

VIKING FLYER

934th Airlift Wing (AFRC)

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

October 2007 Vol. 28 No. 10

Family Day!





Ambassadors of change

By Chief Master Sgt. Jan Dalton
934AW Command Chief

Change. It is the constant in life. We loath it or love it; welcome it or avoid it; either seek it or hide from it. Change is inevitable: and something we can embrace if we think the outcome will be positive. If we think the outcome is negative, change can be really difficult. But it is what it is, and we all have an opinion about it. (Heck, if the weather didn't change, some of us wouldn't ever get a conversation started).

During the past several months, you've almost certainly heard about the many changes the military will undergo – and specifically changes the Air Force Reserve will experience. For example, our MAJCOM, AFRC, has been tasked to ensure there is a 10% reduction in force strength over the next few years, and that 10% reduction will change the way we do business. How will we reduce those 10%? Primarily by attrition in the form of more retirements, fewer high year tenure waivers, fewer PEP quotas, more rank structure reviews, smaller unit sizes and more. Combine this with the transition to electronic customer service, and we have what feels like a revolution on our hands. Actually, this has all been predicted for years and is now coming to fruition.

I know some of you are asking, "What does this mean for me?" It means you will need to incorporate flexible thinking into your approach and view change as a positive, but most importantly; it means you need to stay *relevant*. I ask you to make every effort to see these changes as an opportunity to grow, and I also ask you to become the ambassadors for change. (*Change your thoughts and you change your world – Norman Vincent Peale*). I know this is not always easy. It is just as challenging for me sometimes to put a positive spin on changes that don't necessarily "feel" right. We do what we do because we honor and love our country – and this next series of multi-layered changes won't ever change *that*. As we evolve into a leaner force, it will become increasingly important for our military- you and I - to be smarter, stronger, faster (*read* fit and in good mental and physical shape) so that we continue our mission of guarding and ensuring the freedom of our country. How does one get smarter and stronger and at the same time "leaner"? First of all, commit to giving your best effort with each endeavor. Challenge yourself to the 100%/100% rule. One hundred percent effort, one hundred percent of the time. Be aggressive about seeking the training you need and then become the best at what you do. Be fit. Work out. Get some exercise. The new fitness program is here to stay, and your score ("does not meet standards") can now negatively impact your EPR or OPR. Don't let that happen to you! Exercise can be a good thing: it's like a retirement account. For each minute

you spend exercising, you save on health benefits. There is a significant return on your investment, and the gratification is not only immediate, it's also deferred. Exercise helps you now; it helps you later in your career and life. It's part of the whole person package. Echoing the CSAF, "personal fitness is a vital component of the Air Force culture, increasing quality of life and readiness."

Some of the other ways you can stay relevant is to take advantage of the many programs and organizations we offer right here at the wing. For instance, one of the best moves you can make is to complete your Professional Military Education (PME) at the earliest opportunity, whether you go in-residence or complete it by correspondence. And PME is not your only resource. Our wing training and base education office do an awesome job of providing information about classes to improve your skills. There's the two-week NCO Leadership Development (NCOLDP) for SSgts and TSgts, a mid-level course to improve leadership potential, as well as the Senior NCO Leadership two-day course designed to reenergize the leadership skills of our top three enlisted ranks. There are also numerous computer classes offered by the Wing Software Trainer (Paul Salkowski, x1260) that are free. Don't forget about the Community College of the Air Force (a CCAF degree will become increasingly important for our enlisted). Check into CLEP or DANTES, both an opportunity to test out and receive credit for college courses. (Check with your unit training managers for more information.)

Don't just let change be something that happens to you; use it as a springboard for more greatness. Change *is* an opportunity. How you respond is essential. Be the one to take it on and amaze yourself as to what you can achieve. When you focus on the positive aspects of change and use it as a vehicle, every area of your life will benefit. "*It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change*" (Charles Darwin). As each of us takes these steps to greatness, we ensure that our nation has the best and brightest defending our freedom. Improve yourself and you improve the world.

Wing Commander's Hotline

The hotline provides wing members with a direct link to the wing commander to relay kudos, concerns or suggestions on wing matters.

To reach the hotline, call (612) 713-1555. Remember to leave your name and telephone number.

Before relaying problems, be sure to use your chain of command or call the responsible agency first so it can have the chance to help you.

Fraud, Waste and Abuse Hotline

Report suspected occurrences of Fraud, Waste and Abuse to the FWA hotline at (612) 713-1180.



CHAPLAIN'S CORNER

By Chaplain (Capt) Steve Svoboda
934 AW Chaplain

Remember the base chapel staff is on-call for UTA weekends. Beginning Friday evening through sign-out on Sunday afternoon a chaplain can be reached round the clock on UTA weekends by calling x1227. Please stop in or call.

