

VIKING FLYER



934th Airlift Wing (AFRC)

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**NCO induction:
a tradition begins**



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All photos are Air Force photographs unless otherwise indicated.

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

Aerial Port Squadron

The 27 APS hosted the assumption of command ceremony, welcoming the new commander, Col. (S) Nancy J. Brooks to the 934 MSG. Lt. Col Marshall Irvin from the 22d Air Force awarded the 27 APS the Aerial Port Squadron of the year for 2004.

Tech. Sgt. David Stivers, along with several other members of the 27 APS, helped out with the Denton Humanitarian Assistance Program. They were able to offload the trucks and palletize 25,000 lbs of medical equipment to help out those in need in the country of Bolivia. Some of the equipment included hospital beds, medical supplies, crutches, and wheelchairs.

Eleven members of the 27 APS were awarded letters of appreciation for their hard work while deployed to Rhein-Main AB, Germany, September to December 2004. Senior Master Sgt. Larry O'Connell, Master Sgt. Greg Ott, Staff Sgt. G Frick, and Staff Sgt. Rick Zenner were recognized with letters of appreciation for their contributions to the Minneapolis Habitat for Humanity program.

ASTS

Following are awards and achievements by members of the 934th Aeromedical Staging Squadron.

Meritorious Service Medal
Major Sara A. Hormig

Commendation Medal
Tech. Sgt. Steven R. Lubbers
Tech. Sgt. Rodrigo S. Merced
Staff Sgt. James A. Rudh

Retirements
Tech Sgt. Steven R. Lubbers
Tech Sgt. Rodrigo S. Merced
Staff Sgt. James A. Rudh

CCAF
TSgt Mark A. Patrick

Tech. Sgt. Stephanie Belle-Isle was recognized because of her volunteer work with Habitat for Humanity.

Services

Services would like to thank everyone who signed up for the annual bowling tournament of the March UTA. Come ready to have a great time and win some prizes!

Chief Master sgt Traxler-Siehndel was recognized for being promoted to CMSGT at an induction ceremony held Saturday afternoon of the February UTA. Congratulations Chief!

934 CF

Around the World/US: Afghanistan, Mississippi, Delaware

Mandatory correspondence courses/CDC's: List names of **only those who completed courses with a score of 90 or better** on the end of course exam. See your unit training manager for this info.

Military or civilian honors/awards/recognition: SSgt Scott Inwards received the Joint Commendation Medal for his service at Kabul AB, Afghanistan.

Unit Information: First Sergeant Julie Curie returned from Gunter Annex, Alabama where she attended First Sergeant School. Senior Master Sgt. Steven Nicolai returned from supply school.

Power Production returned from annual tour in New Mexico; Master Sgt. Mark Anderson gave a PowerPoint presentation on the excellent training received while working on current and future generators. Staff Sgt. Hocum shared a Power Point presentation of his home which was devastated by fire.

Staff Sgts. Deon Walker and Rodger Frye were awarded the Achievement Medal.

On the Cover

Chief Master Sgt. Lee A. Traxler-Siehndel, the Wing's newest chief (left) and Chief Master Sgt. Michael Zurn, the Wing's longest serving chief, light the candle representing the chief rank at the 934 AW's first NCO induction ceremony.

Photo by Tech Sgt. Jeffrey Williams



Thank you for being ‘Rowans’

By Lt. Col. Stan Sheley
934MXG commander

At my core, I am just a simple maintenance officer. I don't read classic literature in my spare time. I have never eaten delicate French cuisine that favorably compares to a thick slice of prime rib with a loaded baked potato. I recognize the names Socrates, Plato, and Aristotle as Greek philosophers, but I have no clue what their views on life were (except for my limited exposure to Socrates in the movie *Bill & Ted's Excellent Adventure*). Frankly, although I admire the skill sets promoted by leadership gurus Peters, Waterman, and Drucker, my personal leadership style more closely resembles the "Git-R-Done" philosophy of Larry the Cable Guy. All the extraneous elements of the mission are fine (planning, organizing, communicating, etc.), but when it really comes down to it, you have to get the job done or you have failed.

