



THE LEADER

Vol. 39, No. 10

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March 12, 2004



Honoring Arts, Crafts

Learn tips of the trade from base artisans, crafters

See Pages 10-11 for more

319th Air Refueling Wing ♦ Warriors of the North

Inside:

Weekend weather

Today	36/16	Partly cloudy
Saturday	32/18	Blowing snow
Sunday	37/23	Blowing snow
Monday	40/21	Flurries



Weather information courtesy
319th Operations Support Squadron weather flight

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Getting into arts, crafts is all about how you see, perceive what is art

By Staff Sgt. Scott T. Sturkol
Public affairs

I remember my first college art class in the fall of 1987 like it was yesterday. The professor, Mr. Gary Wing, was a guy in his last year of teaching and was seasoned in many forms of art instruction.

The class, Commercial Art 101, was really not what I expected but then again I really didn't know what to expect.

In this class there were about 20 of us from all walks of life, but we all had one goal. We all wanted to be artists.

The professor began the class by telling us what art is.

"Art is everything you see and anything you don't see," he said showing his years of experience. "If you can see it in your mind's eye, and then effectively put it on paper, then you will be an artist."

He also said that for some people, being artistic comes naturally and for others, well, they just need a little more practice. I've always considered myself the latter and if you saw my first drawing that day of the bowl of fruit, you probably would agree.

Now some 17 years later, the words of that wise professor seem to make perfect sense to me. When he said "art is everything you see and anything you don't see," he was saying that real life is art, and, what you see in your imagination is also art.

Being an artist means showing other people what you see as art. To do that means you need to take what you see and find the meaning of what picture your "mind's eye" is portraying, whether real or imaginative.

All of it sounds deep and personal, but in many ways it is, and the great part about that is everyone's perception of art is totally unique. Take for instance a recent experience I had involving art at Twining

Elementary and Middle School during T-Rex Day Feb. 20.

I was there that morning teaching a watercolor class in Mrs. Harkness' fifth grade classroom. We had a wide assortment of students from the other classes show up -- nine in all -- and we did one overall group watercolor project of green grass, a blue sky, and an old, weathered farm house.

You should have seen some of the end results -- it was amazing. Children, no matter what age, always seem to bare their souls in art projects. After all, they are among the few who would put a flock of flying dinosaurs in a modern day farm scene.

I also noticed that many didn't stop with the initial project. Others went on and painted pictures straight out of their imagination. One of the kids even painted a better bowl of fruit than the first one I ever did.

I have to say nowadays I am much better at doing a bowl of fruit and a whole lot of other projects. Mostly I am doing watercolor and acrylic painting and it is a source of stress relief for me as well as a form of expression.

Those same reasons go for many other people who do arts and crafts. The creative soul in all of us has to come out in one way or another, and art is just one of the ways we do it.

If you've never done any kind of art before, I encourage you to try something that may have interested you at one time. There are people everywhere who I'm sure are more than willing to share their craft and help you get started in whatever you would like.

Whether it's woodworking, sewing, painting, or taking photographs, there are a million things you could try. Because just like my old professor said, "Art is everything you see and anything you don't see."

Action Line

Col. Mark Ramsay
319th Air Refueling Wing commander



Photo by Airman Patrice Clarke

Call 747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, leave a message. Questions will be answered in the order they are received.

12
Consecutive
DWI-free
days

100%
Air
Refueling
Effectiveness

100%
Air-Land
Effectiveness

94%
OPR/EPR
Timeliness

100%
Mishap
Reporting
Timeliness

54%
Awards,
Decoration
Timeliness

92%
CDC
Completion
Rate

Current as of Tuesday's wing stand-up meeting

THE LEADER



Photo by Staff Sgt. Scott T. Sturkol

Cover

Sculpted pottery pieces by master potter Katia Miller, military family member, are featured on the front page of this week's edition of *The Leader*. Ms. Miller's impressive collection of work will be featured at the base skills development center Monday through March 22 as part of National Craft Month observances here.

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Air Force Portal: A new standard for Web access

SCOTT AIR FORCE BASE, Ill. (AMCNS) -- Air Mobility Command kicked off its Air Force Portal registration campaign March 1. The two-month-long campaign is a command-wide effort to have all personnel register for Air Force Portal accounts by April 30.

Today's Air Force Portal isn't what AMC personnel may have experienced in the past. The portal has been updated, providing a one-stop shop for many Web-enabled resources that can be tailored to personal needs and requirements.

The goal is to help Air Force people do their job better by improving the quality of information they retrieve from the Web. Recent activities to upgrade the portal's capabilities are the first steps in an effort to provide Air Force members a single point of entry for all applications, systems, and resources necessary to accomplish their jobs.