On Friday, Nov. 30 at 7:30 p.m. come to the chapel for pizza and a movie. The plan is to gather in an informal, after hours setting to start the weekend off right – with free food and a film. If you are here – stop by building 725 (it's the house behind CE by the old main gate). Come as you are – rank will be left at the door.

Can't make it to chapel? Let chapel come to you! This is a reminder that chaplains are available for brief religious observances at a time and place that is convenient for your group. Please call ahead to schedule and we will come to you! Regular service times are: UTA Sundays – Protestant 9 a.m.; Roman Catholic 7 a.m. and 3 p.m.; other observances by prior arrangement.



General visits

Col. Tim Tarchick, (left) talks with Gen. Norton A. Schwartz, Commander, U.S. Transportation Command, Scott AFB, Illinois. General Schwartz is a command pilot with more than 4,200 flying hours in a variety of aircraft. He participated as a crewmember in the 1975 airlift evacuation of Saigon, and in 1991 served as Chief of Staff of the Joint Special Operations Task Force for Northern Iraq in operations Desert Shield and Desert Storm. The general was in town to meet with local business leaders.

Photo by Master Sgt. Paul Zadach

VIKING FLYER

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Photo by Tech. Sgt. Jeff Williams

On the cover

Staff Sgt. Dan Zimlich, 934th Security Forces Squadron, holds his twin daughters Natalie (left) and Stephanie at this year's Family Day.



New fitness center wows visitors

First users give rave reviews

By Cristina Oxta
934th Services Squadron

Since it opened its doors for business Sept. 4, the new and improved fitness center has left all who set foot in it simply awe struck.

Dale Prell, assistant chief of Air Force Reserve Command Services, along with other AFRC representatives, local civic leaders and wing members attended the center's ribbon cutting ceremony Sept. 6.

"The new fitness center is a great facility, one of the best in the command," Prell said. He added that the center gives those who work on base "the facility they deserve."

At an Open House Sept. 7, an estimated 135 visitors toured the facility, received giveaways and



Photo by Master Sgt. Paul Zadach
Col. Tim Tarchick and Margo Leslie cut the ribbon for the new Fitness Center.



Photo by Master Sgt. Paul Zadach

Margo Leslie talks with Military Legislative Assistants Martin Ludden and Margaret Cavanaugh. Ludden is MLA for Sen. Amy Klobuchar and Cavanaugh represents Congressman Jim Ramstad.

enjoyed free drinks and snacks. Some even got a free massage from the center's masseuse. The fitness center staff and a company representative were on hand to show visitors how to use the new equipment.

Everyone marveled at what they saw.

"The new fitness center is beautiful! The machines are great and the new treadmills have fans. I know that sounds silly, but they're really nice when you're working out!" said Janell Harwell, 934th Communication Flight. "I love the new gymnasium and the large locker rooms."

The fitness center, located in Bldg. 777, the same site as the old one, is more than three times its previous size. At 24,000 square feet and a cost of \$4.7 million, it now houses state-of-the-art cardio and weight training machines, flat-screen TVs in the cardio/weight room, free weights, an NCAA-sized basketball court with bleachers, a resurfaced racquetball court, more locker room space and additional showers.

For Harwell, the old fitness center is now just a faded memory. "The old gym, wow. That seems so long ago," she said. "I did use it and I didn't mind it, but it's nice to have all the new equipment and it's so much bigger now. It's really



Photo by Master Sgt. Paul Zadach

State of the art fitness machines provide a variety of workout options.

nice to have the room and not have to wait to get on a machine.”

Known formally as the 934th Airlift Wing Joint Forces Physical Fitness Facility, the fitness center is open to members of all military branches.

After seeing the center, Army Staff Sgt. William Cook, 644th Regional Support Group, and his friends started planning fitness activities for their unit.

“I think the new fitness center is equivalent or better than that of membership gyms. I like the new equipment the most and the many different varieties the center offered,” Cook said. “I have visited the old gym, and the new gym is far superior in every aspect, especially the basketball court. Me and a couple buddies did go to the Open House. We all were very impressed and are working on doing a unit activity there such as basketball.”

Army Sgt. 1st Class Michelle Clark, 88th Regional Readiness Command, said she loves the fitness center.

“I like everything about it, especially the basketball court and the

weight room. I sometimes went to the old gym, just to play basketball, but compared to now, there really isn’t a comparison. The improvement is



Photo by Master Sgt. Paul Zadach

The new logo adorns the basketball floor.

phenomenal!” Clark said. “I’ve heard other people say how they really like the new gym, especially the private area where you can stretch, and use the weight balls.”