What do I mean by "getting it done"? The best illustration I know of comes from the 19th Century during the Spanish-American War. The following excerpt is taken from a letter written by Elbert Hubbard in 1899 titled "A Message to Garcia":

When war broke out between Spain and the United States it was very necessary to communicate quickly with the leader of the insurgents. Garcia was somewhere in the mountain vastness of Cuba – no one knew where. No mail nor telegraph could reach him. The President must secure his cooperation, and quickly. What to do!

Someone said to the President, "There's a fellow by the name of Rowan who will find Garcia for you, if anybody can."

Rowan was sent for and given a letter to be delivered to Garcia. How "the fellow by the name of Rowan" took the letter, sealed it up in an oil-skin pouch, strapped it over his heart, in four days landed by night off the coast of Cuba from an open boat, disappeared into the jungle, and in three weeks came out on the other side of the Island, having traversed a hostile country on foot, and delivered his letter to Garcia – are things I have no special desire now to tell in detail. The point that I wish to make is this: McKinley gave Rowan a letter to be delivered to Garcia; Rowan took the letter and did not ask, "Where is he at?"

By the Eternal! There is a man whose form should be cast in deathless bronze and the statue placed in every college of the land. It is not book-learning young men we need, nor instruction about this and that, but a stiffening of the vertebrae which will cause them to be loyal to a trust, to act promptly, concentrate their energies: do the thing – "Carry a message to Garcia!"

We have heroes in this wing getting the job done every day. It has been my honor to work closely with nearly 300 "Rowans" in the maintenance group over the past three years. There is no doubt that Aristotle was a genius; but if we have an airplane launching in four hours that needs a nose tire changed, a philosopher isn't going to get the job done. I'll take the 934 AMXS crew chief every day to get the job done right the first time, every time. When we disassemble, repair and reassemble our aircraft every year during isochronal inspections, the real "Rowans" are the 934 MXS mechanics who put out a product that is the envy of all.

"Rowans" are not only limited to mechanics. I have spent three years asking questions of the 934 MOF they already had answered. They don't sit around and wait to be told what to do; they see the task and tackle things before problems arise.

Do you think travel orders are getting cut or huge volumes of inspections are being done by themselves? No! The "Rowans" in the orderly room and QA are getting it done every day. For everyone in the maintenance group, thank you for being "Rowans" every day. Finally, I would like to leave you with a few final (very simple) thoughts. Fans of the Blue Collar Comedy Tour will recognize the format of my statements.

1. I believe that contrary to popular opinion, there are stupid questions, and if we start pointing those questions out more often, we could reduce the number.
2. I believe if we treat everyone with kindness and respect, we won't have to worry so much about always being politically correct.
3. I believe there is a difference in work ethic between Air Force units; I also believe the work ethic at the 934th is unmatched.
4. I believe MAINTENANCE ROCKS!

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) 713-4685. 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.



Wing holds inaugural induction ceremony

By Tech. Sgt. Jeffrey S. Williams
934 AW Public Affairs

Thirty staff sergeants from the 934th Airlift Wing were inducted to the NCO tier during the inaugural induction ceremony held Feb. 4 at the Navy-Marine Corps Reserve Center. The Chief's Council-led initiative, with help from the 1st sergeants, also added 26 new master sergeants to the ranks of the senior NCO tier and installed Chief Master Sgt. Lee Traxler-Siehdnel as the newest chief master sergeant.

Airmen from the different enlisted ranks lit candles representing each rank, while Chief Traxler-Siehdnel, as the newest Chief, and Chief Master Sgt. Michael Zurn, the longest serving chief, jointly lit the candle representing their rank.

The initiative to have an induction ceremony began with Col. James Muscatell, 934th Airlift Wing commander, who had seen similar ceremonies held at other bases. He sent Chief Master Sgts. Jeffrey Gustafson and David Angerman to McGuire Air Force Base, N.J. to witness theirs, and adopt a ceremony for the wing.

"We've had induction ceremonies for chief's for quite a long time," said Chief Gustafson, the project coordinator. "Since we try to represent the enlisted force, we felt it was time to make it more worthwhile by adding the three major milestones in an enlisted Airman's career, when they become NCOs, senior NCOs and chiefs."

He said the ceremony had three components, the honor guard, the oath and the candlelight ceremony.

"We adapted the candlelight ceremony from McGuire, and it made the ceremony almost seem sacred," he said.

