

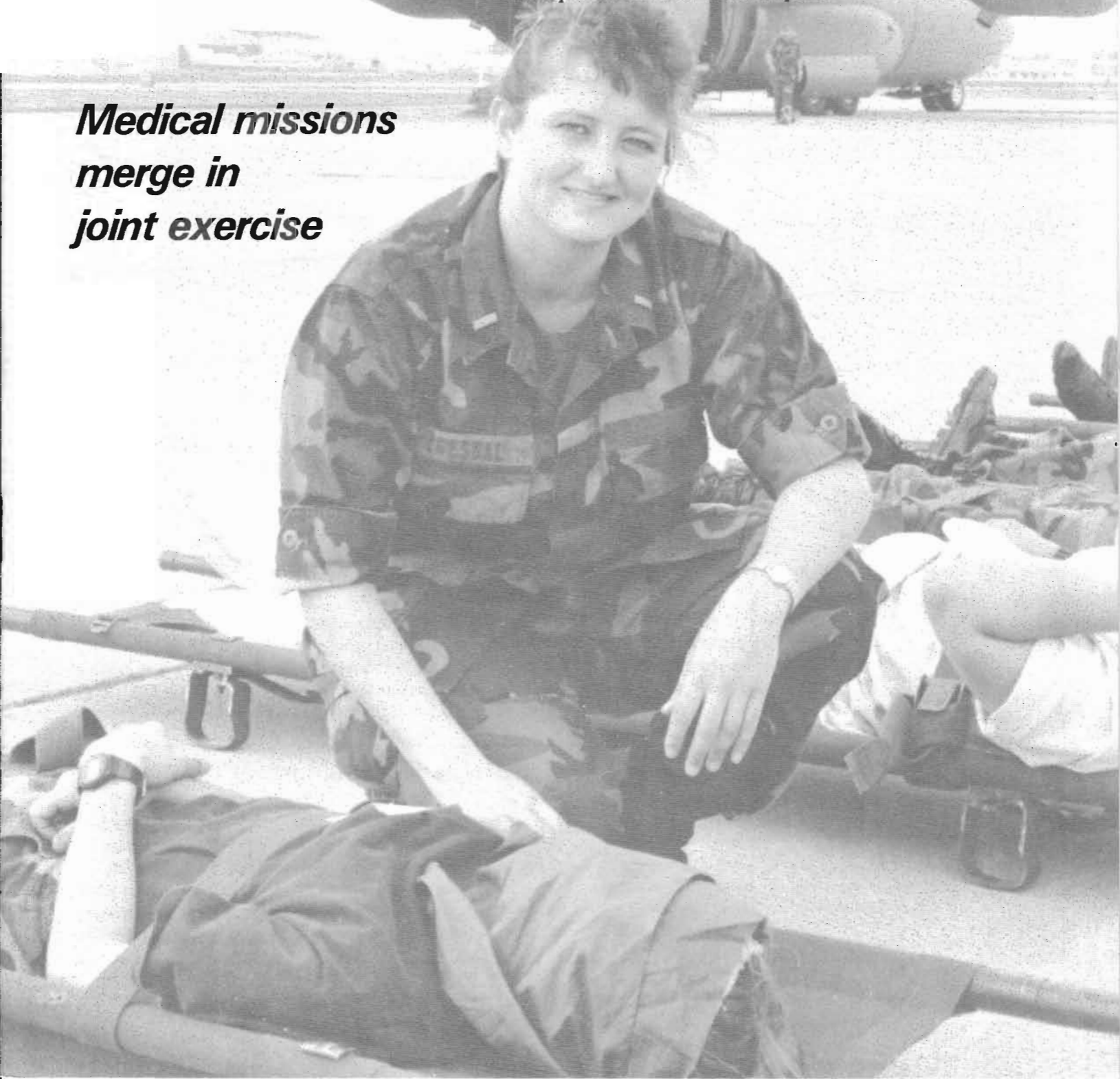
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VIKING FLYER



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

*Medical missions
merge in
joint exercise*



VIKING FLYER

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On the cover



2nd Lt. Terri Egedal, 934th ASTS, participated in the joint medical and aeromedical exercise on the June UTA. For more, see Pages 6-7.

(Photo by Senior Airman Robert Walz)

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Commentary

Again -- already?

It's time to get into the 'inspection mode' again

by Col. Michael Gjede
 wing commander

Sometimes it seems like we just never run out of opportunities to excel. This time, however, we're - as they say - "doing it to ourselves."

Of course, I'm talking about Patriot Viking 96-01, our self-generated deployment exercise. It's designed to mirror what our Operational Readiness Inspection will be like, using the best data available to date. We C-130 units are still relatively new to the Air Combat Command way of doing business, but we've been working very hard to find out what ACC, and especially 12th Air Force, expects to see.

As with any mission we perform, a lot of hard work has been put in to be sure we get the most out of this exercise. It's our first in a while, and we have many new faces in important positions, so we expect to do "max" training.

You have to walk before you run. However, we must learn - and learn quickly. Attitude and the proper sense of urgency will go a long way to make this exercise productive for everybody.

I urge each of you to become knowledgeable in your area of



Gjede

expertise. Offer the benefit of your experience to those around you and be prepared to do your job. Exercise situations are where true leadership ability really shows itself.