Portal users will find the most recent improvements include a robust set of tools and Web content. But to



get access to the Air Force Portal, AMC personnel need to register for an account. Registration is easy. Simply click on the "Self-Registration Page" link found at <https://www.my.af.mil>, and follow the instructions.

To make the registration process as painless possible, the AMC Air Force Portal Team established campaign points of contact at the headquarters and base level. Campaign POCs will track each unit's registra-

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Briefs

CGO all-call

The 319th Air Refueling Wing Commander, Col. Mark Ramsay, will hold a company grade officer "all-call" Wednesday, March 17, at 3 p.m. in the Northern Lights Club. This meeting is mandatory for all CGOs. For details call Capt. Don Jentgens at 747-6014.

Assessment team visit

SCOTT AIR FORCE BASE, III. (AMCNS) -- Gen. John W. Handy, commander, U.S. Transportation Command and Air Mobility Command, has directed assessment teams to visit all 12 AMC installations Wednesday through March 19 to review each base's sexual assault response programs. AMC has formed three teams, and each will review programs at four bases.

These visits support the Air Force Secretary Dr. James G. Roche and Chief of Staff Gen. John P. Jumper in their direction for each major command to assess the current status of programs.

"Within Air Mobility Command, we must insist that our organization is one where all people's rights are respected, embracing the fact that diversity is truly our greatest strength," General Handy said. "Commanders must be deeply and personally involved in solving diversity issues, specifically, we must commit ourselves to eliminating sexual assault and the climate that fosters it. Additionally, we must promote an environment where our people not only feel free to report assaults, but also know with confidence that perpetrators will be appropriately disciplined."

While the team will not review individual cases or allegations, it will spend one day at Grand Forks Air Force Base reviewing all policies and programs. The team will provide base leadership with an open assessment of sexual assault issues, best practices, problems and challenges.

Enlisted force development briefing

There is an enlisted force development briefing March 19 at 10:30 a.m. in the base theater. Chief Master Sgt. Michael Gilbert, Air Force enlisted force development functional manager, will be giving the briefing. All E-4 to E-6 enlisted personnel are highly encouraged to attend.

Chief induction

The base chief induction ceremony is

March 19 in the Northern Lights Club with social hour beginning at 6 p.m. and dinner at 7 p.m. Chief Master Sgt. Michael Gilbert, Air Force development functional manager, will be the guest speaker.

Senior Master Sgts. Lynnette Cox, 319th Medical Group, and Louis Lombardi, 319th Mission Support Group, will be honored at the ceremony for their selection to chief master sergeant.

The menu for the dinner is sirloin steak and chicken breast, roasted potatoes, chef's vegetables and dinner rolls. Cost is \$14.50 for club members and \$17.50 for non-members and dress is mess dress or semi-formal.

See any base chief master sergeant on base to sign up or call Chief Master Sgt. Marvin Crawford at 747-3654.

MDG 'Warrior Day'

The 319th Medical Group holds their monthly Warrior/Training Day on the third Wednesday of every month from 7:30 a.m. to 4:30 p.m.

This is required training which enables 319th MDG staff to ensure they "maintains the highest level of competence" while providing quality medical care during their peace and wartime missions, officials said.

During this day the Acute Care Clinic provides limited services between 8 a.m. and 4 p.m. Appointments for the Acute Care Clinic can be obtained by calling the TRICARE Service Center at 594-3000. Calls can be made starting at 7:30 a.m. on the day the appointment is desired.

All other services, to include all patient care clinics, pharmacy, radiology, and laboratory services, will be closed.

The following is their remaining training day schedule for 2004: Wednesday, April 24, May 19, June 16, July 21, Aug. 18, Sept. 15, Oct. 20, Nov. 17, and Dec. 15.

Book donations

The base Earth Week Planning Committee is taking book donations for their planned used book sale.

Drop-off points are the base exchange lobby, military personnel flight customer service, education center, commissary, 319th Medical Group commander support staff area and the community activities center.

For details call Senior Airman Cristina Moreland at 747-3865.

Wing announces 2003 fourth quarter winners

Congratulations to the following 319th Air Refueling Wing quarterly award winners for the fourth quarter of 2003.

Airman

Airman 1st Class
Ralph Guthrie,
911th Air
Refueling
Squadron



Company grade officer

Capt. Keith
Litzler,
906th Air
Refueling
Squadron



NCO

Staff Sgt.
Thomas Shields,
319th Mission
Support Group



Category I civilian

Mr. Rande
Mulhaupt,
319th Medical
Group



Senior NCO

Master Sgt.
Gary Warner,
319th Aircraft
Maintenance
Group



Category II civilian

Mr. Don Miller,
319th Medical
Group



Honor Guard member

Airman 1st Class Paul Texidor,
319th Logistics Readiness Squadron



Base members, students support ArtWise

Compiled from staff reports

Students from both Eielson Elementary School and Twining Elementary and Middle School will be attending the ArtWise Elementary Art Show March 23 to 25 in the Grand Forks Alerus Center.

