said. "I was told you have to be careful if you're going to tee off and they're standing in your way, though."

Native critters provided Fisher her fondest memories. "The best experience for me was visiting a wildlife preserve," she said. "I got to feed the emus, kangaroos and wombats. To be able to get up close and touch them was unforgettable - an experience of a lifetime."

Her favorite? "The wombat," she said. "It's kind of like a bear mixed with a pot-bellied pig with rabbit teeth."

Six other 934th reservists in administration also volunteered to spend part of their holiday season answering the call of duty around the world: 934th Maintenance Squadron, Senior Airman Jamal Ahmed, Japan, and Tech. Sgt. Timothy Mutch, Germany; 934th Mission Support Flight, Airman 1st Class Paul Chadha, England, and Tech. Sgt. Leeann Clarke, California; 27th Aerial Port Squadron, Staff Sgt. Raymond Cleveland, Germany; and 934th Operations Support Flight, Staff Sgt. Vernell Beale Sr., Korea. □

Viking Victors:

Jerry LaLonde

New position: Elected president, American Federation of Government Employees Local 1997 (two-year term).

Education: Graduate of DeVry Institute of Technology, Chicago.

Civilian position: Electrician, Base Civil Engineering.

Hobbies: Hunting, fishing - "I enjoy being in the north woods."

Professional organizations: National Association of Corrosion Engineers, member of labor unions since 1966.

Goals: "I'll do my best to see that we pull together and use our energy to make our base the best place to work possible, as well as educating ourselves on how to remain competitive with the private sector so our status as government employees won't be threatened."

Family: Wife, Catherine; three adult children, Daniel, Mary and David; live in Hastings, Minn. □



Observing 'battle'

934th members bring home hot info from inspections

A number of 934th Airlift Wing members observed recent Operational Readiness Inspections/Exercises to learn the "nature of the beast" of Air Combat Command inspections.

Those visits provided insight into distinct differences from the wing's previous inspections.

"There was a high degree of awareness of people and exactly where they were all the time," said Lt. Col. Paul Groskreutz, 934th Support Group deputy commander. "Another thing I saw was rapid response and involvement. When you run across contamination or a casualty, you react immediately, even if by yourself."

Capt. Vince Lupo, supply officer with the 934th Logistics Supply Squadron, experienced 10 ORIs during his active duty years. A key difference both he and Groskreutz noted was the Inspector General's approachability.

"The IG and his representatives were more than ready to help the unit reach their objectives," said Lupo. "They basically wanted to see the unit do well and gave them reasonable opportunities to succeed."

"They expect give and take," said Groskreutz. "They don't object to people saying, 'I don't understand,' or, 'Is this what you mean?'"

Perhaps most unexpected, according to Groskreutz, is the high number of extra people required, primarily for Ability To Survive and Operate taskings. "These are not mobility-tasked jobs," he said, explaining that nearly 200 "extras" are needed "to help win the ATSO war."

Above all, however, Groskreutz emphasized how much fun the ORI can be. "This is not drudgery," he said. "You'll probably be hot, tired and hungry, but you sure as heck shouldn't be bored. This is our opportunity to strut our stuff!" □

Provisional wing

Minneapolis joins Pittsburgh for inspection

by Cherie Huntington
public affairs

The 934th Airlift Wing will join the 911th Airlift Wing, Pittsburgh, Pa., to form the 1845th Provisional Wing in both the June Readiness Assistance Visit and the October/November Operational Readiness Inspection.

According to Lt. Col. Larry Snider, project officer for both the RAV and the ORI, the two units decided in December that it was in their mutual interest to combine their efforts.

Significant savings

"We would normally be sending 800-850 people on the ORI," said Snider, "but combining with Pittsburgh will mean a 25 percent difference for us. The recent ORI for Youngstown Air Reserve Base, Ohio, combined with the Maryland Guard in Baltimore, showed that 1,200 people in a combined effort could do the job."

He added that the force reduction would not affect flying operations or maintenance, however. "The operations portion of the inspection remains the same per unit," Snider said. "We'll complete the same amount of tasking as if we were alone."

Snider said Pittsburgh generously agreed to go with the 934th's scheduled inspection dates and deployment locations, with Volk Field, Wis., as the forward operating base. "We're still planning on Fort Campbell, Ky., as our forward operating location," he said, "so most airlift, airdrop and engines-running onload/offload activity will be in the Fort Campbell area. Adding Pittsburgh didn't affect that decision."

He said that with the hour and 45 minute flight each way between Volk and Fort Campbell, however, "Crew duty days will be to the max."

Similar backgrounds

Snider pointed out that Pittsburgh, which flies the C-130H model, has an

inspection background similar to ours.

