

VIKING FLYER

934th Airlift Wing (AIRC)
Minneapolis-St. Paul IAP
Air Reserve Station, Minn.
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Welcome home, daddy!

Maj. Peter Draheim,
96th Airlift Squadron,
hugs his daughter after
he and 20 other wing
members returned
from deployment May 7.

Photo by Joe Gray

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To receive an electronic copy of the *Viking Flyer*, send an e-mail to cristina.oxtra@minneapolis.af.mil.

All photographs are Air Force photographs unless otherwise indicated. The newspaper is distributed on Friday before the unit training assembly.

The deadline for all submissions is the Sunday of the UTA.

Mission support

Maj. Rick Erredge received the Leadership Award at the recent Federal Civil Servant of the Year awards ceremony. Congratulations also to Major Erredge and his wife Katherine on the birth of their son, Caden Nicholas, born April 28.

Aerial port

The unit palletized humanitarian cargo for shipment to Honduras during the May UTA.

A re-dedication of the newly renovated 27th Aerial Port Squadron building was held May 1. Families of 27th APS members who are deployed were invited to a barbecue that same day. Currently, 28 unit members are deployed in various locations worldwide.

This month, the unit will say farewell to Capt. Glenn Spotto and Senior Master Sgt. Mike Pasbrig. The unit thanks them for their many years of service.

Chapel

Chaplain (Capt.) Steven Svoboda, Tech. Sgt. Paul Ives and Airman 1st Class Jason Slaughter completed port mortuary training at Dover Air Force Base, Del.

Communication

Several unit members attended M-16 training during the May UTA while other

unit members attended fire safety and fire extinguishing training.

Senior Airman Eric Harkness represented the unit at the Enlisted Advisory Council meeting. Senior Master Sgt. Sonja Fisher attended the Survival and Rescue Center training course.

Maintenance

The 934th Maintenance Operation Flight continues to deploy personnel in support of U.S. Central Command and U.S. Southern Command operations.

Staff Sgt. Tyrell Hoyer, a 934th Logistics Readiness Squadron fuels specialist, and Ms. Michelle Gunderson, an MOF budget analyst, each received a chief's coin and a first sergeant's coin for their outstanding contributions in support of the 934th Maintenance Group.

Logistics

Master Sgt. Laverne Terwey received a Meritorious Service Medal and two letters of appreciation from two different units while he was deployed overseas.

One unit member is deployed in Puerto Rico and two others are deployed in Germany.

The unit welcomes new members Tech. Sgt. Chad Neihart, Staff Sgt. Lee Jeansonne III and Airman 1st Class Kelly Jabas.

Congratulations to everyone selected for promotion!

Major

Cynthia Doolittle, Rick Erredge, Dave Hanten and Erick Holman

Chief Master Sergeant

David Provo

Senior Master Sergeant

Patti Amos, David Nelson and Robert Schabacker

Master Sergeant

Robert Steffens and Tara Venem

Technical Sergeant

Daniel Fitzmaurice and William Justin

Staff Sergeant

Wayne Wacek

Senior Airman

Joshua Bisch, Matthew Boehlke, Kristofer Geiger, Amanda Kvamme, Michael Ringer, Sara Schelske, Micah Trexler and Kelli Zellner

Airman First Class

Steve Kleszczewski

Airman

David Lein

New airlift wing vice commander looks forward to performing duties



By Col. Stephen DeWerff
934th Airlift Wing
vice commander

I would like to start by saying hello to everyone at the 934th Airlift Wing and take some time to introduce myself.

First, I must tell you that it is a great honor to be selected as your new wing vice commander, and I want to thank Col. Jim Muscatell, Jr. for allowing me that privilege.

I have spent the last 10 years of my career at McGuire Air Force Base, N. J., where my most recent assignment was deputy operations group commander for the 514th Air Mobility Wing. I had the pleasure of flying the KC-10 Extender for the past 20 years at both McGuire and Barksdale AFB, La. My family and I reside in Peachtree City, Ga., about 25 miles south of Atlanta, and I am a B-777 pilot with Delta Air Lines.

I am extremely excited about learning to fly the C-130 and getting a chance to interact with the flight crews, maintainers, aerial porters and aeromedical folks in the wing. I am also eager to meet and work with the rest of our 934th Aeromedical Staging Squadron, security forces and mission support personnel.

Before arriving last month, I heard great stories about the hard work and success of the 934th Airlift Wing. You should be quite proud of what you have accomplished.

My wife Mary and I were amazed at the wonderful warm welcome we received from everyone we met. Despite unit activations and high ops tempo, I have never met so many enthusiastic individuals. It is obvious that you are doing a great job, that you are enjoying your work, and doing an excellent job at it as well!

I have visited almost every unit in the wing and each section exudes enthusiasm and energy. After spending the past 16 years in an associate reserve unit, I can definitely see the difference at the 934th. Pride in ownership is evident throughout our wing, and that is a wonderful thing to observe.

My job as your new vice is to ensure that each of you have a friendly work environment, proper equipment and tools, and appropriate atmosphere

that is conducive to getting the mission done.

I am also here to be a conduit between our wing commander and the rest of the senior staff, the squadron commanders and first sergeants, all of our noncommissioned officers and all the way down the chain of command to our Airmen. I am here to serve those who support our mission from the top to the bottom, and I am glad to finally get started.

I look forward to meeting each of you and hope that if you are at the wing headquarters building, you will stop by my office and say hello.

From what I have observed so far, our most pressing challenge at this time is taking care of our people deployed around the world and at our base. We especially want to ensure that the families and loved ones of our deployed military members have a network within their section, squadron or wing that they can call on when things get rough.

Sometimes, as reservists, we do not want to appear weak, so we tell our commanders and supervisors that all is well at home. Let us be honest. Everyone has rough times they go through as families. If you are deployed for a long period of time, your spouse and children are bound to have an occasional tough time at home.

We need everyone who is not deployed to check up on our deployed members' families. At times, a friendly phone call from another person is enough to lift a spouse's spirit and change his or her day for the better. If problems exist, the commanders need to get the word to the wing staff so issues affecting the health and well-being of our wing family members can be resolved.

Colonel Muscatell and I are here to help, or find the type of help needed to make sure a small problem does not turn into a crisis. If we can take care of our wing members and family now, we will do a better job in retaining our people when the current challenge is over.

The future of our wing looks bright. We received new C-130 H2 models; we remodeled a number of buildings; and plans include a new aeromedical evacuation squadron building. We have Congressional support to build a new security forces building and enhance our fitness center and base exchange. All of these new projects will mean little if we lose you, the Air Force Reserve member.

That is why I am here. That is what I want to prevent. Please allow me to support you, our members who serve in our wing, and your families. I am excited to be here and I cannot wait to get started!

The **Commander's Hotline** is your direct link to the wing commander for kudos, questions, concerns or suggestions about matters that are related to the 934th Airlift Wing. To use the hotline, call **(612) 713-4685**. Be sure to leave your name and phone number. When appropriate, some concerns and queries will be met with a personal response. If you have a problem that needs to be resolved, call the responsible agency first so it can have the opportunity to help you.

Incompatibility: ingredient for great marriage

By Chaplain (Maj.) Charles Perry
934th Airlift Wing chaplain

Many of us are aware of the divorce epidemic that continues to plague our nation and the many broken lives it leaves behind. Many of these couples cite incompatibility as a reason for their divorce.

But is that really legitimate grounds for a divorce, or can incompatibility actually be an ingredient for a great marriage?

By the time I was 29 years old, I was an unchurched and worldly kind of a guy. My life was going nowhere fast. That changed when a friend invited me to his church.

His life had been dramatically changed there and he thought it might work for me. It only took one visit to that church and God turned my life around forever.

Shortly after this experience, something unusual happened. During a church service, I heard God say to me, "You are going to take up Ruth and be in the ministry soon." This was repeated three times.

Three days later, plans were being made for me to marry Ruth, a very godly, church-going woman who was as different from me as night and day. She was not even close to being my type. I hardly knew her and I was not in love. But events had taken place that were unmistakably the hand of God, so I was just being obedient.

It did not take long after the wedding to discover that we were the poster models for "the incompatible couple."

I spent a lot of time the first few months of our marriage on my knees praying, "God change her."

My prayers seemed to backfire when I found out I was the one who needed to change.

One day, at Ruth's parents' home six months after the wedding, Ruth and I had a heated discussion about money. I went into the bathroom to shave. She was in the bedroom still trying to get her point across. I said to myself, "I wish she would shut up."

At that moment, a plastic, glow-in-the-dark, Sunday school cross that had been on the wall about 10 feet behind me and had been there for years flew off and



landed on my foot.

God was about to intervene in the marriage he had put together. I picked up the cross and went into the bedroom where my wife was still crying. I showed her the cross and told her what had happened. It was then that the Holy Spirit, the Real Marriage Counselor, began to teach us.

Christ was both in our lives, but we had not put him in the center of our marriage. I placed the cross between us and, with Christ's help, explained what the heart of the problem was.

Both of us were in our thirties and set in our ways. We wanted things done our way and neither of us was willing to give in or change.

When we put the cross between us and Christ in the center of our marriage, instead of our wills colliding with each other, we had to confer with God's will.

As the spiritual head of the family, it was my responsibility to seek God's will in every situation, especially when there was conflict.

Every time I did this, God's answer to me were the words in Ephesians 5:25: "Love her. Give yourself for her...Husbands love your wives, just as Christ also loved the church and gave Himself for it."

This meant I must not only love my wife, but also be willing to give up my life, my preferences and my ways of doing things for her. I had to admit that there was another way besides mine. I had to be willing to change and do whatever it took to make her happy.

As I put this into practice, not only did I change, but my wife began to change with me. We both grew as we learned new ways of approaching life from each other's experience and I discovered better ways to do certain things. We began to adopt each other's ways and work toward the same goals.

This prevented self-centered conflicts and brought harmony and personal growth in our marriage. What a revelation and life changing lesson!

From that moment on, I truly learned to love my wife. We have been married for 25 years and I can count on one hand the minor conflicts we have had since then. God changed incompatibility into conformability and has truly blessed our marriage.

I have come to believe that any couple that really wants to make a marriage work can turn their incompatibilities into ingredients for a great marriage by first putting Christ in the center of their lives and their marriage.

Services earns four AFRC awards

Staff Sgt. Troy Novak
934th Airlift Wing
Public Affairs

The 934th Services Squadron received four Air Force Reserve Command awards recently.

Margo Leslie, base services director, was named the Services Senior Civilian Manager of the Year. This is the second time Ms. Leslie has garnered this recognition.

"I thank the Air Force Reserve for giving me the opportunity to accomplish more goals than ever before in my career," she said.

Ms. Leslie received the Air Mobility Command Warrior Coin in recognition of her support of mobilized troops.

She manages the wing's enlisted and officer clubs. She cut \$118,000 in expenses at the clubs and oversaw the completion of \$115,000 in improvements at the clubs, including carpet installation as well as acquiring conference tables, a steamer, exterior canopy, two sandwich preparation tables and new patio furniture items.

In addition, she provided Family Liaison Training for wing members.

Ms. Leslie said being part of the services squadron has been a "wonderful experience."

"And I have an awesome team," she added.

The services team includes Maj. Scott Calvert, 934th SVS commander, who received the Services Field Grade Officer of the Year award.

"This award is the result of the squadron's energy and commitment to the wing," Major Calvert said.

Two members of his unit were selected by Air Force Reserve Command to deploy to the Port Mortuary at Dover Air Force Base, Del., following the Space Shuttle Columbia disaster.

According to Col. Teresa Hams, 934th Mission Support Group commander, this illustrated the unit's reputation in the command.

Major Calvert's newly created awards and decorations board submitted 13 decorations in the past year and rekindled the unit's annual awards program.

His new promotion operations instruction has guided five members to pro-

motions recently. He also worked closely with recruiters to develop welcome packets.

Making people feel welcome is just one of the many achievements that led Tamara Davis, North Country Lodge manager, to garner the Services Civilian Manager of the Year award for the second year.

Ms. Davis' peers were not surprised she received the award again.

Ms. Leslie described Ms. Davis as a "dynamic leader."

"There is no doubt Tamara wants to do the best for the wing," Major Calvert said.

Ms. Davis oversaw the third phase of the construction of the new \$28 million lodging facility and the closing of the old facility. She held a sale of old lodging furniture and equipment that netted more than \$40,000 for the lodging fund.

She established a Furnishings Management Program to refurbish and reuse furniture instead of purchasing new furniture. Ninety guest chairs were reupholstered, saving the facility \$12,000.

Ms. Davis also devel-

oped business-size cards that guests can use and keep to get information about the local area and answers to frequently asked questions.