The first two days of the show run from 3:30 to 9 p.m. and the last day is from 3:30 to 8 p.m.

Admission is free and everyone is welcome to attend. Formal opening ceremonies with North Dakota First Lady Mikey L. Hoeven are at 5 p.m. March 23.

A base Honor Guard team, led by Master Sgt. Kenneth Clere, 319th Air Refueling Wing, will perform a flag pres-

entation ceremony and Staff Sgt. Rose Biggs, 319th Medical Support Squadron, will sing the national anthem.

Grand Forks Mayor Michael Brown will speak, and ArtWise will present a check to Dr. Mark Sanford, superintendent of the Grand Forks Public Schools for the Artist in the Classroom Program.

Geared for children and families, the theme for the show is "Art Through the Ages," and will feature many activities.

Parents of students attending should have already received notification from the base schools.

For details call SuAnne Frasier, ArtWise director, at 787-4260.

Airmen attend first base professional development course

By Airman Patrice Clarke
Public affairs

Twenty soon-to-be noncommissioned officers attended the first Airman Professional Development Seminar March 3 to 4 in the Community Activities Center.

"This course is designed for airmen who have not been through Airman Leadership School yet," said Master Sgt. Stu Eidenschink, base career advisor.

The seminar included many guest speakers from various agencies on base. Speakers discussed personal financial management, mentorship, planning for promotion and many other subjects.

"This is the bridge for the large gap between being a first-term airmen to Airmen Leadership School," said Col. Steve Wayne, 319th Air Refueling Wing Vice Commander.

"They don't do this sort of thing for chiefs or colonels," said Colonel Wayne.

The vice commander also spent time before the end of the seminar to have a panel discussion with the whole class and ended with the presentation of the Diplomas.

"I truly enjoyed the seminar," said Senior Airman Serita Bennet, 319th Logistic Readiness Squadron. "I was bordering on whether I wanted to stay in the Air Force and this course has helped me make the right decision," said Airman Bennet.

"I enjoyed the seminar because of the talks with the chief's group, the shirts, and the commanders," said Senior Airman Aaron LeRoy, 319th Communications Squadron.

For details on when the next Airman Professional Development Seminar is or to participate, call Sergeant Eidenschink at 747-5095.

Wing takes leaders on community relations tour to Tinker, Lackland

Compiled from staff reports

Twenty-five civic leaders from the Greater Grand Forks area attended a community relations tour to Tinker Air Force Base, Okla., and Lackland AFB, Texas, March 4 to 5.

The tour, hosted by the 319th Air Refueling Wing, visited depot maintenance areas for the KC-135R Stratotanker at Tinker and Air Force basic training facilities and functions at Lackland.

"It was an opportunity to show our community leaders from Grand Forks and East Grand Forks how Air Force trainees become a member of the world's greatest Air Force, and how the maintenance team cares of our tanker force, the oldest fleet in the Air Force," said Col. Mark Ramsay, 319th ARW commander.

The group faced some turbulent weather upon arrival at Tinker, but overall the trip was a huge success.

"I learned first-hand the amazing dedication, commitment and patriotism of our Air Force personnel," said one of the trip's attendees.

Formerly civic leader tours, trips such as this community relations tour are a part of the Air Force mission, said Capt. Patricia Lang, 319th Air Refueling Wing public affairs officer.

"These trips are designed to show community leaders how the Air Force operates," she said. "I think the final result of this trip did just that."

East Grand Forks Mayor Lynn Stauss said he got chills watching the new airmen pass in review and watching the C-5 fly over during Lackland's basic military training graduation ceremony. "This isn't only education to us," Mr. Stauss said, "but it's also inspirational to us, to see this group of people who's going to serve us and our country. It's given us a greater respect and appreciation for our military, for our Air Force."



Photos by Capt. Patricia Lang

Civic and business leaders from Grand Forks and East Grand Forks ride on a tram as they tour KC-135 depot maintenance areas at Tinker Air Force Base, Okla.



A military training instructor at Lackland Air Force Base, Texas explains the process for an Air Force basic trainee.

Portal, from Page 3

tion campaign with announcements at commander's calls, all hands meetings, flight meetings, through e-mails, and other internal information venues.

The benefits of having an account are numerous. New capabilities to the portal include instant messaging to .mil and .com sites, access to TRICARE, Virtual MPF, and Air Force military and civilian self service Web pages, and a host of other services.

Other features currently operational or in the planning stages include:

- The ability to choose the information that will be presented at log in, including one-click access to sites and applications Air Force members use in their jobs, user-specific U.S. Air Force career and benefits information, and access to communities of interest.

- Site information can be tailored to the needs and interests of Air Force members based on information in their personal profiles.