"Their last full ORI was under Air Mobility Command with another unit, much as ours was," he said. He explained that the 934th was working with a wing undergoing their first tactical ORI, while Pittsburgh was teamed up with a unit facing both conversion and relocation.

"In both cases, those extenuating factors made it difficult to put together a successful effort," Snider said. "Now, we're working with a professional, capable, experienced, stable counterpart."

In addition, Pittsburgh also dodged a bullet recently when they fought back with success after being placed on the base closure list. Their battle, however, resulted to the 934th and other C-130 units being drawn into consideration.

Resolving concerns

Snider offered relieving answers for some concerns about the provisional wing, such as aircraft differences. "The fact that we're flying two different models of aircraft creates no problems at all," he said, explaining that each unit brings a complete aircrew and maintenance contingent.

Another concern arose over airfield capabilities of Volk Field. "We'll revise our parking plan, so we can accommodate 16 aircraft rather than eight," he said. "Volk has the capacity of handling a 'max on ground,' or MOG, of 24 C-130s."

According to Snider, the combined package will mean more groundwork, but once the action starts, the average reservist will notice no differences. "Just that you'll have a lot more people working around you," he said.

Wing officials traveled to Pittsburgh for a joint planning meeting early in January, and Pittsburgh members will visit Minneapolis, Feb. 7-8. "We'll alternate visits as necessary," Snider said, "but the smarter we get with this, the fewer trips will have to be made." He added that the units will be taking advantage of electronic mail, the Local Area Network and T-Net, the satellite training network. □

'Just a softie'

This gentle giant spends his time helping children get a better start

by Staff Sgt. Janet Byerly
public affairs

"I can't see someone hurting and not help. Thank God that's the way I was raised. I came up helping. It's embedded in me. Hard to get away from it."

— KD Steward

When KD Steward sees a need, he fills it. Somehow, some way, he accomplishes what most people tell him won't work.

Not only has he been told that it wouldn't work, he has been told that he could be killed, and even that didn't dissuade him.

"It all got started because of some bad things going on in the apartments in St. Paul where I live," said Steward, a warehouseman with 934th Base Supply. "I had a problem paying my money for a place where I didn't feel comfortable or safe."

After talking to building management, he and other like-minded residents formed the Rice Marion Resident's Association and set to work solving the problems in the building, including eradicating drug dealers.

The residents identified the apartments the dealers were working out of, and with the cooperation of St. Paul police, were able to get the dealers out of the building.

"They said the drug dealers would retaliate – that they'd kill me," he said. "I didn't care. I was angry. Our children needed help.

"My heart has always been with kids," he continued. "I started bringing kids into the association's office to do things, run errands. I'd always give them some money for their work. But the more I interacted with them, the more I realized that these kids didn't know how to read or how to count money. And most of them were bigger kids. They should have been a lot further along than they were.

"I started thinking that if our kids are this bad off, we need to do something to help them," Steward said. "But how do you do that?"

His first idea was to start an after-school program for the kids, to include tutoring sessions and a nutritious meal, but he couldn't serve a meal without a license, so that idea was nixed.

"Then I got this idea to start a library," he continued. "I threw the idea out to our association board, and they all looked at me and said, 'A library? We can't do a library.' I asked why and the only answer they could come up with was 'White folks do libraries. We're black. We can't do a library.'"

The association board mirrors the culturally diverse, predominately low-income population mix at the apartments, but nearly 70 percent of the board is black, and his own people were telling him the library couldn't be done.



(Photo by Cherie Huntington)

Steward, right, with some of his little "library buddies"

"That gave me the incentive to say, 'That's exactly what we need,'" Steward said.

First, he persuaded building management to donate an apartment for the library. Then he sent out letters to 200-300 people asking for donations.

With the donations that began rolling in, lumber was purchased, and shelves built. Then Steward wrote another letter, this time asking for books, and got 4,000.

Throughout the process, the association coordinated their efforts with various agencies of the City of St. Paul, which led to help from a public library staffer on how to set up a check-out system, to an ongoing donation of books being discarded by city branch libraries, to a grant of \$26,100 to purchase computers and other supplies.

While Steward has met a few of his goals, he has many, many more including: tutoring in English and Spanish, continuing a reading incentive program he pays for out of his own pocket, donating household goods and furniture to those in need, teaching mothers currently on welfare how to type and use computers, and continuing to tutor the children so they can excel in school.

"Our top, top, goal is to get our children excited and interested in school so they don't drop out like their parents," he explained. "Somehow, some way, someone has to get in there and break the cycle. People complain about people on welfare, but you need to do something to make the situation different. These people are not in a position to just pull themselves up in life. If everyone had a fair chance you could say, okay, get off welfare. We have a lot of problems to solve before they can do that.

