

VIKING FLYER

934th Airlift Wing (AFRC) Minneapolis-St. Paul IAP Air Reserve Station, Minn. June 2010 Vol. 32, No. 6





'I'm going to the dentist'

By Jan Dalton
934th Airlift Wing Safety

I have a Type-A personality. No big surprise there. What might be surprising though is, I enjoy going to the dentist, and you'll never guess why. As a Type-A I'm usually in motion. Like many of you, I work a full-time job, run errands (and in an effort to stay fit, run around the block a few times every morning), I respond to emails, answer phone calls, check my voicemail, schedule appointments, and try to stay in moderate control of a moderately busy life. But at the dentist, I get a break. I don't have to answer a question or a phone. It's a place where I'm "out of pocket". My other favorite "out of pocket" time is when I'm behind the wheel - which brings me to the whole point of this article. Driving.

Driver's Ed 101

It seems that driver's education teaches new drivers how to pass a driver's test, but I'm not certain it teaches us how to *drive*. Think about it. During your driver's ed training did you learn how to successfully maneuver the vehicle through a spin out, how to fully prepare for an emergency stop, or what to do in the event your accelerator sticks? Probably not.

We learned the basics of driving-forward, reverse, brake, turn, parallel park- but there's a whole

host of emergencies and hazards that can play out on the road, and we probably didn't learn how to handle them. So there we are, in the car, not completely trained to respond to an emergency, and what happens? We turn the ignition and then we turn on the cell phone. We, in this case is not me, because as you recall, I like the dentist and the drive time because I am "incommunicado" during these periods. So what better stage for a chain of events than three tons of steel in motion and a driver who's abilities aren't honed, and their attention is elsewhere (take your pick here because it's a smorgasboard: texting, talking, eating, shaving - seen that?)

My Proposal

Let the commute be your personal time to take a mental breath of fresh air. Step away from the busy-ness of your day and use the drive time to enjoy your own thoughts, or process some of the "business" of the day.

Take the opportunity to be "out of pocket, out of touch" for the duration of your commute. When else can you do that? And do you know what's most striking about the incommunicado aspect? You find out that the conversation can wait. It always could and it always will.

The new driving dictionary

TEXTGATING [tekst-geyt-ing] verb

To drive hazardously close to another car because your attention is on something other than driving

"Dang! I had to slam on my brakes to avoid hitting him because I was textgating."

TEXTIDENT [tek-sti-dent] noun

A collision caused by someone who's too busy with their phone to drive safely

"It wasn't an accident, it was a textident and now my car is totaled."

SNACKCIDENT [snak-si-dent]

noun

A crunch, crack or smash caused by juggling fries, shakes, drinks and burgers while driving

"I went for the fry that fell on the floor and got into a snackcident."

SMERGE [smurj] verb

A lethal combination of swerving and merging while driving, usually caused by being distracted

"Dude you totally smerged back there and nearly killed us"

SENDER BENDER [sen-der bender] noun

A collision caused by a text message being sent three seconds before impact

"Yeah, I feel stupid about getting into a sender bender."

FISHMAIL [fish-meyl] verb

To swerve or skid from side to side as while responding to an email while driving

"I was trying to email him back while going 60 down the highway and my car started to fishmail all over the place!"

SPINCIDENT [spin-si-dent] noun

An accident, fender bender or collision caused by fiddling obsessively with the radio or iPod for the perfect tune

"I was rocking out and channel surfing then BAM! I had a spincident."

DREXTER [drek-ster] noun

Someone who habitually drives and texts and who you would not want driving you around

"Psst! Get a ride with someone else. He's a drexter."

CRASH TEXT DUMMY [krash - tekst-duhm-ee] noun

Someone who is just asking for an accident by doing too many things behind the wheel

"Did you hear about Sam's accident? What a crash text dummy!" She's going to kill us!"

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Wing commander's hotline: 612-713-1555

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

IG/Fraud, Waste and Abuse hotline
The primary responsibility of the IG is to sustain a credible Air Force IG system by ensuring the existence of responsive complaint investigations, and Fraud, Waste, and Abuse (FWA) programs characterized by objectivity, integrity and impartiality.

934th AW FWA Hotline

(612) 713-1180

AFRC FWA Hotline

(800) 223-1784 extension 7-1513

SAF/IGQ FWA Hotline

(800) 538-8429

DoD FWA Hotline

(800) 424-9098

On the cover

Col. Darrell G. Young, new 934th Airlift Wing commander, (right) accepts the wing flag from Maj. Gen. James T. Rubeor, 22nd Air Force commander. (Air Force Photo/Tech. Sgt. Bob Sommer)

A Sweet Commissioning

By **Col. Philip A. Sweet**
934th Aeromedical Staging Squadron
commander

On March 29, I commissioned my daughter and a fellow classmate, Steven Gale, at the Medical College of Wisconsin in Milwaukee.

