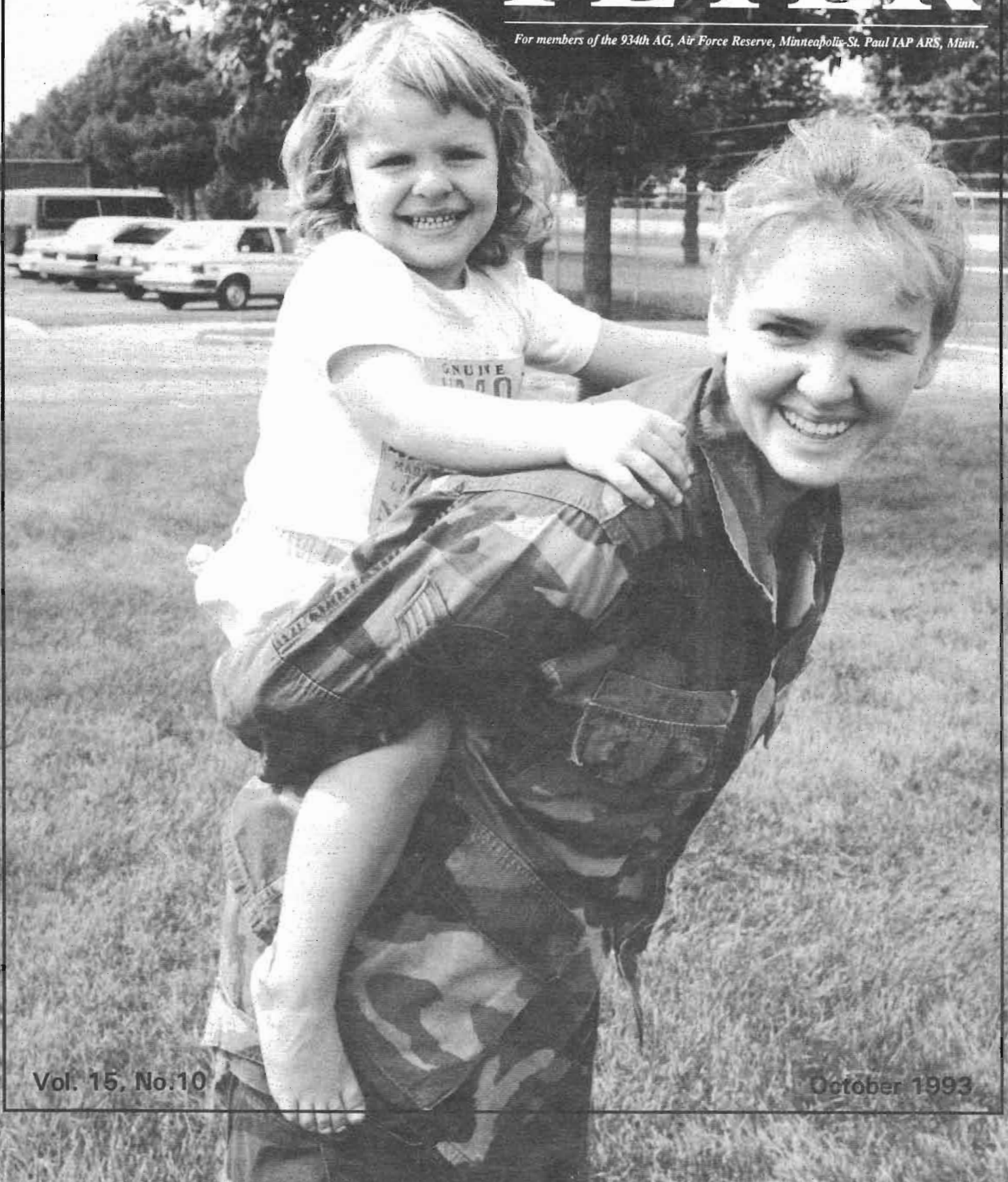


VIKING FLYER

For members of the 934th AG, Air Force Reserve, Minneapolis-St. Paul IAP ARS, Minn.



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VIKING FLYER

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MSgt. Ruth Duffy - 934th MWRS
SrA. Shannon Armitage - 934th Group (AFRES
UPAR of the Year 1992)*

* Indicates this month's contributors.

On the cover



(Photo by Mark Davidson)

SSgt. Traci Lewis, 934th LSS, gives her daughter Ashley a lift during Family Day '93 activities on Sept. 12. For more on the annual day of special fun for reservists and their loved ones, see pages 6-7.



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Commentary

Balancing family, work

by Col. Michael Gjede,
934th group commander

Thanks to Employers' Day and Family Day, the September UTA was unique. It was the first time I can recall that each leg of what Maj. Gen. John Clossner, Air Force Reserve commander, calls the "strategic triad" was represented -- reservist, family and employer.

I like to call it a "delicate triangle," because each reservist must constantly strive to balance the demands of both family and civilian employer with their participation in the Reserve.

Depending on the current mission, peacetime versus wartime, the pull from either direction can vary. Most employers have come to understand that the reservist's commitment is, at a minimum, one weekend a month and two weeks each year. As a matter of fact, federal law requires employers to release reservists for their annual tour each year.