"All I try to do is help anyway I can," he said. "I'm just a softie – I've got a big heart." □

Promotions

Senior Airman William Condon, CES
 Staff Sgt. Robert Emmers, MXS
 Airman 1st Class Scott Fitzgerald, MXS
 Staff Sgt. Timothy Hlavac, LSS
 Master Sgt. Sherri Kennedy, LSS
 Staff Sgt. Thomas Kim, AS
 Senior Airman Daniel Moldenhauer, MXS
 Staff Sgt. Christopher Neitzel, MSF
 Staff Sgt. Randy Schmidt, MXS
 Master Sgt. Gerald Schuster, MXS

Honors

The following individuals earned Quality Certificates of Appreciation, awarded in December:

Senior Master Sgt. Dave Brownlee, LGQ
 Senior Master Sgt. Mike Dressen, APS
 Senior Master Sgt. Tom Foss, AS
 Master Sgt. Sharon Lake, AES
 Steven Smith, LGS
 Dave Swanburg, DE

The following letter of appreciation was received by the 934th SPS for their color guard provided at a local military reunion. Though a number of squadron members participate in this community service, the ones noted below are: Master

Sgt. David Provo, Staff Sgt. Sean Phillips, Staff Sgt. Leo Moreno and Senior Airman Shannon Polk.

"I want to thank you on behalf of the 452nd Bomb Group. You can justly be proud of your men and women. The color guard that your unit furnished for our reunion ... was grand. The guard's uniforms were as spic-and-span as any I ever saw. They marched very proudly as they entered the room. Everyone there was moved.

"When the Colors were posted ... it brought tears to my eyes ... Our unit lost 440 men, and at times like this, the memory of them comes back. Be sure to pass on to the men and the young lady our thanks. It comes from the bottom of our hearts."

- Ed Hinrichs

Newcomers

Senior Airman Robert Braesch, MXS
 Staff Sgt. Kraig Crandall, CES
 2nd Lt. John Echert, AW
 Senior Airman Randall Ellis, CES
 Airman 1st Class Scott Fitzgerald, MXS
 Staff Sgt. Scott Geving, LSS
 Airman 1st Class Michelle Gourdine, CES
 Senior Airman Matthew Haefemeyer, APS
 Airman 1st Class Debra Hanson, SVF

Senior Airman Lon Hatfield, ASTS
 Capt. Thomas Hueg, OSF
 Senior Airman James Martiny, AES
 Senior Airman Randy Natzke, APS
 Staff Sgt. Michael O'Donnell, CES
 Staff Sgt. Max Sornoza, ASTS
 Senior Airman Ken Thompson, MXS
 Airman 1st Class Michael Touney, ASTS

Reenlistments

Senior Airman Carl DeWaard, APS
 Staff Sgt. Tracy Elbers, AES
 Senior Airman Bradley Fradette, APS
 Senior Airman Jon Fremstad, SPS
 Senior Master Sgt. Daniel Goebel, CES
 Tech. Sgt. Jeff Gorman, MXS
 Staff Sgt. Michael Gough, MXS
 Senior Airman Ross Hillukka, SPS
 Staff Sgt. Kenneth Jackson, MXS
 Tech. Sgt. Paul Korkowski, AS
 Staff Sgt. Mark Larson, APS
 Tech. Sgt. John Murphy II, MXS
 Staff Sgt. Bryan Nill, MXS
 Master Sgt. Danny Pinnell, AES
 Tech. Sgt. John Quinlan, MXS
 Chief Master Sgt. James Rethwill, APS
 Senior Airman Rebecca Rodriguez, AW
 Staff Sgt. John Sadlovsky, AS
 Staff Sgt. DeWayne Schneider, SVF □

Speak up: What does Quality mean to you?



Staff Sgt. Heidi Schmidt
 934th AES
 "Accurate office procedures that work."



Capt. Scott Russell
 934th SPS
 "Doing the best in all aspects of the job, all the way from the most important to those jobs that may seem trivial."



Tech. Sgt. Frank McKay
 934th CF
 "A good-working, oiled machine that doesn't break down, understanding and getting the job done in an efficient manner, and working together for the result that will help everybody."



Staff Sgt. Martin Liserio
 934th SPS
 "I haven't seen many changes, but we're really pushing Process Identification."



Staff Sgt. Crystal Bell
 934th LSS
 "Taking the extra step to make sure your customer feels confident to rely on you."