Most exercises can be stressful, but they can also be fun. My goal is that we all come away from Patriot Viking 96-01 tired but with a renewed sense of confidence that we really can perform our combat mission. □

(Editor's note: See an overview of the exercise, Page 4. Next month, the *Viking Flyer* will feature a pull-out exercise/inspection section, followed by monthly focus articles.)

UTA schedule

1996:

Remainder of 1995:

Sept. 9-10
 Oct. 12-15 (double drill)
 No November UTA
 Dec. 2-3

Jan. 6-7	June 1-2
Feb. 3-4	July 13-14
March 2-3	Aug. 3-4
April 6-7	Sept. 7-8
May 4-5	
August UTA pay should be deposited by: Aug. 23	



World

Reserve receives waiver authority

The Air Force chief of staff has delegated waiver authority for mandatory training requirements to Headquarters Air Force Reserve and approved several other changes to training affecting reservists.

Another change to Year of Training initiatives permits air reserve technicians to be awarded a three-skill level at the time of civilian employment. The change does not require them to repeat initial skills

training through formal in-resident courses.

In other actions, waiver authority for two-time career development course failure has been delegated from the Air Force career field manager to wing commanders, and the mandatory apprenticeship period has been reduced from six months to a minimum of three months.

Master sergeants through chief master sergeants no longer need to maintain training records unless they are in retraining status. Several other changes affect trainer and certifier requirements.

Unit training officials have more details. (AFRESNS)

Court reaffirms fraternization policy

A military court has reaffirmed that Air Force officers who fraternize with enlisted members, even those outside their command or supervisory channels, can be court-martialed.

In a recent decision handed down against 2nd Lt. Ronnie Boyett, the court of appeals for the armed forces upheld a lower court's decision that Boyett was guilty of conduct unbecoming an officer and gentleman for fraternizing with an enlisted woman. A military judge convicted Boyett for violating Article 133 of the Uniform Code of Military Justice, sentencing him to dismissal from the service and partial forfeiture of pay and allowances.

As a result of the case, the Air Force is drafting an instruction that better defines unprofessional relationships and spells out the punitive actions the service can take against people who violate the policy.

Under the UCMJ, fraternization can only occur between an officer and an enlisted person, while unprofessional relationships can involve a junior and senior officer, junior and senior enlisted person, or an officer and an enlisted person of the same gender. An example of the latter would be an officer and enlisted member who regularly play sports together, lunch together and are seen in public together. (AFNS)

Harassment pamphlet makes debut

Basic trainees at Lackland Air Force Base, Texas, now study the pamphlet "Discrimination and Sexual Harassment" as part of the curriculum.

The pamphlet, produced by the Air Force, is designed to help basic trainees and all Air Force people better understand human relations incidents - racial, religious or gender-related. It notes the following elements may constitute sexual harassment or discrimination:

- ☐ Squeezing a person's shoulder or putting a hand around his/her waist,

- ☐ Puckering one's lips suggestively or making obscene signs with one's fingers or hands,

- ☐ Pin-ups, particularly those of scantily-clad individuals, or

- ☐ Generalities lumping one group together and denigrating them.

Also, calling a co-worker "honey," "dear," "sweetheart," or similar expression may not be viewed as a term of endearment. The pamphlet points out that the effect of these terms is the "primary issue rather than intent." (AFNS)

Shortage of trousers reported

All services are experiencing a shortage of hot weather battle dress uniform trousers, according to Army-Air Force Exchange Service officials.

Increased demand from military operations and contractual defaults by a major manufacturer depleted the Defense Personnel Supply Center's inventory. Significant improvements in supply are expected by August.

Over the summer, DPSC will transition to a new, enhanced hot weather BDU uniform approved by the Army in 1992. The new uniform features "longer wearing" 50 percent cotton and 50 percent nylon, compared to the current 100 percent cotton uniform. The new BDUs are expected in military clothing sales stores by October or November, officials said. (AFNS)

Report

Chaplains hold food drive

The 934th Airlift Wing chaplains are conducting a food drive through September UTA for Twin Cities-area food shelf organizations. Cash or non-perishable food donations should be made to unit first sergeants for turn-in to the chaplains.

☎ For details, Call Ext. 5188.

Club briefs ...

A new Air Force-wide frequent diner program, the "Lunch Bunch," has started at the NCO and Officers Clubs. Club members and cardholders in their families can have their "Lunch Bunch" card validated five times and then receive their sixth lunch free of charge. Members must bring the lunch card to the club to ensure they receive proper credit for each lunch. Reciprocal privileges will apply for TDY members.

The Fort Snelling Officers Club now has a new house band, the "Ivory Keys Band," featuring Kelly Casey. Dance sets are at 9 and 10 p.m. Friday, Aug. 18.

Trespass warning reissued

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, 760 Military Highway, Minneapolis, MN 55450-2000, or call Ext. 5420. ☐

by Cherie Huntington
public affairs

The biggest deployment in 934th Airlift Wing history approaches in a double UTA set for Oct. 12-15.

"This is going to be an astronomical exercise," said MSgt. Anthony Zacheretti, logistics plans manager. "I don't know if a lot of people realize how big it is." He said 15 loads totaling 196 tons and more than 800 people are currently set to deploy, more than twice the normal schedule for previous exercises.