While the Chief's Council and 1st sergeants put a lot of work in creating the first ceremony by making the candle stand and writing the first script, Chief Gustafson doesn't foresee too many changes to the overall format.

"They won't change much after this because



Photo by Staff Sgt. John Herrick

The honor guard prepares to post the colors at the ceremony.



Photo by Tech. Sgt. Jeff Williams

Staff Sgts. Wade A. Fraasch and Kelli J. Becker, 934 ASTS, are inducted in to the NCO ranks.

we got a winner on the first try. In the future, we would like to invite the families of the inductees and add a keynote speaker, but other than that, the format is pretty much set," he said.

According to Chief Gustafson, the Council is deciding on whether to make this a quarterly or semi-annual event.



NCO inductees

The following Staff Sergeants were inducted to the NCO tier:

27th Aerial Port Squadron

Jeremy J. Eggerth
Andrew P. Fischer
Robert J. Hauer
Matthew B. Heck
Tye W. Keppler
Justin J. Omlie
Andrew J. Schneider
Leigh M. Swanson
Jesse W. Werner



934th Aeromedical Staging Squadron

Kelli J. Becker
Daniel A. Dlugiewicz
Wayde A. Fraasch
Nathaniel Johnson
Cheri Romlin
Aaron D. Ross
Lisa M. Sanford
Rae M. Strong

934th Airlift Wing

Alicia N. Adams

96th Airlift Squadron

Christy L. Firm
Danny W. Richardson

934th Communication Flight

Salina Padilla

934th Maintenance Operations Flight

Amber M. Hecht
Jennifer Schnichels

934th Maintenance Squadron

Ginger P. Foster
Joshua R. Lacktorin
Noah D. Masey
Travis J. Voss

934th Security Forces Squadron

Christopher J. Welker

934th Services Squadron

Anthony G. Pangal

The following Master Sergeants were inducted to the Senior NCO tier:

27th Aerial Port Squadron

Kevin L. Martin
Greg M. Ott



934th Aeromedical Evacuation Squadron

Albert W. Anderson III
Peter M. Sirna
Dennis D. Swanson

934th Aeromedical Staging Squadron

Benjamin W. Burgeson
Kathleen M. Gottschalk
Caprice F. Williams

934th Airlift Wing

Christopher D. Neitzel

934th Communication Flight

Paul C. Gulenchyn

934th Maintenance Operations Flight

Scott A. Lewis
Jamie D. Vanvleet

934th Maintenance Squadron

Michael E. Bauch
Christopher M. Coates
Ricky A. Smasal
John R. Tverberg
Gary A. Vick

934th Mission Support Flight

William J. Liberatore

934th Civil Engineer Squadron

Julie L. Carie
Charles R. Hill
James G. Lockwood
Robert M. Payne
Timothy C. Rice
Michael D. Story
Robert J. Walz
Thomas R. Whiteford

The following Chief Master Sergeant was inducted to the Chief's Council:

934th Services Squadron

Lee A. Traxler-Siehndel



934th Airman named Financial Manager of the Year

By Tech. Sgt. Jeffrey S. Williams
934 AW Public Affairs

Hard work and two six-month activations paid off for a military pay technician with the 934th Airlift Wing as Senior Airman Elizabeth Loveless was named the Air Force Reserve Command Financial Manager of the Year for 2005.

Some of her accomplishments include processing over 8,500 pay transactions with 99 percent accuracy, worked on military pay audits that resulted in finding \$54,000 for 250 wing members, ran the military leave program with 100 percent accuracy, and was a key contributor in the Military Pay Office having received zero findings during the 22d Air Force Site Assessment Visit in fiscal year 2005.

"It's surreal. It doesn't really feel like I got it," said Airman Loveless. "I don't like it when we're backed up. I just kept working to keep on top of everything. This is just a great



Photo by Master Sgt. Paul Zadach

Senior Airman Elizabeth Loveless processes a pay document.

incentive to keep working."

She said the 8,500 transactions with 99 percent accuracy was her proudest accomplishment.

"I hadn't realized that I had done so many. I've gotten a lot out of those two activations, especially in knowing my job better than if I just came out here one day a month," she said.

Tech. Sgt. Todd Littfin, her supervisor during the award timeframe, was impressed.

