

VIKING

FLYER

934th Airlift Wing (AFRC)
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Inside:

★ Wing members deploy to Southwest Asia, Page 8

★ Air Force tests new utility uniform Page 3



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The deadline for unsolicited submissions is the Monday after the UTA.

On the cover:

Family members watch as their loved ones depart on a commercial aircraft heading for Southwest Asia. Nearly 200 reservists deployed to Southwest Asia on July 29 and Aug. 1. (Photo by SrA. Nicholas Olson)

Thanks for the teamwork

By Col. Gary L. Cook
934th Airlift Wing commander

It's hard to believe that the time has come to write a farewell article.

Certainly the opportunity to move to a new station, learn a new mission and be considered for a possible promotion is an attractive one.

The possibility of another assignment and certainly one as prestigious as Charleston AFB and the C-17 program have to rank as a dream come true.



Still for the first time in my Air Force career I find the thrill of looking forward being no stronger than the requirement to stay.

I arrived on Groundhog Day 2002 and true to Minnesota lore, my first breath that morning was an eye opener - cold, crisp and clear. I thought winter must be taking its last swipe at the people of Minnesota before spring arrived. I didn't realize that winter lasted well into May some years, nor did I realize that 30 degrees wasn't cold. I do now!

That day I had my first opportunity to speak to the wing, mostly there were military members present but there were a few civilian members of the unit and a smattering of NAF employees waiting to serve food and drink and generally making sure that everyone was being cared for.

I talked that day about commitment, the military oath and the requirement to be good at what you do whether it was flying aircraft, fixing trucks, serving food or protecting the base. I talked about being a team and that I had certainly heard you, the whole 934th, were a good one. I talked about how I wanted to be a part of that team and that I hoped you would let me be on the team. I promised to take my oath seriously and to be ready to do my part when called upon.

That day and many days like it since, we have said goodbye to 934th members who were deploying somewhere in the world to use the skills they were trained in to defend freedom.

During my stay we have watched nearly 2,000 members deploy, each making the long walk to their waiting transportation. Fortunately through the grace of God we have greeted almost 1,800 of them home again. There have been

no injuries warranting a Purple Heart and I pray each night there never will be.

Still the challenge of commitment and honoring the oath goes on each day. Certainly the most visible arm of the unit, the flying package, with aircraft, aircrew and maintenance is now serving in harms way as those members provide critical airlift in the CENTCOM Area of Responsibility. And yet, they are not the only 934th members deployed.

Many challenges lie ahead, support to our families, verifying our ATSO capability to the IG and I'm sure more deployments.

For now I think we need to work a little harder on the big family picture. Commanders and First Sergeants can only do so much and can only cover so much ground. Fortunately for us we have been developing one of the best Family Support/Chaplain Teams I have seen. We are only beginning to see what we can accomplish in this area, but our commitment to make the program everything it can be is solid.

We have three groups that are also hitting stride - Chiefs Group (now 17 strong), First Sergeants Group and the Enlisted Advisory Group. Their knowledge of the units and their ability to tackle challenges for me and soon for Col. James Muscatell, will make all the difference in getting the right things done. I trust them implicitly and, with everyone else's support, the sky is the limit.

I'll leave you with this one ~~last~~ thought and I know you've heard it before. You serve with just over 1,300 of the finest men and women you would ever hope to know or associate with. Whether they are black, white or any other ethnic group you can name, they have all stood forward in the light of freedom and sworn to defend the United States from all enemies, to bear true faith and allegiance to the United States.

They took their obligation freely, without reservation and like you have sworn their solemn oath. In these last nineteen months you have done everything your country, the Air Force and I have asked of you. In most cases you did what had to be done without being asked.

You, the entire 934th - military and civilian, are what is best about America. I appreciated the chance to be part of the team, to play my position on that team, and to be a winner.

Now I will see your activities only from afar, but I will tell stories to all who gather, of your courage and devotion to duty, and I will carry your friendship with me forever.

Once a Flying Viking, forever a better American. God Bless you all!

Air Force to test new utility uniform

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

Air Force officials announced plans Aug. 6 for the wear test of a new utility uniform that could replace the current battle dress uniform.

The blue, gray and green tiger-stripe camouflage ensemble is a departure from the current woodland-pattern uniform and includes many new features that are intended to increase functionality and provide a distinctive look for airmen of the 21st century, officials said.

Three hundred uniforms will undergo wear testing from January to July at Elmendorf AFB, Alaska; Hurlburt Field, Fla.; Langley AFB, Va.; Luke AFB, Ariz.; McChord AFB, Wash.; Ramstein Air Base, Germany; Robins AFB, Ga.; Vandenberg AFB, Calif.; and Wright-Patterson AFB, Ohio. The test will generate feedback about fit, durability and functionality.

“Our intent is to create a uniform that will be distinctive, practical, easy to maintain, comfortable and, most important, a



Photo by MSgt. Jim Vardugyi

Airman 1st Class Jonathan Besko (left) and Senior Airman Brandi Wyatt, both at Bolling Air Force Base, Washington, D.C., try out the Air Force test utility uniform in a computer server room.

uniform you will be proud to wear,” said Air Force Chief of Staff Gen. John P. Jumper.

“We have become a more expeditionary force, with less time at home to spend caring for the uniform,” Jumper said. “In the last 20 years, material technology has improved greatly. As a result, we have designed one uniform that can satisfy our various climates and utility needs, while eliminating the need for professional iron-

ing to provide a polished appearance.”

Jumper said the distinctive Air Force uniform is designed to fit well, look sharp and require much less maintenance than the current uniform.

“We (also) need to ensure our airmen have a uniform that fulfills our unique air and space missions,” he added.

Chief Master Sgt. of the Air Force Gerald R. Murray said great care is being taken to ensure the

best possible uniform is created to meet future needs.

“I believe that one of the great strengths of our Air Force and its airmen is the ability to adapt to new missions, new technologies and an ever-changing world landscape,” he said. “This new utility uniform is another example of seeing a need for improvement and moving forward.”

A key step in bringing any new uniform item into service is feedback from airmen in the field, Murray said.

“I believe it’s a uniform fitting of the world’s greatest expeditionary Air Force and one that we will be proud to wear,” he said. “We want your feedback as well – not shoot-from-the-hip feedback, but feedback that comes from seeing the uniform in action and thinking about how it will meet your needs based on your work environment.”

“It’s important to remember that this is a wear test, and the decision about whether or not to adopt some, all or none of this uniform will be made

See TEST Page 16

Airmen get sneak peek at new uniform

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

A prototype of the new Air Force utility uniform was unveiled July 9 in various duty sections at Andrews Air Force Base, Md., and Bolling AFB, D.C.