Zacheretti said this exercise should mirror the size and scope of the upcoming Operational Readiness Inspection, set for Oct. 21-30, 1996.

Ambitious scenario

"Approximately 750 of our people, plus about 80 support people from other bases will deploy," said MSgt. Larry Schyma, logistics plans manager.

"Our scenario calls for two C-141s plus 11 C-130s, seven from our unit and four from the 440th Airlift Wing, Milwaukee," said Zacheretti. The big people-deployment days will be Thursday and Sunday, with C-130s roaring off approximately every 45 minutes. Zacheretti said Sunday will be especially busy, with 14 loads - what had been deployed in three days - coming back in one, long day.

The actual deployment locations, considered "secret" for exercise purposes, are called K-101, the FOB or forward operating base; and K-102, the FOL or forward operating location. The main body is based at the FOB, while flying

Patriot Viking 96-01

Biggest deployment ever for 934th promises thrills -- plus October chills

operations take place primarily at the FOL. Zacheretti reminded base members to use these designations in both written and verbal communications, now and throughout the exercise.

Survival keys

During the exercise, deployed members can expect to be housed in barracks, not tents, according to Zacheretti. There will be two hot meals a day, but all lunches will be Meals, Ready to Eat. With unpredictable October weather, members should plan to have field jackets, "and be prepared to survive for four days," he added.

"The key to the success of the ORI is using the Base Deployment Plan and ACC supplement [to Air Force Instruction 90-201]," stressed Schyma. He said that 245-page supplement is still in draft form, but ACC has indicated it could be used now.

Both Zacheretti and Schyma also emphasized teamwork as critical to success. "In the 934th, we've always had a can-do attitude," said Zacheretti. "There hasn't been one obstacle we haven't overcome, proving we have the right attitude. This exercise represents a lot of hard work, long hours and an aggressive schedule - and only four days to meet the challenge. Fatigue could be one of the most important factors."

Safety first

"Safety must stay number one," said Schyma. "I think

people sometimes forget this isn't a game. It's real life, not a computer game."

That means watching out for other members and stopping the action immediately if safety is compromised, both men said. They expect the heavy Sunday schedule to be the biggest safety challenge, as the ramp will host feverish recovery activities throughout the day.

"The time to do it right is now," said Lt. Col. Rich Huntington, chief of safety. "We all have the checklists, so make sure they're current and use them. If people do their jobs correctly, by the checklist, day to day, then when they're tired and their brains turn to mush, they'll still do things right."

"Never take shortcuts," added Tech. Sgt. John Byerly, NCO in charge of ground safety. "For example, most vehicle accidents have occurred in backing up without spotters. There were two people in most of the vehicles, but the spotter chose not to get out."

Both Huntington and Byerly pointed out that they are the sum total of "safety guys" in the exercise, so they count on everyone being the eyes and ears of safety.

"Everybody's a safety observer," said Huntington. "Chances are, we won't have a 'safety guy' where you're doing your job. If something's unsafe, stop until somebody fixes the problem - and this is the best time to find problems."

Chemical challenge

Personal safety may also be a concern because of increased emphasis on "ability to survive" under ACC.

"One of the biggest changes is the significantly longer time spent in chemical warfare gear," said Kennedy Burnett, disaster preparedness technician. "Some units have reported being in the gear up to six hours at a time, with an average of three chemical attacks."

"Each individual needs to drink enough water to prevent dehydration," added Claude Schuenemeyer, chief of disaster preparedness. "Before beginning work, you should drink a half or full quart of water, plus avoid soft drinks, tea and coffee, as these contribute to dehydration."

Preparing now

Plans, safety and disaster preparedness all had simple suggestions on what units and individuals should be doing now to prepare for the ORE:

☐ Ensure ID, dog tags and DD Form 93 emergency data card are current,

☐ Make sure you have all the personal protective equipment you need in your specialty, including ear plugs, gloves and steel-toed shoes,

☐ Update procedural checklists and do the right thing even when nobody is looking, and

☐ If you wear corrective lenses, bring in your prescription from your doctor and order gas mask glasses now. ☐

Combat survival

Realistic aircrew training could mean the difference between life, death

by Master Sgt. Tim Turner
public affairs

Capt. Scott O'Grady, the U.S. Air Force F-16 pilot missing for nearly six days after being shot down by a Serbian missile over Bosnia, "had paid particular attention" to survival training, said officials.

According to news reports, O'Grady relied on "courage and training" to escape and evade the enemy before his dramatic rescue by U.S. Marines June 7. He lived off "bugs, rain water and hope" during his hellish ordeal.

For 934th Airlift Wing aircrews who have flown missions into troubled Bosnia, O'Grady's challenge hit close to home. For 40 of those members, it also made memories of their recent Combat Survival Training at Camp Ripley, Minn., June 3-4, take on special significance.

Annual refresher training

All 100 local aircrew members undergo refresher training every three years, according to Master Sgt. Jamey Canniff, supervisor of base life support, which runs the CST program for the 96th Airlift Squadron. It supplements an initial two-week CST course crewmembers receive at Fairchild AFB, Wash.

"While our training isn't as sophisticated as the experts' at Fairchild, we do our best to make the scenario as realistic as possible," said Canniff.