- A capability that allow Air Force Portal users to collaborate, share knowledge and manage projects online in a virtual workspace.

Future enhancements call for a single sign-on for password protected applications, which will eliminate the need to remember and supply multiple user IDs and passwords.

The Air Force goal is to transform the way our people do business and improve the way they work. The Air Force Portal is the key enabler to reach that goal.

For details call the 319th Communications Squadron customer support section at 747-3299 or send an e-mail to AMC's Air Force Portal Team at amc.afportalteam@amc.af.mil.

Korea vets recognized with service medal

RANDOLPH AIR FORCE BASE, Texas (AFPCNS) -- A new defense medal will be issued to servicemembers who served in South Korea, or adjacent waters, after July 28, 1954.

This includes those serving there today, and those serving up to a not-yet-determined future date.

The Korea Defense Service Medal will be awarded to those assigned, attached or mobilized to units operating or serving on all the land area of South Korea, and the continuous waters to 12 nautical miles from shore and all airspace above those areas. Recipients may include active duty, Reserve, Guard, veterans and retirees. This medal is not to be confused with the Republic of Korea War Service Medal.

Individuals will only be awarded one KDSM regardless of amount of time spent in Korea, said Air Force Personnel Center officials here.

The medal does not have any

associated promotion points under the Weighted Airman Promotion System. It is directly above the Armed Forces Service Medal in precedence.

Procedure for receiving the KDSM varies.

The medal will be issued to Air Force active-duty, Reserve and Guard people by their servicing military personnel flights beginning in the fall. Questions should be addressed to the contact center at DSN 665-5000 or (800) 616-3775.

Veterans, retirees or their next of kin may claim entitlement by writing to: National Personnel Records Center, 9700 Page Avenue, St. Louis, MO 63132-5100. Requests should include documents clearly proving service and dates in Korea such as orders, performance reports, DD Form 214, Certificate of Release or Discharge from Active Duty, flight



records, a decoration citation or other official documents. Veterans and retirees should address questions to the NPRC customer-service center at (314) 801-0800.

Air Force Reserve and Guard veterans, retirees and next of kin may submit their request with supporting documentation to: Headquarters Air Reserve Personnel Center, 6760 Irvington Place 4000, Denver, CO 80280-4000.

Reserve and Guard veterans and retirees younger than 60 should address questions to ARPC headquarters at (303) 679-6134.

Reserve and Guard veterans and retirees older than 60 and next-of-kin of deceased Reserve and Guard veterans and retirees must send requests to the NPRC with supporting documentation. Questions should be addressed to the NPRC customer-service center at (314) 801-0800.

AAFES unveils new 'serving troops' downrange' Web site

DALLAS -- The Army and Air Force Exchange Service has launched a new Web site to provide deployed troops and family members with information regarding support downrange.

The "Serving Troops Downrange" site, can be accessed by customers at <http://www.aafes.com/downrange/home.htm>.

The site includes important information

regarding services and benefits available to deployed service members and their families. The main page contains two drop-down menus.

One lists specific regions and all AAFES sites within. The other menu offers links to important deployment information such as the best value for calling home, Star Card deployment policy and downrange stock assortment. (AAFES News Release)

Today

TONIGHT'S MOVIE AT THE BASE THEATER: Stop by the base theater tonight for "Barbershop II: Back in Business." (PG-13)

Tickets are \$3 for adults and \$1.50 for children.

BREAKFAST AT THE GOLF COURSE: Meet at the snack bar today at Plainsview Golf Course for "Steak and Egg Day" from 7 to 11 a.m. for \$5.75.

PASTA BAR: The Northern Lights Club has a lunchtime pasta bar today. Also, there is a hot entree offered during lunch from 11 a.m. to 1 p.m. Club members get a \$2 members first discount.

Saturday

TONIGHT'S MOVIE AT THE BASE THEATER: Stop by the base theater tonight for "You Got Served." (PG-13)

Tickets are \$3 for adults and \$1.50 for children.

PIZZA PARTY: The Torch Club "survey pizza party" is open to youth ages 11 to 13. Complete a youth programs club survey and enjoy pizza and sodas tonight at 6 p.m. at the youth center. Cost is a completed survey. The event is sponsored by the youth program's Torch Club Fund.

DIGITAL ARTS MOVIE PREVIEW: Join the youth center to preview the winning movie selections that are being sent to the Digital Arts Festival. The event is for ages nine and up. Preview time is at 7 p.m. and the event is free.

KARAOKE AT THE CLUB: Come out to the Northern Lights Club tonight from 10 p.m. to 3 a.m. for karaoke.

DANCING AT THE CLUB: Come out to the Northern Lights Club tonight from 10 p.m. to 3 a.m. and dance to club mix music with D.J. "C."