She added that everyone involved in creating the new center did a great job. “It’s really appreciated! Thank you,” she said.

Fitness center manager Ronna Puck said the fitness facility has come a long way and she and her staff are proud of what it has become today.

“I have been working in MWR, then Services as a reservist and as a civilian since 1985. Back then, we had a small office space, two softball fields, a tennis court and played volleyball in a hangar when there weren’t any planes in it. We only had MWR events on the UTAs. We didn’t have an actual fitness facility of our own until 1999, and because of funding, it was limited in size. But our customers still appreciated what we accomplished, with what we had to offer,” Puck said. “It is really satisfying to me to finally give our military members and their families, retirees, and civilians a facility that can meet their needs, and for me and my staff to be able to work in a facility that has everything we need to utilize our skills and training.”

The fitness center staff plans to offer indoor cycling also known as spinning, group circuit training, aerobics, martial arts, core exercise, basketball, volleyball and racquetball competitions and intramural sports. A multipurpose room will be used to conduct health and wellness classes, such as weight loss, smoking cessation, and training for the Air Force Fit to Fight program.

Personal fitness training as well as Swedish, sports and rehabilitative massage will be available by appointment.

The fitness center is open from 6 a.m. to 6 p.m. Monday through Friday, 11 a.m. to 7 p.m. on wing UTA Saturday and 11 a.m. to 1 p.m. on wing UTA Sunday.

The center’s hours of operation will be expanded as additional appropriated funded staff positions are acquired.

Third time a charm

Security Forces unite in new facility

By Master Sgt. Darrell Habisch
934 AW Public Affairs

A \$5.2 million dollar, thirty thousand square foot new building will bring together Security Forces personnel under one roof for the first time in the history of the 934 AW. For years, the 934th Security Forces Squadron has operated out of multiple facilities. That provoked many

the new facility building 709. It is located where the old 711 Lodging facility used to be. The design for building 709 started in November 2005, with a groundbreaking ceremony in June 2006. A combined ribbon cutting ceremony took place September 6, with Services and their new Joint Forces Fitness Center Facility.

Building 709 is the culmination of years of effort by Ruminsky, and much

suggestions from other security forces personnel and others that recently had completed building projects, such as the 934th Aeromedical Evacuation Squadron.” Many suggestions on both what to do and as important, what not to do, found their way into the building. “It is best when a facility reflects its function rather than forcing the unit to adapt to inadequate buildings,” he said.

Having occupied Buildings 865, (a wooden pre-World War II building, originally designed to be a temporary structure) 862 and 750, the unit experienced very little interaction between fulltime security forces and traditional reservists. “It was just a mindset,” according to Ruminsky. “Getting them to feel as they were part of the same unit was tough while working out of different buildings.”

Working together was not the only challenge. In the post-September 11 world, enhanced security capabilities became a priority. “For many years security forces made due with hand me-downs,” Ruminsky said. “We had old buildings, old furniture, old vehicles and inadequate facilities to do our job.” These included interviewing suspects in a break room, not having a holding area, not meeting facility standards for force protection (no ballistic glass) and a substandard Control Center.

The spacious facility boasts a new Security Forces Control Center (SFCC), for monitoring all alarms, recording activities on base with an enhanced video surveillance system and is compliant with the new Unified Facility Criteria. The upgrades in the new SFCC vastly improve capability and survivability. Building 709 has cipher locks, ballistic glass and blast resistant window frames. The old facility had a Plexiglas customer service window, poor internal circulation control and was an easy target, according to



Photo by Master Sgt. Paul Zadach

Lt. Col. Ted Ruminsky narrates at the SFS building ribbon cutting ceremony.

different challenges for employees and visitors alike. Due to the multiple facilities, it was not uncommon for personnel to show up at the wrong building. It also served to sustain nuances that kept personnel in the unit from ever feeling fully integrated. That all changed this spring with the opening of the new consolidated security forces facility. Now, a new era begins with traditional reserve, full-time, and Combat Arms personnel all operating out of the same facility, according to Lt. Col. Ted Ruminsky, Commander, 934th Security Forces Squadron. “My goal was to ‘unite the clans’ and provide an environment that would enhance security for the base and all the tenants,” he said.

Base civil engineering designated

of his fulltime staff, notably, Senior Master Sgt. Steve Anderson, Superintendent, Security Forces Resources and Training, and Master Sgt. John Peterson, Security Forces Administration. “This project was actually our third attempt; the first two projects fell through,” he said. Three was the charm, as their persistence paid off. “It was a collaborative effort involving many people, not all from security forces, including CE, Communications, Contracting, Army Corps of Engineers, and AFRC. Our experience from the first two projects and from our own experiences as cops was instrumental. We were able to put years of experience into designing the best and most cost-efficient facility possible,” Ruminsky explained. “We received valuable

SFS continued on next page



SFS

Continued from previous page

Ruminsky. As the only continuously staffed 24/7 control center on base, the SFCC also covers for the wing command post during their non-duty hours.