The scenario at Camp Ripley was this: a C-130 was shot down by enemy fire, forced to crash-land behind enemy lines. From that point on, the aircrew members were true crash victims. They received point-to-point coordinates to follow in evading the enemy, played by 934th Security Police members, and reaching a partisan country - or "safe area."

"Once we let the aircrews loose, they were on their own," Canniff said. "They



(Photo by Master Sgt. Tim Turner)

Capt. John O'Connor, 96th Airlift Squadron, gets his bearings before continuing in his trek to the safe area during training at Camp Ripley last UTA.

were left to their own common sense and imagination on how to reach the final objective: making it to the safe area without being captured or killed."

True to that scenario, O'Grady evaded a real-life enemy at that same moment, thousands of miles away.

Home free - for more training

Once at the safe area, aircrews received additional training on building a fire, securing a shelter, procuring food and water, conducting point-to-point navigation and surviving a C-130 crash-landing in the ocean.

The most important technique covered in the course, however, is the will to survive, according to Senior Master Sgt. David Rugg, NCO in charge of life support. "Attitude and patience are everything," he said. "If you remain positive and don't rush the outcome, you're probably going to get rescued. Once you start thinking negatively and getting impatient, chances are excellent you're not going to make it."

Rugg said all survival topics covered are found in Air Force Pamphlet 64-5 - better

known as the Aircrew Survival Book or the "Bible for Survival," issued to all aircrew members.

'Necessary evil'

While none of the 934th aircrew members relished the ticks and swamps at Camp Ripley, all agreed the CST refresher course is vital. "It's a kind of a necessary evil," said Staff Sgt. Tom Thomas, loadmaster. "While you may not enjoy all aspects of CST, you'd sure be glad you went through it if your plane went down."

The rescued O'Grady could attest to that. According to the vice chairman of the Joint Chiefs of Staff, Adm. William Owens, the rescue's success hinged on O'Grady's survival skills.

"It wouldn't have happened ... without Scott O'Grady and his training, his dedication to doing things exactly right and his ability to come together with the rescue forces at just the right moment," Owens said. O'Grady "trained well, learned his lessons and then executed his lessons when it mattered most," he added. □

Members of the 934th Aeromedical Staging Squadron responded in full chemical gear in a medical emergency exercise. Volunteer "patients" came from Civil Air Patrol units.



(Photo by Senior Airman Robert Walz)

Don a helmet, hunker down -- it's time to fight a **Battle to save lives**

by Master Sgt. Darrell Habisch
public affairs

The collision between a tractor trailer and a bus load of troops left a scene of scattered, broken bodies no rescue worker wants to come upon.

But that is exactly what met 48 members of the 934th Aeromedical Staging Squadron during a June UTA mass casualty exercise. To complicate the scenario, the tractor trailer leaked an unknown chemical, forcing the rescuers to respond in full chemical gear.

"This is excellent from an instructor's point of view," said Maj. Libby Erickson, exercise coordinator. "We encountered real problems that will help us define our new role as an aeromedical staging squadron. If

we gave them an easy scenario, they'd never discover the problem areas."

The immediate "problem area," however, were the patients. Twenty-two Civil Air Patrol cadets from Minnesota's St. Croix and Viking Squadrons and the Farmington Flight acting as casualties. "It's fun!" said Cadet Airman 1st Class Mark Takada. "This is my first time helping out. I've got head and eye injuries."

Another participant, Cadet Airman Tony Strong, added, "I lost my left leg and yelled my head off. This is great!"

Once the "victims" were stabilized, they were transported to a staging area and prepared for an aeromedical flight on a C-130. At that point, patients were prepared for a simulated medical airlift by crewmembers of the 934th Aeromedical Evacuation Squadron.

"We're all learning together," explained Capt. Jerin McRath, training officer.

"There's not a lot of guidelines for our mission yet. After Desert Storm, we have a new mission of peacetime aeromedical evacuation and during conflicts, preparing the patients for transportation."

One participant, Airman 1st Class Ryan Dunphy, medical services technician, said, "Loading the patients onto the aircraft with the engines running was very realistic, and it was great to have the cadets."

"There was real confusion at the crash scene," summed up Sgt. Morrissette Casey, another medical services technician. "Perhaps there could have been more pressure on us and a little bit more screaming, but, all things considered, we did it better than what I saw on active duty." □



(Photo by Mark Davidson)

From the left, Tech. Sgt. Theresa Diamond-Powers, Senior Airman Tracy Anderson and Airman 1st Class Ryan Dunphy, medical squadron, move a patient for aeromedical evacuation.