Senior Master Sgt. Jacqueline Dean, from the Air Force uniform board, enlisted the aid of eight airmen to demonstrate both the men’s and women’s version of the blue, gray and green tiger-stripe camouflage uniform for photographers.

Opinions varied, but were positive.

Second Lt. Arcelia Miller, from the Air Force’s special security office, tested the uniform in an entry-control-point environment at Andrews.

“I like (the blouse) tucked in,” she said.

“It looks super.”

Miller said she also like the uniform’s look and fit.

“The color is different,” she said. “I like it; it’s comfortable and it’s low-maintenance. It has a bunch of Air Force logos, and I like the rigger belt, and I love the black T-shirt – it’s very professional looking.”

Senior Master Sgt. Vicky Jones, from Bolling AFB’s 11th Security Forces Squadron, observed other security forces members in the uniform.

“I like it; the material reminds me of the old fatigues,” Jones said. “It’s lightweight (and) it looks like it conforms better to the body. And it’s Air Force blue, ooh-rah! It’s

good to be back in the Air Force.”

Capt. Rachel Sullivan of the 89th Maintenance Group at Andrews was surprised.

“They’re ... blue!” she exclaimed.

Sullivan and Tech. Sgt. Thomas Stone, also from the 89th MXG, wore the uniform while reviewing maintenance checklists for a C-9 Nightingale.

“The pants seem to fit better and the belt’s nice and big,” Sullivan said.

Sullivan also noted that, while many maintainers use the lower shirt pockets, the new uniform has only breast pockets on the blouse.

“I don’t care for the (Navy) Seabee-

See UNIFORM Page 7



House, Senate eye benefits for reservists

Before taking their Independence Day recess, the U.S. House and Senate Armed Services Committees completed markups of their versions of the National Defense Authorization Act for fiscal year 2004.

Members of the committees considered several provisions, which could affect reservists in Air Force Reserve Command. These provisions include unlimited use of commissaries and increases in basic pay, hostile fire and imminent danger pay, family separation allowance and hazardous duty incentive pay.

"Congressional committee markups are no guarantee an item will become law," said Wayne Gracie, director of the Office of Air Force Reserve's Policy Integration Directorate in the Pentagon.

"The House and Senate work out differences in bill provisions and language in conference, where provisions may be adopted, dropped or modified," he said. "If the provision is identical in both bills, it has a greater chance of becoming law when the bill is enacted into law. The authorization process is not complete until conferencing occurs and a final version of the authorization bill is reported and

voted on by both chambers and signed into law by the president."

Bills were introduced in the House and Senate, but none were approved.

Provisions in this year's markups include:

Unlimited commissary privileges: The Senate committee seeks unlimited use for members of the Selected Reserve and retired reservists who qualify to receive retired pay but who are not age 60, and their dependents.

The House version expands the unlimited privilege to reservists in the Ready Reserve, which includes the Selected Reserve, who satisfactorily completed 50 or more points in a calendar year.

Unlimited use of commissaries is currently limited to people possessing an active-duty ID card or drawing retirement pay, and their dependents.

Basic pay increase: The Senate version authorizes an across-the-board military pay raise of 3.7 percent and higher, targeted pay raises for mid-career personnel for an average pay raise of 4.15 percent.

The House of Representatives version accepts the Department of Defense's proposed pay plan and calls for an

average 4.1 percent increase with targeted increases for mid-grade and senior NCOs to enhance retention. It also proposes to give E-1s, E-2s, O-1s and O-2s raises below 3.7 percent, which is the minimum percentage in the Senate version.

Equal hostile fire and imminent danger pay for reservists on inactive duty: Both committees recommend reservists serving inactive duty for training at authorized duty locations to be paid this pay at the same \$150-per-month rate as members serving on active duty. The provision would be retroactive to Sept. 11, 2001. Reservists currently receive this pay at a rate of 1/30 for every day served in specified locations.

Increase in hostile fire and imminent danger pay: Both committees seek an increase from \$150 per month to \$225 per month. However, the House version limits the increase to service in Operations Iraqi Freedom and Enduring Freedom, and the increase would expire on the date the president terminates the operations.

Increase in family separation allowance: Both committees want to increase the allowance from \$100 to \$250 per month, effective Oct. 1, 2003.

However, the House version limits the increase to service in Operations Iraqi Freedom and Enduring Freedom, and the increase would expire on the date the president terminates the operations.

High-tempo personnel management and allowance for extended or frequent deployments: Congress wants to pay up to \$1,000 a month to servicemembers who have been deployed for at least 401 of the preceding 730 days or deployed continuously for 191 days. In the Senate version, reservists would also qualify if they are called or ordered to active duty for more than 30 days if such period begins within one year after the date on which they were released from previous service on active duty for a period of more than 30 days under a call or order to active duty. In the House version, reservists would also qualify if they serve on active duty for more than 30 days during the second or subsequent mobilization for the same contingency operation.

Reimbursement for lodging expenses: The House wants to authorize the service secretaries to reimburse certain reservists and retirees serving on

See BENEFITS Page 5

Realignment of Air Force affects 934th

The 934th Air Wing will retire two C-130E aircraft and replace them with two C-130H2 aircraft and increase the crew ratio for authorized aircraft, according to the 2004 force-structure announcement released July 23.

The change will result in an increase of seven civilian and 11 drill positions,

The Air Force will lose 2,260 military and 2,839 civil-

ian manpower positions, and 1,055 reserve drill authorizations next year, according to the document.

Many bases, both active duty and reserve component, are affected by the realignment. In many cases, units will gain aircraft and missions, while others will pare down.

Besides manpower reductions, the realignment formally announces the retirement of the C-9A Nightingale

and KC-135E Stratotanker aircraft.

According to Air Force officials, the 20 C-9s are being retired because of reduced-patient movement, range limitations and increasing maintenance and upgrade costs. The aeromedical-evacuation mission will become a requirements-based system using all passenger-capable aircraft.

The service will retire 44 of the Air National Guard and

Air Force Reserve Command's 43-year-old KC-135Es next year, replacing them with 24 KC-135Rs from the active-duty fleet. By the end of fiscal 2006, the Air Force will have retired 68 of the KC-135Es.

For the complete list of realignments, check out www.af.mil/forcestructure04/force_structure2004.html.

(Air Force Print News)

BENEFITS from Page 4

active duty at locations away from their homes. The reimbursable amount would be the lesser of the lodging portion of the applicable per diem rate or the actual cost of lodging paid by the member for periods during which the member is in a leave status.