Sunday

SUPER SUNDAY BRUNCH: Enjoy the Northern Lights Club Sunday Brunch today and every Sunday from 10:30 a.m. to 1:30 p.m. Cost is \$11.25 for adults and \$7.25 for children ages 5 to 12. Children four and under eat for free. There is a \$3 members first discount for club members.

Tuesday

PARENT/TOT PLAYGROUP: There is a parent-tot playgroup every Tuesday in Liberty Square from 10 a.m. to noon for people with children ages 2 - 5. The group offers a chance for parents and young children to socialize.

TORCH CLUB MEETING: Torch Club meetings are on Tuesdays from 6 to 7 p.m. at the youth center. Torch Clubs are small group clubs offering service and leadership opportunities to young people ages 11 to 13.

KEYSTONE CLUB MEETING: Keystone Club meetings are on Tuesdays from 7 to 8 p.m. in the youth center. Keystone Clubs are for Boys and Girls Club members age 14 to 18.

Wednesday

TEEN FARGO SHOPPING TRIP: Youth center staff will be traveling with teens to the West Acres Mall in Fargo on March 20. Youth ages 13 to 18 can participate. They need 10 people to hold the trip. Cost is \$10 per person. They will depart the youth center at noon and return at 6 p.m. Sign up by Wednesday in the youth center.

FINE ARTS PROGRAM ACTIVITY: The youth center holds their free "create a bag" fine arts activity Wednesday in the youth center. Attendees are asked to supply an old pair of jeans for this project. Project is for ages 9 to 12 from 6 to 7 p.m. and ages 13 to 18 from 7 to 8 p.m.

SAINT PATRICK'S DAY SPECIALS: The Plainsview Golf Course will be offering Lunch for

Skills development craft classes

- Monday – Beaded pouch necklace class, 10 a.m. to 1 p.m. Cost is \$5.50 and supplies.
- Thursday – Quilted greeting card class, 10 a.m. to 1 p.m. Cost is \$5.50 and supplies.
- March 20 – Framing class, 10 a.m. to 5 p.m. Cost is \$20 and supplies.
- March 22 and 29 – Beginning sewing class, 10 a.m. to 1 p.m. Cost is \$11 and supplies.
- March 31 – Wool flag wall hanging class, 10 a.m. to 4 p.m. Cost is \$11 and supplies. (Bring a lunch.)

Note: Pre-registration is required for all classes. Samples of the class items will be displayed for anyone interested in taking a class.

half price today from 11:30 a.m. to 1:30 p.m. The sports bar at the Northern Lights Club will be having Green Beer and Irish Stew for club members. In addition, there will be a pool and dart tournament with a \$3 entry fee. For details call the Northern Lights Club at 747-3392.

WEDNESDAY DINING: Come to the Northern Lights Club every Wednesday for the all-you-can-eat-taco bar from 5:30 to 8 p.m. Cost is \$6. Club members will receive a \$3 member's first discount.

STORYTIME: The base library holds storytime every Wednesday at 10 a.m. Each week is themed and they read, sing, and do an activity in relation to that theme. This week's theme is Dr. Seuss, "One Fish, Two Fish, Red Fish, Blue Fish" -- counting. For details call 747-3046.

FINE ARTS PROGRAM: The next Fine Arts Program class is today at the youth center. The Fine Arts Program is held every Wednesday of the month during the school year. The goal is to help youth to uncover their artistic talents and motivate them to develop their creative skills. The class for ages 6 to 12 are at 6:30 p.m., and for ages 13 to 18 it is at 8 p.m. A qualified instructor will be present. The class is free.

Thursday

THURSDAY DINING AT THE CLUB: Enjoy "steak night" every Thursday and Friday from 5:30 to 8 p.m. in the Northern Lights Club. Club members receive a \$3 members first discount on their meal.

Spouse club news

Officers' Spouses Club

SCRAPBOOKING EVENT: The Officers' Spouses Club's scrapbook-ing club is holding a "crop 'til you drop" scrapbooking event March 19 from 6 p.m. until midnight in the Prairie Rose Chapel. To reserve a spot call Esther Palma at 594-8186.

BINGO AROUND THE WORLD: The Officer Spouses Club holds their "Bingo Around the World" event Thursday at 6 p.m. in the Northern Lights Club. A pasta buffet will be served. Make reservations with Aurora Perkins at 594-8611 or by e-mail at OSC-Reserve@yahoo.com.

Enlisted spouses club

GENERAL MEETING: The Enlisted Spouses Club holds their general meeting March 22 at 7 p.m. in the community activities center. Upcoming ESC events will be discussed. Board nominations for the 2004-2005 year will also be held at this meeting. For a list of positions available and their job descriptions call the CAC at 747-6104 or Ms. Tracy Carter at 747-4518 or 594-6633.