In addition, she expanded the selection of food items available for lodging guests and purchased a passenger van to provide airport shuttle service for guests three times a day.

Ms. Davis was not the only one at North County Lodge to win an award. Ms. Naema Abdullahi, lead housekeeper at the facility, received the Air Force Services Civilian Technician of the Year award.

Ms. Leslie said Ms. Abdullahi has "outstanding pride and professionalism."

Ms. Abdullahi handled guests' needs from late check-out and express check-in, to protocol arrangements and deliveries for welcome packets in the suites. She maintained all of the suites to Air Force Inkeeper standards. Guest feedback forms indicate 100 percent satisfaction with her work. Comments from guests include "absolutely first class" and "nicest military room I've ever stayed in."

General chosen to lead Air Force Reserve

Air Force Reserve Command
News Service



General
Bradley

ROBINS AIR FORCE BASE, Ga. - Maj. Gen. John A. Bradley has been nominated by the president to the Senate for promotion to lieutenant general and appointment as chief of Air Force Reserve and commander of Air Force

Reserve Command.

Lt. Gen. James E. Sherrard III, chief of Air Force Reserve and AFRC commander, relinquished command of AFRC May 11. General Sherrard will retire June 1. If General Bradley is not confirmed by June 1, Maj. Gen. John J. Batbie Jr., AFRC vice commander, will continue to lead the command until General Bradley is confirmed.

General Bradley is the assistant to the chairman of the Joint Chiefs of Staff for Reserve Matters in the Pentagon.

The chief of Air Force Reserve

serves as principal adviser on Reserve matters to the Air Force chief of staff. In the dual-hat role, the AFRC commander is responsible for supervising Air Force Reserve units worldwide.

General Bradley began his Air Force career in September 1967 as a mathematician and program analyst at Headquarters Strategic Air Command at Offutt Air Force Base, Neb. He completed undergraduate pilot training at Sheppard AFB, Texas, in March 1970, and separated from the active force in April 1973 to join the Air Force Reserve at Barksdale AFB, La.



Photo by Staff Sgt. Troy Novak

Shining stars

Chief Master Sgt. Jeffrey Gustafson (right) talks to Maj. Maureen Banavige at the shoe shine fundraiser at the base exchange May 1. Thirty-six wing volunteers shined boots and raised approximately \$400 in donations for the military ball.

Congress reviews spending proposals designed to help reservists, families

By Air Force Reserve Command News

WASHINGTON - Congress has considered several legislative proposals since Sept. 11, 2001, designed to help reservists and their families cope with activations, high operational and personnel tempo, family separations and shifts in annual income.

One of the most recent is Senate Bill 2068, the Guard and Reserve Enhanced Benefits Act of 2004. The bill expands benefits beyond those outlined in President George W. Bush's \$401 billion proposed 2005 Department of Defense budget.

It calls for providing child-care assistance grants, expanding Montgomery GI Bill benefits, deferring student loan payments, reducing the age for drawing Re-

serve retirement pay and expanding Tricare coverage regardless of employment or insurance status. The bill also allows employers to claim up to \$12,000 in tax credits for the pay differential of National Guard and Reserve employees.

"Congress will begin its markup of the president's budget for DOD in early May," said Wayne Gracie, director of policy integration in the Office of the Air Force Reserve. "It will take a close look at (the bill) and other proposals. Some of the provisions have been recommended before and have not been enacted into law."

In its review, one major factor that Congress will take into account is the number of mobilized reservists.

As of April 27, DOD officials reported

that more than 170,000 reservists and National Guardsmen were mobilized. Of that number, more than 5,400 were reservists in Air Force Reserve Command.

If the president's budget for fiscal 2005 is enacted, the Air Force Reserve would receive \$3.78 billion to train, equip and organize approximately 76,000 reservists. This request comprises \$2.24 billion for operation and maintenance, \$1.464 billion for reservists and \$84 million for military construction.

"We won't know what's included in the final authorization and appropriations bills until probably later this summer," Mr. Gracie said. "A lot can happen between now and when the president signs a spending or authorization bill into law."

Thanks everyone who contributed to the Air Force Assistance Fund campaign. The wing collected \$400 this year.

Prevention, screening allow Airmen to return from deployment healthy

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON - Surgeons general from the Army, Navy and Air Force testified before Congress April 28 on the status of health care in the services.

Air Force Surgeon General Lt. Gen. (Dr.) George Peach Taylor Jr. spoke to members of the Senate Appropriations Committee defense subcommittee.

He said the Air Force's predeployment efforts at disease prevention and in-the-field disease identification systems are allowing Airmen to return from deployments healthier than ever.

"Our people are coming back in better health because of individual disease-prevention efforts, but also because

of the incredible deployment health-surveillance program that we have fielded," Dr. Taylor said. "From our preventive aerospace medicine teams to our biological augmentation teams, we are helping to protect the area of responsibility from biological and environmental threats."

Dr. Taylor told senators the Air Force is using equipment that can identify disease-causing pathogens in about two hours. In coming years, he said, Air Force officials hope to use even better equipment to identify disease before it can cause serious illness.

"We hope to reduce the time even further, through new, more advanced, indeed, breakthrough, genome-based technologies," he said.

The senate panel asked about shortages of doctors,

nurses and dentists within the reserve components of the services. Dr. Taylor said the shortage may be due in part to the difficulty of running a medical practice coupled with the potential of being deployed more than a quarter of a year at a time.

"It is difficult in today's medical practice," Dr. Taylor said. "Many of the providers operate close to the margin. Taking them out for long periods of time can often destroy a practice. We are trying to work ways where we can bring them on deck for short periods of time through a volunteer system so they can work perhaps 30 days every couple of years. Certainly pay and environment of care is an aspect."

Senators also asked about the increase in eye and limb

injuries seen coming off the battlefield. The increase is, in part, because of the improvement of protective gear, body armor, for the chest and abdomen, said Army Surgeon General Lt. Gen. (Dr.) James B. Peake.

While the gear goes a long way to improve the chance a wounded servicemember will survive what in the past might have been a fatal injury, it does not protect the limbs and eyes. A person who, in the past may not have lived through an injury, can live today, but finds he or she is without sight or limbs, he said.

All three service surgeons general said developing better protection for the head, eyes and limbs is critical, and they are actively working with body armor designers to address the physical requirements.

Attention on deck

Rear Admiral Dirk J. Debbink, commander of Naval Reserve Readiness Command Midwest and deputy commander of Seventh Fleet Rear Area Command, salutes Naval reservists at the Navy and Marine Corps Reserve Center here during a recent visit. Admiral Debbink told the sailors to "be ready and engaged." He encouraged them to visit the Navy Knowledge Online and check their Five Vector Model to determine what they need for training and advancement. He also advised them to their records are up to date. "Don't be left behind," he said.



Photo by JO2 Michael J. Sheehan

WING RECALLS ROLE IN D-DAY IN

By Master Sgt. Russ Funaro
934th Airlift Wing historian

It was June 6, 1944, and President Franklin D. Roosevelt announced that "the liberation of France is underway." Although the actual operation was named Operation Overlord, this day became known as D-Day.

The 934th Airlift Wing was chartered in 1961, but it has two squadrons that have a heritage that dates back to World War II and D-Day. They were the 27th Aerial Port Squadron, which was stationed in the Pacific theatre during the war, and the 96th Troop Carrier Squadron, a separate squadron under the 440th Troop Carrier Group stationed in England.

The members of the 96th TCS were responsible for three missions during the early hours of D-Day. The first mission was a tactical one behind enemy lines. The flight crew was to airlift and drop off members of the 101st Airborne Division.

After receiving their mission brief, flight crews were escorted by armed guards to dinner and then to their quarters. This prevented conversations with unauthorized personnel before the mission. Only after the jumpmaster had performed a thorough equipment check and the crews were in the air were Gen. Dwight D. Eisenhower's orders read.

At 3:15 a.m., approximately four-and-a-half hours prior to the first light, the 101st had captured the town of Carentan, France. The mission was declared successfully complete and the group returned to England.

VIKING FLYER

The group had taken heavy flak and a great deal of gunfire, and two aircraft were lost during the mission. Ward Smith, a war correspondent wrote in his journal, which was carried by several newspapers, "I saw the jump to destiny."

Another mission in which the 96th was involved was to airdrop an elite group of demolition specialists named the Filthy 13. The group was made up of 12 Native-Americans and one non-native, who was subsequently made an honorary member through a ritual. Their job was to drop in behind enemy lines and blow up everything in their path.

With little hope of survival, they wore their title as a badge of courage. After the invasion, no one heard from the members. It is believed most, if not all, were killed in action.

A third mission was named Operation Memphis and occurred June 7, 1944. This was a resupply mission of the 101st in Carentan. The mission was declared a success, in spite of losing five aircraft and several crew members.

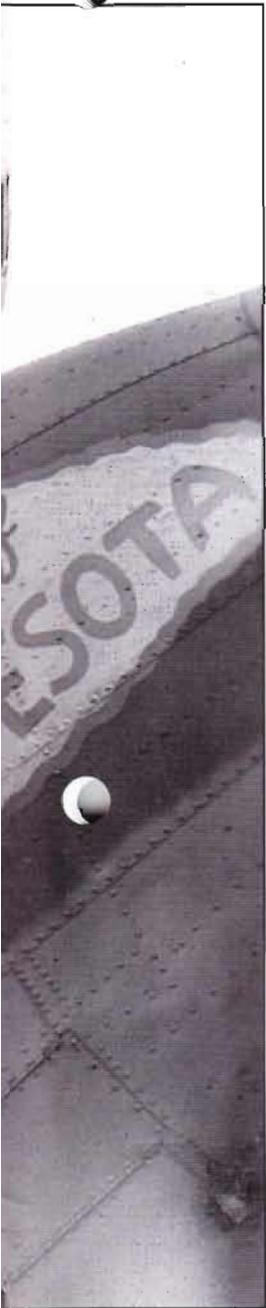
On November 1944, the 440th TCG was cited for outstanding performance of duty on June 5 to 7, 1944.

The citation read, "Despite discouraging weather conditions, this group flew their unarmed and unarmored aircraft at minimum altitudes and air speeds over water and through intense enemy anti-aircraft fire to accomplish their vital task, which was of inestimable importance to the success of the initial phases of the invasion of Normandy."



An aircrew member with the 96th Troop Carrier Squadron shown next to a C-47. The 96th TCS was a separate squadron under the 440th Troop Carrier Group stationed in Exeter, England. During their time in Europe, the members were awarded numerous medals, including the Croix de Guerre with Red Star, Croix de Guerre with Silver Star, Distinguished Flying Cross, Bronze Star, Air Medal and Purple Heart.

HONOR OF 60TH ANNIVERSARY



Courtesy of John Agnew
 s off the nose art on a
 op Carrier Group sta-
 bers of the 440th TCG
 e with Palm, Croix de
 uished Flying Cross,



Courtesy photo

Above: A 96th Troop Carrier Squadron command aircraft soars through the sky.



Courtesy of the Charles W. Taylor family

Left: A member of the Filthy 13, an elite group of demolition specialists, poses in the door of chalk number 21 of the 96th TCS before take-off June 5, 1944, Operation Neptune, the Normandy invasion. The 96th provided airdrop for the Filthy 13, which got its name since the members was said to have stopped bathing six months prior to their D-Day mission. The group was made up of 12 Native-Americans and one non-native, who was made an honorary member by a ritual. The group's job was to drop in behind enemy lines and blow up everything in their path. It is believed most, if not all, of the Filthy 13 members, did not survive.

Airmen encouraged to think safety during '101 Critical Days of Summer'

Courtesy of 934th Airlift Wing Safety

Summertime means warm days, blue skies, green grass and weekends at the lake. It is also the time to think about safety while participating in summer activities, according to Janet Dalton of the 934th Airlift Wing safety office.

"No one ever thinks it will happen to them, but the sad truth is, no one is immune from mishaps," Ms. Dalton said.

Each year during the summer, the Air Force conducts its 101 Critical Days of Summer campaign, which starts Memorial Day and extends through Labor Day. The campaign has run annually since the early 1980s and was developed to combat the increase in mishaps and fatalities that usually occurs during the summer months.

"Summer is prime time to use your safety sense prior to doing any tasks that you may embark on," Ms. Dalton said. "Ensure you prepare for and eliminate possible hazards associated with the task at hand. This goes for anything you may do, from yard work to water skiing to racquetball."

The wing safety office has created a multi-page summer safety handout for supervisors on base to disseminate to their troops.

"The safety office would like for each of you to take the time to plan and prepare for your off-duty activities as you do on-duty tasks," Ms. Dalton said. "Sometimes, just a few minutes or even seconds can mean the difference between life and death."

Operational Risk Management is the best way of identifying and minimizing hazards or risks associated with an activity, Ms. Dalton said.

"The 101 Critical Days of Summer handout will help increase your awareness of the ORM process and show how easy ORM can be applied to all of the summer activities we do," she said.

Everyone should always keep safety in mind, Ms. Dalton indicated.

"Our mission is relying on your ability to assess and mitigate hazards in all off-duty and on-duty activities," Ms. Dalton said. "Don't let a split second of neglect hamper our mission or worst yet, ruin your life. Remember, mission first, safety always."

Summer Safety Tips

Courtesy of the American Red Cross

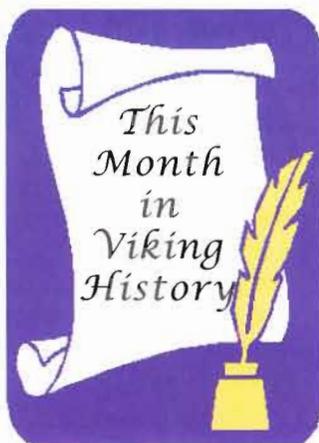
* Swim in supervised areas and obey all rules and posted signs.

* Don't mix alcohol and swimming. Alcohol impairs a person's judgement, balance and coordination, affects one's swimming and diving skills, and reduces the body's ability to stay warm.

* Pay attention to weather conditions and forecasts. Stop swimming at the first indication of bad weather.

* Before boating, always check your boat, equipment, boat balance, fuel supply and weather forecast. Bring extra gear that may be needed, such as a flashlight, extra batteries, matches, a map, flares, suntan lotion, first aid kit and extra sunglasses. Put these items in a water-tight container that floats.

* To prevent heat-related illnesses, do strenuous activity during the coolest part of the day, which is usually between 4 and 7 a.m.



Provided by
Master Sgt. Russ Funaro
934th Airlift Wing historian

June 1964

The 934th Troop Carrier Group Medium was given the Governor's Safety Award for its accident prevention experience and performance. Look Magazine also gave the unit an award for safety from the National Vehicle Safety Check Association.

June 1974

The Smelt Fry held in the Aircraft Maintenance Division was declared a huge success. Smelt is a type of fresh-water sardines.

Anyone who served in Vietnam and received the Armed Forces Expeditionary Medal was eligible for a \$300 payment with an award of up to \$600.

Anyone who was in a status of prisoner of war or missing in action was eligible for a \$1,000 payment for service between July 1, 1958 and July 27, 1973.

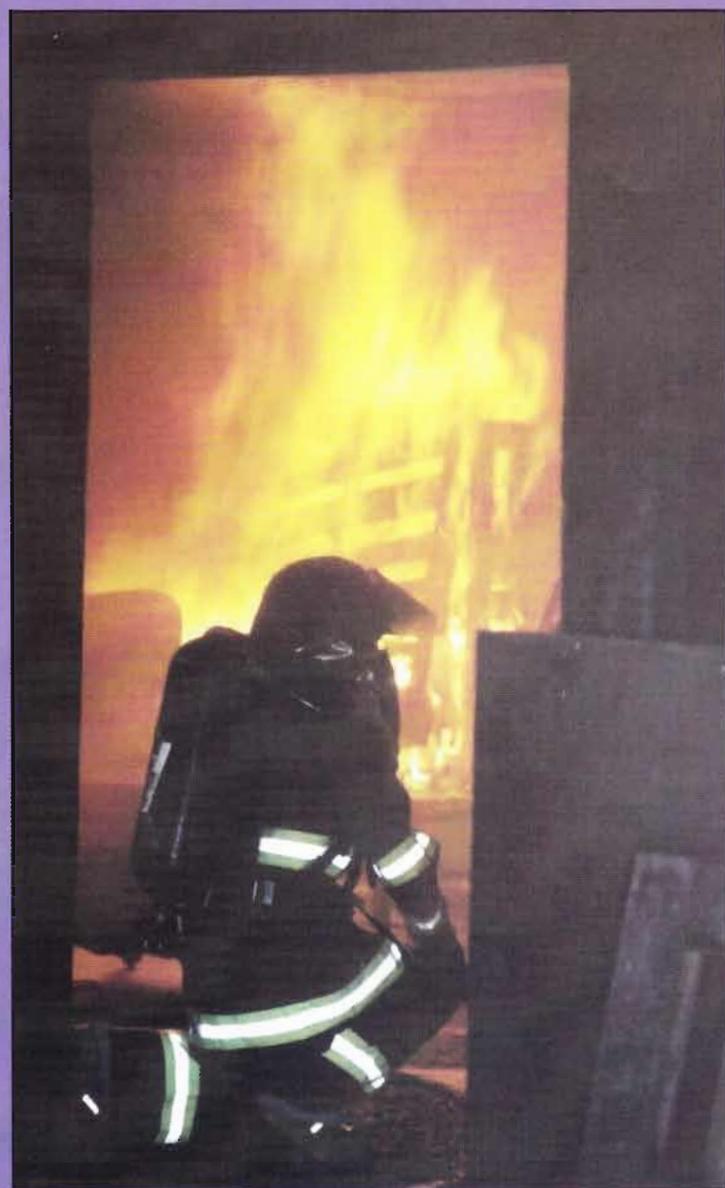


Photo by Senior Airman Josh Nason

Fire in the hole!

Col. Teresa Hams, 934th Mission Support Group commander, surveys the fire as she joins several firefighters from the base in a training exercise with the St. Paul Fire Department recently. "The heat was overwhelming. Thick smoke billowed toward the floor. Furniture torched in an instant," Colonel Hams said. "And the firefighters were awesome!"

families apprised of important topics, such as call-ups and legislative actions.

Capt. Jeffrey Gorman, president of the ROA's Flying Vikings Chapter, hopes to have 100-percent membership in the 934th Airlift Wing.

"We need to be more effective in getting our message to our elected officials, and we can do that by showing them that all of the officers in the 934th Airlift Wing are part of this association," Captain Gorman said.

Currently, there are approximately 75,000 ROA members nationwide and 350 Air Force members in the Flying Viking Chapter, according to Lt. Col. Doug Kveene, chapter member.

"Our goal nationally is to have 100,000 members," Lieutenant Colonel Kveene said. "The more members we have, the stronger our voice is when it comes to reserve issues, such as the age 55 retirement and increasing benefits for reservists."

Current, retired and former officers and warrant officers in the U.S. Army, Marines, Navy, Air Force, Coast Guard, Public Health Service, National Oceanic and Atmospheric Administration, National Guard and Air National Guard are eligible for membership.

ROA membership provides numerous benefits, including professional development workshops, mentoring programs and a career center.

For more information about ROA, go online to www.roa.org. The Department of Minnesota ROA Web site is available at www.mnroa.org. To learn more about or to join the Flying Vikings Chapter, call Captain Gorman at (612) 713-1393.

Group gives voice to reservists

By Staff Sgt. Nick Olson
934th Airlift Wing
Public Affairs

Its slogan is "Serving you while you serve your county." The Reserve Officers Association is a national organization that represents officers of the United States Uniformed Services and ensures they have a say in matters that affect them.

According to the ROA

national Web site, military members "deserve a voice in creating government policy. ROA provides that voice."

Founded in 1922 and chartered by Congress in 1950, ROA's mission is to support and promote the development and implementation of a military policy that provides adequate national security.

ROA helped establish the Reserve Component Caucus in the House of Representa-

tives. The caucus, which is bipartisan and now has more than 60 members, provides Congressional oversight of Reserve issues and programs, and serves as a focal point for legislative initiatives and actions that affect how Reserve forces are organized, supported and used.

As a liaison between government entities, the media and its members, ROA keeps reservists and their

Air Force Reserve C-130 crews prove critical to frontline fighters

By Maj. Timothy Wollmuth
777th Expeditionary
Airlift Squadron

MANAS AIR BASE, Kyrgyzstan - While many people at Manas Air Base are at the end of their average workday, eagerly anticipating working out, eating dinner or catching a movie before turning in for the night, Maj. James Hayes' duty day is just beginning.

At 4:30 p.m., the telephone rings, alerting the 777th Expeditionary Airlift Squadron pilot and his crew to duty. Major Hayes begins his ritualistic preparation for a 16-hour C-130 Hercules combat mission.

He takes a quick shower, dons his desert flight suit, reads a few lines of Scripture and says a quick prayer before grabbing his personal gear and "lucky" red gorilla. His mom gave him the gorilla to keep him safe while traveling to locations like Bagram Air Base and Kandahar Air Field in Afghanistan, as well as lesser-known coalition bases.

Major Hayes, a reservist from Air Force Reserve Command's 934th Airlift Wing at Minneapolis-St. Paul International Airport Air Reserve Station, Minn., and his six-person crew have 45 minutes before their ride to "Ops Town" arrives. After the crewmembers get there, they review all of the latest operational policies and get intelligence briefings to prepare for the mission.

One of the briefers is Major Dave Mirolli, a



Courtesy photo

A 777th Expeditionary Airlift Squadron C-130 lands on a dirt airfield. The airlifters of the 777th EAS maneuver their C-130s into a wide range of landing zones, from narrow Soviet-era airfields to dusty tracks on the edge of Afghanistan battlefields. Manas is the primary strategic hub for operations in and around Afghanistan and provides tactical airlift and aerial refueling in support of Operation Enduring Freedom. Since December 2001, the 777th EAS has ferried more than 71,000 troops and more than 35,000 tons of cargo in the Afghan theater.

reservist at the 908th AW at Maxwell Air Force Base, Ala.

The 777th EAS weapons and tactics officer briefs the crew on tactics and defensive-system settings for the mission to mitigate threats against their aircraft. Three-and-a-half hours after the initial telephone call, Major Hayes and his crew fly the C-130 into the quiet, snowy night.

On this night, they must land on a blacked-out, rough and narrow Soviet-built airfield using night-vision goggles.

"The cover of darkness is our best protection against many of the threats we face daily," said Tech. Sgt. Dean

Grothem, the team's loadmaster deployed from the Reserve's 934th AW.

After quick-tuning the aircraft, the next step is a crack-of-dawn arrival onto a short, undisclosed dirt field located on the forward edge of the Afghanistan battle area. As the crew rounds the end of a small ridgeline, the defensive weapon system blares, indicating they may have been fired upon.

Unshaken, the crew calmly but quickly orchestrates a defensive maneuver, gut-wrenching to most people, but a thrill for these tactical airlifters. The aircraft descends as flares shoot out of the aircraft like a Fourth

of July fireworks display.

Once above the desired landing zone, the crew rapidly configures the aircraft for landing and drops the plane onto a rough and dusty runway. Within minutes, the aircraft is unloaded and filled again with soldiers and cargo. The doors slam shut. Maximum power is applied. The Hercules bounds down the dirt landing strip and out of the battle area.

"Every mission is different for the C-130 Hercules," said Maj. Bernie Motschenbacher, another reservist deployed from the

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934th AW. "But we mostly fly food, ammunition and soldiers to the frontlines.

"(Soldiers) are the tip of the spear in the war on terrorism," he said. "Taking care of them is our mission, and we are all glad we can help any chance we get."

After 16 hours, the crew returns to Manas for rest. The crewmembers will soon be back in the thick of things as they continue to supply the frontlines of the war on terrorism with troops and supplies.

"One may wonder what a grandfather twice over is still doing in this business," said Senior Master Sgt. John Skarhus, a 30-plus year Air Force Reserve flight engineer deployed from the 934th AW. "But I really can't think of anything else I'd rather be doing. Since (retiring) from the fire department a few years ago, I have missed living and working in close quarters with a great group of guys like these." (Courtesy of AFRC News Service)

AAFES provides phone services for deployed military members

The Army and Air Force Exchange Service helps keep the lines of communication open between military members and their loved ones during deployments. Here are answers to questions about AAFES phone services.

Q: What is the difference between official and unofficial telecommunication service?

A: Health, Morale and Welfare is the primary provider of morale calling for the troops through official lines. This is a free service.

Unofficial telecommunication service provided by AAFES is intended to supplement those official phones and provide calling for the troops. This is a customer paid service.

Q: What type of phone service does AAFES provide?

A: AAFES, through a contractor, provides phone centers, each equipped with 24 or 48 phone cubicles, depending on the demographics of each site.

Q: Where is the service offered?

A: There are currently phone centers in Afghanistan, Kuwait and throughout Iraq with plans to install additional centers. New phone centers will open as AAFES receives new requirements through U.S. Central Command.

Q: What do I need to place a call from a phone center?

A: A prepaid calling card or major credit card can be used to place a call from the phone center.

A phone card can be purchased from any base exchange location worldwide.

Writing letters makes difference during deployments

Courtesy of Dobbins Air Reserve Base Family Support Center

During separation, most communication with loved ones will be on paper or on a computer screen. Writing can help families feel a part of each other's daily life.

Here are 10 ways to enhance your letter writing.

1. Share the day - Tell about daily activities. What is dull or repetitive to you may be comforting, interesting and even humorous to the other person and make them feel closer to you.

2. Share affection - Express affection. Writing "I love you" is just as important as saying it.

3. Regular writing - Write often. Write with your loved one's picture in front of you.

4. Letter count - If you use the postal service, number your letters.



Sometimes mail arrives out of sequence.

5. The whole story - Answer all questions and tell complete stories. Do not begin a story in one communication and finish it days later in another letter or e-mail.

6. Emotions - Share your feelings freely, but avoid self-pity.

7. Expression - Express yourself clearly, so you do not leave a loved one wondering what you meant.

8. Souvenirs - Include momentos of activities, gifts or cards.

9. This is not an English writing class - Do not worry too much about grammar or spelling. Hearing from one

another is what is important.

10. Get the children involved - Encourage your children to send notes or pictures.

Keeping a relationship alive on paper is an essential part of a good deployment, so make the most of any and all opportunities to make a connection.

Military members and their families can visit a base Family Support Center to pick up a "Write from the Heart" letter writing kit, calendars for children and a variety of information booklets that can help them during a deployment.

For military members and families at the 934th Airlift Wing, visit the Family Support Center at Building 727, next to the chapel, or call (612) 713-1516.

The center also offers programs, such as Hearts Apart, for family members whose loved one is deployed.



Viking Vibes



Recycling

The base recycling center at Building 733 recycles all types of batteries, fluorescent tubes and bulbs, including incandescent, and even broken ones.

Some work centers have collection containers for batteries and new collection containers can be provided.

It is requested that all bulbs and fluorescent tubes be turned in to the recycling center. For more information, call (612) 713-1951.

Softball team

The Air Force Sergeants Association is forming a softball team and is in need of players.

The team will compete in the base's softball league. Games are played on base Mondays and Wednesdays starting at either 4 or 5 p.m.

For more information, call Master Sgt. Russ Funaro at (612) 713-1240.

Habitat build

The 934th Airlift Wing, will help build a Habitat for Humanity home in St. Paul and volunteers are needed to July 16 and 19.

Volunteers are also needed in other activities, including fundraising, providing food for volunteers, coordinating publicity and designing T-shirts.

Call Roger Hanson at (612) 713-1091.

Nose art contest

The wing is looking for creative ideas and/or sample

drawings for nose art for the wing's eight new aircraft.

At least four submissions will be selected and the four winners will receive recognition and prizes.

There are no limits to the number of entries an individual can submit. All entries must be in good taste and submitted to Lt. Col. Stan Sheley no later than Sept. 13.

For more details, call Maj. Jeffrey Higgins at (612) 713-1314.

Employer's Day

Employer's Day 2004 will be held at the base Aug. 7. Activities include breakfast and briefings with the wing commander and Employer Support of the Guard and Reserve officials, as well as an orientation flight on a C-130, lunch and a tour of the reservist's workplace.

Reservists who want to nominate their employer for this event must complete a form, which is available on the electronic bulletin board and in unit orderly rooms.

All nominations must be received by the 934th Airlift Wing Public Affairs office no later than July 6.

For more details, call (612) 713-1217.

Retiree appreciation

An event in honor of Retiree Appreciation Day will be at the St. Paul Armory from 8 a.m. to 3 p.m. Sept. 18. There will be a guest speaker, informative sessions on veterans benefits, legal services

available to retirees, Tricare and much more.

Advance registration is required. Call (612) 713-1516 or (800) 231-3517 or e-mail RAODIR@minneapolis.af.mil.

Conferences

The League of United Latin American Citizens will hold a conference in San Antonio, Texas, July 6 to 10.

The Tuskegee Airmen will hold its conference in Omaha, Neb., Aug. 3 to 7.

Anyone who would like to represent the wing at these events can call Maj. Susan Maki at (612) 713-1500.

Scholarship

Club members and their spouse, son, daughter, stepson or stepdaughter are eligible. Grandchildren can apply if they are dependents of the club member.

Entrants must be accepted by or enrolled in an accredited college or university for the fall 2004 semester. Part-time students can apply.

Six scholarships ranging from \$2,500 to \$6,000 will be awarded to winning entries. Entrants must provide an essay of 500 words or less on "What Freedom Means to Me." They must also provide a one-page summary of their long-term career goals, life goals and previous accomplishments.

Entries must be submitted to the 934th Services Squadron at Building 852, Room 213, by July 15. Call (612) 713-1662 for more details.

Lodging

Space-available reservations at North County Lodge are offered two weeks prior to the following upcoming holidays: Fourth of July, Labor Day, Thanksgiving, Christmas and New Year.

For more details, call the North County Lodge at (612) 713-1983 or 1984.

Information assurance

Air Force policy regarding Information Assurance Computer Based Training courses has changed to an annual requirement and is mandated for all personnel who use government owned systems and networks.

To access the CBT system site, go online to <http://usaf.smartforce.com> and complete the new versions of the courses.

For assistance, call (800) 938-3247 or (866) 754-5435, or send an e-mail to support@smartforce.com. To contact the wing IA office, which is located at Building 761, call (612) 713-1244.

Benefit dance

The Twin Cities Federal Employees Habitat for Humanity Build will host a dance at the Fort Snelling Employees' Club in Building 89 from 7 to 11 p.m. June 25.

The cost is a \$10 per person donation. Proceeds will be given to Habitat for Humanity.

Dining space is limited. To make dinner reservations, call (612) 725-2272.

Running 411: What new runners should know before taking to road

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, South Korea - Running long distances can be an intimidating task, especially to Airmen who have not set foot on the track since basic training.

But for those who want to start running, there are ways to start a program so they can achieve their target distance and time without injury.

"There are many methods to follow when starting a program," said Capt. Huey Latham, 8th Medical Operations Squadron physical therapist and marathon runner. "Most people do 'walk and run' in which they walk a distance, then run a certain distance. Another method is to run for a specific time and then walk for a specific time."

When runners make changes to their routines, they should only step it up slightly, Captain Latham said.

"When people are starting a training program they should follow the 'FIT' principle," Captain Latham said.

FIT stands for frequency, how often a person runs; intensity, how hard a person runs; and time, the length of the activity.

"Only one of these variables should be increased in a week, and the increase should not exceed 10 percent of what you were doing the previous week," he said. "Cross-training can be done on off days and supplemented with a non-pounding aerobic activity or weight training. Learn to listen to your body and if it feels tired or fatigued, take a rest day," Captain Latham said.

Accelerating a running program too quickly can cause a number of injuries.

"Too much, too soon, too often causes overuse injuries. The most common injuries are muscle pulls of the lower extremities — more often the hamstrings, quadriceps and the calf muscles," Captain Latham said.

Some of these injuries may include the following:



Photo by Staff Sgt. Nick Olson

934th Airlift Wing members participate in the 1.5-mile run recently as part of the new Air Force fitness test.

Runner's knee - pain around the kneecap caused by tight tissues on the outside of the knee and weak muscles on the inside

Iliotibial Band Syndrome - pain on the outside of the knee caused by running downhill or on banked curves, like on the side of the road

Shin splints - pain in the lower leg caused by excessive pounding

"Adhering to the FIT principles is the best way to avoid injury," Captain Latham said.

If injured, rest, increase flexibility, medicate, ice, maintain strength and endurance of leg and hip muscles, and gradually return to activity with respect to pain. These are the best ways to treat an injury, Captain Latham said.

Wearing the right shoes is also important. Go to a running store to find running-specific shoes. Take time to look at all of the shoes and prices. Try on several pairs.

Selecting a running shoe is based on three basic foot types: flat feet, normal-

and high-arched.

"Shoes should be bought to accommodate the foot type," Captain Latham said. "Shoe designs come in motion control, stability and cushion. Runners with flat feet tend to (land on the outside edge of the foot and roll inward) and need a motion-control shoe. Most people have a normal arch and need a shoe providing stability. Runners with high arches need a cushioned shoe."

If the sole of the shoe is straight, it provides motion control and is designed for runners with flat feet. If the sole is semi-curved, it provides stability and is for runners with normal arches. If the sole is curved, it provides cushion and is for runners with high arches.

Be sure to wear comfortable socks. Keep in mind that some socks can alter the fit of the shoes.

By easing into a running program and wearing the right gear, new runners should be able to reach their target distance and time injury-free. (*Courtesy of Air Force News Service*)

Upcoming events

- June 3 - UTA dinner special at the Enlisted Club
- June 5 - A DJ will play music from 8 p.m. to midnight at the Enlisted Club.
- June 12 - Dinner and dance at the Officers' Club
- June 16 - 2-4-1 Surprise buffet at the Officers' Club
- June 19 - Mongolian barbecue at the Officers' Club
- June 29- Membership Night at the Officers' Club

Enlisted Club (612) 713-1655

Social hour and bingo are held every Friday night at 5 p.m. **Bonanza Bingo**, with a buy-three-get-one free offer, is available during lounge hours.

Sunday and Monday: Closed

Lunch: Available Tuesday through Friday from 11 a.m. to 12:30 p.m.; Daily specials and Thursday and Friday buffets are available.

Dining: Available at the Officers' Club Wednesday through Saturday from 5:30 to 8:30 p.m.

Lounge: Wednesday and Thursday from 11 a.m. to 9:30 p.m. and Friday and Saturday from 4 p.m. to midnight

Friday: Bar menu available from 5:30 to 8:30 p.m.

Saturday and Sunday: Navy "A" June 12 and 13, Navy "B" June 19 and 20; Open for lunch 11 a.m to 12:30 p.m.

Officers' Club (612) 713-3678

Sunday: Closed

Lunch: Tuesday through Friday from 11 a.m. to 1 p.m.

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

Lounge: Monday through Thursday from 4 to 11 p.m. and Friday through Saturday from 4 p.m. to midnight; Lounge menu available Tuesday through Saturday from 4 to 9 p.m.

Monday: Dining room closed. Lounge open from 4 to 11 p.m.

Tuesday: Dining room closed for dinner; Lounge menu available from 4 to 9 p.m.

Wednesday: June 2 - Italian buffet, June 9 - Barbecue buffet, June 16 - 2-4-1 Chef's special, June 23 - Chef's special buffet June 30 - German buffet

Thursday: June 3 - Chicken teriyaki, June 10 - Chicken cordon blue, June 17 - Wiener schnitzel, June 24 - Scallops

Friday: All-you-can-eat fish fry (Salad bar available)

Saturday: June 5 - Prime rib, June 12 - Prime rib, June 19 - Mongolian barbecue, June 26 - Prime rib (Salad bar available)

Officers' Spouses' Club

Year-end board meeting: June 3 at 10:30 a.m.

No luncheons for June, July and August.

Tuesday bridge: Second and third Tuesday each month at 10 a.m. Call Germaine Reuter Dahl at 952-881-0107.

Evening bridge: First and third Wednesday each month at 7 p.m. Call Diane Lerohl at 952-935-4467 or Roberta Gronemann at 763-494-3517.

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

North Country Lodge (612) 713-1983 or 713-1984

Reservation: 1-888-AF-Lodge or (612) 726-9440 or go online at www.afrc.af.mil/934aw/Lodgingweb/lodging.htm.

Cancellation: (612) 713-1007

Award: North Country Lodge is the winner of the 2004 Air Force Reserve Command Innkeeper Competition. It will compete against eight active-duty lodging facilities at the Air Force level this month.

Fitness Center (612) 713-1496

Softball: This starts August UTA. Sign up by the July UTA.

Best Ball Golf Tournament: The event will be held July 10 at Emerald Greens Golf Course. The cost is \$30. Register by the June UTA.

Shoes: Customers participating in an activity in the gym must carry in a pair of sports shoes appropriate for the activity. Shoes must not be worn directly from the outdoors onto a court or group exercise floors. Soles must be clean and non-marking to help maintain the court's or floor finish.

Air Force cycling: Earn water bottles, golf towels, caps, T-shirts, patches and more. Register at the fitness center.

Discount Tickets (612) 713-1496

Camp Snoopy: \$17.95 for a full-day wristband

Minnesota Zoo and IMAX Theater: 20-percent discount cards available

Outdoor Recreation (612) 713-1496

Summer rentals: Get a summer rental list or reserve graduation party canopies and tables. Club members receive a 10-percent rental discount.

Armed Forces Vacation Club: Time-share units are available for \$249.99 a week. Go online at www.afvclub.com.

Air Force Travel: Go on line at www.afravelonline.com.

Colorado R&R U.S. Air Force Academy travel service: Go online at www.coloradorandr.com.

**Pizzeria
coming soon
at the
Enlisted Club!**