I am the first member of my family to serve in the Air Force. I was on active duty at Sheppard AFB, Texas, and Reserve duty at the 440th Airlift Wing in Milwaukee, Wis. then went on to the 934th Airlift Wing in Minneapolis. My grandfather and two uncles served in the Navy and an uncle served in the Army.

Emily is my oldest daughter. She grew up on military bases and used to make rounds with her father in military clinics. When she lived in Wichita Falls, she used to line up her teddy bear and other stuffed animals and listen to them with her toy stethoscope.

At five, she performed her first open-heart surgery on her sister's Cabbage Patch doll. The doll survived though her three-year-old sister was

none too happy.

Now, 17 years later, she has more of an interest in trauma and emergency medicine. She studied forensic science at Loyola University in Chicago and is a bit of a sleuth and medical history buff. She is interested not only in clinical medicine but in the investigatory and operational aspects of military medicine.

Her classmate, Steven Gale, is originally from Luxemburg, Wis. He attended St. Norbert College and graduated in May 2009 with a degree in Biology. He enjoys playing intramural sports, waterskiing and reading. Steven is interested in pursuing family medicine or some other primary care specialty.

Commissioning them both brought feelings of pride but also worry as it is a much more dangerous world than it was in 1991 in Wichita Falls. When I mentioned this to my squadron at commander's call on May 1 there was a huge sigh in the room.



Fantastic four

934th Airlift Wing Civil Servant's of the Year are honored at the Federal Executive Board awards ceremony May 7. From left are Tech. Sgt. Mark Himmer, administrative; Master Sgt. Pete DeSanctis, skilled trades; Darcee Copus-Sabart, professional; and Kristin Bortrager, leadership. The annual awards are presented to outstanding employees in all federal agencies in Minnesota. (Air Force Photo/Paul Zadach)

Services Squadron

Provided by Master Sgt. Ruth Duffy and Tech. Sgt. Crystalrose Dodson

Welcome incoming 1st Sgt., Tech. Sgt. Eric Fisher from the 27th Aerial Port Squadron.

Congrats to Master Sgt. Al Schumacher and Master Sgt. Kristen Maloney who both reenlisted.

Good luck to Maj. Scott Uselding on his 365 day deployment to Air Reserve Personnel Center.

Capt. Brian Eichers attended Junior Officer Leadership Development training at Dover Air Force Base, Del. Master Sgt. Andreas Regal attended two weeks at the Fitness Fundamental Course; Technical Sgt. Anthony Pangal is attending six weeks at NCO Academy in residence; Airman 1st Class Benjamin Saint and Airman Charlotte Marshall are receiving seasoning training at Grand Forks AFB, N.D.

Well done to Sergeants Schumacher, Maloney and Dodson and Staff Sgt. John Barrett for completing the ServSafe Food Protection Manager Course and earning their certifications.

Congratulations to Tech. Sgt. Brandon and Dallas Lancaster on the birth of their first son Jacob.

Good luck to Sergeant Lancaster at the 133rd Airlift Wing as their new paralegal.

Welcome back Master Sgt. Ruth

Duffy and Senior Airman Jeffery Langer from medical leave.

Logistics Readiness

Provided by Staff Sgt. Suzan Stone

Welcome newcomers Airman 1st Class Jennifer Mathias, supply section, and Staff Sgt. Krysta Carlson, transportation management office.

Congratulations to Master Sgt. David Hanson-Best and Staff Sgt. Garrett Weston who were upgraded to 7-levels.

Master Sgt. Eric Pederson was awarded the Air Force Commendation Medal recognizing his work in Iraq.

Congratulations on completing a Community College of the Air Force degree Staff Sgt. Melissa Riedy.

Civil Engineers

Provided by Senior Master Sgt. Doug Johnson

Congratulations to Staff Sgts. Matthew Heiman and Seth Jurens, both were awarded a Community College of the Air Force Associates Degree in construction technology. Staff Sgt. Anthony R. Byerly scored an outstanding 91 percent on his Fire Instructor II Career Development Course test. Master Sgt. Kraig Crandall and Staff Sgt. Christopher Richardson were awarded their Certificate of Induction to senior NCO and NCO rank.

Just Briefly...

Family care plan

Are you in a mobility position?
Are you a single parent service member?

Are you and your spouse military members with children?

Are you a service member with children who has a spouse listed as an "Emergency-Essential Civilian"?

Are you a service member with a "special family circumstances"?

If you have answered yes to at least two of these questions, and your child/children are 18 years old or younger, you may be in need of a Family Care Plan. The purpose for establishing an FCP is to provide "continued" support of your family members while you are physically absent.