(Photo by Senior Airman Robert Walz)

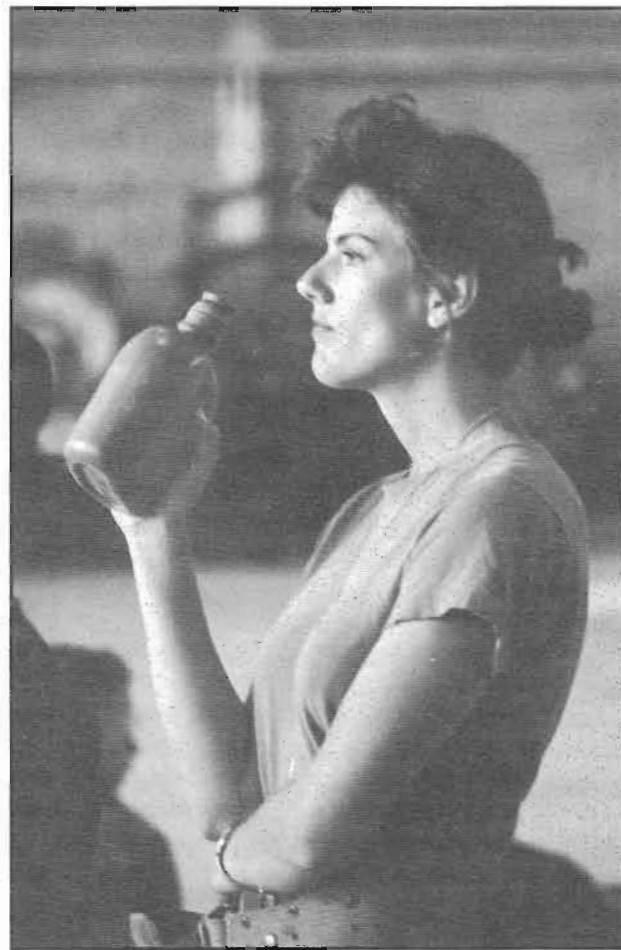
Master Sgt. James "Gus" Gustafson, medical squadron, loads patients prior to airlift.

August 1995



(Photo by Senior Airman Robert Walz)

Staff Sgt. Calvin Leyna of the aeromedical evacuation squadron supervises patient loading on the C-130.



(Photo by Staff Sgt. Janet Byerly)

After the a long, stressful day, Staff Sgt. Tracy Elbers, aeromedical evacuation squadron, reflects on a job done well.

Baby step No. 1

Wing Quality program outlines steps toward Unit Self Assessment

by Cherie Huntington
public affairs

"It's time for Quality to start earning its keep!" quipped Lt. Col. Doug Pederson, 934th Airlift Wing Quality officer.

Now that the theory and academics of Quality have been completed by members of the 934th Airlift Wing, "It's time to go to work - in the real world," said Pederson.

"In order to see how far we have to go, we need a starting point," he said. "That starting point is the Unit Self Assessment, which needs to be finished by Sept. 30, 1996."

Pederson said the USA needs a starting point as well, and that "point" begins with effort from every reservist - effort that can start now. Pederson said each member can start by making a thorough list of every job he or she performs.

"Starting in September, virtually everyone in the 934th will be asked to take the time to sit down with their unit commander or division chief and take a look at their processes," he said, explaining that "processes" means, "steps leading to an output."

"Some units may want to shut down to take a look at their work," Pederson said. "It's not going to be hard, but it's going to be time consuming. None of us is so busy we don't have time to do this, though - we simply have to have the will to do it."

Some may immediately protest, saying, "I don't have time - I have too much work to do." Pederson said, "You'll ultimately save time, because you'll refocus what you're doing - stop doing things you don't need to do and keep doing the necessary things, only better."

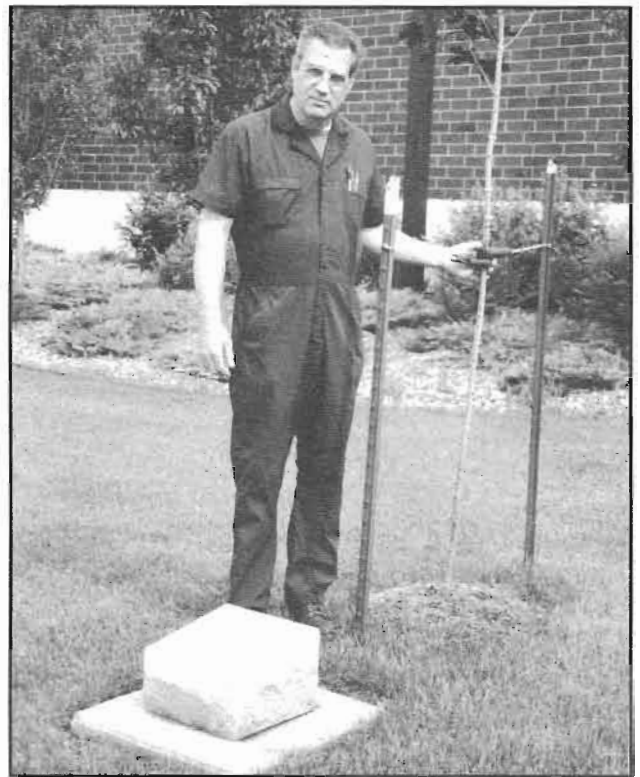
Listing tasks will lead to grouping them under what will likely be four to six key processes - services delivered outside the unit or section. This product will then be submitted by Feb. 1 for inclusion in the USA as it takes shape.

"This activity will help units identify what's important and what's not important, and set priorities for getting the 934th mission done so we can focus our energies where they need to go," explained Pederson. "The only way to do this is to sit down and take stock - you've got to start somewhere. And we absolutely have to have the reservists' input, from start to finish."

The next step after identifying key processes for February will be to "flow out" each one, using a tracking chart or "T-chart" most people should remember from the "plus and delta" meeting wrap-up in initial Quality training.