"It's great. I'm thoroughly impressed, but I'm not surprised that she got it," he said. "She's highly motivated. You give her a task and she jumps right on it. She's efficient and has excellent military bearing. I hope she continues great work and progresses in the future. I'd like to see her move up quickly through the ranks and continue her civilian education. I think down the road she has leadership potential. I can easily see that."

Airman Loveless came into the Air Force in 2003 and wants to have a finance career in her civilian life. She remains quite humble when it comes to receiving the award.

"I just try to get better and am expecting improvement," she said. "As you go along you learn more and are responsible for more stuff. However, if it wasn't for the people in the office, I wouldn't have been half as effective as I was. Ron Martin was instrumental in teaching me just about everything I know about military pay."

What are you doing to make sure you are ready for a short notice deployment?

Photos by Staff Sgt. Nicholas Olson



Senior Airman Sylvia McCullough, 934 MPF

"Making sure my husband and parents know what to do and my civilian employers know that I am in the military."



Staff Sgt. Nathan Dillner, 934 FM

"Making sure my family is ready for it."



Tech. Sgt. Daniel Schaefer, 934 CE firefighter

"I contact certain people and call my parents to take care of personal things while I'm gone. My sister takes care of my work since I am a contractor."



Senior Airman Bridget Boentges, 934 AES

"Making sure my gear is up to date, my training is current and my emergency data is up to date."





Photo by Master Sgt. Paul Zadach

Chief's memory lives on at ASTS

Members of the 934th Aeromedical Staging Squadron unveil a sign dedicating the ASTS building to Chief Master Sgt. Daniel K. Bohnen at a ceremony Saturday of the February UTA. The chief served with the 934th Airlift Wing starting in 1982 in a number of positions including flight medic, first sergeant, flight examiner, NCOIC of Aeromedical Evacuation Operations Team and manager of nursing services. He passed away July 29, 2004. The building bearing his name is scheduled for extensive expansion and renovation.



The 934th Public Affairs office is looking for a traditional reservist to work in the Public Affairs career field. Public Affairs specialists write stories for the Viking Flyer, take photographs, escort news media, and actively tell the story of the 934th and Air Force Reserve to the public. Interested members who are not already qualified must be able to complete a 12 week tech. school at Ft. Meade, Md. Call PA at XT 1217 for more information.

Human Resources Development Council (HRDC) sponsored events for 2006:

- Women in Aviation convention, Nashville, TN
23-25 Mar 06
 - League of United Latin American Citizens (LULAC), Milwaukee, WI 26 Jun – 1 Jul 06
 - Tuskegee Airman International convention, Phoenix, AZ 1-4 Aug 06
 - HRDC Workshop, Colorado Springs, CO 23-25 Oct 06
 - The second annual Airmen's panel, March UTA
 - The second annual NCO panel, May UTA
 - Speaker's Brown Bag lunch, TBD
- For more information contact Colonel Rudin at ext 1298. Remember, TDYs are unit funded.





A C-130 takes off from Puerto Rico during CORONET OAK.

Courtesy photo

CORONET OAK: Vikings head south for winter duty

By Capt. Greg Baur
96th Airlift Squadron

In the early morning of January 14, members of the 934th Airlift Wing demonstrated what they are best at: deploying to and operating C-130 Airlift Support out of a Forward Deployed Base. This time it was in support of the long standing “CORONET OAK” mission now based out of Muniz Air National Guard Base, San Juan, Puerto Rico.

Coronet Oak is the name for the operation in which Air Force Reserve Command and Air National Guard C-130 aircraft, aircrews and support personnel deploy from their home stations to Puerto Rico to provide theater airlift support for the U.S. Southern Command. Coronet Oak, once known as the “Panama Rotation” based at Howard AFB in Panama, was moved to Muniz ANGB, PR in February 1999 where AFRC & ANG units rotate in & out every two weeks.

After an extremely early morning deployment brief and personnel baggage drop off, crew chiefs from the 934th Aircraft Maintenance Squadron readied the two aircraft to be flown by our aircrews of the 96th Airlift Squadron.

Since the operation is continuous, the 934 AW, as assigned, comprised the “B” package of the mission,

working along side the Puerto Rican Air National Guard. Upon arrival in Puerto Rico, both aircrew and support personnel, deplaned and were briefed on operational control, mission readiness and expectations of our rotation. Rest was short as several crew and maintenance personnel were out to the airfield early the next morning to ready both aircraft for alert status and pre-mission planning.