The new building also has two holding cells situated in a secure room. The cells are designed to protect security personnel as much as the suspect. "It is not a local confinement issue," Ruminsky explained. "It's an officer safety issue." Gone are the days when security personnel had to watch an inebriated or belligerent suspect in a waiting room, wondering if he or she will have to call for help at any moment. Suspects are confined for many reasons, primarily outstanding warrants (eight so far in 2007), trespassing and other local transgressions. "We want to keep everyone safe until the next step is taken, such as turning the suspect over to local or federal authorities."

Weapons, including those designated for traditional reservists, weapons carried daily by shift personnel, and combat arms training weapons will be stored in a new secure armory, divided into three secure storage areas for ease of accountabil-

ing. Previously, Combat Arms instructors had to transport training weapons from the base supply Armory in Bldg 803, across base to the classroom in Bldg 862. The new set up is much more efficient. There is also a weapons cleaning area that contains stainless steel benches, a safety eyewash basin,

people. Not very conducive to training," said Ruminsky. "This is a great auditorium for training and meetings."

An example of this is an upcoming Electronic Fingerprinting Class. Security Forces planned to send two personnel to attend the event in



Photo by Master Sgt. Paul Zadach

Lt. Col. Ted Ruminsky (left) and Capt. Leo Moreno point out some features of the new building to Military Legislative Assitants Josh Straka and Margaret Cavanaugh. Straka is the MLA for Congresswoman Betty McCollom and Cavanaugh is MLA for Congressman Jim Ramstad.

an air compressor and dedicated lighting above the workbenches.

Another plus to the facility is a tiered auditorium seating up to 96

Washington DC. "We decided to ask if we could host the class," explained Ruminsky. "We have everything here; a new auditorium and great lodging and Services facilities. In addition, the local area is known for its shopping and entertainment. They agreed. We saved thousands of dollars of unit funds and this will put some money into our local base Services from the visiting attendees."

In the past, the prevailing thought was that "as long as the cops have gas and ammo, they were 'good to go,'" said Ruminsky. Funding was tight for equipment and facilities.

There is now more emphasis on Force Protection. "We have benefited from the change in tide. We have a great new building, new camera systems, new vehicles, new SFCC, new main gate and a new firing range coming in the spring. The end result is that this unit is well-positioned to support the mission, now and into the future."



Photo by Master Sgt. Darrell Habisch

The tiered classroom provides outstanding visibility for speaker and audience.

ity. Combat Arms training weapons will be wheeled between the armory and a nearby classroom for M16/M9 Train-

people. "In our old building, I had to peer around wooden columns to see

Family Day—A fine day for fun, food and frolicking

This year's Family Day provided Reservists to invite family members out for a day of fun, food and festivities. A picnic lunch was provided and there were plenty of informative exhibits for adults as well as fun activities for the kids. Members of the Military Affairs Council and local businesses teamed up the the Services Squaron and volunteers from the 934th to help make the event possible.

Photos by Tech. Sgt. Jeff Williams



Staff Sgt. Justin Guggisberg is protected by Red Man training gear from the blows of Bailey McArthur.



Balloon sculptures were popular with the children.



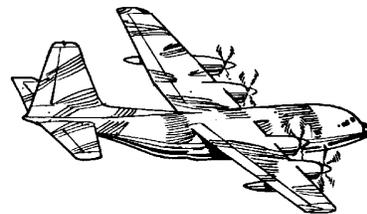
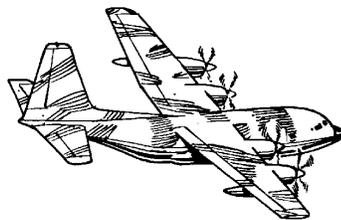
Gunnar Green, son of Tech Sgt. Derek Green, 934 MXS, examines his project for proper alignment.



Photo by Janell Harwell

Hannah Harwell, daughter of Janell Harwell, checks out the co-pilot position in a 934 AW C-130 on static display.

Around the pattern



Courtesy Photo

From left, Tech. Sgts. Scott Inwards, Christian Krug and Jon Schmidt, 934th Communications Flight, are welcomed back after a 120 day deployment to Balad AB, Iraq.



Photo by Master Sgt. Darrell Habisch

Senior Master Sgt. Larry Schyma receives his retirement plaque from Col. Tim Tarchick. Schyma retired with more than 37 years of service.