DINNER AND A SHOW: The Enlisted Spouses Club is holding a casino trip for "Dinner and a Show" April 17. The "show" includes country music performer Gary Allen. Cost includes transportation, meal, and show tickets. All interested must call Tracy Carter at 747-4518 or Mary Magoon at 594-3454 by Monday to secure adequate transportation and seats for the show.

Artistic reflections: Base celebrates National Craft Month

Base artisans, crafters provide tips to success

By Staff Sgt. Scott T. Sturkol
Public affairs

From scrapbooking to woodworking, many people throughout this base have a talent for arts and crafts and each have a special way they do their craft.

This article provides an opportunity for a few of them to highlight things people can do to either get started in crafting or to get better at what they are already doing.

Rubber stamping

Cyndy Ludeking Ryan, 319th Services Squadron youth center recreation assistant and military spouse, has been active in rubber stamping for several years. She said the hobby is easy and fun for people of all ages.

"Trial and error is a great way to get comfortable using stamps," Ms. Ryan said. "It is also great to get together with others to share ideas and learn new techniques. Many people have been stamping for a long time and are glad to teach their skills with others."

Ms. Ryan said she enjoys the versatility of stamping.

"From making cards, scrapbook pages, gift wrap to home decorating and other crafts, stamps can be used in unlimited ways," Ms. Ryan said. "I also enjoy the simplicity of stamping, even when making complex crafts. It is a great hobby for people of all skill levels."

Ms. Ryan said rubber stamps are easy to find. They are in local stores and there are featured catalog companies," Ms. Ryan said. "There is a wide range of types of stamp images makes it easy to please people of all interests."

Woodworking

Tech. Sgt. Mark Wakefield of the 319th Logistics Readiness Squadron has been involved with woodworking consistently over the past 10 years. He said woodworking is a "very relaxing time" for him. "I tend to get cabin fever quite a bit and getting into the shop helps to ease that problem," Sergeant Wakefield said.

To be successful at woodworking, Sergeant Wakefield recommends the beginner get the basic tools, such as hammer, saw, drill, measuring device, level and sander. Then, he said, to remember the golden rule of woodworking.

"Safety is first and foremost," Sergeant Wakefield said. "You have to concentrate on what you are doing. Most accidents are caused by lack of attention and not taking the right safety precautions. Take your time, measure twice and cut once."

Through his years of building everything from cabinetry to trophy cases, said the way he works on projects just seems to fall into place.

"As time passes and knowledge grows, you find ways to make things go easier," Sergeant Wakefield said. "Money can sometimes be short so in-turn I have made a lot of unique gadgets to help out in certain situations. I have built my own tables to support my equipment as

Military family member takes ceramics to new levels

By Staff Sgt. Scott T. Sturkol
Public affairs

If you go to her house on base, there are hand-made bowls and cups as well as sculpted faces in this collection of pottery that rivals even the most famous art collection.

But this collection, serious as it is, is just a bunch of fun for its owner, Katia Miller -- who's also its maker.

Ms. Miller, a multi-talented artisan in many forms and mediums of arts and crafts and spouse of Senior Master Sgt. Stephen Miller of the 319th Aircraft Maintenance Squadron, said her main love among the many art forms she is capable of doing expertly is



Photo by Staff Sgt. Scott T. Sturkol
Katia Miller, master pottery maker and base family member, sits among her pottery collection at her home on base.

ceramics or pottery.

"Right now, I am just working with clay," Ms. Miller said. "I do pottery and clay sculpture mediums and it is both functional and decorative."

Functional and decorative don't describe her skills though. Words like "provocative" and "wow" come to mind instead. Ms. Miller's has a unique talent to harness the styles of past generations such as those of pre-Columbian civilizations and the Japanese firing technique "raku," which originated in the 16th century in Japan.

"My favorite firing technique for pottery is raku," Ms. Miller said. "To create raku pieces, you have to use a clay body strong enough to handle the heat shock forced upon the clay. This is one of the main reasons raku-ware is more fragile than stoneware. It is a dangerous process, and you have to take several safety precautions before doing this type of firing."

As difficult as her techniques seem, her love for the art form is all that matters to her and it shows in her work.

"I enjoy throwing or creating new forms with clay," Ms. Miller said. "The advantage of this medium is that you can create whatever you want with it. It is easy to work with and if you don't like your piece, you can either change it, transform it, fix it or re-do it."

Ms. Miller said clay is very responsive when it's in your hands and you're working it.

"You can create beauty from something that comes from underneath -- earth. Some call it dirt or mud," Ms. Miller said. "Then, you use your best tools, your hands, to create a shape and a form. You fire it and at the end you have a work of art that will last many years."

Through all the firing, glazing and re-firing a pottery piece may go through, Ms. Miller said the clay is "taking a journey." That's why she said she is very passionate, and serious, about what she does.

"There are no limitations on what you can do with clay," Ms. Miller said. "Either you love it or hate it."