The “Oak” guidelines are set that aircraft and crew are available in an extreme short notice (within 30 minutes) 24 hours a day, thus at least one crew and maintenance support personnel pull “Alert” status a couple of times during the rotation.

Our crews this rotation, supported several missions, in support of the U.S. Southern Command. Missions were dispatched to Jamaica, Guantanamo Bay, Cuba, and other points of landing in Central and South America. In addition, as one of the 440th Airlift Wing aircraft became stranded due to an engine problem in Columbia, a Maintenance Recovery Team (MRT), consisting of Senior Airman Zac Nelson and his required maintenance equipment, was loaded onto one of our aircraft



Continued on next page



OAK *continued from previous page*

to recover the aircraft. Airman Nelson quickly troubleshot and fixed the problem in order to continue a mission that was already delayed the previous three days in Pope AFB, North Carolina.

Mission Commander Lt. Col. Robert Ross (former commander of the 96th Airlift Squadron) stated, "Our aircrew, maintenance personnel and support staff performed in an outstanding manner. We always had at least two aircraft and one crew ready for alert watch at all times.

Caribbean tropical thunder storms aren't our usual January weather threat, but everyone did a fantastic job getting the mission accomplished."

After turning over the reigns for this mission to our sister unit from Milwaukee, Wisconsin, the 440th Airlift Wing, the crews and aircraft departed on another early flight on January 28, redeploying back to Minneapolis and the cold of a Minnesota winter.

In the tradition of "CORONET OAK," the 934th will again rotate into Muniz ANGB in March to continue this much needed mission supporting warmer climates to the south.

Uniform board meets, announces changes

WASHINGTON (AFP) — The 97th Air Force Uniform Board released their newest results for proper wear of the uniform.

The board met in October and discussed everything from eliminating the Air Force Good Conduct Medal to maternity uniforms.

In addition, a Headquarters Air Force badge will be available this summer. The badge provides a distinct identification of military staff members assigned to the Air Staff and the Air Force Secretariat. Details about this badge will be available at a future date.

The following changes are effective immediately: — Approval to wear the blue nametag with the Air Force informal uniform — the member's abbreviated rank and name will be on one line. This uniform is worn by recruiters, honor guard, enlisted aides, chaplains, chaplain assistants, world-class athletes, and fitness center and health and wellness center staffs. — Cummerbund pleats will face up in all cases. — If due to a temporary medical condition, such as chemotherapy, results in baldness, commanders will authorize the approved American Cancer Society cap, wigs or baldness while in uniform. — Bracelet size is reduced to one-half inch. Bracelets that support a cause, philosophy, individual or group are not authorized. Traditional POW/MIA bracelets are still permitted. Gemstone and tennis bracelets are only authorized while wearing the mess dress. — Rings will be worn at the base of the finger and will not be worn on the thumb. Wedding sets count as one ring. — Eyeglasses will not be worn around the neck, on top or back of the head or hanging on uniform. — Epoxy blue nametag is optional on the blue shirt. — Wear of the firefighter duty badge is authorized while an individual is assigned a 3E7X1 duty Air Force specialty code, including periods of professional military education and staff tours above group level. — Wear of the security forces duty badge and beret is authorized while an individual is assigned a 3PXXX duty AFSC position and is also their primary AFSC, including PME attendance and staff tours above group level. — The Air Force Good Conduct Medal will no longer be awarded. Previously earned medals are still permitted. — Mandatory wear of the physical training uniform is set for Oct. 1 as per the instructions released last November. — Cell phones, pagers and personal

digital assistants must be solid or covered in black, silver, dark blue or gray, and must be conservative. They may be clipped to the left side of the waistband or purse or carried in left hand. Only one may be worn on the uniform belt.

Members will not walk in uniform while using phones, radios or hands-free headsets unless required in performing official duties using a government-issued device. — Permanent wear of the scuba badge is authorized on the battle dress uniform. — While not deployed, desert combat uniforms may not be worn unless en route to the basic combat convoy course. "Deployed" for this purpose includes members traveling en route to/from rest and recuperative leave from the Central Command area of responsibility, as outlined in policy announced in mid-2005. This session of the Air Force Uniform Board included a special panel that was specifically chartered to make recommendations regarding updates/revisions to uniform standards affecting women Airmen. After careful review, the board approved several changes that affect women specifically: — "Scrunchies" are prohibited. — Hairpins and bands must match hair color. — Hair color, frosting and highlights will not be faddish and will match natural hair colors, i.e. blonde, brunette, natural red, black or gray. — No shaved head or flat top hairstyles for women. — Synthetic hair can be worn, as long as it meets safety and mission requirements. — Braids, micro-braids and cornrows are authorized. — Nail polish will not contrast with complexion or detract from the uniform. Nor is polish of extreme color, such as purple, gold, black, blue or any florescent color, authorized. Nail polish will also be limited to one color. — French manicures are allowed, but fingernail length in all instances will not exceed one-quarter inch beyond the fingertip. — In addition to clutch-style purses, purses with no more than two straps are authorized with mess dress. — Earrings will be small spherical, conservative diamond, gold, white pearl or silver with any uniform combination and must be worn as a set. For those with multiple ear piercing, only one set of earrings will be worn in the lower earlobe and will also conform to these earring wear standards when performing duty in civilian clothes. — Male flight cap is optional. The updates will be added to Air Force Instruction 36-2903 when the new version is released in March.

AFCS outlines new security vision



DEPARTMENT OF THE AIR FORCE
OFFICE OF THE CHIEF OF STAFF
WASHINGTON, DC

MEMORANDUM FOR ALMAJCOM/CC
DISTRIBUTION C

8 0 JAN 2006

FROM: HQ USAF/CC
1670 Air Force Pentagon
Washington, DC 20330-1670

SUBJECT: Security Forces Transformation

I recently challenged our Security Forces experts to "go outside the wire" and get their arms around the threats to our airfields and facilities and come up with a way ahead. They've worked closely with AFOSI, AF Intelligence and elements of the Joint community to ensure we think through all the threats and apply Integrated Defense principles to protect, defend and "fight" our bases. This new vision and the missions it encompasses will require changes to the way all Airmen train and operate at home and in the warfighting environment. It will require a change in our culture and a change in the way commanders use and deploy Security Forces Squadrons.

Our new vision will transform Security Forces into a warfighting capability with two mission competencies—Air Provost and Security Operations. First, they must remain current in Air Provost tasks such as police services and administrative security. Second, our Security Forces must be proficient in Security Operations, providing active and defensive measures to protect, defend, and "fight" our air bases. This includes the concept whereby every Airman—regardless of rank, position, or AFSC—is trained as a base defender. All of these functions and concepts, of course, are directly applicable to an expeditionary environment.

There are numerous changes underway to make this vision a reality. After conducting a detailed analysis of SF missions, training, organization and equipment, our Security Forces team is moving out with a definitive Strategic Plan. A DOTMLPF Change Request is being developed that will identify the actions which must occur to ensure our Airmen become the enterprise leaders in Security Operations for Joint commanders. Most importantly, the SF team will produce a Roadmap and Program Action Directive to chart our course and effect the changes. We need Air Staff and MAJCOM support for these actions.

Innovation and transformation are part of our Air Force Heritage. Keeping in line with that Heritage, we must successfully meet the challenges of the new security environment and be ready for the next. We must transform our Security Forces into highly trained and equipped Joint warfighters, operating inside and outside the wire and ensuring uninterrupted 24/7 operations.


T. MICHAEL MOSELEY
General, USAF
Chief of Staff



Photo by Master Sgt. Paul Zadach

Let's play hockey

Staff Sgt. Damion Kosmosky, 27th Aerial Port Squadron, helps get a Minnesota Wild hockey game underway with the words "Let's Play Hockey" January 26. Sergeant Kosmosky, Capt. Justin Kieffer, 96th Airlift Squadron (next to Kosmosky) and Tech Sgt. Reno Stradiotto, 934th Maintenance Group, were invited to participate in the opening ceremonies along with Army Reservists to recognize them for their service in support of Operation Iraqi Freedom.