"Think of it as a checklist if you must," said Pederson. "This will list areas to improve on one side, with actions to take and proposed get-well dates on the other."

In the meantime, commanders, civilian division chiefs and selected supervisors will train in process identification. □



(Photo by Cherie Huntington)

Memorial tree

The American Federation of Government Employees Local 1997 donated a stone and red maple in memory of Steve Norby, a base employee who passed away June 10, 1994, following an accident at his home. The memorial is located between the civil engineering and transportation buildings. Pictured is Morrie Henjum, member and past president of Local 1997, a friend of Norby and his family.

Engineering wins award for energy conservation

The 934th Airlift Wing's Base Civil Engineering recently won the 1994 Air Force Reserve Energy Conservation Award, a first for the base.

According to "Dodd" Sadeghi, general engineer with the 934th, the annual award is selected by AFRES based solely on performance, plus statistics compiled by the headquarters

throughout the year.

"Reducing energy consumption is considered, compared to other AFRES bases," explained Sadeghi, "as well as energy-related projects, such as the PC-25 fuel cell power plant."

Sadeghi served as project officer for the power plant project. Dedicated in April, it is the only one of its kind in the Reserve. □

'First shirts'

These leaders provide a lifeline for unit members

by Master Sgt. Tim Turner
public affairs

He is the shoulder you lean on when you have a personal problem. She is the person who makes sure you have a room on base for the UTA. He is the guy who disciplines you when you forget the rules.

This remarkable person is your first sergeant – and without this person, a unit could find itself as lost as a C-130 without a compass.

"Our primary mission is keeping enlisted people in our unit prepared to do their job," explained Senior Master Sgt. Michael Stickney, first sergeant for the 934th Security Police Squadron since 1993 and one of 14 "first shirts" with the 934th.

People first

While there are a number of administrative-related requirements necessary to become a first sergeant, including a training academy course and being a master sergeant, the most important may be an intangible: having an outgoing personality.

"I'd bet most of the first sergeants here will tell you they took the job because they like people and enjoy helping others," said Master Sgt. Paul Fischer, first sergeant for the 934th Aeromedical Staging Squadron since December. "It's a great feeling to help someone in your unit with a personal or professional problem and see that problem corrected."

To help first shirts tackle these and other problems inherent in any military force, they must first complete a two-week training program at the Air Force Reserve's First Sergeants Academy, Robins Air Force Base, Ga.

Academy curriculum

"The program follows the same curriculum that active duty first sergeants use, except they get four weeks to complete the training, while we get only two," Stickney pointed out.

Among the many topics covered at the academy are military law, the Uniform Code of Military Justice, drug and alcohol abuse issues, the family readiness program and uniform conformance. "The school pretty much covers any area where an enlisted member might need assistance or have a potential problem in their Reserve career," Fischer said.

Fisher went on to say the academy is a good way to learn fundamentals of the position. "But the school only takes you so far," he admitted. "The real learning comes from getting out among the enlisted people in your unit and assessing their needs and concerns."

'Sounding board' for issues

Fisher uses the 934th First Sergeants Committee as a sounding board to see if the needs and concerns of his unit

compare or contrast with those of his counterparts. The committee meets every UTA to share ideas and try to resolve base-wide issues confronting the enlisted force. Items discussed at the meetings range from billeting and mobility conflicts to figuring out how to reduce long lines at the dining hall.

"We try to use the principles of Quality Air Force to come to a conclusion on the issues we're dealing with," explained Chief Master Sgt. Richard Grewe, new 934th senior enlisted advisor and an advisory member of the committee. Grewe indicated the wing commander is regularly informed on issues being discussed at those meetings.

Of course, as with any job, some issues can be resolved quickly, while others are more challenging. "A good example in my situation is sorting out billeting problems the enlisted folks have in my unit," said Master Sgt. David Olson, who has been the first sergeant for the 96th Airlift Squadron the past two years. "But in all fairness to the 934th, billeting is the number one issue for both the Reserve and active duty enlisted force; there's no easy answer."

Challenges, challenges, challenges

For Stickney, the primary challenge is "keeping up with all the policies that affect the Reserve," he said. "A good example is the recent uniform changes. One month, it's mandatory to wear the tie with the blue sweater, and the next month they're telling you it's O.K. if you don't want to wear the tie. As a first shirt, you have to know these things."

One of the most challenging aspects of Fischer's job is keeping morale high among his enlisted members in the aftermath of major changes affecting ASTS's mission. (See related story, Pages 6-7.) "Our role has changed dramatically," he said. "Everyone in our unit is being asked to do more with the same amount of resources. My goal is to keep everyone pumped up until the dust settles, and we're comfortable with our new mission."

These three first sergeants, however, readily admit the satisfactions of the job far outweigh the frustrations. "One of my great pleasures is working hard to see that a deserving enlisted member in the 96th gets a promotion, and it happens," Olson said. "Of course, I feel terrible when the opposite happens ... I take that kind of frustration home with me at the end of the UTA."