Ms. Miller has an extensive background in art instruction. She attended the University of Panama in Panama City, Panama -- her homeland -- where she earned a master's degree in arts in graphic design. She also has an associates of science degree in graph-

ic arts technology from Okaloosa-Walton Community College of Niceville, Fla. In May 2000, she completed my bachelor's degree in fine arts with a major in ceramics and a minor in art history at the University of North Dakota. To this day she continues taking high-level independent study classes at the UND ceramics studio.

"Among the art instruction I've received, they include design, drawing, painting, watercolors, china ink, gouache, acrylics, pastels, charcoals, and black and white and color photography," Ms. Miller said.

Past employment also lends to Ms. Miller's experience. At Rota Naval Air Station, Spain, she worked as a graphic illustrator and later on she was promoted as the marketing and publicity manager for the station's marketing and publicity office.

"Living in Spain gave me the opportunity to travel to all over the country and the surrounding countries," Ms. Miller said. "I went to places such as Morocco, Italy, Portugal and Gibraltar and I learned so much about other cultures and their arts. I visited the most important art museums in Spain and Italy, which helped me develop a more refine taste in fine arts and other ancient cultures."

Ms. Miller's work has been featured in auctions such as the North Dakota Museum of Art's annual spring silent auction and on base with the Parent-Teacher Organization auction at Twining Elementary and Middle School and the Officers' Spouses Club's annual merchantile auction.

Normally, she donates her work to raise money for these organizations.

"I believe in giving back to the community," Ms. Miller said. "The members of these organizations work very hard by putting together several fundraising activities to help our military community, and I think we should all support them."

The potter's work will also be featured in a display in the skills development center here Monday



Courtesy photo
Katia Miller works on a piece of pottery at the University of North Dakota ceramics studio.

through March 22.

"I will have some functional and decorative pottery, including raku pottery on display," Ms. Miller said. "I will also include some small sculptural pieces. I am not sure if I will display some oil paintings yet."

Ms. Miller will also be having a show with other Hispanic artists at the Campbell Library in East Grand Forks. The exhibit opens April 21 and closes May 19 with an artist's reception will on April 26.

By the end of this year, however, Ms. Miller and her pottery will be gone from North Dakota.

"This will be our last of many years at Grand Forks AFB," Ms. Miller said. "I am especially thrilled that we are moving to Kadena Air Force Base, Japan, where I can learn so much about ancient Japanese pottery and more about raku. I'm planning to learn the language, about Japanese culture and their traditional pottery. Japanese ceramics has evolved in a unique way, and its pottery is one of the most recognizable and elegant ones in the world."

One thing's for sure, Ms. Miller said, is that her love for pottery will only grow in Japan and most certainly her collection will too.

"It's important to remember, however, that you do not need to invest a lot of money into supplies initially," Ms. Spring said. "The point of scrapbooking is to write down the story behind the photos, so all you really need to begin is a quality, acid-free scrapbook, an acid-free journaling pen, and photos. The decorative papers, stickers and other embellishments are there to enhance the story that is being told."

"Creating a scrapbook is not simply about making a photo album look cute," she said. "It is creating a lasting history, not only in pictures, but in words. A scrapbook tells your story for generations to come."

Photography

Staff Sgt. Darcie Ibidapo, a still photographic craftsman with the 319th Communications Squadron, said there are several techniques to keep in mind when taking a good photograph.

"When cropping your photos, you do not want to cut off any body parts at major joints such as knees, ankles and the neck," Sergeant Ibidapo said. "When shooting horizons don't have the horizon in the middle of the photo, try placing the horizon about one-third from the bottom of the picture. Also when taking photos, try different angles to get a different perspective."

When photographing people, try to get them looking into the photo, Sergeant Ibidapo said.

"What I mean by that is if you take a picture of someone and they are looking to their left, you want to try to get what they are looking at so you're not leaving the person looking at the picture wondering."

When shooting portraits, she said the photographer should use a larger f-stop number (smaller diameter) to get a lower depth of field, so the photographer can focus on the person and have their surrounding more out of focus so they don't draw attention away from the subject.

"Photography is an art and there really are no set rules,"

Sergeant Ibidapo said. "Be creative and have fun. Try things out and see what you like. It is all about what you think looks good and hopefully everyone else will think that it looks good too."

Proper equipment also makes a huge impact, she said. People aspiring to be good photographers should get the kind of equipment that will give them the good photos they are looking for.

"Photography has advanced to where we now have the traditional chemical process to digital photography," she said. "There are a lot of choices out there and it's important to research and find the camera that suits your needs the best."

Knitting

Military family member Kris Jensen-Van Heste has a lot of art forms areas she dabbles in to include writing and woodworking, but her favorite is knitting.