Photo by Master Sgt. Paul Zadach

Retiree appreciation

Col. Tim Tarchick talks with retirees from the 5-state area during Retiree Appreciation Day. The event featured briefings on retiree benefits and programs and meals provided by the Services Club.

Employers get a close up look at 934th



This year's Employers Day offered Reservist civilian employees a chance to learn about the 934th mission and what their Reservist does at the 934th when performing a UTA or deploying to another location. Employers received briefings, flew on a C-130 and had a chance to visit their Reservist's work centers. Employers Day is held annually and all 934th Reservists are encouraged to nominate their employers to participate.

Tom Vail, Pipefitters Local Union 455, takes a look through the C-130 cockpit bubble.

Photo by Tech. Sgt. Jeff Williams



Photo by Master Sgt. Paul Zadach



Photo by Master Sgt. Paul Zadach

Clockwise from left: Brig. Gen. (ret) Dennis Schulstad, state ESGR chairman, talks with employers about Employer Support of the Guard and Reserve programs. Employers visit the C-130 mock up for a demonstration by the Aeromedical Evacuation Squadron on Aeromed operations. Master Sgt. Patrick Haley talks with Stephen Bianchi, United States Postal Service, during the C-130 flight.



Team Day

Team day pitted teams from Maintenance, Operations, Airlift Wing/ASTS and Mission Support Group in head to head competition. Member battled for bragging rights in volleyball, horseshoes, goofy golf, softball and tug-o-war. After the dust settled, it was the MSG who again emerged victorious winning the Commander's Trophy for the second year in a row. *Photos by Master Sgt. Paul Zadach*



Ted Ruminsky offers up some evidence of being "safe" as third baseman Anthony Trezza looks for the umpire's call.



Steve Anderson (left) and Clarence Garrison dig in for the MSG team during the tug-o-war.



The MSG team poses with the Commander's Trophy.



Viking Vibes



Club Membership Drive

Join the club Oct. 31 through Dec. 31 and get a gift, free 6-month membership and a chance to win a \$250 Best Buy gift card.

Current club members who encourage an eligible individual to join the club receive a gift (one-time) and a chance to win free one-year membership.

The military branch with the most eligible people who join the club gets \$500 off an official function at either the Services Club or Officers' Club.

For more information, call (612) 767-1960 ext. 200.

New at the O'Club

Check out the Wines of the Month at the Officers' Club lounge.

This month, enjoy Build-You-Own Burger and Beer Nights at the lounge every Tuesday and Comfort Food Specials at the dining room Wednesday nights.

Texas Hold 'Em

The Services Club will host a Texas Hold 'Em Tournament Oct. 13. The event starts at 6:30 p.m. Prizes for winners. No fees to play. No pre-registration needed. No money played; chips only.

DJ & Karaoke

It's DJ and Karaoke Night Oct. 13 at the Services Club. Bring your friends, and have a great time singing and dancing to all your favorite tunes.

Halloween

Enjoy creepy cocktails at the Officers' Club lounge Oct. 31. Social Hour snacks for club members. Bring your mummy and have a howling good time!

Sweetest Day

Celebrate Sweetest Day Oct. 20 at the Officers' Club! Play the Newlywed Game from 5 p.m. to 7 p.m. and enjoy appetizers, champagne specials, free wedding cakes and punch. Be part of the studio audience or call (612) 767-1960 ext. 200 to register as contestants.

Trail Ride

Saddle up and go on the Dreamy Hills Trail Ride Oct. 13. Showtime is at 3:45 p.m. Ride starts 4 p.m. No riding experience necessary. Children must be at least 6 years old. Younger children can ride a horse and enjoy a walk-around. The ride will be at the Minnesota Harvest Apple Orchard in Jordan, Minn. After the ride, dine on all-you-can-eat burgers, hotdogs, cowboy stew, baked beans, grilled potatoes and rolls. Cost for the ride is \$12 and the food is \$7. Sign-up at the fitness center by Sept. 28.

Renaissance tickets

Discounted for the annual Renaissance Festival in Shakopee, Minn., are available at the base Information, Tickets and Travel office. ITT is located at the fitness center in Bldg. 777. The festival is going on now and ends Sept. 30. For more information about the event, go to www.renaissancefest.com. For discounted tickets, call ITT at (612) 713-1496. Discounted prices are \$14.75 for adults (you save \$4.20), \$6.75 (you save \$3.20) for children ages 5 through 12, and food books are \$5 (you save \$1).

New Year's Eve Plan

Do you have ideas on how to make the annual New Year's Party at the Officers' Club even better? E-mail to cristina.oxtra@minneapolis.af.mil.