Sgt. Jeremy Jaspersen
 934th AES
 "Continuous improvement of processes to get the best possible products or procedures." □

- Reporter: Staff Sgt. Larry Dean
 Photographer: Capt. Dave Winter

Put the pedal to the metal

But it's still a no-go, as some reservists find in ergometry testing

by Master Sgt. Tim Turner and Staff Sgt. Janet Byerly
public affairs

"I think I'm in pretty good shape for a guy my age," said Staff Sgt. Greg Tackaberry, shortly after being one of the first at the 934th to tackle the cycle ergometry fitness test. That's the new Air Force Reserve annual requirement to test a person's fitness level.

So it was with some surprise the 47 year-old aerial porter found he hadn't passed the test.

"I was very surprised," he said. "I run or walk a couple of miles a day and cross-country ski in the winter."

Even a reservist who maintains a regular aerobic workout may fail the 25-minute stationary bike test if their workouts don't make their heart work hard enough, according to Tech. Sgt. Doug Johnson, a fitness program director wing the 934th Services Flight.

"People who

fall into this category are always surprised when they don't pass, but it's usually because they haven't maxed out on their heart capacity," he said.

"A person who's been running the same number of miles at the same speed each week for five years hasn't increased their heart rate capacity," Johnson said. "This person may want to reevaluate their fitness program and introduce new activities that 'challenge' their heart."

According to the Air Force's cycle ergometry standards, the best way to prepare for the test is to exercise aerobically at least three to five times per week for 20-60 minutes at a moderate intensity.

"The test measures how much your heart rate increases as a result of the amount of work you perform on the bike," said Johnson. "It's designed to determine your VO2 max, which is the amount of oxygen you can take in and effectively distribute throughout the body."

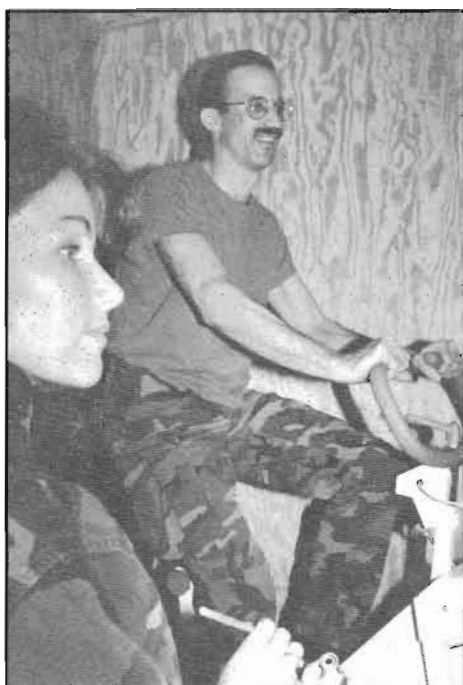
"There are some reservists here who wrongly feel that the test is a way to weed out the older members, and force them into early retirement," Tackaberry said. "But that's simply not true. From the Reserve's standpoint, cycle ergometry is designed to measure how fit we are to go to war. Even though I failed the test, I still believe it's a good measure of my fitness level."

"The test isn't a career-threatening kind of thing," Johnson said. "But I think there are some people who don't want to face the fact that they're out of shape. This test is one way to get these non-believers into shape so that they live long enough to collect their retirement checks."

Those who fail the test are required to retake it every 90 days until they pass, according to Tech. Sgt. Ronna Puck, fitness program director. She noted that four out of 10 reservists will probably fail the test initially, most because they don't exercise regularly.

"We plan to test about 85 reservists each UTA until everyone is tested," said Puck.

For Tackaberry, it's time to redouble his efforts, and for many others a wake up call to get started exercising. □



(Photo by Master Sgt. Darrell Habisch)

Tech. Sgt. Gary Constans, 27th Aerial Port Squadron (right), watches the test computer prior to starting, along with Staff Sgt. Holly Theide, 934th Logistics Support Squadron, who is one of the trained test administrators.

SERVICES BRIEFS

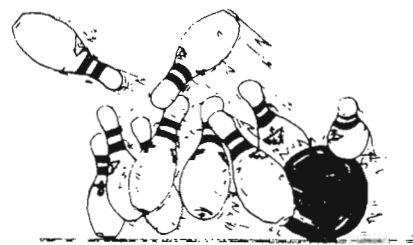
'Winter Fit' continues

The Winter Fit Physical Fitness competition runs through March 31. Coed teams of four earn points by exercising.

Pick up a list of Winter Fit rules at the 934th Recreation Services office.

Bowling outing set

Recreation services will sponsor a bowling outing on the evening of Saturday, March 2 (UTA). Time and place will be announced later. Call to sign up your team of four or more. □



934th Recreation Services
Bldg. 802, Ext. 5316