Stickney, Fischer and Olson all note that without the support of their respective troops and commanders, they would not be able to do their job effectively. "I'm my commander's right-hand man," Fischer emphasized. "I enforce his policies, and he backs me up 100 percent on the decisions I make." □

*Straight from the heart:
wing members helping others*

Peace Corps pride

**Her
imagination,
love of
teaching
helped African
students
'make it
in life'**



Huhtala

by Staff Sgt. Janet Byerly
public affairs

When Anne Huhtala's students got a little out of hand, she decided to walk out of the classroom a moment until they settled down.

"In an American school, it would have been a field day and chaos would break out, but there it had the opposite effect," said Huhtala, a staff sergeant and administrative support technician for the 934th Plans Division. "The classroom immediately quieted down, and they sent the student who spoke the best English to plead with me to return."

In a classroom in Ghana, West Africa, with no textbooks and little in the way of equipment, the teacher is the student's lifeline to the future, according to Huhtala.

"If they don't pass the test, they don't make it in life," she explained. "The teacher is crucial to their education."

It was Huhtala's love for teaching and travel that led her into the Peace Corps in January 1993, leaving her Reserve position with the 934th Communications Flight. She began with the idea of teaching English in Central or Eastern Europe, but her first assignment was to teach electronics theory in West Africa.

After training in the local culture and the Twi language, the spoken and written dialect in Ghana, followed by a practice teaching stint, Huhtala began her assignment.

"I really had to use my imagination," she said. "The students had no textbooks, so I had to either demonstrate the theories or draw detailed illustrations.

"One time I had them rub pens in their hair and then use the static electricity to pick up bits of paper, and you should have seen how excited they were," she continued.

"They shouted 'Madame! Madame!' to get my attention, then held up their pens with the paper attached so I could see that it worked," she related. "Learning had always been passive. For them to do something active, to see a theoretical principle work, amazed them."

"Another time, I used a container of water and drew a pen through the water to demonstrate electromagnetism," Huhtala said. "They could see the how the waves changed with the speed of the pen."

After six months in Ghana, Huhtala was reassigned to teach more hours per week to meet Peace Corps guidelines. She was reassigned to the Czech Republic, where she was to teach English. Since training for her new position would not be immediately available, she was sent home to wait.

"When I got home, I was told, 'Sorry, there's been a miscommunication, you are needed immediately in the Czech Republic,'" she continued. "I went from a tropical climate to sub-zero temperatures here at home, to a former communist country at the end of their winter season.

"Mine was a very unusual case," Huhtala said. "I was thrown into teaching English 22 periods per week without any training in the culture or the Czech school system, and I had no peer group to support me."

Despite these hindrances, Huhtala said she enjoyed her assignment in Krapuly, where she prepared high school seniors for their final exams.

"These students were competing for the few university slots available," she said. "Part of the final was an oral exam in a foreign language.

"I saw my students through graduation, then in June I began the training that normally precedes an assignment," Huhtala said. "The training helped me understand some of the things that had puzzled me about the people and culture."

In the fall, however, Huhtala decided she could no longer ignore her concerns for her health in the polluted area where she lived, plus the stresses of adjusting to a different climate and culture. She left the Corps and returned to the United States.

So her experience ended nearly a year and a half after it began, and Huhtala summed it up this way: "The Peace Corps slogan is, 'It's the toughest job you'll ever love,' and it's true."

Do you know a 934th member who gives "straight from the heart" to the local, state or world community? Call public affairs, Ext. 5337, to tell us their story for a future issue. □

Awards

Meritorious Service Medal

Maj. Mark Arnold, AS
 Maj. Gerard Langer, OSF
 Lt. Col. Edwin Loomis (Retired), AS
 Col. DeWayne Walker, ASTS

Air Force Commendation Medal

Capt. Thomas Anderson, AW
 Capt. Gary Bray (IOLC), AW
 Staff Sgt. Conrad Kluck, MXS
 Tech. Sgt. Thomas Martin, AS
 1st Lt. Timothy Wollmuth (IOLC), AS

Promotions

Senior Master Sgt. Patricia Boettner, MSF
 Master Sgt. John Chalich, SPS
 Staff Sgt. Paul Clark, AS
 Tech. Sgt. Michael Ginapp, MSF
 Chief Master Sgt. Richard Grewe, AW
 Master Sgt. Mark Hartnett, AS

Senior Airman Michael Reed, AES
 Staff Sgt. Brent Saba, CES

Newcomers

Staff Sgt. Darrell Anderson, MXS
 Sgt. David Ball, CES
 Tech. Sgt. Bonnie Brown, AS
 Sgt. Scott Brown, LSS
 Staff Sgt. Kevin Converse, MXS
 Staff Sgt. Thomas Eastman, CES
 Sgt. Devin Heldman, MXS
 Staff Sgt. Franklin Hicks, SVF
 Sgt. Timothy Hlavac, LSS
 Staff Sgt. Todd Holt, CES
 Staff Sgt. Bernadette Lunde, MSF
 Staff Sgt. Paul McCann, AW
 Senior Airman James Mozey, CES
 Staff Sgt. Kimberly Nelson, ASTS
 Capt. Mark Otting, AS
 Staff Sgt. Joseph Sablan, AS
 Tech. Sgt. Patricia Sahr, MSF
 Senior Airman Randy Schmidt, AS
 Staff Sgt. Duane Schoengerr, SVF
 Senior Airman James Sehe, LSS
 Staff Sgt. David Shogren, ASTS