Lodging shuttle

North Country Lodge offers shuttle transportation to and from lodging to the Mall of America, VA Hospital, Humphrey Terminal, Minneapolis-St. Paul International Airport, Officers' Club, Light Rail Station, 88th Regional Readiness Center and 133rd Air National Guard Monday through Friday 7 a.m. to 4 p.m. Shuttle will drop off and pick up at main entrances. Cost is \$5 per person for drop off & \$5 per person for pick up. Arrangements must be made at the front desk or by calling (612) 726-9440. This service is available to everyone on base, not just lodging guests.

Space A

A reminder for guests who want to use Space A at North Country Lodge, reservations must be made 30 days in advance if there is low occupancy for a three-day period. Reservations can be extended if space is available.

OSC luncheon

The Officers' Spouses Club will host a luncheon Oct. 18 at 11:30 a.m. at the Officers' Club. Cost is \$12. The speaker will be Minnesota Hall of Fame aviator Elizabeth Strofus. She will be talking about her aviation career, which began in the 1940s. For reservations, call Jan Olson at (952) 831-2438 or Roberta Gronemann at (763) 559-5286.

Catering

The Officers' Club and Services Club offer catering services for special events, such as birthday parties, graduation parties, bridal showers, weddings, anniversaries, baby showers, promotions, retirements, awards banquets, workshops and conferences.

Both clubs are open to all ranks and military branches. Various room



Vibes

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sizes are available to accommodate up to 200 guests. Call the clubs' catering professionals at the Officers' Club at (612) 767-1960 ext. 202 or the Services Club at (612) 713-1674.

Wing roundup

MOF

We are happy to be part of the long term MPA team now! The MOC has been approved to support one person on orders for all trips and missions!

Staff Sgt. Amanda Kvamme was awarded her CCAF degree in Health Care Management!

Congratulations to our new promotees Staff Sgt. Lori Sorn and Staff Sgt. Amanda Kvamme, they have joined the NCO ranks!

Master Sgt. Betsy Johnston has decided to stay with us for the next six years; this was her last re-enlistment of her career and we are excited to keep her with us for a little while longer!

The Orderly Room has a new NCOIC and new ARTS! Master Sgt. Laurie Konz has stepped up to the plate and transferred to us from MPF to become a fantastic NCOIC. Staff Sgt. Lori Sorn and Senior Airman Miranda Joyce have been hired as the new Orderly Room ARTS. If you see these three around give them a congratulatory clap on the back!

Master Sgt. Frank Coddington has joined us from Milwaukee as a Reservist and as an ART. He is the new ART in the Plans and Scheduling office, if you see him give him a high five for joining our team!

SVS

The 934 Services squadron would like to welcome Airman Basic Michael Berish, Airman Basic Ricardo Rivera; both arrived from the Services 3-level tech school, Staff Sgt. Nelson from IRR, and finally Tech. Sgt. Kruger from the ANG. We would also like to welcome back four troops who were

Rentals

Rent camping gear, sports equipment for all seasons, trailers, canoes, kayaks, boats, party canopies, tables, chairs, lawn games and more at the base Outdoor Recreation Center. The center is located at Bldg. 778. Club members get a 10-percent discount. Military units get a 20-percent dis-

count. Call (612) 919-5134.

Fitness center hours

The new hours of operation for the fitness center are Monday through Friday 6 a.m. to 6 p.m., wing UTA Saturday 11 a.m. to 7 p.m., and wing UTA Sunday 11 a.m. to 1 p.m.

temporarily assigned to Grand Forks AFB under the Seasoning Training Program (STP) Senior Airman Deal, Airmen 1st Class Quist and Williams, and Airman Grant. The services squadron would like to congratulate Staff Sgt. Harrington and SSG Regal who recently graduated from 7-level school, and also Staff Sgt. Harrington and Senior Airman Egan who completed the Fitness Specialist Course. Both schools were held at Lackland AFB in San Antonio, TX. Congratulations also goes out to Tech. Sgt. Gray who received an Achievement Medal and Master Sgt. Taormina, Capt. Uselding, and Chief Master Sgt. Traxler-Siehdnel, all of whom received the Meritorious Service Medal. The 934th Services squadron will be in training next month and food will be served at the Services Club.

MXS

Congrats to all of the unit's medal winners this weekend: Senior Master Sgt. Dave Cormier of the Avionics section and Senior Master Sgt. Aaron Mikonowicz of the Fabrication Branch were awarded well earned Meritorious Service Medals and Tech. Sgt. Clint

Hamann and Staff Sgt. Del Deatherage both of the Avionics section chipped in with a Commendation Medal each. One of Sheet Metal's finest, Senior Airman Heather Olson, was deservedly recognized as Airman of the Quarter.