All service members, whether they are in a mobility position or not, should have a good working plan in place for their immediate family members.

To understand more about your responsibility as a service member, and the Air Force's policy on the FCP, please reference AFI 36-2908 and Lt. Gen. Charles Stenner's Guidance Memorandum on "Family Care Plans Program" or contact your first sergeant.

Reserve School

Selection Board convenes

The Air Force Reserve School Selection Board will convene at HQ Air Reserve Personnel Center, Denver, Colo. during the month of July to select Air Force Reserve officers and E8/9s for in residence PME, Reserve Component National Security Course and joint courses. Applications should be completed in vPC-GR:

<https://arpc.afrc.af.mil/vpc-gr>. All applications must be in the MPF box by July 1 to afford time for review.

Employers Day is Aug. 7
Show your boss what you do
during UTAs

Forms available on the 934
AW Website:
www.minneapolis.afrc.af.mil

Drag your daddy to work day

Evangeline Christoff, 6, drags dad, Maj. Steve Christoff, 934th Civil Engineering Squadron, up the ramp of a C-130 Hercules aircraft at the 934th Airlift Wing's first "Take Your Child To Work Day" April 29. (Air Force Photo/Breeanna Martinez)



SERE training takes on new realism

Story and photos By
Senior Airman Noah Johnson
934th Airlift Wing Public Affairs

After two months of preparation, Staff Sgt. Adam Craft, the 934th Airlift Wing's lone full-time Survival, Evasion, Resistance, Escape Specialist, and members of the 934th Operations Support Flight, converged to provide water survival training to aircrew members

of the 934th AW April 17. The training included survival vest items, parachute disentanglement procedures, how to meet one's needs as an isolated person on a 20-man life raft and a one-man life raft, canopy crawl, as well as rescue procedures.

Sergeant Craft's story marks an important part of the 934th Airlift Wing's history, as he is the first full-time Air Reserve Technician to fill a SERE Spe-

cialist slot for the 934th AW.

"I learned of the SERE position while I was working as a civil engineer. I thought it was the right time in my career to broaden my experience," says Sergeant. Craft. "I wanted a more demanding position with more responsibility, which is exactly what I got."

As such, Sergeant Craft decided to cross-train in 2008.

As for this particular weekend's training, Sergeant Craft was in charge of coordinating the efforts of the instructors, providing training plans/ensuring quality and correct information, coordinating with support personnel, and working with local agencies to provide necessary equipment/support.

"Being that it is my first year running this training, I was very pleased with it. Next year I am hoping to guarantee a helicopter to hoist personnel from the water, as I believe that would be one of the most beneficial and exciting training events they could receive." Sergeant Craft says about the training, "I am excited to learn from this and have an even better show next year."



Above, Lt. Col. Howard Bell, 96th Airlift Squadron, uses colored smoke to signal his location to rescuers. April 17. Below, Navy divers pull Airmen from the water.



After two year hiatus bowling rolls back in 2010

Story and photo by Staff Sgt. Kimberly Hickey
934th Airlift Wing Public Affairs

The 934th Services Squadron Fitness Center hosted the annual base bowling tournament May 2 from 5-8 p.m. at the Burnsville Bowl.

Four teams composed of airmen and civilians from the Services and Logistics Readiness Squadrons participated in the three hour event. Prizes were given for participation.

“It’s all about the fun,” says Teri Rhodes, Services training manager. “Just get the ball down here.”

According to Services Commander, Lt. Col. Neal Landeen, operational tempo has contributed to the cancellation of the bowling tournaments in 2008 and 2009 but their goal is to bring it back and attract a greater number of participants. The SVS coordinates at least one recreational event for Reservists on Saturday UTA afternoons or evenings for fun and camaraderie. A softball tournament is planned for June and a golf outing in July, weather permitting. Suggestions for future activities are always welcome. Call Master Sgt. Andy Regal, Fitness Center NCOIC, at 713-1496, with ideas.



Joel Harrington, 934th Services Squadron, has his eye on the pocket at the base bowling tournament May 2.

Be ready for reenlistment

A person in the Air Force Reserve may reenlist six months prior to their expiration of their enlistment unless an Airman is on a bonus. If a reservist is currently receiving a bonus, and the career field they are reenlisting in is currently a bonus, they must wait until 30 days prior to their ETS. Reenlistments can be from two to six years only. Questions regarding reenlistment eligibility dates should be directed to the unit career advisor or contact Master Sgt. Ryan Pierce at 713-1525.

Sergeants Upp&Adam

By Senior Master Sgt. Doug Johnson



Promotions to:

Master Sgt. Daniel Fitzmaurice	CES
Master Sgt. Andreas Regal	SVS
Staff Sgt. Shawn Clark	CES
Staff Sgt. Henry Konah	MOF
Staff Sgt. Jason Millsap	MXS
Staff Sgt. Lance Rusert	SFS
Senior Airman Tyler Olmstead	SFS

UTA Dates

Month	934th	133rd	Navy, Marines
June	5-6	12-13	12-13
July	10-11	17-18	10-11/24-25
Aug.	7-8	21-22	14-15/28-29
Sept.	18-19	11-12	11-12/18-19

For information on Army training dates call ext. 3127.

Revolution and responsibility:

Airmen urged to use guidelines, be aware using social media sites on AF networks

By Capt. S.J. Brown

934th Airlift Wing Public Affairs

The majority of communications experts claim that the Social Media Revolution is changing the world. One change that took place at the Minneapolis-St. Paul International Airport Air Reserve Station was that the Air Force computer network went “socially” live in May after the Department of Defense decided to open military networks to social media sites.

“Our computer network was opened May 3 as part of the Air Force’s three-part phased plan to allow access to social media sites,” said Lt. Col. Richard Erredge, 934th Communications Flight commander. “The decision to provide access to various social networking sites stems from the desire to provide military members access for morale/networking purposes. Accordingly, all personnel will be allowed to utilize Internet-based capabilities via the Air Force network, including social media sites, for official and limited personal use.”

So, tweet, flick, link and blog away but do so with one thing in mind -- Core Values: Service before self, integrity and excellence in all you do.

“Remember that all Airmen, including Reservists, are essentially on duty 24 hours a day, seven days a week and must consistently live by Air Force standards and Core Values, said Col. Ron Wilt, 934th Operations Group commander. “Supervisors, managers and commanders must ensure there is no abuse of this new social media usage privilege.”

Service before self – Are you putting the 934th AW mission before your social media site usage or are you seeing who is following you on Twitter or sent you an instant message on FaceBook?

Integrity – Are you going to appropriate sites during your lunch break or sneaking a peek at the hottest new YouTube video while your boss isn’t looking?

Excellence in all you do – Are you posting positive comments on blogs that help others or venting frustrations negatively using your personal blog on company time?

These are some of the questions to ask when accepting the opportunity to use Air Force networks to access social media sites. To help unit members understand the social media rules of engagement, the staff of the Air Force Public Affairs Agency’s Emerging Technology Division has developed a guidebook for social media etiquette to accompany the Air Force Instruction 35-113. This guidebook is available online at www.af.mil/shared/media/document/AFD-091210-043.pdf.

The opening of these sites also means that organizations can create topic-related pages using this technology but must be in constant liaison with Public Affairs and the unit Operations Security manager to ensure they are in compliance with regulations and policies. In other words, an organization cannot simply create a FaceBook page and call it official without first ensuring it meets PA and OPSEC guidance.

For a list of authorized, official Air Force social media sites, visit www.defense.gov/RegisteredSites/SocialMedia-Sites.aspx. One final thought -- posting inappropriate information on social media sites through the Air Force network and any OPSEC violations are punishable under the Uniform Code of Military Justice so users should ensure they comply with AFI 33-129.

Social media quick reference

Do:

Correct misrepresentations made about the Air Force in the media through your own blog and point out the error respectfully and factually without emotion, opinion or arguments

Use your best judgment, remembering that there are always consequences to what is written – once it is out on the Web you can’t get it back or delete it, you can only correct the record

Think before you act – if you are about to post something that is questionable and may reflect negatively on the Air Force, ask for guidance from your supervisor or PA office

Inform readers that the views expressed and posted by you on any social media site are yours alone and that they do not necessarily reflect the views of the Air Force -- use a disclaimer such as “The postings on this site are my own and don’t necessarily represent Air Force positions, strategies, or opinions.”

Talk about your career field or personal experiences as

long as you do not discuss areas of expertise for which you have no first-hand, direct background or knowledge

Remember that you are responsible for what you post

Don’t:

Post defamatory, libelous, vulgar, obscene, abusive, profane, threatening, hateful, racially, ethnically, or otherwise offensive or illegal information or material

Post anything protected by copyright without the permission of the copyright owner (e.g. logos, cartoons, photos)

Use words, logos or other marks that would infringe upon the trademark, service mark, certification mark, or other intellectual property rights without the permission of its owners

Post classified or sensitive information

Post information that would infringe upon the proprietary, privacy, or personal rights of others

Forge or manipulate identifiers in posts in an attempt to disguise, impersonate, or otherwise misrepresent their identity or affiliation with any other person or entity.

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To the family of:**



Binion takes a bath

Senior Master Sgt. Brad Binion, 96th Airlift Squadron flight engineer, gets drenched after his final C-130 flight April 30. Sergeant Binion retired with 37 years service and 7,700 flight hours. (Air Force Photo/Paul Zadach)