But as many of you know, the commitment doesn't stop there. The recent drawdowns in the active force have caused a greater reliance on reserve forces to participate in military operations in places like Bosnia and Somalia. Not to mention those extra



Gjede

days spent doing things like Quality training, technical training or just getting in early to prepare for a busy UTA.

The other delicate leg of that triangle, the family, is not required by law to release the reservist for their continued participation. So each reservist must come to an understanding with their family and find the best way to deal with those extra hours or days away. By this time, the reservist is feeling pulled in three different directions.

Although each situation is unique, the best way to reconcile these demands is through communication and education. The reservist should keep both their employer and family informed of what's going on, and what to expect as far as time away from work and home.

Education comes into play with events like Family Day and Employers' Day. These are always excellent opportunities to bring your employer and family to the base. Chances are, once they see what it is you do those many hours away from work and home, they may be more understanding about your Reserve commitment! □

UTA schedule

Stay alert for future changes!

Nov. 6-7	May 14-15
Dec. 4-5	June 4-5
Jan. 8-9, 1994	July 30-31
Feb. 5-6	Aug. 13-14
March 5-6	Sept. 10-11
April 9-10	

Note: The annual holiday lunch at the dining hall will be Saturday, Nov. 6, with turkey and ham served. There will be no short order line, but the "to go" window will be open.

New secretary's goals, concerns

by Dr. Shella Widnall,
secretary of the Air Force

I am extremely proud to be secretary of the world's preeminent Air Force. I view this honor as an opportunity, not an achievement. As such, I will always seek to learn from you. Your dedication in times of national peril, disaster and humanitarian relief, whether on active duty, in the Guard or Reserve, or in the civilian ranks, inspires me as I am called to serve you and this great nation.

My goal is to "build a quality Air Force for today and tomorrow." Quality for today translates into readiness -- the ability to create, sustain and deploy highly mobile forces to project America's global reach and global power. Quality for tomorrow means always being prepared to meet our future national security objectives. Top-notch people and leading-edge technologies are keys to both.

Taking care of our people demands special attention at every leadership level

-- starting with me. My concern will be reflected in my personal attention to pay, promotions, training, retention and by ensuring a high quality of life for you and your families. I owe it to you, the men and women who sacrifice so much for this nation every day, to always be your advocate.

The Air Force was built on the promise of technology. We must maintain our technological edge to fight and win in the future, but "business as usual" will no longer work as we develop, buy and sustain new technology. Our procurement dollars must be managed so that today's problems never jeopardize tomorrow's combat capability. Our toughest challenge will be to continue to absorb budget cuts wisely.

I also bring with me a fundamental belief in the need for integrity both in human relations and in professional behavior. I have always been impressed with the Air Force's uncompromisingly high standards of integrity -- we must maintain them. Integrity and the mutual



Widnall

trust and credibility it fosters are key to our continued success. I will accept nothing less from myself and from each of you.

In a fast-changing world, your professionalism is one constant I know I can count on. In every association I've had with the Air Force, you have demonstrated the real meaning of public service. You made this the world's most respected Air Force, and I'll work with you to keep it that way. □

Newspaper survey results

by Cherle Huntington,
editor, *Viking Flyer*

Comments on the recent *Viking Flyer* readership survey ranged from "The best publication in the Air Force Reserve" to "Dump it at best." Somewhere in between came the majority.

Surveys were available during July and August for voluntary completion by all members, military or civilian. The purpose of the survey, conducted once about every four years, is to ensure the unit newspaper remains focused on the needs of its readers.

A total of 413 people responded from a cross section of units.

Overall review

In general, the majority of respondents (63 percent) said they always read the *Viking Flyer*, and a strong 93 percent said they read at least half of it. Though 28 percent said their spouse or family members read the

paper occasionally, 38 percent said they never do.

Readers receive less than 25 percent of unit news from the paper, with most saying they get that information from commander's call (37 percent) or their immediate supervisor (31 percent). Similar stats were found concerning Air Force/Air Force Reserve news.

Getting the nod of approval was coverage of Air Force, gaining command, mission, personnel policies, military doctrine, weapons and technology, unit mission, unit people, family and sports news, plus the number of photos used. More coverage was desired on pay and entitlements as well as Air Force Reserve news.

The paper's usefulness, accuracy and appearance were all scored agreeably; however, when asked if the paper is meeting the readers' unit information needs, a weak majority of 35 percent had no opinion.

"From the editor"

It was evident from readers' comments that this official Air Force survey was tough and time consuming to fill out, and the questions were often confusing. Each participant should rest assured, however, that their time was well spent. Every comment was included in the final report, read carefully by the group commander and the entire public affairs staff.

Every member of the 934th is encouraged to continue giving feedback, both positive and negative.

Remember, the *Viking Flyer* is no place to expect controversy and thrills. One reader complained that he or she wanted more "cutting-edge stories instead of the official line." Sorry, but this is the official line. Basically, we're here to provide information and news to the military members of the 934th.

(Continued on next page)

Newspaper survey . . .

(Continued from page 3)

A few questions answered

Many people had suggestions and questions worth sharing with other readers. We are trying to start some as soon as possible, such as a regular clip-and-save UTA schedule (see page 2); more base exchange information, including specials and uniform ordering details; and fewer unit commander editorials. Other suggestions and questions noted were:

How about a Space Available flight listing each month?