Many newcomers this month: Desormey, Heikkila, & Morgan from the Hydraulics Shop, Gutierrez from Electro/Environmental, Brian Smith from Metals Technology, and Helppi in NDI. Congrats to Staff Sgt. Tim "Meat" Hunter of the Iso Dock on his marriage to Karen. Last but certainly not least, Chad Dauwalter of the Fuel Cell reports he is the proud papa of miss Emily Mae born 29 Aug and weighing in at 7lb. 12 oz

AES

Capt. Christine Jones, 934 AES flight nurse, will run in her third Marine Corps Marathon Oct. 28.

Captain Jones said she wanted to do more than just get in shape for the Fit to Fight test. By running the marathon the captain will help to raise funds for medical care and health education for children and communities worldwide.

SGTS. UPP & ADAM



Promotions

Lt. Col. Michael Erickson	96 AS
Senior Master Sgt. Christopher Reese	934 AES
Master Sgt. John Siemieniec	27 APS
Tech. Sgt. Andrea Burnett	934 LRS
Tech. Sgt. Mathew Weber	27 APS
Tech. Sgt. Quentin Will	96 AS
Staff Sgt. Lori Lynn Sorn	934 MOF
Senior Airman Scott Salzman	934 CES
Senior Airman Geraldine Williams	934 OSF
Airman 1st Class Danielle Wilson	934 ASTS

Decorations

Meritorious Service Medal
Lt. Col. Jeffrey W. Higgins
Capt. Justin P. Kieffer
Senior Master Sgt. David M. Cormier
Senior Master Sgt. Hilary W. Schyma
Master Sgt. Orin H. Johnosn
Master Sgt. Aaron A. Mikonowicz
Master Sgt. Anthony R. Polisenio

Air Medal

Maj. Michael S. Johnson
Staff Sgt. William E. Lohse
Staff Sgt. Charles J. Walosin II

Aerial Achievement Medal

Maj. Patricia Rautiola
Tech. Sgt. Peter M. Sirna
Staff Sgt. Melissa G. Joplin
Senior Airman Winter J. Shaler

Commendation Medal

Senior Master Sgt. Christopher H. Knowles
Tech. Sgt. David J. Cadry
Tech. Sgt. Christy L. Firm
Tech. Sgt. Clint M. Hamann
Tech. Sgt. Dennis H. Shaw
Staff Sgt. Del E. Deatherage
Staff Sgt. Kathleen L. Maldonado

Achievement Medal

Tech. Sgt. Steven R. Gray
Staff Sgt. Scott D. Inwards
Senior Airman Jennifer E. Griffith

OPSEC--It's A family affair

By Maj. Carrie Parrish
934 OSF

Does this sound familiar? Your family just went on vacation and the grandparents are bugging you to see pictures of little Jimmy in Disneyland. Or maybe, you just came back from skiing in Colorado and your friend Ted wants to see the extreme vertical jump you were talking up so much. Fill in the event and the interested party but whatever the case, you post your pictures to your web page on a site such as MySpace or Facebook. Better yet, it has been awhile since you caught up with a lot of family and friends. So you decide to post some more pictures and write a little something to let everyone know what has been going on. Aunt Edna will finally get to see pictures of Christmas that she missed while having her hernia surgery and you can finally show off your picture from your last deployment. Is it convenient? Yes. Is it safe? Maybe not.

OPSEC is about putting the pieces of the puzzle together to get an accurate picture. While these look like simple and innocent actions, they really could be clues left behind for an adversary to learn valuable information about you and your family. A simple word search could expose your web page linking an adversary to a host of information about you such as the name of your kids, places of work, school and

anything else you have chosen to write or show on your web page.

You might ask yourself, who would want to know about me? This might have been the same question some Army soldiers asked themselves before deploying. However, in recent months there have been cases of Army spouses getting death threats when their spouse is deployed. This is known as a "soft kill." No one was killed, but it takes the soldier out of the fight psychologically and another soldier is sent to replace them on the front lines. How did the person making the call know so much? Remember anything that is put on the web is vulnerable. Once something is posted on the internet, it is out there for good.

If you decide to have a web page, think OPSEC and use common sense when creating your web page. Do password protect the page while realizing it is not completely fool-proof. Be cautious of what links you have on your web page.

The links could reveal information you do not want the adversary to know. Know the DoD policy directive on Web blogs. Your unit OPSEC coordinator will be able to provide you a copy of this. So think twice before posting pictures and information. Remember that the little pieces can add up to something bigger than you intended to reveal.