Special responsibility pay: The Senate recommends reserve component officers receive command responsibility pay at a rate of 1/30th the monthly rate for each day of duty. A maximum of 5 percent of captains and below would get the monthly rate, and a maximum of 10 percent of majors through colonels would be authorized the monthly rate.

Hazardous-duty pay for reservist demolition duty and parachute jumping: The House wants to authorize reservists who perform explosive ordnance disposal and pararescue duties in a month to be paid hazardous duty pay at the same monthly rates (not 1/30th rate) paid to members serving on active duty. The committee members reason that reservists must maintain the same qualification standards as the active force to perform explosive demolition and parachute jumping.

Standardize Ready Reserve's annual training requirements: Members of the House committee want to reinstate one measure – 38 days per year – as the minimum for annual participation. At the present, members of the Selected Reserve are required to perform the equivalent of 38 training days of duty in the form of 48 periods of inactive duty for training – usually performed at the rate of four periods over a weekend – and 14 days of annual training. Other reservists fulfill training and active-duty requirements in at least 32 different categories of duty status.

More information about the House and Senate marks is available on the following Web site: <http://www.re.hq.af.mil/rei> (AFRC News)

Reservist convicted of illegal cybersex computer activity

A mobilized staff sergeant was convicted July 22 at a general court-martial at Wright-Patterson AFB, Ohio.

The reservist was tried and found guilty of wrongfully and knowingly possessing visual depictions of minor children engaging in sexually explicit conduct. The images were found on two government computers used by the reservist, as well as his home computer.

He was convicted of violating Uniform

Code of Military Justice Articles 92, failure to obey a lawful general regulation, and Article 134, engaging in conduct of a nature to bring discredit upon the armed forces.

The staff sergeant was sentenced to reduction to the rank of E-1, total forfeiture of all pay and allowances, a bad conduct discharge and military confinement for nine months. He is currently in a military confinement facility awaiting final review of his case. Under the UCMJ, the maximum sentence could have included seven years confinement and a dishonor-

able discharge.

After information was received in August 2002 alleging illegal activity on the part of the reservist, the Air Force Office of Special Investigation launched a formal investigation. The AFOSI employed a computer crime expert to investigate charges dating back to 2002.

After reviewing AFOSI's investigation, Lt. Gen. Richard V. Reynolds, commander of the Aeronautical Systems Center, referred the charges against the staff sergeant to a general court-martial. (AFRC News Service)

To serve and honor with dignity



Photo by SSgt. Troy Novak

The base honor guard awarded Tech. Sgt. Paul Ives and Senior Airman Nathan Nordby with the ceremonial uniform Aug. 2. Ives recently participated in his first funeral procession, and Nordby has participated in three processions.

Those also receiving recognition for participation in the honor guard were: Master Sgt. Shawn Ferrin, Tech. Sgt. Mary Miller-Huff, Staff Sgt. Kristen Maloney and Senior Airman William Lohse.

934th Airlift Wing answers call

Four hundred Air Force reservists from C-130 airlift units in Pennsylvania and Minnesota are shifting their focus on the war on terrorism from home to Southwest Asia for the rest of this year.

Two hundred reservists from Air Force Reserve Command's 913th Airlift Wing, Willow Grove Air Reserve Station, Pa., and a like number from the 934th AW, Minneapolis-St. Paul International Airport Joint ARS, Minn., went overseas during the last week of July and the first week of August. They include aircrew members, crew chiefs, other aircraft maintainers and logistics personnel.

Most of them are among the 600 reservists from both units who were mobilized in late February and early March to perform airlift in support of homeland defense. Others volunteered for the deployment because their skills are needed for the mission.

"I'm deeply proud that the airmen we are sending are the best trained and equipped that I have seen in the Air Force," said Col. Gary L. Cook, 934th AW commander. "My additional responsibilities to their families

will now require even greater focus."

Col. David Deckman, commander of the 913th AW's operations group, said he doesn't know why his unit was selected but he got his orders from Air Mobility Command.

"Whoever tapped us thought we were needed in the (area of responsibility)," Deckman said.

During their four-month deployment, eight Willow Grove C-130s and four Minneapolis aircraft will transport troops, equipment and supplies in the Middle East and other locations throughout U.S. Central Command's area of responsibility. Two of the Willow Grove aircraft are on loan to the 934th AW, so both units will fly and main-

tain six aircraft each.

When the Minneapolis aircraft landed at Willow Grove en route to Southwest Asia, some of them needed maintenance.

"We had some problems, which we were able to fix," said Maj. Joel Clay, 913th Maintenance Squadron commander. "All were fairly minor, but none of the aircraft could have continued without the maintenance being performed."

Deckman said his unit would continue to fly homeland defense missions but on a limited basis.

"This is limited by the number of aircraft we have (in the United States) and the number of aircrews available," he said. (AFRC News Service)



Photo Courtesy of Air Force News Service

C-130s from the 913th Airlift Wing, Willow Grove, Pa., and the 934th AW prepare to depart from Willow Grove for Southwest Asia.

New service-commitment policy takes effect Oct. 1

By Staff Sgt. Jeff Schoen
Air Force Reserve
Command News Service

Starting Oct. 1, Air Force Reserve Command will implement a comprehensive, service-commitment directive for certain kinds of training, education and promotions.

"The Reserve Service Commitment Policy accomplishes two goals," said Lt. Gen. James E. Sherrard III, commander of AFRC. "First, the RSC ensures a fair and equitable return to the Air Force Reserve and the American taxpayers. Second, it communicates to our members the period of obligated service they must complete before becoming eligible to separate, transfer or retire from the Selected Reserve."

The policy affects reservists in the Selected Re-

serve, the Individual Ready Reserve's Health Professions Scholarship Program and the IRR's Financial Assistance Program. The RSC includes unit program reservists, individual mobilization augmentees and members of the Active Guard and Reserve.

Air Force reservists in the rank of colonel and below incur a service obligation if they attend formal training or education for 20 weeks or longer, receive a promotion in the top three enlisted grades or enlist in the service for the first time.

"In the past, a member under certain circumstances could attend initial training, complete a formal school, return to their Air Force Reserve assignment and request reassignment to inactive status without completely fulfilling

their commitment," said Lt. Col. Paul W. Kirby, chief of the Personnel Programs and Training Division in the Office of the Air Force Reserve, Washington, D.C. "Everyone wins when a member acquires new skills through training and education, but the Air Force Reserve loses if members leave prematurely.

"Take pilot training for example. Most people do not realize the significant investment of time and money involved for a pilot to reach full operational competence. It takes approximately two to three years of training time and costs up to \$6 million. That's a significant investment," Kirby said. "If we allow that person to simply leave without incurring a service commitment, the country loses its investment of both financial re-

sources and time."

The Air Force Reserve has had policies that attempted to address service commitments and training in certain career fields, such as pilots and health care professionals, but these policies often lacked the "teeth" needed to enforce them, said Kirby.

"This policy standardizes, streamlines and provides the means to enforce the various commitment policies by providing a single-source document that clearly communicates the required commitments to the members," Kirby said. "We worked hard to create a system that treats people fairly, and I believe our reservists are people of honesty and integrity who will live up to their commitments." (AFRC News Service)

Medal recognizes active duty service of reservists after Sept. 11

Air Force reservists are now being authorized to receive the Armed Forces Reserve Medal with 'M' device for serving in an active duty capacity after Sept. 11, 2001.

The medal is awarded for mobilization on or after Aug. 1, 1990, to members called to active duty or the member volunteered and served on active duty in support of U.S. military operations or contingencies designated by the Secretary of Defense.

"The medal can be awarded for anyone who was on active duty orders since September 11th," said Senior Airman Paul Kraft, 934th Military Personnel Flight.



A reservist can spend as little as one active duty day on orders to be eligible for the award. This does not include annual tour. People who have been activated in support of current operations will be eligible to wear the award.

The "M" device is worn to indicate mobilization. Subsequent mobilizations are denoted by the wear of a number to indicate the number of times mobilized.

The medal is usually awarded for honorable and satisfactory service as a member of one or more of the Reserve Components of the Armed Forces of the United States for each period of 10 years served within a 12-year period.

For more information on the Armed Forces Reserve Medal, contact the 934th MPP.



Photo by SrA. Nicholas Olson

...into the wild blue yonder

Trent Miller, an attendee during the Employer's Day event held during the August UTA, listens in to the in-flight communications during an orientation flight. The 33 employers in atten-

dance were given the opportunity to learn more about the mission of the Air Force Reserve and see what their reservist does during the drill weekend.

UNIFORM from Page 3
style hat or the embroidered T-shirt," Sullivan added, but she said she was otherwise pleased with the women's cut.

Performance-wise, Stone felt that "the cuffs got in the way a bit" while he was going through his maintenance routine. Unlike Sullivan, he did not like the belt.

In another flightline environment, Staff Sgt. Crystal Cardinale tried out the uniform while working on a District of Columbia Air National Guard F-16 Fighting Falcon.

"I like the T-shirt," the

113th Fighter Wing crew chief said. The T-shirt is a black, three-button Henley-style shirt with the Air Force logo on left breast and the wearer's name embroidered on the right.

Inside Bolling's 11th Communication Squadron server room, Senior Airman Brandi Wyatt recognized the new uniform's low-maintenance appeal.

"It's wash and wear, and that's my kind of uniform," Wyatt said.

The wear test period officially begins in January, when 300 uniforms will endure the rig-

ors of Air Force life, indoor and out. Wearers and observers alike will be able to record their comments and observations on an Air Force Web site, noting the good, the bad and the ugly.

Officials say production, if approved, could begin as soon as 2005, with a phase-in date to be determined.

Right: The Navy Seebee/ Marine Corps-style cap may replace the traditional BDU cap that has been in use for years.



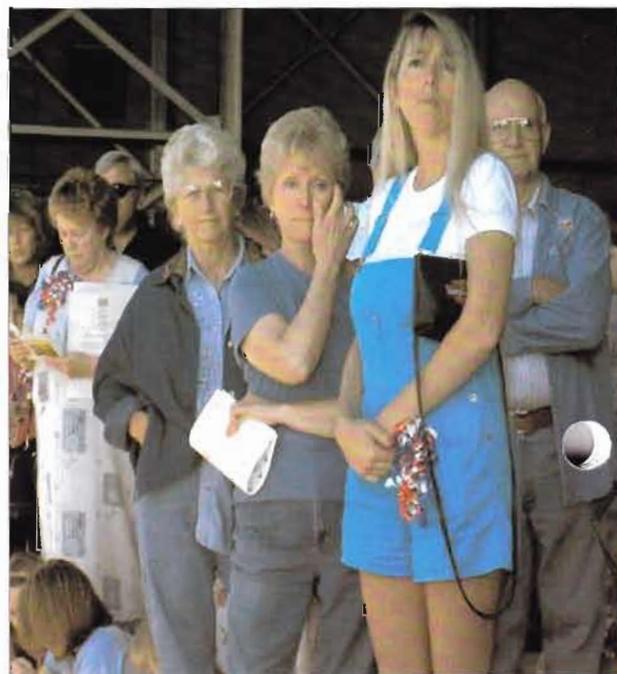


Col. Gary Cook presents Minnesota Gov. Tim Pawlenty with a unit coin during the July 29 initial deployment.

“Bring them back so

Troops deploy to Southwest
support of U.S. Central Com

Photos by
Staff Sgt. Jeffrey Williams and
Senior Airman Nicholas Olson



Teary-eyed family members look on as loved ones board an aircraft bound for Southwest Asia.



Left: Commanders from the 934th Airlift Wing salute the deploying unit members as their Air Mobility Command chartered rotator aircraft leaves the flightline Aug. 1.

fe'y."

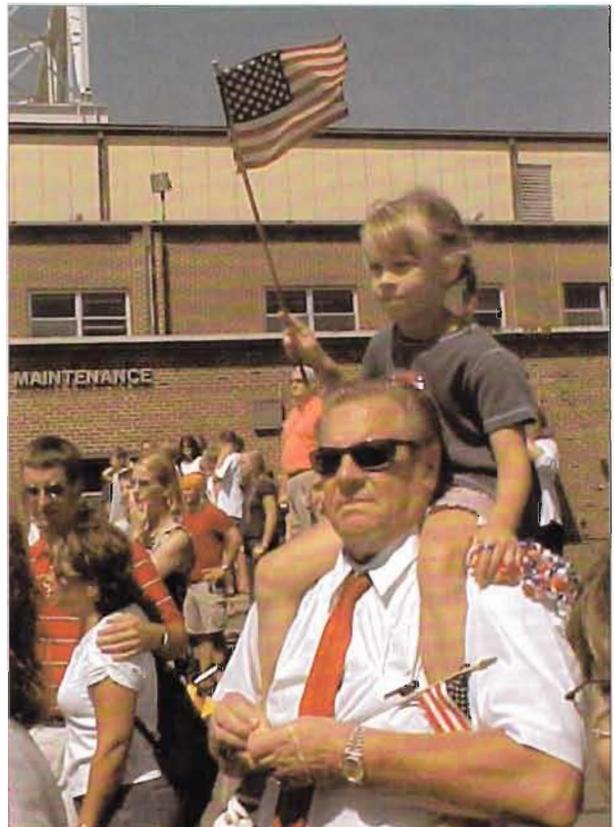
Asia in
mand



Aircrews wave goodbye to their families as they head to their aircraft. The five crews consisting of 75 unit members departed on July 29th as the first part of the deployment to Central Command.



Family members console each other as the aircraft bearing their loved ones departs for Southwest Asia.



Family members look on as the aircrews prepare the five C-130s for takeoff. Families were allowed to say their goodbyes during a ceremony before the midday departure July 29th.

CSAF announces fitness program

Airmen will begin hitting the track soon as the Air Force begins a new physical fitness program, the service's senior leader announced in his July 30 "Fit to Fight" Sight Picture.

Air Force Chief of Staff Gen. John P. Jumper directed that airmen will now test their fitness levels by performing sit-ups, push-ups and running 1.5 miles.

The change is being made because "we are a much different Air Force today," according to Jumper.

Jumper cited the physical requirements demanded by recent deployments around world as the impetus for the change.

"The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture," he said. "It's time to change that."

Details will be released soon that will get airmen back to the basics of running, sit-ups and push-ups, Jumper said. The cycle ergometry test, in use for the past 10 years, will continue for those who, for legitimate reasons, are not able to run.

Other changes include issued work-out clothes and a renewed focus on the commander's ownership of airman physical fitness.



"We are planning to ... put responsibility for (physical training) in the chain of command, not with the medical community or the commander's support staff,"

Jumper said.

"I expect this effort to be led from the top, starting with commanders and senior (noncommissioned officers)," he said. "I expect those who have trouble meeting the standards to be helped by others in their unit until they do meet the standard."

The program will begin Jan. 1. Jumper said he plans to lead National Capitol Region Air Force general officers in a fitness test during the first week of January. Chief Master Sgt. of the Air Force Gerald R. Murray will lead area command chiefs later in the week.

"I think all of us can agree that we were disappointed with the fitness standards we found when we came into the operational Air Force," Jumper said. "Let's not disappoint ourselves any longer. The message is simple: If you are out of shape, fix it. If you have people in your squadron who need help, help them."

"January 2004 is the date," he said. "Be ready." (Air Force News Service)

Travel The World With Air Force Clubs

By Gary Lott
Air Force Services

Many airmen have joined the Air Force with dreams of seeing the world — some actually do, while others spend a career at less than exciting places and only dream of seeing the Alps, Waikiki Beach, or Big Ben.

Air Force Clubs hopes to fulfill some of those dreams with its 2003 Membership Drive.

Titled *Travel The World On Us*, the drive runs Aug. 18 through Oct. 31. More than 140 people will win travel related prizes valued from \$500 to \$5,000 just for signing up for membership. The drive is open to all eligible non-members (active duty, reserve, civilians and retirees).

"The wonderful thing about this year's drive is that people can go from Broadway to Fiji, it's up to them," said Frank Black, chief, Air Force Club Divi-

sion. "We like it when we can offer people the right to choose."

Black was highlighting the fact that winners of this year's

"We want our loyal members, who are the backbone of clubs to know that we appreciate them as well."

**-Fred Fried
Air Force Clubs
Operations Branch**

drive are allowed to choose their own destinations.

"If you win the \$5,000 prize you could fly to Paris, take a cruise, rent a car, then use the balance to go see a sporting event," Black continued.

All prizes are redeemed through local Air Force Information, Tickets and Travel Of-

fices.

"We are extremely happy to be working with AF Clubs on this year's drive," said Denise

Lanier, chief, Air Force ITT. "It's great that the value of club membership continues to increase. We signed on because we believe in club membership and know our travel agents will do everything they can to make sure win-

ners have a smooth transition when redeeming their prizes"

Winners on bases without ITT facilities will be able to contact the Headquarters Air Force Services Central Ticket Office to redeem their prizes.

As a member's reward, Air Force Clubs is also offering a set of prizes to current mem-

bers. "We want our loyal members, who are the backbone of clubs to know that we appreciate them as well," said Fred Fried, chief, Air Force Club Operations Branch. Current club members are automatically entered to win.

Besides meals and entertainment, other membership benefits include special discounts on food, entertainment, special functions and bingo. Additionally, club members may have the year round benefit of Premier Value Miles Program (points accumulated can be redeemed for airline tickets) or the Free Cash Rewards program (points accumulated can be redeemed for cash or merchandise certificates) and special introductory annual percentage rates.

Stop by your local club for a membership application or to find out more.

Nightmare on YOUR street:

Understanding Post-Traumatic Stress Disorder and its consequences on the lives of American veterans

By Staff Sgt. Jeffrey Williams
Staff Writer

Every night it begins again.

Like the movie "Groundhog Day," where actor Bill Murray relives Feb. 2 every day for days and weeks on end, countless numbers of veterans relive combat scenes in their minds every night when they go to sleep.

Known during the Civil War as "Da Costas Syndrome" and during World Wars I and II as "Shell Shock," Post-Traumatic Stress Disorder is a serious psychiatric disorder that can occur after experiencing or witnessing traumatic events like combat, terrorist incidents, serious accidents, or rape.

"It's as if there is a tape recorder inside your head playing the event over and over," said Maj. Sharon Simpson, 934th Aero-medical Staging Squadron mental health officer. "It becomes so intrusive that it almost becomes your life at that point. During the day a person might be functional, but at night that same person could have nightmares from reliving the event."

With the onset of Operations Noble Eagle, Enduring Freedom and Iraqi Freedom, a new set of veterans may have to be added to the list of PTSD patients.

"PTSD results out of severe trauma or incidents that people are not expecting and haven't developed the coping skills for," said Maj. Dennis Smith, also of the 934th ASTS mental health department. "It's the severity of the incident that causes PTSD. It's rarely the normal issues."

Some of the symptoms of PTSD include nightmares or flashbacks, fits of anger, alcoholism, drug abuse and depression.

"Signs of acute stress usually go away after a month," Smith said. "The problem occurs when symptoms persist over a number of months, generally six months or longer. It becomes a problem when it is persistent enough to change your lifestyle, when it starts taking control of your life."

He added, "Based on the coping skills of the person involved, it could appear to

go away for a considerable length of time until a similar event triggers it."

In the case of one Vietnam veteran, he was sent home from Vietnam for a few days to help his family deal with the death of his grandfather in December 1968. The PTSD symptoms didn't surface until his grandmother died 21 years later.

According to the National Center for PTSD website, left untreated, the disorder has some serious long-term consequences that include: family breakdown/divorce, loneliness and isolation, problems with employment, and alcohol/drug abuse. While treatments are available, there is no cure.

At the reserve unit level, pre and post deployment briefings are given, and the 934th ASTS is considering re-screening people for mental health issues a month or two after their return from the combat zone.

"We don't have the credentials to treat people, but we do have avenues to follow," said Master Sgt. Tim Atchley, 934th ASTS NCOIC. "We have an obligation to give an immediate medical evaluation."

Atchley said if a person comes in that might be experiencing PTSD, they are escorted to the Veterans' Administration hospital or Hennepin County Medical Center for further evaluation. The treatment is free for the servicemember and considered "in the line of duty," but the

person has to volunteer to go. Other avenues are available for members who need the treatment but don't volunteer, but occur in conjunction with the unit commander, wing commander and the judge advocate general.

Both Simpson and Atchley stress the need for debrief and don't expect to see a lot of cases.

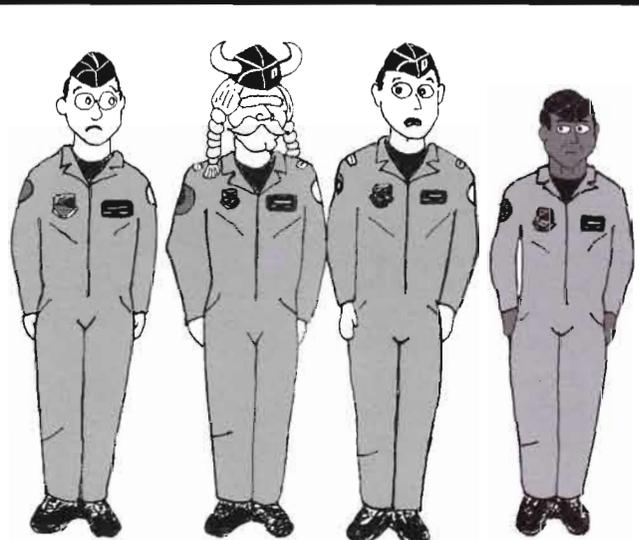
"In the long run, we need to help them find a healthy response to the combat stress," Simpson said. "We need to work with them to sort through unresolved emotional issues."

Atchley said, "We don't expect to see a big rise with the deployment of troops that was recently sent out, but that will depend on the circumstances on whether they saw any death or carnage."

For more information, go to the VA website at www.va.gov, the National Center for PTSD website at www.ncptsd.org or call mental health at (612) 713-1606.

OUTSIDE THE REGS

By Senior Airman Nicholas Olson



"Hey, what's with the new guy?"

Family Day to be held Sept. 7

The annual 934th Airlift Wing family day will be held Sunday, Sept. 7 from 9:30 a.m. to 3 p.m. for all wing reservists and civilians.

A highlight to this year's event will be the addition of a big screen television set near the Fitness Center for people to watch football's border battle between the Minnesota Vikings and the Green Bay Packers.

There will be two serving lines for the lunch, which runs between 11 a.m. and 1 p.m.

The Family Support Center opens at 9:30 a.m., as does the book sales event.

Children will have plenty of fun activities to play including the monster trikes, ferris wheel, obstacle course and an 18 foot slide.

Music will be provided by the Air Force Band of the Heartland.

If you have any questions or need more information, please contact Deb Manselle in services at (612) 713-1662.



Photo by SSgt. Jeffrey Williams

From one generation to another

Tech. Sgt. Martha Grimes poses for a photo with Richard Macon, an original member of the famed unit, the Tuskegee Airmen. Macon was shot

down over Germany in his P-51 Mustang and held as a POW during World War II. They met at the HRDC conference in Denver, Colo.

Online subscription to the Viking Flyer

As a service to our readers the Viking Flyer staff is beginning an online subscription service. The service will begin in October. Advantages to the service include earlier-than normal delivery, plus color photos. To begin a subscription, simply complete the following information and either mail or hand-deliver this coupon to: 934 AW/PA, 760 Military Highway, Minneapolis MN 55450-2100.

Even if you subscribed in the past, please resubscribe to ensure delivery.

NAME: _____

EMAIL ADDRESS: _____

I AM: _____ reservist _____ retiree

Signature (required)

Teamwork at home and abroad key to successful deployment

By Chaplain Derek Lauer
Wing Chaplain

During the 1800s a famous organist traveled the country giving concerts.

In each town he would hire a boy to pump the organ (old pump organs) during the concert behind the scene. After one concert the boy beamed "We sure had a great concert tonight, didn't we?"

The organist replied "You mean I had a great concert tonight, you only pumped the organ."

The following night the boy worked the pump again. In the middle of the concert, the organist was playing masterfully, when all of a sudden the music stopped.

One could only hear the faint clicking sound from the keyboard as his fingers attacked the notes. The boy stuck his head around the corner of the organ, smiled and said "We aren't having a very good concert tonight, are we?"

Just as the boy played a role behind the scenes, without him, the maestro could not have been successful. This is also the case for those who are deployed overseas. We who are left behind play an important role. Like the actor who depends upon people behind the scenes for their support, so do the people overseas.

In 1 Corinthians 12:12-31, each member of the body depends upon each other

to function properly. Without the one, the body suffers and loses its effectiveness. Verse 15 says, "If the foot should say, "Be-

"We should not feel guilty for being left behind. We should feel honored to serve those who go before us by ministering to them and their families."

-Chaplain Derek Lauer

cause I am not a hand, I do not belong to the body."

Each member is important to the body or the mission in our case. How can we at home play an important role in supporting our friends overseas? Since my deployment here, my wife has received support by someone who understands our situation. By knowing this, I'm very thankful and at ease she is being properly ministered too. Without that support, my family would weigh heavy on my mind and thus the effectiveness of the ministry would diminish.

Many of us have the opportunity to minister to families that are left behind. The Apostle Paul said "Carry each other's burdens, and in this way you will fulfill the law of Christ."

The burden on the deployed member is the care of his family. I believe if we

minister to these families by calling them, visiting them and doing a variety of things to serve them, we fulfill that law.

In addition, the deployed member is away from family and friends. This is stressful in itself. By keeping in contact with them on a regular basis, praying for them and sending them care packages, you will bless them greatly. One unit on base is pairing its people on station with those deployed. They are looking after deployed members as well as their families. This is the ministry we are all called to do.

We should not feel guilty for being left behind. We should feel honored to serve those who go before us by ministering to them and their families. Without a proactive approach, the support, prayers and encouragement, they will suffer in accomplishing their mission.

In the Bible, Moses needed Aaron, the Apostle Paul needed women to support his ministry, Esther needed her uncle and the list goes on. These front line people needed support to accomplish their mission.

Charles Swindoll says "Nobody is a whole orchestra. Each one is a musician. But take away one musician and the symphony is incomplete..." Without our support back home, our deployed members are incomplete. So let's help carry their burdens by sacrificing our time and energy by serving them and their families.

What is Your Favorite Part about Family Day?



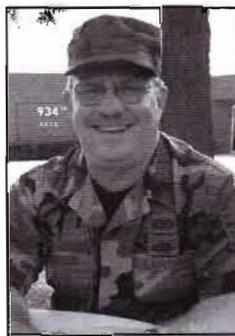
Staff Sgt.
Erik Merritt

"Meeting everybody else's family, and putting faces to their names."



Tech. Sgt.
Chris Rumreich

"It's a time for families to see what we are doing, and it's a lot of fun for them."



Master Sgt.
John Johnson

"Being able to bring my family out."



Senior Master Sgt.
Faye Dudley

"I brought my family, and my son got to see where I work and me in uniform."

Officer's Club (612) 713-3678

Sundays: Closed.

Lunch: Tuesday-Saturday from 11 a.m. to 1 p.m.

Dinner: Wednesday -Saturday from 5:30 to 8:30 p.m.

Lounge: Monday from 4-11 p.m.; Tuesday-Thursday noon to 11 p.m.; Friday- Saturday from noon to midnight. Lounge menu available 1 p.m. to 8:30 p.m., Tues- Fri, 11 a.m. to 8:30 p.m. Sat

Mondays: Dining room closed. Lounge open 4-11 p.m.

Tuesdays: Dining room closed. Lounge menu available 11- 8:30 p.m.

Wednesdays: Sep 3 - Chicken Parmesan, Sep 10 - Liver & Onions, Sep 17 - Chicken Cordon Bleu, Sep 24 - Meat Loaf

Thursdays: Thursdays are Chef's Special nights.

Fridays: Sep 5 - Lobster Tail (RSVP), Sep 12 - Blackened Cat Fish, Sep 19, Seafood Buffet (RSVP) . Sep 26 - Shrimp Scampi.

Saturdays: Sep 6 - Prime Rib, Sep 13 - New York Steak w/ Herb Butter, Sep 20 - Prim Rib, Sep 27 Beef Medallion w/ Blue Cheese Herb Stuffing.

Both Clubs participation is requested at special events at the O' Club (RSVP's): Sep 5 - Lobster Tail, Sep 19 - Seafood Buffet, 30 Sep 2-4-1 Steak Night.

Enlisted Club (612) 713-1655

Both Clubs participation is requested at special events at the E' Club - Call Bingo every Friday night - 5 to 7 p.m. & Bonanza Bingo is available during lounge hours. Karaoke Sept. 6.

Sunday: Closed

Monday: Closed

Lunch: Tuesday-Friday from 11 a.m. to 12:30 p.m.

Dinner: Friday night from 5:30-8:30 p.m. Open until 9 p.m. on UTA Friday. Dinner available at Officers Club Wed-Sat.

Lounge: Monday, Tuesday and Thursday from 3-9:30 p.m.; Wednesday from 11 a.m. to 9:30 p.m.; Friday-Saturday from 3 p.m. to midnight.

Tuesday-Friday: Daily specials for lunch plus regular menu.

Fridays: Sep 5 - Seafood Platter, Sep 12 - BBQ Cookout 5:30-8:00, Sep 19 - Walleye, Sep 26 - Top Sirloin.

Saturdays/Sunday: Navy "A" & "B" Open for lunch from 11-12:30 p.m. on Sept. 13 & 14 and Sept 27 & 28.

* Club management wants all Enlisted Club members to know they are always invited to eat dinner at the Officers Club Wed - Sat. The Officers Club Lounge menu is available 1- 8:30 p.m.

North Country Lodge

Reservations: Call 1-888-AF-Lodge or (612) 726-9440

Web page www.afrc.af.mil/934aw/Lodgingweb/lodging.htm

Question: "When will we stop using Bldg 711 for lodging?"

Answer: Lodging staff will begin the process to "take down" Bldg 711 in the very near future. Our goal is to not use Bldg 711 after 31 Dec 03 for lodging. Our plans are to slowly remove items that are not "as necessary" in the guest room. This will help us weed out items we will be transferring, donating or preparing to sell. We promise to leave the bed until last!

Fitness Center (612) 713-149

Hours of Operation

Monday-Thursday, 5 a.m. to 9 p.m.

Friday, 5 a.m. to 8 p.m.

Weekends, 8 a.m. to 4 p.m.

Closed Holidays

September UTA Activities:

Tennis Ladder continues, Call Master Sgt. Shawn Ferrin at the Fitness Center for more info.

The Air Force Cycling Program is in full swing, earn water bottles, golf towels, caps, T-shirts, fanny packs, patches and much more! Register at the Fitness Center front desk.

Discount Tickets

ValleyFair discount coupons

Camp Snoopy discount coupons

Underwater Adventures \$9, \$5 child

Chanhassen Dinner Theater (call Fitness Center for details)

Minnesota Zoo and IMAX Theater, 20 percent discount card.

Renaissance Festival \$13.73 adult, \$5.75 children(6-12) \$5.00 food coupon book

Officer's Wives Club News

We are looking forward to our Welcome Back Luncheon on 18th Sep at 11:30.

Tuesday Bridge: 2nd and 3rd Tuesday each month at 10:00 a.m. for more information call Germaine Reuter Dahl: (951) 881-0107.

Evening Bridge: 1st and 3rd Wednesday each month at 7 p.m.

For more information call Roberta Gronemann: (763) 494-3517 or Innez Gugisberg: (651)481-1983

Outdoor Recreation

Anyone wishing to rent a boat must have a Minnesota Watercraft Operator's Permit. The 39 minute Minnesota Boater's video and Boating and Water Safety test is available at the Fitness Center. Please call ext. 1496 for more information.

Discount camper rentals are available at Higgins Camper Rental & Sales. Call them at (651) 702-5962, or check out www.higginscamperrentals.com

Club Members receive a 10% discount on Recreational Services equipment rentals.

27th Aerial Port Sqdn

Eleven members invited their employers on base for employer's day.

We are pleased to have **Airman 1st Class Robert Hauer, Airman 1st Class Aaron Korthals** and **Senior Airman Timothy Estvold** as new members of the 27th APS.

Leaving the unit this past month was **Senior Master Sgt. Eric Sund**, retiring after 20 years of patriotic service to his country. We would like to thank him for his service, he will be missed.

The Navy and Marine Corps Achievement Medal was awarded to **Chief Master Sgt. Michael Dressen**.

The unit members received awards last year at Rhein-Main Air Base, Germany. The Air Force Commendation Medal was awarded to **Tech. Sgt. Richard Rowcliffe**.

The Air Force Achievement Medal was awarded to **Master Sgt. Mark Pierson, Tech. Sgt. Carl DeWaard, Tech. Sgt. Michael Garney, Tech. Sgt. Nestor Everisto, Tech. Sgt. Michael Trujillo, Staff Sgt. Ron Salargo, Staff Sgt. Michael Severin** and **Staff Sgt. Allan Garnett**.

Security Forces Sqdn

With more and more SF personnel returning to traditional reserve status, those that were here this weekend conducted a bag drag. With the final SF members being deactivated it is time to account for equipment.

SF personnel also conducted a training record review.

As of Aug 4, the final two Security Forces members have been demobilized, after almost two years on active duty.

Airman Thomas Flermoen was promoted to Airman 1st Class.

The squadron said goodbye to **Tech. Sgt. Pat Haefner** who retired after 20 years of service, all of which was spent here at the 934th Airlift Wing.

The squadron would also like to welcome **Airman 1st Class Angela Ramirez**. This was her first UTA since completing the security forces tech school.

Aeromedical Staging Sqdn

Col. Jorge Llambes and **Senior Airman Ryan Christopherson** were deployed with the 96th Airlift Squadron. **Chief Master Sgt. Daniel Bohnen** and **Senior Master Sgt. Richard Dunne** were awarded the Meritorious Service Medal. **Staff Sgt. Mandy DeForrest** and **Senior Airman Johnette Frazier** were awarded the Air Force Commendation Medal.

Communications Flight

The ground radio shop provided PA support to the recent 934th AW and 96th AS deployment ceremonies.

Upon receiving two new tactical/portable radios (PRC-113), the ground radio troops setup and configured the equipment by performing functional tests with the command post in preparation for future exercises and deployments.

The Comm-computer systems shop worked alongside Rothe personnel at the base Network Control Center help desk to resolve numerous computer/network problems around the base.

The Visual Information shop provided photo support for the recent 96th AS deployment and continued working on the new base digital phone directory.

Several members completed the 3-mile fitness walk and M-16 qualification.

Aeromedical Evacuation

Ten members are currently in-residence at various schools. Five are in medical technician school, two are in administrative school, one in flight school and the remaining two are at the AET course.

Senior Airman William Lohse completed the Honor Guard tech training course, and **Tech. Sgt. Penny Billings** completed the NCO Academy.

Eleven members returned home from a four-month deployment, and 11 others were deployed overseas in support of Operation Iraqi Freedom.

Tech. Sgt. Albert Anderson received the Air Medal, **Senior Airman Kristen Boneberg**

received the Air Force Achievement Medal. She was also accepted into Navigator school and will be leaving in September.

The squadron welcomed newcomers: **1st Lt. Joseph Malcolm, Senior Airman Amanda Hightshoe** and **Airman 1st Class Ora Spann**. We also said goodbye to **Col. Marilyn Chambers, Maj. Anne Fischer** and **Staff Sgt. Frank Preuss**. Col. Chambers celebrated her last UTA with us after 22 years in the unit. Maj. Fischer will be taking an IMA position at Nellis Air Force Base, Nev., and Staff Sgt. Preuss is moving to Las Vegas.

Medals

Meritorious Service

Senior Master Sgt. Janet L. Dalton
Wing Safety

Master Sgt. Michael J. McGuire
Civil Engineer Squadron

Master Sgt. Douglas J. Blair
Security Forces Squadron

Senior Master Sgt. Richard G. Dunne
Aeromedical Staging Squadron

Chief Master Sgt. Daniel K. Bohnen
Aeromedical Staging Squadron

Commendation

Senior Airman Timothy E. Breuhl
Airlift Wing

Senior Airman Johnette A. Frazier
Aeromedical Staging Squadron

Staff Sgt. Mandy A. DeForrest
Aeromedical Staging Squadron

Achievement

Tech Sgt. Kent E. Long
Aerial Port

Master Sgt. Dale M. Place
Aerial Port

Dining Facility Menu

September 2003



Saturday:

Lunch - Chicken or Beef Fajita

Sunday:

Dining Facility Closed, Family day
Food served at event

TEST from Page 3

after considering the results of the test and feedback about how it meets airmen's needs," Murray said.

According to officials, the wash and wear uniform will be easier to maintain and will not require professional laundering or starching. Officials estimate that home laundering can save up to \$240 in laundry costs over the course of a year.

Unlike the current BDU, the new version comes in men's and women's cuts. The separate women's uniform reflects the growth in the number of women in the service. In the late 1980s women comprised less than 13 percent of the total force; today nearly one in five airmen are women.

Officials said other possible advantages to the uniform include:

- Using the same fabric identified by the Marines as the optimum material for wash and wear characteristics;

- A camouflage pattern that corresponds to the jobs airmen do in most situations that require a utility uniform,

- Recalling the "tiger stripe" camouflage pattern used during the Vietnam War, but with the distinctive Air Force logo embedded into a color scheme that preliminary testing indicates may provide better camouflage.

Officials are also considering maintenance-free boots and alternative T-shirts.

The uniform patterns are being cut, with production to begin in November. Data collection and analysis, and any potential adjustments, will occur from August through October 2004.

A final decision on the uniform is expected in December 2004. If approved, production could begin as soon as 2005, with a phase-in date to be determined.

Reminder.

Saturday, Sept. 6., will be a busy day with the **Change-of-Command ceremony**. The report time is at 8:45 a.m. at the Fuel Cell.

The **Military Ball**, celebrating the Centennial of Flight will be held later that evening at the Ramada Airport Hotel and Thunderbird Convention Center.

New design shows Air Force true colors



Photo by MSgt. Jim Varhegyi

Second Lt. Arcelia Miller of the Air Force's special security office puts the Air Force test utility uniform through its paces at an entry control point at Andrews Air Force Base, Md. The blue, gray

and green tiger-stripe camouflage ensemble includes many new features intended to increase functionality while providing a distinctive look for the 21st century airmen.