Base operations folks said it's best for travelers to call the Space A line to get current information. Flight plans change frequently, and the paper's publishing schedule keeps it a bit out-of-date on hot news. However, we'll publish the Space A 24-hour phone numbers from time to time for both the 934th (725-8018) and the Air National Guard (725-5149).

Why can't the unit take up a collection to mail the *Viking Flyer*? I would pay \$5 a year to have it mailed to me.

It cost the 934th over \$8,000 a year to mail the paper before it was prohibited by AFRES. The cost to mail one copy ranges from 52 to 75 cents, so each reservist would owe \$9 annually to ensure adequate postage. Would anyone want to cough up that much postage rather than just stick a copy in the pocket or toss it in the car at lunch?

Print fewer issues. Save money by printing only quarterly.

By regulation, we have to print the *Viking Flyer* on a one-to-one basis for reservists. We print extras to mail to retirees, AFRES-directed addresses and placement in our clubs. With such a small printing, going down in the number printed annually probably wouldn't have much effect on overall cost, as the contract publisher puts the same effort into our little publication as he does a newsletter with a much larger circulation. Also by regulation, the paper has to be printed commercially, not in-house, ensuring the highest quality possible.

We still have "readers" who say they have never seen the paper or who can never find it. Most units keep them at the sign-in location, but if you can't find a copy, ask your first sergeant or technician.

As for quarterly publication, higher headquarters has determined that the desired frequency is monthly, with every other month only if there are extenuating circumstances, such as a manpower shortage.

Are all articles written by officers and public affairs people only? Is anyone free to write?

Up to now, local commanders had an annual, mandatory editorial requirement. Also, we have eight public affairs personnel assigned, with two working here full-time, and also two unit public affairs representatives from each unit. So for many people, it is either their job or their additional duty to write for the paper.

Other writers are welcome, but you must clear your article through your UPAR and/or commander. UPARs are listed each month on page two of the paper.

How about a "For Sale" or "Trade" section?

Though normally a popular item in weekly active-duty papers, Reserve papers are lacking in both available space and timeliness. Also, this service is available through the official bulletin, published every two weeks by information management. □

Briefs in blue

Bottom-up review

The Air Force Reserve loses five fighter wings and the Air Force loses three if Congress approves a new U.S. defense policy called the "bottom-up review."

Secretary of Defense Les Aspin announced the review Sept. 1, explaining its intent as a new defense strategy and long-range spending plan for the military. Although the plan for reshaping the Air Force does not include any major cuts in weapon systems, it does seek to cancel the F-16 fighter program after fiscal 1994.

Also, the Air Force will go from 16 to 13 active-duty fighter wings, and the Air Force Reserve will decrease from 12 to seven fighter wings. The reductions will occur between fiscal 1995 and 1999.

Reorganizing the military in general will mean an additional drawdown of 160,000 active-duty people and 115,000 civilian workers. (AFNS)

Medical reorganization

Most of the Air Force Reserve's 77 medical units could face reorganization Jan. 1, with both the 934th Medical Squadron and the 47th Aeromedical Evacuation Squadron undergoing significant changes.

Realignment action was delayed to ensure smoother transition to the new structure, especially after complications caused by changes in gaining commands. Many structure changes are the result of lessons learned during Operations Desert Shield and Storm. Reserve officials are still working on the details of the realignment. (AFRESNS)

Refinancing VA loans

The Department of Veterans Affairs encourages veterans to refinance their VA-guaranteed home loans at low interest rates.

Veterans can refinance their VA-guaranteed loans in two ways: through a regular refinancing loan or through an interest rate reduction refinancing loan, or IRRRL. The IRRRL requires no property appraisal or credit underwriting, and therefore, no out-of-pocket expense to the veteran. For more information on this or any VA benefits, call 1-800-827-1000. (AFRESNS)

Mostar airdrops

U.S. and French military aircraft dropped more than 100 tons of food to besieged Muslims in Mostar, Bosnia-Herzegovina, over a three-day period beginning Aug. 24. The airdrops were the first to the town, as U.N. convoys had been unable to deliver aid there since June 15.

Six Air Force C-130 crews delivered 40,320 Meals-Ready-To-Eat packages during the airdrops using a fairly new procedure called the Tri-Wall Aerial Distribution System, or TRIAD. The system involves packaging MREs into cardboard boxes that burst open after leaving the plane. The MREs then "flutter" to the ground. Since March, aircrews have made more than 1,413 TRIAD airdrops. (AFNS)

Happy birthday, 96th

Retired squadron members reminisce about the past 50 years

by Mark Davidson,
934th public affairs

From D-Day at Normandy Beach, the Battle of the Bulge, and the Cuban Missile Crisis, to Panama, the Persian Gulf War and Bosnia — the 96th Airlift Squadron has seen plenty of action in its 50-year history.

The flying squadron's 50-year anniversary was celebrated during the September UTA with over 200 former and present unit members remembering its past at a dinner program in the base fuel cell hangar.

The unit was "born" in 1943 in Indiana as the 96th Troop Carrier Squadron, flying the C-47 transport aircraft during the last year of World War II. They airdropped paratroopers and supplies, or towed gliders all over Europe before inactivation in October 1945.

The 96th came back to life as a Reserve unit in 1947 in Illinois. It moved its C-46 aircraft in June 1949 to Wold-Chamberlain Field in Minneapolis.

Lt. Col. Albert Anderson (USAFR, Ret.) was a pilot with the 96th when they

started here in 1949. He flew all of the aircraft the unit has been assigned in its history: C-46, F-51, F-80, C-119 and C-130.

"When I started in 1947," said Anderson, "we received no pay and no retirement points. We called it a 'flying club.' Our annual tour was called 'summer camp' because the entire unit did it together in the summer."

The 96th was called to active duty for the Korean conflict for four days in 1951, then it was deactivated. It came back to life a second time in 1952 as the 96th Fighter-Bomber Squadron, flying F-51 aircraft.

SMSGt. John Quinlan (USAFR, Ret.) joined the Air Force Reserve in Minneapolis late in 1952. "I worked on the F-51s and later, the F-80s, of the 96th as a member of the 2465th Air Force Reserve Training Center," said Quinlan.

Air Force active-duty personnel ran the base, Quinlan pointed out, controlling the training and administration of reservists. "Eventually we proved ourselves to the active-duty personnel," said Quinlan, "and

reservists were able to take charge of our own weekend flying duties and maintenance work."

"I saw the 96th proving its worth and combat capability more and more in the mid-1950s," said MSgt. Francis O'Brien (USAFR, Ret.)

"As an example, we won the worldwide Air Force gunnery meet in 1956 in Casper, Wyo.," said O'Brien.

The late 1950s saw the 96th go back into the airlift business with C-119s. SMSgt. Stan Bennyhoff (USAFR, Ret.) served 37 years in the unit, from the era of the F-80 in the '50s through the C-130 in the '90s.

"In the early days, we were paid quarterly and only worked here 39 days a year. At the time I retired, I was putting in over 100 Reserve days a year," said Bennyhoff.

The 96th Airlift Squadron has flown different aircraft and performed many types of missions over its first half century. Certainly, the next 50 years will bring new, different challenges to a unit ready to go anywhere at anytime. □



Capt. Frode Jespersen (USAFR, Ret.) provided this photo of the 96th dating back to 1957 or 1958 with the C-119 aircraft.

It was a special UTA spent with our families and employers —

Red carpet weekend



(Photo by Mark Davidson)



(Photo by SSgt. Janet Byerly)

A quiet moment — time to start on a burger?



(Photo by MSgt. Darrell Habisoh)

by SSgt. Larry Dean, 934th public affairs

The September UTA may have been more aptly called “Guest Weekend,” as the base played host to reservists’ employers and families for two separate, annual events. Sixty employers visited the base Sept. 11 for Employers’ Day, learning about what their “citizen airmen” do for the Reserve and why their support is so crucial to the nation’s defense.

The 934th rolled out the red carpet as employers were briefed on the mission and

Above, SSgt. George Erler, 27th Mobile Aerial Port Squadron, has lunch with his daughter, Crystal. Left, TSgt. Michelle Klingenschmitt, 934th Airlift Group legal office, takes a look at a vintage airplane with sons McKinna and Trevor.

then took a tour of the base. Employers later headed out to the flightline for what many called the highlight of the day, an orientation flight aboard the C-130 Hercules. After the aircraft landed, many of the employers were met by their reservists to visit the individual work sections and see what they do at the base.

Sept. 12 brought a “standing room only” crowd to the base as an estimated crowd of 1,800 enjoyed the base’s Family Day celebration. Families toured the unit exhibits and static display aircraft set up for kids and spouses alike to get a closer look at some of the tools of the military trade.

The entire 934th family enjoyed a day of food, soft drinks and games such as the frisbee toss, softball speed throw and golf shot. Other highlights included tours of the Minnesota Air Guard Museum and tug-of-war competition.



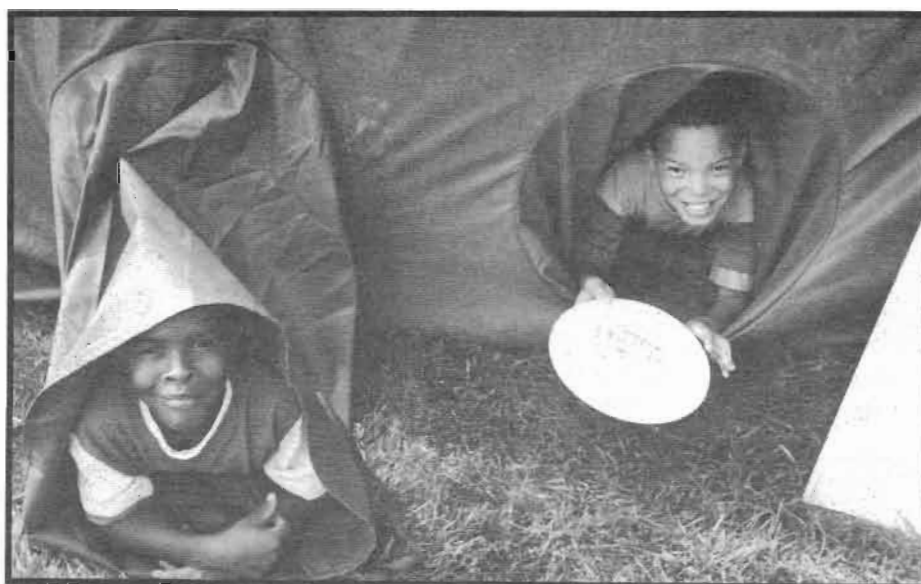
(Photo by SSgt. Janet Byerly)



(Photo by SSgt. Janet Byerly)



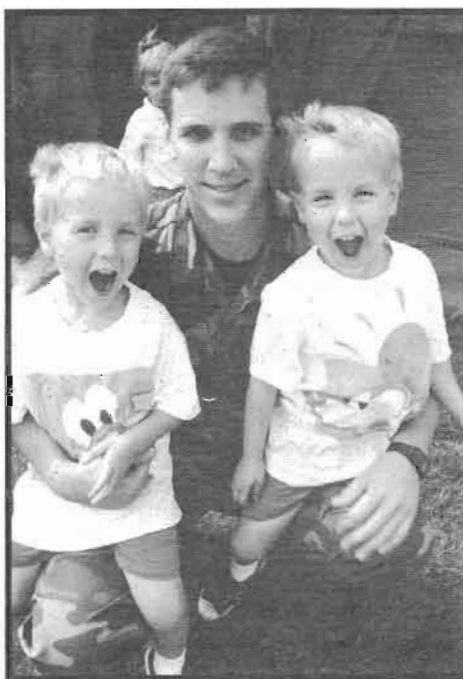
(Photo by SSgt. Janet Byerly)



(Photo by Mark Davidson)

This page, more family day activities on what turned out to be one of the best "weather days" of the summer. Top row, a family enjoys their lunch and face painting was popular; above, a bratwurst makes a mouthful for a little guy while two youngsters make an adventure out of the medical tent; and right, it might be terrible 2's or just double trouble -- and it takes two children to "handle" a security police vehicle on display.

Events throughout the UTA were designed as a "thank you" to families and employers for the sacrifices they make supporting their reservists. From the smiles seen on the faces of both groups, the September guests enjoyed the events and left with a better understanding of what goes on at the 934th. □



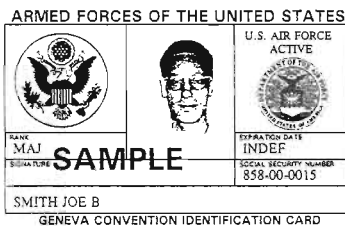
(Photo by Mark Davidson)



(Photo by SSgt. Janet Byerly)

Don't get too attached to that red ID in your pocket -- It's going

HIGH TECH



DD FORM 2 (ACTIVE) OCT93 PROPERTY OF US GOVERNMENT

by Cherle Huntington,
934th public affairs

Though the customer service section of the base personnel office may have won only the runner-up spot in Air Force Reserve competition this year, one thing's for certain. Their outstanding performance and reputation will pay off in other welcome ways.

Not only will reservists benefit from that expertise and skill, but they will be first in line for an innovative program set to start as early as January 1994 -- a new, high-tech ID card.

"Because of our great record in the Defense Enrollment Eligibility Reporting System (DEERS), we may be one of the first bases to start issuing the new card," explained SMSgt. Jerry Yasgar, chief of personnel programs here. "We already have the special equipment -- we're just waiting for a digitized camera and bar code scanner."

The new card boasts one stop, paperless service for the customer, according to Yasgar. The color of the card will not change, but it will be smaller for convenience.

Instead of having to see the security police for a photograph, customer service people will take a digitized photo and produce

the card via computer and laser printer. On the back, a bar code will house basic information as well as codes to help prevent tampering. Yasgar said this bar code holds much promise for additional uses in the future.

"The uses will be endless," he commented. "Someday, we may use it for sign-in for the UTA or for meetings and training sessions."

On top of its usefulness, the card will also be cheaper and faster to make -- \$15 and eight minutes to make, compared to \$18 and 22 minutes for the present card. Some 15 million people have Department of Defense ID cards.

Regarding customer service's "near miss" for the award, however, no one seems too perturbed.

"I'm very proud of what this section has done," said Yasgar. "We've gone from the bottom of the totem pole to the top -- the ones AFRES comes to when they have questions. By far, we've led the way in the DEERS program, bringing the system from old-fashioned to its present high-tech state."

Full-timers in the customer service section are Leon Gilder (see story below) and Mary Lou Jensen. Reservists are SSgt. Dave Hanten, Amn. Annette Honebrink and TSgt. Paul Jacobsen. □

Viking Victors: Leon Gilder



Award: Defense Medical Systems Support Center Certificate of Excellence Award. This award recognizes an individual for outstanding support provided to the Defense Enrollment Eligibility Reporting System (DEERS) and the Realtime Automated Personnel Identification System (RAPIDS).

Unit: 934th Mission Support Flight.

Job responsibilities: Air reserve technician as chief, customer service, base personnel office.

Education: Graduate of Milaca High School, Milaca, Minn.; college credits towards resource management degree from University of Maryland, overseas study, and Gulf Coast Community College, Biloxi, Miss.

Hobbies: Spending time with family, traveling, auto mechanics.

Professional organizations: Enlisted Advisory Council, Sunday school teacher at Delano Assembly of God Church.

Goals: "To ensure the people I work for -- my customers -- are given the very best service possible, keeping in mind the cutbacks imposed on us for people and resources."

Family: Wife, Heidi; son, Noel; expecting second child in December; live in Delano.

Comments: "Our office was also the runner-up for the installation excellence award, similar to the individual award." (See story above.)

Travel planning made easy

by Cherle Huntington,
934th public affairs

You could be on your way around the world or just up north for a weekend getaway thanks to "one-stop shopping" offered by the base's Omega World Travel.

"You'll find no better deals," said Kathleen Zovic, manager of Omega. "We're a full-service agency for both government and leisure travel, and we'll match any fares you see in the papers. That goes for cruises, tours, bus tours, train trips -- whatever."

The agency is located upstairs near the disaster preparedness office in Bldg. 852, Room 205D, but Zovic said many people aren't aware of the service.

"People don't realize I'm here on the base," she said. "It's easy -- just one stop. I can instantly book all your travel arrangements, giving you all the options available. I can do your hotels with government rates, rental car, even complete travel packages with a base price, everything included."

Zovic explained Omega is a contract travel agency for the base, but there is a critical difference in the service now compared to a year ago. The previous contract agency was "geographically dislocated," using Traffic Management Office (TMO) personnel as the "go between" in working out travel details. Now, the TMO handles only military charters and international government travel, while Omega works official travel within the United States plus leisure travel.

"Anyone affiliated with this base can use our services," Zovic said. Any federal employee, reservist or immediate family members of either, plus anyone who's traveling under orders."

There's no fee attached to these services, plus there's an added bonus: a percentage of every ticket price goes back into Morale, Welfare, Recreation and Services.

"It's the hardest thing to help people understand," Zovic said, "that they will probably get a better fare than the airline will offer them, and receive more assistance than the airline can offer. They will pay no more than if they deal directly with the hotel and airline."

She added that it's difficult for the individual to work their own leisure plans, since the industry is constantly changing. "Unless a person can keep up with all the changes, they can end up paying more than they want," she said.

She encouraged everyone to call her for tips and information, even six months to a year ahead of planning a major trip. "You can plan your vacation around the time of year offering the best prices," she said.

She said it's wise to establish a working relationship with a travel agent in order to draw on that special expertise and access to information. Zovic keeps a log of customers' needs so she can call them back with news of special fares or packages that come up.

She can also help by asking critical questions that open doors to lower prices -- and if the questions aren't asked, the "special rates" just aren't offered. One example is the bereavement fare offered by most airlines for travel following a death in the family.

"Service is what we're here for," Zovic concluded. "You can get everything done at once and not spend a lot of time comparison shopping. I have all that information available. You can walk out of here ready to go, tickets in hand."

Omega hours are 7:30 a.m. to noon and 12:45 p.m. to 4 p.m., Monday through Friday, plus UTA weekends. Call ahead at base ext. 5428. □

Dueling paintbrushes

934th team beats rain, scheduling problems for Paint-A-Thon

by MSgt. David Hammer,
934th MS UPAR

For the fifth year in a row, the 934th Airlift Group participated in the annual Metro Paint-A-Thon.

The Paint-A-Thon matches volunteers with low income senior citizens or handicapped persons to paint the exterior of a house. The 934th team totaled 24 individuals under the guidance of team co-leaders MSgt. David Cormier and MSgt. David Hammer.

This year's event presented a problem the team hadn't run into in our previous four years. The scheduled paint day was Aug. 7, which was the August UTA. So the team scheduled its paint day for Aug. 14.

As the team began painting, it started raining with no promise of stopping. Enough kind-hearted souls were able to come back on Sunday and finish the job.

The assigned house in south Minneapolis needed its trim and the entire garage scraped and painted. The garage had one whole side peeling and some rotted trim boards. The team replaced the rotted wood and painted the entire garage.

"Every year we participate in the Paint-A-Thon, the team gets satisfaction from helping someone less fortunate than ourselves," said team member SSgt. Mark Hesse. "This year was no exception. The homeowner had vision problems and could walk only

with a walker, and she was so happy to have us there to paint her house."

The individuals participating on this year's team were as follows:

934th Maintenance Squadron: MSgt. David Cormier; SSgt. Mike Duffy; TSgt. Rory Ernst and child Kerry; TSgt. Ken Gillette and children Katy and Keith; TSgt. Bruce Goetsch; MSgt. David Hammer; SSgt. Mark Hesse; SSgt. Betsy Johnston; SSgt. Steve Lerbakken; TSgt. Don MacElroy; TSgt. Curt Nelson and child Kali; Doug Wold and children J.P. and Nick, plus friend Derick.

934th Supply: K.D. Steward.

Friends of the 934th: Ed Fleetham, Maureen Jacobs, Mike Jacobs and Darlene Wilkes. □

Viking Victors: new commanders

Lt. Col. Ron Weight

New position: Commander, 96th Airlift Squadron.

Education: B.S., mathematics and economics, North Dakota State University, Wahpeton, N.D.; M.A., human relations, Webster University, St. Louis, Mo.

Hobbies: Fishing, hunting, golfing, running.

Civilian occupation: Corporate pilot, Honeywell, Inc.

Professional organizations: Reserve Officers Association, Air Force Association, National Business Aircraft Association, Minnesota Business Aircraft Association.

Goals: "We have an enviable reputation throughout the Air Force. I'm excited about working closely with everyone to continue the success. We're starting the first level of Total Quality Management training, and I believe it should have some very positive effects on each of us and the units of the 934th."

Family: Wife, Jennifer; sons Chris and Matt; live in Plymouth, Minn.

Comments: "I'm proud to be a member of the 96th Airlift Squadron, and I consider it an honor to be the commander of a truly outstanding unit. The personnel of the 96th are genuinely concerned about our defense mission and the well-being of each other. They are definitely teamwork-oriented."



Maj. James Kirchoff



New position: Commander, 27th Mobile Aerial Port Squadron.

Education: B.S., agricultural business, University of Wisconsin, River Falls, Wis.

Hobbies: Turkey and deer hunting, musky fishing, cross country skiing, biking.

Civilian occupation: Farmer programs specialist, Farmers Home Administration.

Professional organizations: Reserve Officers Association life member, Air Force Association, Air Force Sergeants Association.

Goals: "Increase unit field operations, Total Quality Management training for myself and the rest of the unit, maintain and improve current readiness."

Family: Wife, Rita; daughters Sarah, Angela and Theresa; live in Stevens Point, Wis.

Comments: "I realize how fortunate I am to be associated with the high caliber of people found in the 27th MAPS and the 934th."

Promotions

SSgt. Peter Alt AS
 SSgt. Kurt Aubart LSS
 TSgt. Scott Brady AS
 SrA. James Eicher MAPS
 Maj. Lizabeth Erickson MedSq
 SSgt. Romel Eugenio LSS
 TSgt. Sonja Fisher MSF
 SMSgt. Thomas Foss AS
 Maj. Thomas Hansen OSF
 SrA. Brian Hanson MS
 TSgt. Raymond Hatzenbeller MS
 SSgt. James Herford MS
 SSgt. Todd Holden MS
 SSgt. Louis Jaeger MAPS
 MSgt. Laurence Larson LSS
 TSgt. Christopher Layland MSF
 SSgt. Lance Luoma MS
 MSgt. David Olson AS
 TSgt. Jeffrey Parenteau MS
 TSgt. Kenneth Plummer AES
 SSgt. John Sadlovsky AS
 SSgt. Timothy Schwartz MS
 SrA. Michael Thimm AES
 SSgt. Gary Vick MS

Newcomers

Sgt. Kenneth Barela MSF
 SrA. Michael Bier LSS
 SrA. Michael Bot CES
 SSgt. James Brausen MedSq
 SSgt. Robert Buie OSF
 Sgt. David Butler MS
 SSgt. Alejandro Clemena LSS
 SrA. Rickey Dunn MS
 Maj. Wallace Farris AS
 SSgt. Toivo Fleck CES
 SSgt. Dennis Forbush MS
 Sgt. Curtis Hochstetler AG
 Sgt. Christopher Hopke MWRS

SSgt. Scott Koennicke SPS
 SSgt. James Kuchelmeister AS
 Capt. Mark Ledin MSF
 SrA. Robert Lee AS
 SrA. James Lynch MS
 SrA. Daniel McCune AS
 A1C Joseph Mohlis AS
 A1C Shawn Moore SPS
 TSgt. John Murphy LSS
 Sgt. Mark Nistler MS
 Sgt. Matthew Peterson CF
 Capt. Timothy Ostigaard AS
 SSgt. Steven Robinson SPS
 TSgt. Miriam Ross AG
 SSgt. Chris Sayre LSS
 SrA. Mark Scheib AS
 Sgt. Shirley Smith MSF
 A1C Jesse Sutton LSS
 SrA. David Wagoner LSS
 SrA. Michael Weinberger AS

Reenlistments

TSgt. Lynn Blackwell LSS
 SSgt. Donald Blashill CF
 TSgt. Gregory Busta SPS
 TSgt. Leann Clarke MSF
 SSgt. William Davis MSF
 SSgt. Anthony Gamboni SPS
 SSgt. Paul Gulenchyn CF
 MSgt. Jeffrey Gustafson CES
 SSgt. Patrick Haefer SPS
 SrA. James Herford MS
 TSgt. Scott Kjellvik SPS
 TSgt. Dale Klein MS
 SSgt. John Martin SPS
 SrA. David Molls SPS
 SSgt. Leo Moreno SPS
 SSgt. Scott Mundy MS
 SSgt. Lowell Olson MAPS
 SSgt. Heidi Schmidt CF

SSgt. Steven Smith CES
 TSgt. Lory Stangler LSS
 TSgt. Zachary Stroud MedSq

Retirements

Lt. Col. Thomas Thibedeau, formerly commander of the 27th Mobile Aerial Port Squadron, retired July 24 after over 22 years of service, the last 18 with the 934th. He started his career with four and a half years on active duty in the Air Force, serving first in Oklahoma then in Thailand. He joined the 934th in 1976 as a personnel officer then became commander of the 934th Mobility Support Flight before his final command position. As a civilian, he is vice president of Premier Bank in New Brighton, Minn. He and his wife Susan live in New Brighton and have three daughters: Jennifer, Laura and Kathryn.

Certificates of service

30 Years
 Alfred Bronte LGSF
 Elden Lonneman MS
20 Years
 Beverly Born MSC
 Gene Olson MS
 Ester Pavlicek FMC
 William Pavlicek LGTT
10 Years
 Peter DeSanctis MS
 Keith Edick SP
 Deborah Helseth DOOL
 William Ingrahm SP
 Keith Krause MS
 Kristin Rudin CCX

Suggestion awards

Richard Klick MS \$100
 Michael Duffy MS \$25

934th Bosnia support done -- for now

Aug. 24 saw the return of 13 members from the 934th's second rotation this summer in support of Operation Provide Promise, the United Nations' humanitarian airlift into the former Yugoslavia.

Maj. Rich Huntington, aircraft commander and 934th chief of safety, said the unit continued airlifting food and supplies into Sarajevo, all done by airland missions during daytime hours.

"We hauled mostly food of different kinds," he said. "The majority of what

we carried was rations, rice, beans, baby food, flour and cooking oil from France, Denmark, Holland and Canada."

The U.S. crews were staged out of Rhein Main AB, Germany. Huntington said the typical day saw crews catching a bus at 4:45 a.m., followed by briefings and then takeoff at 6 or 7 a.m.

"After a two and-a-half hour flight to Sarajevo, the aircraft remained on the ground with one engine running for about 10 minutes for offload, then headed out on

an hour flight to Zagreb to pick up another load," he said. "Then it was back to Sarajevo to offload again, and back to Rhein Main."

The 934th airlifted a total of nearly 250 tons of relief supplies as well as over 100 officials and refugees during this two-month tour. Last year, the 934th supported this mission from July through November, and indications are that the unit will return on a regular basis throughout the first half of 1994. □

'Check it out'

It may not happen overnight, but the food in the dining hall is going to gradually include more heart healthy choices.

The new nutrition program, which replaces the "Healthy Heart" program, is called "Check It Out." The program will inform consumers on healthy food selections and motivate them to pick the menu items marked with the "Check It Out" lightening bolt logo.

"We'll have more postings on the nutritional value of foods, primarily at the entree line, so at that point you could make a choice," said MSgt. Brian Lloyd, program coordinator at the 934th dining hall.

"This forces us to look at the types of food we're offering," he continued. "Expanding the variety, increasing offerings on the salad bar, and offering fat free salad dressings in addition to the regular ones, will be some of the changes we'll be making.

"It's going to be a learning experience for everyone, including the dining hall staff," said Lloyd. "The consumer should enjoy it. There will be more variety. We plan to apply the program to the take-out window as well. We'll have brochures about nutrition available in the dining hall. The dining hall staff will gradually implement the program.

"We need to make healthy choices available for our people," he concluded. "It's not a flash in the pan program, it's an ongoing, long-term trend toward healthier foods." □

MWRS BRIEFS

September softball scores

Men:

MS#1 14, CES 9

MS#1 27, MAPS 5

Final standings, wins/losses:

Champions: MS#1 5/0

CES 4/1

MAPS 2/3

SP 2/3

MS #2 1/4

MS #3 0/5

Coed-Recreational:

LSS 7, AS 0

MWRS 23, LSS 3

LSS 7, CF 0

Standings as of Sept. 12:

MWRS 4/0

LSS 2/1

CF 2/2

MS#1 1/2

AES 0/4

There will be one final game Oct. 2, LSS vs. MS#1, at Field #1 at 4:45 p.m.

Temporary relocation

Due to renovation on Bldg. 852, the recreation services office will be temporarily relocated to the second floor of Bldg. 802, the fire department. Equipment rental will be available at this location. The phone number, ext. 5316, will remain the same. The office plans to be moved by mid-October. Renovation is scheduled to last one year.

Family Day thanks

MWRS thanks everyone who participated in the Family Day celebration. Special thanks go to the volunteers and those who offered support of all the activities.

Easy ways to whip STRESS

by SrA. Shannon Armltage,
934th AG UPAR

There are no easy answers and no magic pills to relieve stress. You have to take charge of improving the quality of your life, according to Sondra Weinzierl, R.N., stress management consultant for Park Nicollet Medical Foundation.

Weinzierl spoke to around 50 base employees on controlling the stress in their lives at a seminar sponsored by the Health Promotion Program Committee last month.

Currently, doctors say stress is responsible for 75 percent of illnesses and eight of 10 deaths in the United States. Symptoms of stress may include: chest pains, headaches, dizziness, fatigue, insomnia, irritability, eating too much or not enough, and mood swings.

Weinzierl said we live in a society where stress will continue to increase, and she challenged the audience to "de-stress" themselves, listing six ways to avoid burnout.

***Decrease caffeine intake.** For most people, drinking three cups of coffee causes irritability and stress.

***Exercise.** "Exercise is the safest, cheapest tranquilizer we have," said Weinzierl. "Even 10 minutes of brisk walking helps."

***Take healthier breaks.** "When I go into an organization, I see people taking their breaks in a smoke-filled cafeteria, drinking caffeinated liquids, eating chocolate-covered donuts and complaining about work," she commented. "Try taking a brisk walk instead."

***Laugh.** Laughing produces the same chemicals inside the body that exercising does.

***Take several deep breaths when feeling stressed.** "Before you get upset, decide what is worth getting upset over," she suggested. Since getting upset results in headaches, high blood pressure, and other physical problems, she said it is better to let loose the things you can't control and concentrate on things you can.

***Practice relaxation techniques.** When you feel tension in your neck and shoulders, try simple stretching exercises or take a "power nap." According to Weinzierl, that means finding a quiet corner, shutting your eyes, and dreaming about a nice, quiet place for five minutes.

"By concentrating on things within our power, we become more effective and more happy with ourselves," she added. □