"I love the process because it's calming, kind of like meditating would be," Ms. Jensen-Van Heste said. "I love all different kinds of yarns, colors, textures, and things related to knitting. My mother has knitted since before I was born, and I learned from her, so it's kind of a tradition."

She said knitting is a great hobby because it's so portable.

"You can take it anywhere you're going have a few spare minutes," Ms. Jensen-Van Heste said. "It's very inexpensive to get started, and it's a simple process that makes beautiful things with just two pointed sticks and a string."

To learn techniques, Ms. Jensen-Van Heste suggests looking on the Internet at different sites about beginning knitting or to learn from someone who already knows how. "The main thing I can tell you is don't get frustrated if it doesn't look perfect at first," she said.

well, in doing this I can tailor these tables to fit my needs."

The most satisfying thing, Sergeant Wakefield said, is seeing the end product. "I find it satisfying to look at something you have shaped and formed out of a raw material such as wood," he said. "It is nice to stand back and say 'I did that' and be proud."

Sergeant Wakefield will feature some of his work March 22 to 27 in a display at the skills development center.

Scrapbooking

Making something that is essentially history in pictures, scrapbooking is great hobby for people to get involved in, said military family member Heather Spring.

Ms. Spring said she has been scrapbooking actively for more than three years, and, she said she is constantly learning new ways to creatively preserve her family's history.

"What initially drew me to scrapbooking, though, was the fact that I could work on my scrapbook pages with a gathering of friends," Ms. Spring said. "Scrapbooking provides that social outlet that is so important, especially in our transient military community."

Ms. Spring said when someone is first starting a new hobby like scrapbooking, it is easy to be overwhelmed by the variety of products available.



Photo by Christine Davis

Poof! Swinging in the snow

Grand Forks Military Affairs Committee Chairman Disk Fisk takes a swing during the base golf Hawaiian Open Saturday at Plainsview Golf Course. The event brought out several dozen people who went out to hit a tennis ball around in the snow. Prizes were awarded to those who had the lowest scores.

Sports shorts

OPEN SKATING: Every Friday there is open skating for ages 6 to 8 at Liberty Square from 6 to 10 p.m. Also, Liberty Square Teen Center is open from 6 to 11 p.m. Cost for admission is \$3 and skate rental is \$2. They now have rollerblades to rent!

YOUTH THREE-ON-THREE BASKETBALL: Every Saturday at the youth center there are three-on-three basketball games for youth ages 9 to 18. Pick your own teams of three and participate. The program is divided into two sessions: September and October, and November and December with a total game win champion being crowned for each session. Games begin at 7 p.m. for ages 9 to 12 and at 9 p.m. for ages 13 to 18. Youth must sign up 15 minutes prior to game time.

YOUTH GALAXY BOWLING: Saturdays at Dakota Lanes is youth galaxy bowling for ages 9 to 12 from 6 to 8 p.m., and for ages 13 to 15 from 8 to 10 p.m. Cost is \$2.50 and hour and 75 cents for shoe rental. Need a minimum of 10 people to hold event and they must sign up at the youth center to attend.

ST. PATTY'S DAY AT THE POOL: Celebrate St. Patrick's Day at the base pool Sunday. Find the lucky leprechaun and win the "pot of gold" or other great prizes.

Swimmers must be wearing green and swim to play. Add a shamrock to your suit! Call the pool at 747-3306 for more details.

INDOOR SOCCER PICTURES: The Youth Programs indoor soccer team photo session is in the sports and fitness center Tuesday. Call 747-3150 for times or more details.

ROCK CLIMBING CLASSES: There are rock climbing wall training classes every Tuesday at 7 p.m. in the sports and fitness center. Sign up at the front desk. For details call 747-3384.

SWIM CLASSES: New swimming classes start today at the base pool.

There is a parent-toddler class from 4:30 to 5:20 p.m. and a parent-infant class from 5:30 to 6:20 p.m.

Parents or adults must be in the water with children. The class runs for eight weeks. Sign up at outdoor recreation.

For details call 747-3688.

NBA LIVE 2004 TOURNAMENT: This tournament takes place March 20 at the Warrior Airman Recreation Center from noon to 4 p.m.

There is a \$5 entry fee per person. Must be 17 years or older to play and there is a 32-person limit. There will be a first and second place prize. You could win a two-night stay at the Canad Inn in Winnipeg, includes a Sunday brunch - a \$225 value!

For official rules and to sign up, call outdoor recreation at 747-3688.

INTERNATIONAL MOTORCYCLE AND WORLD OF WHEELS SHOW: This show will feature some of the most spectacular cars, trucks, motorcycles, and hot rods. The auto show is March 27 in the Minneapolis Convention Center.

The trip departs at 6 a.m. from outdoor recreation. Cost is \$25 per person; includes transportation to and from the base only. The show entry fee is \$12 per adult.

Sign up by close of business March 25 at outdoor recreation.

For details call 747-3688.