Calendar

Time	Activity	Location	POC
SATURDAY			
0730 to 1600	Newcomers Flight	Per schedule	MSgt Besser, x1755
0800 to 1200	AFOQT/AFCT Testing	Bldg 852, room 206	SMSgt Lunde, x1501
0800 to 1430	MPF ID Cards Open	Bldg 852, room 105	TSgt Jorgensen, x1085
0830 to 1200	Disaster Prep, CONOPS Refresher	Bldg 760, room 130	SMSgt Johnson, x1934
0845 to 1130	Physical Exams	Bldg 840	SMSgt Hanson, x1642
0845 to 1130	Sick Call	Bldg 840	MSgt Rebholtz, x1612 ?
0845 to 1130	ASTS Laboratory Draws (All lab draws)	Bldg 840	MSgt Kaufmann, 1633
0845 to 1115	Hearing Exams	Bldg 840	MSgt Rebholtz, x1612
0900 to 1000	Documenting TQT	Bldg 760 room 130	SMSgt. Johnson x1934
0900 to 1130	Immunizations	Bldg 840	SMSgt Brausen, x1617
0900 to 1000	First Sergeants Council Meeting	Wing CC Conf Room	CMSgt Dalton, x1211
0900 to 1000	Unit Deployment Meeting	Bldg 760, room 194	TSgt Rice, x1788
0930 to 1130	Medical Outprocessing	Bldg 840	SMSgt Goetz, x1642
1215 to 1615	Certifying HAZMAT	Bldg 745, room 108	TSgt Rice, x1788
1230 to 1600	Physical Exams	Bldg 840	SMSgt Hanson, x1642
1230 to 1500	Immunizations	Bldg 840	SMSgt Brausen, x1617
1230 to 1330	Enlisted Advisory Council	Wing CC Conf Room	CMSgt Dalton, x1211
1230 to 1600	Hearing Exams	Bldg 840	MSgt Rebholtz, x1612
1300 to 1600	Medical Outprocessing	Bldg 840	SMSgt Goetz, x1642
1300 to 1600	ASTS Labatory Draws (HIV only)	Bldg 840	MSgt Kaufmann, 1633
1300 to 1600	Sick Call	Bldg 840	MSgt Rebholtz, x1612
SUNDAY			
0700 to 0730	Catholic Services	Bldg 725, Chapel	Chaplain Svoboda x 1226
0830 to 1130	AF testing Appt. Only	Bldg 852 Rm 206	Gary Hayda, x1515
0830 to 0930	HRDC Meeting	Wing CC Conf Room	Col. DeWerff x 1204
0900 to 0930	Protestant Services	Bldg 725, Chapel	Chaplain Svoboda x 1226
1000 to 1100	Chief's Council Meeting	Wing CC Conf Room	CMSgt Dalton s 1211
0730 to 1600	Newcomers Flight	Per schedule	MSgt Besser, x1755
1215 to 1615	Increment Manager Training	Bldg 745, room 108	TSgt. Rice x1788
1300 to 1400	Facility Manager/PAR Team training	Bldg 760, room 130	SMSgt. Johnson x1934
1400 to 1500	Facility Manager/PAR Team training	Bldg 760, room 130	SMSgt. Johnson x1934
1300 to 1400	LOD Review Meeting	Bldg 760, CC Conf Room	SMSgt Atchley x1607
1500 to 1530	Catholic Services	Bldg 725, Chapel	Chaplain Svoboda x 1226

UTA Dates

Month	934th	133rd	88TH	Navy/Marines
Oct	13-14, 20-21	13-14	13-14	20-21
Nov	17-18, NA	17-18	3-4	17-18
Dec	1-2, 8-9	15-16	1-2	8-9
Jan	5-6, 12-13	12-13	5-6	12-13
Feb	2-3, 9-10	9-10	2-3	9-10
Mar	1-2, 15-16	15-16	1-2	8-9
Apr	3-6, 19-20	19-20	5-6	12-13
May	3-4, 17-18	17-18	17-18	10-11
Jun	7-8, 21-22	21-22	7-8	14-15
Jul	NA, NA	NA	12-13	19-20
Aug	2-3, 16-17	14-17	2-3	9-10
Sep	6-7, 20-21	20-21	6-7	13-14



Celebrate Boss' Day at the clubs Oct. 16!
Services Club Boss' Day Menu
Chicken Kebabs
Roasted Potatoes
Salad
FREE Dessert



Officers' Club Boss' Day Special
Take your boss to the Officers' Club for lunch
& get a FREE dessert!

Don't forget to treat your boss!
Both clubs are open to all ranks & all military
branches

934th Airlift Wing
Public Affairs Office
760 Military Highway
Minneapolis, MN 55450-2100

PRST STANDARD
U.S. POSTAGE
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Helmer Printing

POSTMASTER: TIME SENSITIVE MATERIAL, DO NOT DELAY
DELIVER IN HOME BY Oct. 5.

To the family of: