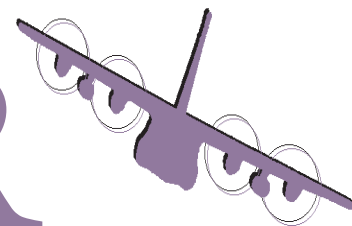




VIKING FLYER



934th Airlift Wing (AFRC)

Minneapolis-St. Paul IAP Air Reserve Station, Minn.

April 2005

Vol. 27, No. 4



Photo by Staff Sgt. John Herrick

I swear

Chief Master Sgt. Jeffrey Gustafson (left), 934th Civil Engineer Squadron, inducts Chief Master Sgt. Janet Dalton as the 934th Airlift Wing command chief during a ceremony March 5. Chief Dalton is the wing's fourth command chief and the first female in that role. She enlisted in the Air Force in 1976 and transferred to the Air Force Reserve in 1980. Since 2002, she concurrently serves as the ground, flight and weapons safety superintendent as well as Chief of Safety.

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The Viking Flyer is mailed to reservists' homes. Copies of the Viking Flyer are also available at various locations on base.

All photos are Air Force photographs unless otherwise indicated.

The deadline for all submissions is the Sunday of the UTA one month prior to publication.

Aerial port

The squadron received the 22nd Air Force Aerial Port Unit of the Year award.

The squadron also won the recruiting office's Get One Award for providing the most recruiting referrals in the wing during the first quarter of 2005.

Twenty-four members of the U.S. Marine Corps presented a plaque to the squadron to say thanks for training they received the squadron recently.

Master Sgt. Zane Ranum was named the 934th Airlift Wing's Noncommissioned Officer of the Year while **Senior Airman Kirsten Stephens** was named Airman of the Year.

Senior Airman Kenneth Kippley received the Chief Master Sgt. Duckworth Award as the top student at the transportation proficiency course.

Brothers **Master Sgt. Jerome Cassidy** and **Staff Sgt. John Cassidy**, who recently joined the Air Force Reserve, received the Global War on Terrorism ribbon for their service in the Navy.

Master Sgt. David Hanson-Best, **Tech. Sgt. Lowell Olson** and **Tech. Sgt. Jeanette Gillie-Harp** each received a letter of appreciation for helping NASA with its display at the 2005 Government on Display Expo at the Mall of America.

Tech. Sgt. Timothy Thompson received a letter of appreciation from the 3rd Aerial Port Squadron at Pope Air Force Base, N.C.

Tech. Sgt. Ron Salargo and **Staff Sgt. Patrick Sommer** received a letter of appreciation from the 302nd Airlift Control Flight for their assistance with C-130 operations and deployment phases.

Tech. Sgt. Gerard Marking received a wing coin for his performance as a courier and assisting with an exercise. **Tech. Sgt. James Cullum** and **Staff Sgt. John Siemieniec** received a wing coin for their support of squadron readiness. **Sergeant Siemieniec** also scored 93 percent on his five-level career development course test.

Lt. Col. Craig Bogan received a U.S. flag that was flown on a C-130 on combat missions flown over Pakistan, Uzbekistan and Afghanistan.

Aeromedical

Maj. Barb Schacht was selected as the 2004 Air Force Reserve Command Medical Readiness Officer of the Year.

Capt. Robert Jackson was named the squadron's Company Grade Officer of the Quarter. **Master Sgt. Tracy Goetz** was selected as Noncommissioned Officer of the Quarter. **Senior Airman Jessica Loken** was named Airman of the Quarter.

Aircraft maintenance

Master Sgt. Mark Sidla received the Chief Master Sgt. Thomas N. Barnes Crew Chief of the Year award at the Air Force Reserve Command level. He will next compete at the Air Force level.

The squadron welcomed **Senior Airman Theodore Knudtson** and said goodbye to **Senior Master Sgt. Mike Hartman**, who retired recently.

Command post

The wing command post received the 2004 Small Command Post of the Year award for the 22nd Air Force.

Staff Sgt. Jamie Christenson was named Command Post Noncommissioned Officer of the Year. Sergeant Christenson and the command post will next compete at the command level.

Staff Sgt. John Brown received a letter of appreciation for his performance during an annual tour at Dobbins Air Reserve Base, Ga.

Communication

Staff Sgt. Inez Morales and **Senior Airman Salina Padilla** provided administrative support to public affairs members' deployment to the Patriot Voice exercise in Savannah, Ga.

Tech. Sgt. Christian Krug graduated from the Noncommissioned Officers Academy at Keesler Air Force Base, Miss.

Staff Sgt. Trent Baker completed his three-level training at Keesler AFB, Miss.

Several flight members completed training on the Theater Deployable Communications/Integrated Communications Application Package in preparation for an upcoming exercise.

Mission support

The civil engineer squadron won the Maj. Gen. Robert H. Curtin Award and the Air Force Civil Engineer Outstanding Unit Award in the reserve category.

Master Sgt. Bob Keldsen was selected as the 2004 Air Force Reserve Command Personnel Manager of the Year.



Why public affairs not information operations

By Army Col. William M. Darley
 Military Review editor
 Combined Arms Center

Many pundits and policy makers have concluded that the American Army and its coalition allies, having won the war on the ground in Iraq and Afghanistan, are now losing the IO (information operations) war, or the war of international news coverage.

Consequently, the political quest for positive news coverage as a panacea for battlefield setbacks and perceived policy failures has become its own battlefield, with politicians and pundits trading barbs with reporters and news executives in disputes over news objectivity or lack thereof.

In response, some in the military at the policy level now advocate that military public affairs be subsumed by effects-based information operations.

To such individuals, controlling the flow of news information and the uniformity of good news messages is the key to ultimately winning the IO war. They see in a matrix of messages the tool to force, on one hand, recalcitrant news executives to report good news stories, and on the other hand, Arab populations and our allies to love us through manipulation of the global media environment.

The reality is that absorbing military public affairs into IO as a sort of adjunct advertising agency focusing on political messages rather than on factual information would in the long run compound IO shortfalls and facilitate political catastrophe. It would undermine legitimate IO activities while destroying public affairs altogether.

Information operations emphasizes control over elements of information. It is a doctrinal paradigm that seeks to cohesively link active information measures, both defensive and offensive, to enable the operational commander to manipulate information activities to achieve objectives. It includes measures designed to confuse and deceive, and to manipulate, persuade or psychologically coerce targeted audiences.

Military public affairs does not fit neatly into operational culture but provides a significant and distinctively different type of support to the accomplishment of military objectives.

The public affairs charter specifically precludes it from acting as an agent to promote control or manipulation through propaganda. These attributes often cause friction and offend the operational sensitivities.

Indeed, some operators may ask, "If

public affairs can't be used as a weapon for asserting control, what good is it?"

The practical military value of public affairs to the operator is neither tactical nor operational, nor is it easily quantifiable. Its foremost role is to protect the integrity of the military as an institution overall by ensuring that it is recognized as the most reliable source for official military information among all other competing sources.

To accomplish its mission, public affairs exercises the simple virtues of telling the truth and facilitating access by outside observers to confirm the truth of what is elsewhere officially asserted.

It is also an advocate that can influence the global information environment, not through deception, sloganeering or marketing campaigns, but through promoting public exposure of the Army's greatest asset — the American soldier.

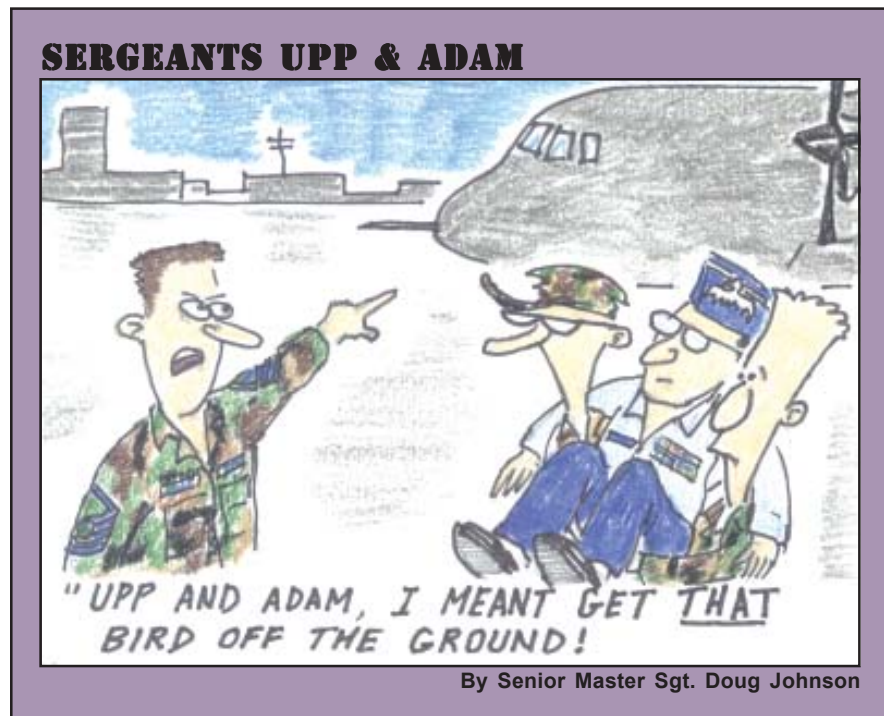
The most powerful moral influence affecting public support for the military is found not in the textured and calculated words of the nation's spokespersons reciting rote messages, but in exposure to the selflessness, discipline, integrity, courage, technical military competence and basic decency of our servicemembers.

Media access to our servicemembers together with honesty and forthright release of information in a timely fashion has proven over time to be among the most powerful elements of perception influence the military has in garnering public trust and support for the military even during periods of domestic political acrimony and unrest.

To this end, public affairs is only effective in so far as it is perceived as pristine in its truthfulness, reliability and accuracy, especially in times where bad news may be the rule.

If public affairs is compromised through activities that will cast doubt on its candid forthrightness, it loses its purpose and value to the military.

Forcing public affairs into the IO operational template — the purpose of which is messaging, control and manipulation — strips it of its distinctive character and benefit to the military, the war effort and ultimately strategic support for operators in the field.



States will allow taxpayers to donate refunds to servicemembers' families

By Donna Miles
American Forces Press Service

WASHINGTON — Illinois led the charge last year when it began letting taxpayers check a box on their state tax returns to donate their tax refunds to families of deployed guardsmen and reservists.

Illinois' example — which has paid out \$2.7 million so far to more than 5,000 military families — is quickly catching on nationwide. Nine other states now offer similar programs, and 21 more are pushing bills through their legislatures to set up their own programs, many with help from Illinois, said Eric Schuller, senior policy adviser for Illinois Lt. Gov. Pat Quinn.

Illinois' Military Family Relief Fund, established in 2003, provides \$500 grants to help families of the state's lower-paid Guard and Reserve servicemembers cover expenses after their family member is called to active duty, often taking a big pay cut in the process, Mr. Schuller said.

The program also provides grants of as much as \$2,000 for families in financial need because of a military deployment and \$2,000 grants to troops injured or killed in combat or as a result of terrorist activity. So far, the state has paid out more than 100 of the casualty-based grants.

“We cannot allow the citizens of our states who are serving their country to fall into financial ruin while they are in Iraq, facing harm ... while they are protecting us.”

- Cruz Bustamante
Lieutenant governor
of California

To qualify for the grants, servicemembers must be in pay grades no higher than O-3 or W-3.

“This program is really well received by the Guard and Reserve,” Mr. Schuller said. “A lot of them are taking a huge cut in pay, and this is one way the state is showing its support and helping them out.”

Among those helped through the program was a Marine reservist who used his casualty-based grant to pay for his family's travel to Brooke Army Medical Center in San Antonio where he was being treated for serious burns, Mr. Schuller said.

Michigan Gov. Jennifer M. Granholm established that state's fund in October.

“There's a tremendous need out there” for this program,” said Army National Guard 1st Lt. Evalynn Chapp about Michigan's fund. “Some of our Soldiers suffer rough times and need a little helping hand.”

Another recipient of grants from the Illinois fund, Marine Corps reservist Sgt. Josh Horton, learned he had become the father of quintuplets while he was being treated for shrapnel wounds received during a mortar attack in Iraq. Besides two grants from the Illinois fund, Sergeant Horton received a tremendous outpouring of support from throughout the nation, including 25,000 diapers and a new, five-bedroom house.

At a recent press event in Chicago, Sergeant Horton joined the state's lieutenant governor, who championed Illinois' program, to encourage taxpayers to “check the box” and donate to the fund this income tax season to support other guardsmen and reservists.

“Our duty on the home front is to support the families of our citizen-Soldiers as they are called to defend our freedoms,” Governor Quinn said of the fund.

Last year, tax donations raised more than \$200,000 for the program, and Mr. Schuller said he expects that number to increase this year. The fund also receives money through private donations and fundraisers ranging from lollipop sales to coloring contests. Mr. Schuller said some

of the state's municipalities have started sending out brochures about the program and details about how to contribute along with their water bills.

Governor Quinn traveled to Washington last month to meet with other lieutenant governors and members of Congress to encourage every state to create its own fund. Mr. Schuller said those meetings stirred up strong interest and support.

Last year, the National Lieutenant Governor's Association passed a resolution urging states to ensure that their reserve-component families are provided for during deployments.

“We cannot allow the citizens of our states who are serving their country to fall into financial ruin while they are in Iraq, facing harm ... while they are protecting us,” said Lt. Gov. Cruz Bustamante of California, whose state began its own fund in September.

Rhode Island Lt. Gov. Charles Fogarty, whose state enacted its program in July, said there is a tremendous need for the program among deployed guardsmen and reservists.

“One third of our Guard members make less in the military than at their civilian jobs, and they are worrying about making ends meet,” he said.

To help promote the program and encourage other states to join in, Illinois established its Operation Home Front Web site, which tracks efforts under way around the country. A link from the site spells out exactly what states need to do to set up their own programs.

“We've got the blueprint,” Mr. Schuller said. “Now all they have to do is follow it.”

States with programs are California, Delaware, Kansas, Maine, Michigan, Rhode Island, South Carolina, Vermont and Wyoming. In addition, 21 states have introduced legislation to create programs. They are Alabama, Arizona, Arkansas, Colorado, Connecticut, Georgia, Hawaii, Idaho, Indiana, Maryland, Massachusetts, Minnesota, Mississippi, Missouri, New Jersey, New Mexico, New York, Oklahoma, Oregon, Pennsylvania and West Virginia.



Troops in combat zones may apply for tax credit options



Photo by Senior Airman Colleen Wronek

Airmen of Task Force 1041 in Balad, Iraq, conduct a combat security patrol of a local village outside the base recently.

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — Military members receiving federal tax exemptions for some or all of their military pay may now elect to apply for certain tax credit options, the chief of the Armed Forces Tax Council said recently.

Troops deployed to combat zones

can now apply for tax refunds based on earned income tax credits, as well as additional child tax credits, said Army Lt. Col. Janet Fenton, the council's executive director.

The council monitors and coordinates tax issues involving active-duty and reserve component servicemembers.

The earned income credit, Colonel Fenton said, primarily involves lower-in-

come filers with children. The additional child tax credit may provide refunds for children younger than age 17, she said.

Servicemembers who want to apply for the credit refunds are required to fill out and file a federal tax return.

Enlisted troops serving in combat areas already have all of their military pay excluded from federal taxes, Colonel Fenton said, while officers in combat zones can exclude as much as \$6,529 of their monthly pay.

Troops deployed to noncombat overseas areas have until June 15 to file their income taxes.

Troops serving in a combat zone have up to 180 days to file their taxes after departing the area.

"Someone who is in Iraq right now would not have to file their 2004 tax return until they leave Iraq," Colonel Fenton said.

However, some servicemembers overseas would want to file early because they may be due a refund, Colonel Fenton said. Military-operated tax centers at state-side and overseas locales can provide servicemembers with tax filing assistance.

Married servicemembers deployed to combat and noncombat overseas locales can opt to have spouses file tax returns, provided there is an applicable power of attorney.

Who to call for help

934th Airlift Wing members who have questions about taxes withheld from their pay can call Ron Martin at (612) 713-1411 or Jim Drinkwater at (612) 713-1407 at the base's financial management office.

Those who would like more information about their own tax filing should consult with their personal tax advisor.

Congratulations to all medal recipients!

Meritorious Service

Lt. Col. Robb Ross, Maj. James Hayes, Maj. Carol Lupo,
Maj. Timothy Wollmuth, Senior Master Sgt. Bradley Binion, Senior Master Sgt. John Skarhus,
Master Sgt. Linda Davidson and Master Sgt. Scott Rian

Air Force Commendation

Tech. Sgt. Richard Matthies, Tech. Sgt. Steven Ross,
Tech. Sgt. John Tverberg and Tech. Sgt. Thomas Whiteford

Air Force Achievement

Senior Master Sgt. Gerald Siehndel Jr., Master Sgt. Roy Goins, Master Sgt. Lisa Hedman,
Tech. Sgt. Jeremy Bethke, Tech. Sgt. Christopher Coates, Tech. Sgt. Derek Green,
Tech. Sgt. Robert Rice, Tech. Sgt. Timothy Rice, Tech. Sgt. Derek Streissguth,
Staff Sgt. Anthony Kanugh, Staff Sgt. William Patterson, Staff Sgt. Douglas Swanson,
Staff Sgt. Danford Young, Senior Airman Jacob Libby and Airman 1st Class Shawn Ramsett

Congratulations to everyone selected for promotion!

Chief master sergeant

Janet Dalton

Senior master sergeant

Wade Priest

Master sergeant

James Brausen, Jeffrey Dentz, Nestor Evaristo, Todd Kopperud, Robert Larson, Kevin Ley,
Alisa Malszycki, Richard Mathies, Robert Mattern, James Mueller and Jonathan Shelton

Technical sergeant

Wendy Albee, William Batdorf, Lara Gallegos, Matthew Griffin, Len Haagenson and Ben Rettman

Staff sergeant

Jacqueline Burns, Scott Dusterhoft and Thomas Lillevold

Senior airman

Amy Gilette, Anthony Haider, Theodore Knudtson, David Lein, Paul Markus,
Travis Mortenson, Troy Olson, Laura Rendell, Xao Vue and Jeanne Zellmer

Airman first class

Kari Kuyendoll and Timothy Tabor

Airman

Rene Sobiech



Program offers subsidized care for children of guardsmen, reservists

By Samantha L. Quigley
American Forces Press Service

WASHINGTON — Department of Defense officials have joined forces with national agencies to help Guard and Reserve families in finding and affording child care while a parent is deployed supporting the war on terrorism.

“Child care, as you know, is one of the top (concerns) voiced by families as well as by commands on what’s needed,” said Jan Witte, director of the Pentagon’s Office of Children and Youth. Her staff monitors the new program, dubbed Operation Military Child Care.

DOD officials, who are working with the National Association of Child Care Resource and Referral Agencies, designed this initiative to benefit those who do not live near military installations, Ms. Witte said.

“We have a contract with (the association) to assist us in finding spaces outside the military community for those Guard and Reserve (servicemembers) who are deployed and active-duty (people) who are not near a military installation,” she said. “We also hope to assist in reducing the out-of-pocket expense to the servicemember.”

When a parent is deployed, she said, the remaining parent may discover that child care is something the couple had not had to think of before. And need is not the only consideration. The extra expense can be shocking.

While Mr. Witte’s office does not fully subsidize child care, it does work to reduce the financial burden, she said. The fees are based on a sliding scale that takes into consideration total family income and the care provider’s actual cost, among other things.

To take part in the program, a family member can apply through the association on the operation’s Web site or by calling toll-free at (800) 424-2246.

The child care provider also must apply — an important step because of

how the subsidy is paid out, Ms. Witte said.

“The subsidy goes to the program, not to the individual,” she said.

The program officially kicked off March 3, but has been operational as a pilot program since November. Approximately 40 families have completed the application process.

“We feel like this is one area to provide assistance for the total force,” she said. “We had not been doing much prior to this time for the Guard and Reserve as far as child care and school-age programs have gone.”

She said the new program could get an estimated 5,000 Guard and Reserve servicemembers’ children into child care. But that number could fluctuate if there is a change in the funding, which comes

in the form of supplemental funding through Congress, she said.

According to Ms. Witte, Congress has funded the program for \$7 million and officials hope to expand the program in the future to try and accommodate some of the 38,000 children of active-duty servicemembers in need of child care.

The association also supports Guard and Reserve servicemembers through a program called Operation Child Care. It is a voluntary program that provides up to six hours of free child care to Guard and Reserve families whose deployed servicemember is returning home for rest and recuperation.

“(The association) felt it was service back to the nation to thank the servicemembers for their sacrifices,” Ms. Witte said.

Some reservists, families may qualify for transitional health care



Reservists separating from active-duty activation and their family members could be eligible for the Tricare Transitional Assistance Management Program medical coverage for 180 days.

Reservists must first ensure their status, as well as that of their family members, on the Defense Enrollment Eligibility Reporting System is correct.

They must also make sure all eligible family members receive a Transitional Assistance identification card from their local

military personnel office.

Reservists may choose one of the following options:

1. **Tricare Standard**, a fee-for-service option;

2. **Tricare Extra**, a preferred provider network option; or

3. **Tricare Prime**, a managed care option with minimal out-of-pocket expense

All eligible members interested in Tricare Prime must be residing within the Twin Cities prime service area and must enroll into the program to gain Tricare Prime benefits.

Tricare offers a variety of program options, works with regional contractors and agencies and coordinates benefits when members have other health insurance.

For more information, call Master Sgt. Stephen Korolenko, Tricare health benefits advisor at the 934th Aeromedical Staging Squadron, at (612) 713-1606 or go to www.tricare.osd.mil.



From snow drifts to sand dunes:

Aircraft donated to Iraqi military

By Staff Sgt. Nicholas Olson and Senior Airman Curtis Holden
934th Airlift Wing Public Affairs

As part of the effort to rebuild the Iraqi military, the United States Air Force donated three C-130E Hercules to the cause in January.

One of the aircraft is a former member of the 934th Airlift Wing fleet, "The City of Rochester," tail number 1839.

"I think they picked the best aircraft," said Col. James Muscatell Jr., 934th AW commander. "Our aircraft are always kept in good shape, so I am not shocked that one of them was chosen to be donated to the Iraqi military."

Three C-130 aircraft, including one from the 913th AW, Willow Grove, Pa., one from the California Air National Guard's 146th Airlift Wing, and the "City of Rochester" were sent to the Iraqi Air Force for use in their new fleet.

The aircraft had been flown for several different missions during its service in the Air Force. It began service with the 1501st Air Transport (Heavy) Wing at Travis Air Force Base, Calif., in November 1963. From there, it served in the Pacific Rim. In 1965, it was used in resupply efforts in Antarctica as part of Operation Deep Freeze.

In October 1965, it transferred to the 4442nd Combat Crew Training Wing under the Tactical Air Command at Sewart AFB, Tenn. The aircraft became part of the 314th Tactical Airlift Wing at Little Rock Air Force Base, Ark., in 1972.

In August 1975, it became part of the Air Force Reserve's 756th Tactical Airlift Squadron at Andrews AFB, Md., where it remained until its transfer to the 934th AW on May 1, 1986.

The aircraft also represented one of many firsts for the fleet at the wing, said Tech. Sgt. David Fisher, 934th Aircraft Maintenance Squadron crew chief. It was the first C-130E model to arrive at the wing, the first to be repainted from green to gray, the first to bear the purple tail

flash reading "Flying Vikings," and the first to be dedicated to and bear the name of a city in Minnesota.

As an active reserve technician, Sergeant Fisher worked with the aircraft on a daily basis and was 1839's last crew chief.

"I got to know every nut and bolt on it," Sergeant Fisher said. "I personalized the aircraft by naming its four engines after my four nieces — Kylie, Kendri, Madi and Molly. I even brought them out to see it and they really thought it was great."

While at the 934th AW, 1839 was flown by its aircrew to the Rochester, Minn., airport in order to perform flight operations, said Lt. Col. Michael Huttner, 934th Operations Group deputy commander.

"We chose Rochester as one recipient city because we used 1839 there for instrument approach procedures, take-offs and landings for our aircrew's training proficiency," Colonel Huttner said.

On Nov. 5, 1999, Aircraft 62-1839 was renamed "The City of Rochester" to recognize the citizens and airport crew of Rochester for their support of the Air Force Reserve mission.

"The Minnesota cities that were determined to have given the Air Force the most support were chosen to have a C-130 aircraft bear the respective cities' names," Sergeant Fisher said.

Minneapolis, St. Paul, Duluth, Bloomington and Richfield were also honored by having aircraft named after them.

One of the "City of Rochester's" memorable times was in May 2000 when it was used during Air Mobility Command's Airlift Rodeo at Pope Air Force Base, N.C. Teams from the wing participated in the worldwide contest that demonstrates the skills of aircrews, loadmasters, maintenance and aerial port members.

The aircraft was also considered the work horse of the unit from 2000 to 2002. It was used to support operations

Southern Watch, Enduring Freedom and Iraqi Freedom.

The aircraft and its new crew may face some challenges, Colonel Huttner said.

"The environment in Iraq is not very kind to aircraft," he said. "It's over 100 degrees, there is a lot of sand that can get into the cracks and filters, and their maintenance crews will not have the easiest of times adapting to the new aircraft."

However, the colonel thinks the wing's former member will do just fine at its new home. After all, it is a C-130.

"That's the beauty of the Hercules. You can use it to haul everything from people to potatoes and troops to trucks," Colonel Huttner said. "I think the Iraqi Air Force will make good use of it."

Record Set By C-130E Say 1513th

The men in the 1513th Organizational Maintenance Sqdn. are claiming a record number of flying hours in 30 days for one of their C-130E Hercules. Aircraft number 62-1839 was flown a total of 219.8 hours. Former record number of hours in 30 days for a C-130A was 202.5.

Members of the maintenance crew responsible for the upkeep of the aircraft are A1C Robert Hunter, crew chief; A2C Gerald Rhoades, assistant crew chief; and Airmen Second Class Max Edwards and Jeffrey Clark and Airmen Third Class Jose Murga-Ferrer, William Bailey, Barry Thomas, Bobby Stephens and Jerome Brock.

Hunter flies on all missions and repairs or adjusts any discrepancy which might cause trouble. He and his crew work in harmony and under all types of weather conditions to maintain the aircraft in top condition. All agree that the "Herk" is a dependable and versatile "bird."

The 30-day period during which the record hours were flown extended from July 6 through Aug. 4.

In 1963, Aircraft 1839 set the E-model flying record over a 30-day period with 219.8 flying hours.



The History of Aircraft 62-1839, “City of Rochester”

This aircraft with tail number 62-1839 has a long and distinguished history of supporting the Air Force mission.

It was built by Lockheed Aircraft in Marietta, Ga., in 1962. Retired Master Sergeant Bobby Hunter was 1839's first crew chief at Travis Air Force Base, Calif. Tech. Sgt. David Fisher was 1839's last crew chief.

In November 1963, 1839 became part of the 1501st Air Transport (Heavy) Wing, Military Air Transport Service, at Travis AFB, Calif. While there, 1839 set the E-model flying record over a 30-day period with 219.8 flying hours. Similarly, while there, 1839 deployed throughout the Pacific and as far south as New Zealand and Australia.

In 1965, 1839 participated in Operation Deep Freeze for resupply efforts into Antarctica. In October 1965, it transferred to the 4442nd Combat Crew Training Wing under Tactical Air Command at Sewart AFB, Tenn. In 1972, 1839 became part of the 314th Tactical Airlift Wing at Little Rock AFB, Ark.

In August 1975, 1839 became part of the United States Air Force Reserve and the 756th Tactical Airlift Squadron at Andrews AFB in Maryland.

The aircraft remained there until its May 1, 1986 transfer to the 934th Airlift Wing at Minneapolis-St. Paul International Airport Air Reserve Station, Minn. After its arrival at the wing, 1839 continued its tactical airlift mission in a variety of locations worldwide. Its overseas deployment highlights include Operation Just Cause in January 1990 supporting vital U.S. interests in Panama and a lengthy latter half 1990 deployment to Royal Air Force Mildenhall, England, for Operation Desert Shield. It spent 1991 to 1992 participating in Operation Desert Storm.

In 1993, the aircraft deployed for Operation Provide Promise in support of relief missions in Bosnia. In September 1994, it provided airlift for the deployment of U.S. troops to Haiti.

In 1996, it flew in support of Operation Southern Watch out of Seeb, Oman. It was also involved in Operation Coronet Oak, the U.S. initiative previously based in Panama, and in Puerto Rico supporting the U.S. Southern Command. 1995 was a banner year for 1839 when it operated out of Canada's Northwest Territories in Exercise Arctic Saber with the Mobile Over the Snow Transport System.

In 1998, 1839 hauled 150,000 pounds of humanitarian supplies over a five-day period into Soto Cano in central Honduras northwest of Tegucigalpa. On Sept. 3, 1997, it reached the hallmark total of 150,000 safe flying hours for the 96th Airlift Squadron. It was renamed as the “City of Rochester” during a ceremony on base on Nov. 5, 1999. Aircraft 1839 proudly represented the City of Rochester and the U.S. Air Force Reserve and will now go on to help the Iraqi military.



Survivors offer 'heartfelt' advice

By Lanorris Askew
78th Air Base Wing Public Affairs

ROBINS AIR FORCE BASE, Ga.

— It began as a good day for Kim Manning. On March 29, 2004, her alarm clock's snooze button got the day off. Then a warm shower and a hot cup of coffee propelled her out the door and off to work.

Less than half an hour later, her good day went bad ... really bad. Just miles from her home she became short of breath and noticed tightness in her chest. With no cell phone and very few vehicles on the road at 6 a.m., she did not want to pull over, so she continued toward the base.

The closer she got, the worse her symptoms became.

"I broke out into a cold sweat," she said. "I was sweating so much that my hair was wet even though I had the air conditioner going full blast."

The sweating was accompanied by a numbing sensation in her left hand, blurred vision and chest pains that replaced the earlier tightness. Mrs. Manning made it safely to the base and Senior Airman Thomas Garner, 78th Security Forces Squadron, jumped into action.

"By the time I got to the gate, I couldn't move my left arm at all, and my vision was really blurred," she said.

She said she remembers Airman Garner screaming "call 911 and make sure they send an ambulance."

Mrs. Manning said she also recalls him standing next to her taking her vitals and monitoring her condition while another Airman found her home phone number and called her husband. Airman Garner's quick assessment of the situation and call for aid may very well have added years to Mrs. Manning's life, she said.

Nearly a year later, the budget analyst is back at work and doing well, but she said her life has changed in many ways.

"You get your priorities in order very quickly when something like that happens," she said.

Besides living healthier by not smoking and making better food choices, she said she also has a much closer relationship with her family and friends. Living life after a triple bypass at age 41, Mrs. Manning said

Heart attack warning signs

- * Discomfort, pressure or pain in the center of the chest that lasts for more than a few minutes or goes away and comes back
- * Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- * Shortness of breath
- * Cold sweat, nausea or light-headedness

she sees life through new eyes.

"I appreciate life a lot more," she said. "Every time I see my scar, it reminds me of how blessed I am."

While Mrs. Manning had the typical tingling in the hand, tightness of the chest and shortness of breath, those symptoms are not always present when a heart attack occurs.

Ann Hulett, a data systems analyst in the maintenance directorate, had a completely different story.

"I've had three major heart attacks, and have no clue when I had them," she said.

When Ms. Hulett went in for a stress test as a part of a routine annual physical Nov. 17, three minutes into the test she was pulled off of the treadmill and an ambulance was called. She was taken to the hospital to undergo a cardiac catheterization where a tiny tube is inserted through the femoral artery and run up into the heart. Once the tube is in place, doctors inject a dye which allows blockages to be seen clearly on a monitor.

During the procedure, doctors found six blockages each of which ranged from 75 to 100 percent, and she was immediately scheduled for five bypasses.

"Looking back now, aside from realizing that I was slowing down and that I was tired, it really blindsided me, my family and friends," she said. "Even the doctors were unnerved. They don't know why I'm alive."

Much like Mrs. Manning, Ms. Hulett has a fresh outlook on life.

"I don't let things bother me anymore," said the mother of two and grand-

mother of three. "If it's not something I can fix, I try to just let it go, and I thank God every day when I get out of bed."

More than her outlook has changed though. Her elevated cholesterol level and elevated blood pressure has been reduced. She also no longer smokes, she exercises regularly, and reads food labels religiously.

"I can't do my own yard work. I can't pick up anything much heavier than my laptop," she said. "Instead of still being fiercely independent, I have to depend on others to do simple things for me like get clothes out of the washer, sweep and mop, but I'm so thankful to hear the alarm clock every morning. I have been given a chance that few people receive. I survived three silent heart attacks."

At her last appointment, doctors estimated that her heart is now functioning at 30 percent — up from an earlier 20 percent. And, after two months of cardiac rehabilitation, she can run a 20-minute mile on the treadmill while barely breaking a sweat.

"I know that sounds lame, but considering two months ago I could barely get in or out of bed by myself, I truly feel blessed," she said.

Ms. Hulett said she has a message for everyone who hears her story.

"Please have your cholesterol checked annually, check your blood pressure periodically, and stop smoking," she said. "Listen to your body; question why you don't want to do things because it's too hot, it's too far to drive or you're too tired."

Mrs. Manning agreed.

"I wasn't overweight, didn't suffer from high blood pressure and had no high cholesterol concerns," she said. "Be aware of your body and your family history."

While both women were smokers and not exercise enthusiasts, one of the main risk factors for both was heredity. Four of Mrs. Mannings' uncles suffered heart attacks, and Ms. Hulett's mother and grandmother suffered from heart disease, too.

Health officials said it is important that everyone watch for warning signs and reduce their risk factors so they can see another birthday come and go.

"I turned 52 on Dec. 15, and I was tickled pea green to see that birthday," Ms. Hulett said.



Experience helps reservist deal with tsunami

By 2nd Lt. Cathleen Snow
911th Airlift Wing Public Affairs

PITTSBURGH — The U.S. military's role in the tsunami aftermath may be winding down but not for one Air Force Reserve mortuary affairs officer.

Capt. Gerald Narigon from the 911th Airlift Wing services squadron, Pittsburgh International Airport Air Reserve Station, spent four months at Dover Air Force Base, Del., serving as the operations chief for the port mortuary. The work involved the grim task of receiving American military heroes who died in Iraq.

Within a week of returning home New Year's Eve, Captain Narigon left for Phuket, Thailand, to be part of a civilian disaster recovery team. The team identified, processed and recovered the remains and personal effects of tens of thousands of people killed in last year's worst natural disaster. The world's most powerful earthquake in more than 40 years struck deep under the Indian Ocean Dec. 26, 2004, triggering massive tsunamis that obliterated cities, seaside communities and holiday resorts.

"The Thais are resilient people," he said Feb. 10 during a mandatory week of leave. "It (Thailand) is 85 to 95 percent cleaned up already."

Captain Narigon said his job as a finance officer for a disaster recovery team was the "cold, callus, business-aspect of death." The work involved billing hours for forensic scientists, mortuary technicians, latent print specialists, crime-scene photographers, bereavement counselors, administrators, management personnel and other team professionals.

He handled the billing of 80 coworkers from around the world to provide the following services to the Australian government:

- Recover remains and personal effects
- Identify, process and dispose of remains and personal effects
- Provide and coordinate telephone and crisis intervention support centers
- Provide family and survivor assistance through an on-site family



Courtesy photos

Above: A Thai police boat lies 3 kilometers inland after a tsunami swept the coast of Thailand in late December. Below: Capt. Gerald Narigon, an Air Force reservist, stands outside his hotel in Phuket, Thailand.

assistance center

- Provide mental health services that included urgent response services and grief/bereavement counseling
- Act as liaison with local and federal agencies, embassies and foreign governments
- Design memorials and orchestrate memorial services
- Provide experienced consultants for pre-incident planning and training

Captain Narigon's military experience helped him deal with the tsunami disaster. Not only has he deployed many times to Dover's port mortuary, but he was the mass graves officer in Baghdad, Iraq, from Dec. 6, 2003 to May 2004.

In Baghdad, he coordinated with the Iraqi Bureau of Missing Persons and the International Committee of the Red Cross to help locate mass graves in Iraq where missing Iraqis were buried.

The captain said he also assisted the Coalition Provisional Authority in finding more than half of the 550 missing Kuwaitis who died fighting the Gulf War in 1991.

His employer ordered him to take a week's leave. He said not only is he required to return home for one week every three weeks that he works in



Thailand, but he is also required to see a mental health specialist upon arrival to Thailand and when he departs the country as well.

"It's good for other people, but I've deployed to the desert and Dover many times. For me, I hate leaving a job undone," he said. "Being exposed to the things I've been exposed to over the years has helped me."

Captain Narigon said it felt good to return the remains of the tsunami victims back to their families so the victims' families could have closure.

"My military training helped me take over a program that was nonexistent and put it into place," he said.

Wing welcomes triplets times two

By Senior Airman Deanne Perez
440th Airlift Wing Public Affairs

GEN. MITCHELL AIR RESERVE STATION, Wis. — What do a C-130 crew and two lucky 440th Airlift Wing families have in common?

The lucky number 6.

Two sets of triplets were born to two 440th members recently.

According to the National Center for Health Statistics, only 6,898 triplets were born out of more than four million births in 2002. That is a less than .2 percent chance of delivering triplets. And the chance that two sets were born to two 440th members in less than two months is ... well ... really slim.

Tech. Sgt. Stephen Koldenhoven, 95th Airlift Squadron, and his wife Phyllis were “really excited” to hear they were expecting triplets. On Oct. 21, 2004, they welcomed Natalie, Samantha and Amanda. Then on Nov. 17, 2004, Capt. Scott Uselding, 440th Mission Support Group and his wife Shawna, introduced Dru, Tara and Dayne to their family.

The Uselding family, now five children strong, is thankful for the blessing of their daughters.

“They’re a miracle,” Captain Uselding said about them, “But lots of work.”

The Koldenhovens would probably agree. In fact, their answering machine message tells callers: “We’re either changing diapers, feeding babies, burping them or catching a catnap.”

Captain Uselding holds the physicians and the hospital staff that assisted him and his wife throughout the

pregnancy in high regard.

“You put your faith in the hospital and in the doctors and you just go,” Captain Uselding said.

Both sets of triplets are home doing well. Both sets of parents, while maybe a bit tired, are elated and doing well also.

Who knows maybe in a few years, the Air Force may see the six girls forming their own C-130 crew.



Photo by Capt. Scott Uselding



Photo by Staff Sgt. Scott Koldenhoven

Above: Dayne, Tara and Dru Uselding were born on Nov. 17, 2004.
Left: Natalie Marie, Samantha Lee and Amanda Nicole Koldenhoven were born on Oct. 21, 2004. Both sets of triplets' parents are assigned to the 440th Airlift Wing.



Chicago Employer's Day 2005 - June 4

934th Airlift Wing reservists with civilian employers in the Chicago area can thank their bosses for their support during the past year through a special event.

Chicago Employer's Day 2005 will be held June 4. Activities start at 8 a.m. Employers will fly aboard a C-130 to the Minneapolis-St. Paul International Airport Air Reserve Station, where they will receive briefings from the wing commander and Employer Support of the Guard and Reserve officials, tour the base, have lunch with their reservist and visit the reservist's workplace. Lunch will be provided. Employers will arrive back in Chicago at approximately 4:30 p.m.

Nominating their employers for Employer's Day is one way reservists can say thanks to those who help support their military career. It is also an opportunity to introduce their employer to the Air Force Reserve.

A certificate of appreciation will be presented to employers who participate in this event.

Space is limited. Reservists who want to nominate their employer for this event should complete a nomination form. **Completed forms must be received by the Public Affairs office by April 29.**

Forms can also be mailed to the 934 AW/PA, 760 Military Highway, Minneapolis, MN 55450-2100 or faxed to (612) 713-1229. Employers will receive an official invitation and more information at a later time.

Chicago Employer's Day 2005 Nomination Form

Please provide the correct spelling for all names and official titles. Each reservist may submit **ONLY ONE** employer or supervisor. No exceptions. Federal civil service employees of military organizations are not eligible for nomination. Reservists may not nominate family members, even if they are legitimate employers, or anyone who has flown with the wing for any reason.

RESERVIST'S RANK/NAME: _____
HOME PHONE: _____ **WORK/CELL PHONE:** _____ **UTA PHONE:** _____
EMPLOYER'S NAME: _____ **TITLE:** _____
COMPANY NAME: _____ **PHONE NUMBER:** _____
EMPLOYER'S MAILING ADDRESS: _____

EMPLOYER'S SSAN: _____
EMERGENCY CONTACT NAME AND PHONE NUMBER: _____

I acknowledge that I am responsible for notifying my military supervisor if my employer will attend and I will be on duty status June 4. In addition, I certify that my employer has not participated in any other Employer's Day.

RESERVIST'S SIGNATURE: _____ **DATE:** _____

CHECK ALL THAT APPLY. My employer:

- Is highly supportive of my service, even when I am called on short notice.
- Outwardly recognizes me as a special asset because I am in the Air Force Reserve.
- Continues my salary when I am on active duty.
- Continues my company benefits when I am on active duty.
- Hires someone to fill in for me when I am on annual training duty without penalizing me.
- Keeps in touch with my family when I am on active duty for more than 30 days.
- Should be considered for a higher-level award.

PRIVACY ACT STATEMENT: INFORMATION REQUESTED IS AFFECTED BY THE PRIVACY ACT OF 1974. AUTHORITY FOR REQUESTING THIS INFORMATION FROM YOU IS TITLE 10, U.S. CODE, SECTION 8012 (SECRETARY OF THE AIR FORCE, POWERS AND DUTIES DELEGATED) AND EXECUTIVE ORDER 9397 (NUMBERING SYSTEM FOR FEDERAL ACCOUNTS RELATING TO INDIVIDUAL PERSONS). THE INFORMATION IS REQUIRED TO MANIFEST PASSENGERS FOR THE C-130 FLIGHT. SOCIAL SECURITY NUMBER IS USED TO MAKE POSITIVE IDENTIFICATION OF THE INDIVIDUAL APPLICANT. DISCLOSURE IS VOLUNTARY. HOWEVER, PARTICIPANTS WILL BE DENIED BOARDING FOR THE FLIGHT WITHOUT THE REQUESTED INFORMATION.



Viking Vibes



Assistance

The Air Force Assistance Fund campaign is underway and AFAF representatives for individual units are needed.

AFAF contributions help fund four charitable organizations in the Air Force. The wing's campaign ends April 15.

Call 1st Lt. Julie Hamiel at (612) 713-1755 or 1st Lt. Leo Moreno at (612) 713-1106 for additional information.

Lodging

North Country Lodging now offers a variety of microwave meals for guests. Selections change every month. Guests are welcome to suggest the type of meals they would like for lodging to keep in stock.

The lodging staff has also created a booklet that includes information such as lodging procedures and the proper use of a Form 6. The booklets will be available at individual units.

To learn more about lodging, call (612) 713-1983.

All Of Us

Volunteers are needed to plan All Of Us, an event that will be held in July to celebrate the different cultural heritage of

934th Airlift Wing members. Musicians and food are also needed.

To volunteer, e-mail martha.grimes@minneapolis.af.mil.

Style show

The Officers' Spouses' Club, with the help of a local department store, will host a Spring Style Show at the Officers' Club at 11:30 a.m. April 21.

The cost is \$20 per person. All proceeds will go toward assisting families of deployed military members. For reservations, call Phyllis Rehn at (952) 942-5405 or Stacey Michels at (952) 401-6345.

To join the OSC, call Lee Claar at (952) 831-5252.

Time

Daylight Savings Time starts 2 a.m. April 3. Spring forward one hour.

Help wanted

The 96th Airlift Squadron is looking for qualified applicants to attend flight training to become a C-130 navigator.

Applicants must have a college degree and qualifying Air Force Officers Qualification Test scores, pass a flight physical and

be able to attend flight training before their 30th birthday.

Limited age waivers are possible for fully qualified applicants up to age 33.

The squadron accepts applications any time and schedules interviews at least twice a year.

Call Lt. Col. Ken Rogers at (612) 713-1728 or send an e-mail to 1st Lt. Joel Loomis at aircrew_recruiting@minneapolis.af.mil.

Softball

The co-ed recreational softball season starts June 4. To register, call Senior Airman Michael Hotter at (612) 713-1648.

Habitat

Volunteers are needed to help build a Habitat for Humanity home April 19, May 13 and June 15 in Minneapolis.

To volunteer, e-mail roger.hanson@minneapolis.af.mil.

Recreation

Planning a graduation party, backyard barbecue or wedding reception? Banquet tables, chairs, canopies, games, sports equipment, grills and a choco-

late fountain can be rented at the Outdoor Recreation center.

The center also offers fishing boats, kayaks, canoes, bikes, camping equipment, gas powered washers and a utility trailer for rent.

Club members receive a 10-percent discount on rentals.

For more information, call (612) 713-1496.

Birthday

All club members receive a \$15 certificate to celebrate their birthday at the base clubs.

The offer is valid only on the month of the member's birthday.

Call the Enlisted Club at (612) 713-1655 or the Officers' Club at (612) 713-3678.

Taekwondo

The fitness center offers taekwondo classes from 11 a.m. to noon Tuesdays and Thursdays.

The cost is \$80 per person each month or \$136 for a family of two or more. A free uniform is included.

Call the fitness center at (612) 713-1496 for more details.

2005 UTA schedule

Primary UTA

April 2 and 3
April 30 and May 1
June 4 and 5
July 23 and 24
Aug. 13 and 14
Sept. 10 and 11

Alternate UTA

April 16 and 17
May 21 and 22
June 18 and 19
July 30 and 31
Aug. 20 and 21
Sept. 24 and 25

This month in Viking history

Courtesy of Master Sgt. Russ Funaro
934th Airlift Wing historian



In April 1975, the wing's mission shifted from Tactical Air Command to Military Airlift Command. In April 1985, the wing was reassigned from the 433rd Wing to the 302nd Wing headquartered at Peterson Field in Colorado.



Fitness instructor loses 115 pounds

By 1st Lt. Jamie Humphries
4th Fighter Wing Public Affairs

SEYMOUR JOHNSON AIR FORCE BASE, N.C. — Keyra Donaldson was sitting on the bathroom floor while her children were taking a bath. Her back was in pain, and her patience was growing thin because they were taking too much time in the tub. This was the moment, she said, when she admitted to herself that she was severely overweight.

The year was 2000. Mrs. Donaldson was 25 years old, 5-feet 2-inches tall and weighed 250 pounds. She was new to the area, depressed and embarrassed to go to the gym.

“I was always a big kid, even in high school,” said Mrs. Donaldson, who grew up in Dillon, Mont. “I used to hate going to physical education class as a child.”

She said her family was not aware of how to live a healthy lifestyle and did not have the money to buy food needed to maintain a healthy diet. She added that she had no idea how to exercise and gave little thought as to the choices needed to maintain proper eating habits.

Things were about to change.

Because she was self-conscious about going to the gym, Mrs. Donaldson said she ordered exercise videos and gradually began to lose weight.

“I remember hearing somewhere that a person needed to workout 45 minutes a day for themselves,” she said. “I didn’t know what was healthy; I cut what I ate in half, to start.” Instead of eating four Pop-Tarts, she ate only two.

As a result of working out to videos at home and cutting her diet in half, Mrs. Donaldson lost 60 pounds and had renewed confidence. She began doing research on healthy eating and joined an on-base fitness center for women.

It was 2003, and the fitness center had just opened and was looking for fitness instructors. The staff found just the right person.

“(They were) looking for instructors, and they noticed my motivation,” Mrs. Donaldson said. “They asked me to (become an instructor).”

Little did she know, getting hired



Photo by Senior Airman J.G. Buzanowski

Left: In 2000, Keyra Donaldson weighed 250 pound. Right: She now weighs 135. Quick repetitions of a weights is an integral part of one of her fitness classes. She lost 115 pounds since 2000.

would be a perfect fit for her and the gym.

“(Mrs. Donaldson has) been a god-send to our gym,” said Sharon Grieve, the gym director. “She is inspiring. It’s a blessing to have her.”

Two years later and at 30 years old, Mrs. Donaldson now weighs 135 pounds. She teaches 25 classes per week, splitting time between the women’s center and the base fitness center. She averages 12 people per class. She teaches four different classes, lasting 35 to 90 minutes each. They include circuit, abdominal, weight lifting and spinning.

The circuit course focuses on endurance training that includes running, squats and jump roping. Her abdominal class works the stomach and back muscles. The toning course works to strengthen the body from head to toe, and the spin class uses stationary cycles to focus on high endurance, change of speed and resistance.

Mrs. Donaldson said she looks forward to participating in her classes and knows she is making a difference in people’s lives. While teaching, she regularly works with active-duty Airmen who are training for their physical fitness test.

“Nobody has failed his or her physical fitness test after taking my classes regularly,” Mrs. Donaldson said.

Although the look on people’s faces is satisfying after a good workout, Mrs. Donaldson said the reaction her three children, twin 9-year-olds Alston and Taylor and 7-year-old Auriq, have to her transformation is the most rewarding of all.

“My youngest son once told me that he can now put his arms around my waist and hug me,” she said. “I never realized the difference. He now asks me what’s healthy for him.”

In a notebook she carries with her are pictures she keeps of her old self as a reminder of the days when she had 13 to 15 inches more on her waist and hips. The photos are reminders of what once was and inspire her to help others who continue their struggle with weight loss, she said.

“I keep one pair of pants from when I was big that at the time could barely fit over my legs,” Mrs. Donaldson said. “Now they just fall off of me. I still hope to lose 10 more pounds so I can tell people that I’ve lost half of myself.”





**Month of the Military Child
11 a.m. to 2 p.m. April 16
at the Officers' Club**

Children ages 3 to 11 and their parents can celebrate this special month and enjoy a lunch buffet, arts and crafts projects, games and entertainment with

Rumpy the Clown.

Adults \$5.95

Children \$3

For more information, call the club at (612) 713-3670.

Bicycling - Riding Vikings Bicycle Club

The club plans to organize rides and participate as a team in local races. Call Ronna Puck at (612) 713-1665 or Lt. Col. Carol Lohman at (612) 713-1446.

Bingo - \$500 coverall jackpot, progressive numbers

Join the fun every Friday starting at 5:15 p.m. at the Enlisted Club. Call (612) 713-1655 or 1674 for more information.

Discount tickets/coupons

To purchase tickets to the Minnesota Zoo and IMAX Theater, Chanhassen Dinner Theater, Camp Snoopy, Underwater Adventures, children's museum and other area attractions, call the fitness center at (612) 713-1496.

Fit to Fight - Ready to Win Fitness Program

Participate in special events for incentive awards. Squadron commanders will have a schedule of events available this month. Events will also be posted on the electronic bulletin board and at all services facilities.

Golf

The Polish Golf Tournament will be held from 11 a.m. to noon April 30 and May 1. The Annual Best Ball Golf Tournament is scheduled for July 23. For details on these events, call the fitness center at (612) 713-1496.

Meals at the Enlisted Club

Early Bird Specials are offered Wednesday and Thursday from 4 to 5:30 p.m. Lunch is served from 11 a.m. to 1 p.m. at the Enlisted Club. The club offers a full menu until 10 p.m. every Friday before the UTA.

Tuesday Night Pizza Special

Show your North Country Lodge key card at the Enlisted Club and get a \$1 discount on a pizza of your choice. The offer is not available with takeout.

**934th Airlift Wing
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Minneapolis, MN 55450-2100**

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