Senior Airman Carolos Varela, APS
 Senior Airman Regina Webber, SVF

Reenlistments

Staff Sgt. Paul Carpenter, MXS
 Master Sgt. Mark Davidson, AW
 Airman Scott Fitzgerald, MXS
 Staff Sgt. Daniel Hagen, CF
 Staff Sgt. Douglas Johnson, SVF
 Staff Sgt. Jerry Krasen, MXS
 Staff Sgt. Thomas Krueger, CES
 Senior Airman Brent Lucas, MXS
 Senior Master Sgt. Donald Lutzke, CES
 Senior Airman Mary Millerhuff, SVF
 Master Sgt. Patrick Murphy, CES
 Staff Sgt. Ian Owen, AS
 Senior Airman Michael Sanford, MXS
 Airman 1st Class Michael Touney, ASTS
 Master Sgt. Lavonne Wier, AW

Retirements

Master Sgt. Michele Bateson, LSS
 Tech. Sgt. Charles Rautiola, MXS □

Speak up:

What advice would you give to a new recruit in the Reserve?



Staff Sgt. Dawn Flipp
 934th OSF

"The early part of the training may seem difficult, but it gets better as time goes on."



Airman 1st Class Jamal Ahmed
 934th MXS

"Relax. Get to know as much as possible about your organization and base. Get involved in as many activities as possible."



Senior Airman Christopher Rieland
 96th AS

"Listen to the people who have a lot of experience, because they know the ropes."



Staff Sgt. David Roseth
 934th CF

"Find your niche in the unit. Take on responsibilities and new jobs to gain the respect and confidence of your peers."



Senior Airman Jana Thieke
 934th ASTS

"Be very flexible and willing to learn. If you learn that, you will achieve great things."



Maj. Marilyn Hoy
 934th AES

"Take advantage of every opportunity that presents itself, such as unit projects, exercises and deployments." □

Reservists can achieve associate's degree that counts experience, military training

Community College of the Air Force

by Tech. Sgt. Tom Dyer
public affairs

Why would you want to spend your limited free time working on a two-year associate's degree through the Community College of the Air Force?

For one thing, CCAF is an accredited college program designed exclusively for enlisted ranks, according to **Master Sgt. Brad Kimble**, the 934th's chief of base education and training.

"There are a few details everyone should know about the CCAF program," said Kimble. "One important item is that you must hold the appropriate Air Force Specialty Code to be working on a degree program in that AFSC." For example, a security policeman in the security career field would only qualify for the security administration degree and not wildlife management.

"Another key point is that many requirements for a CCAF degree can be fulfilled by free testing at the Army Education Center at the Army Reserve Center in the Fort Snelling complex," Kimble said. "This is no small matter, since these tests can cost

between \$45-50 each if taken through a civilian school."

Kimble added that reservists should be aware of several changes made to the CCAF program in recent years:

☐ Since 1991, all reservists have been automatically registered in the CCAF program. Reservists need only apply at the training office and request school transcripts.

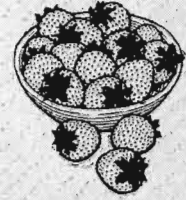
☐ To graduate, a reservist must hold at least a five-skill level in the career field related to the major.

☐ Reservists can now take the Defense Activity for Non-Traditional Education Support, commonly called DANTES, or College Level Examination Program, or CLEP, test "Introduction to Algebra" to satisfy the math requirement. However, if a reservist decides to take the course at college, the intermediate college-level algebra course or an equivalent must be taken.

☐ A class in natural science is no longer required to earn a CCAF degree.

☐ CCAF graduations take place twice each year, in April and October.

☐ For more information, call the 934th Training Office, Ext. 5330. ☐



Going 'meatless'

Reducing meat intake doesn't have to compromise nutrition

You hear more and more these days about how diets heavy in meat aren't so healthy, and how it might be smart to even go "meatless" one or two days a week for dinner. But how do you keep your protein intake at the proper level when you're cutting down on meat?

Dietitians with Fairview Southdale, Edina, Minn., suggest the following:

- ☉ Increase vegetable proteins.
- ☉ Create "complete protein" with the best combination of foods. Milk products should always be served with grains: cereal with milk, bread with milk, cheese sandwich, macaroni and cheese, rice and cheese casserole, or lasagna are a few good examples. Legumes - beans or nuts - should always be served with grains: peanut butter sandwich, lentil soup with a muffin.

☉ Use a smaller amount of meat with other foods, as in stir fry. ☐

SERVICES BRIEFS

Hours extended

The 934th Fitness Center now has extended hours during the summer months.

New hours are 8 a.m. to 7 p.m., Monday through Friday.

'Wednesday Walks'

Recreation services is sponsoring "Wednesday Walks," a five kilometer walk/run on base each second and fourth Wednesday through October. The first 10 people signing up each time receives an incentive item. All who walk 25 kilometers or more receive a T-shirt at the end of the program.

The walks/runs start at the tennis courts.

Briefs ...

☐ Anyone interested in playing in a singles tennis tournament on the September UTA, call recreation services. Volunteer referees are welcome.

☐ Family Day volunteers are needed to help with game booths. Only one hour will be needed. ☐

**934th Recreation Services
Ext. 5316**