27 APS best in 22 AF

Lt. Col. Marshall Irvin, 22d Air Force, (right) presents Lt. Col. Craig Bogan, 27th Aerial Port Squadron commander, with a plaque recognizing the squadron as the best APS in 22 AF. Colonel Irvin briefed 27th members on plans for future deployments and commended them on their high level of professionalism and willingness and enthusiasm for volunteering for deployments worldwide.

Photo by Master Sgt. Paul Zadach

Brooks becomes new MSG commander

Colonel James J. Muscaltell, Jr, 934th Airlift Wing commander, passes the 934th Mission Support Group flag to Lt. Col. Nancy J. Brooks as she assumes command of the Group.

Colonel Brooks comes to the 934th from the 913th Airlift Wing, Willow Grove Air Reserve Station, Pennsylvania, where she was the Mission Support Group commander.

Photo by Staff Sgt. Josh Nason



Three questions can make a difference

By Holly L. Birchfield
78th Air Base Wing Public Affairs

1/25/2006 - **ROBINS AIR FORCE BASE, Ga. (AFPN)**— Nearly 20 years ago when Ida Glover asked her 40-year-old son a question and he couldn't respond, she thought he had suffered some type of nerve damage. Days later she discovered his prognosis was much worse.

Doctors at the Medical Center of Central Georgia told Ms. Glover her son had experienced two strokes. Carey Glover, a retired Sailor, was left speechless and partially paralyzed. Ms. Glover said her son is able to communicate with physical gestures and do some things for himself. But, she must help him with other day-to-day activities. "It kind of just sneaks up on you," said Ms. Glover, who has four other adult children.

"I hadn't known anybody who had a stroke, so I didn't know what to do." The Georgia native isn't alone. Strokes occur when blood flow to part of the brain is interrupted. They are commonly called a "brain attack" by many doctors. According to the National Institute of Neurological Disorders and Stroke, about 700,000 people have strokes each year. Dr. Chrystal Henderson, the 78th Medical Group's medical staff chief, said that people can make a life-saving difference by asking a few questions and responding quickly. Ask the person to smile.

Ask the person to raise both arms. Ask the person to speak a simple sentence, such as, "It is sunny outside today." If the person has trouble doing any of these tasks

you should take him or her to an emergency facility immediately, Dr. Henderson said. Lt. Col. Chris Thompson, a cardiology consultant for the U.S. Air Force Surgeon General, said the assessment questions are good for people to use.

"Depending upon the part of the brain affected, the symptoms can affect any part of the brain function to include movement, sensation, talking, the senses, balance, etc.," he said. Col. Vincent Carr, chief consultant for internal medicine services at Bolling Air Force Base, Washington D.C., said prompt medical response to a stroke may make a difference. "There are a number of new techniques and medications to stop a stroke in progress," he said. "But the success is based upon how quickly a person gets to an emergency room." Getting stroke patients medical attention within the first three hours of the incident is important for a more successful recovery.

However, prevention is a much better approach, Colonel Thompson said. "Prevention of atherosclerosis, which causes most heart attacks and strokes, involves a healthy diet, exercise, maintaining an ideal weight, not smoking and treatment of high blood pressure, high cholesterol and diabetes," the colonel said. Ms. Glover said she wishes she had known about the simple diagnostic test before it was too late.

If I would've known and he could've seen a doctor sooner, he might have been able to talk by now." (Courtesy of Air Force Materiel Command News Service)



UTA Schedule

Fiscal Year 2006

Mar. 4-5

Apr. 1-2

May 6-7

June 3-4

July 15-16

Aug. 5-6

Sep. 9-10

AIR FORCE ONE STOP AT NORTH COUNTRY LODGE

An Air Force One Stop kiosk is available at Lodging to help people who do not have access to a computer to get the information they need. The kiosk allows those who are relocating, deploying, or flying Space-Available to access the Virtual Military Personnel Flight Web site, MyPay and other programs. Some local information links include spouse employment, schools, housing, family support centers, currency conversion calculator, and various other topics for people transitioning in the area.

The machine can also print information, forms and maps for travelers. There is virtually no operation down time for the machine. When the kiosk becomes inoperable, the main computer hub in San Antonio, Texas, stops receiving information from the unit and informs the kiosk manager.

For more information about this Air Force One Stop kiosk at Lodging, call (612) 713-1978.

Promotions and Decorations



Meritorious Service Medal

Lt. Col. Mark D. Vijums	96th Airlift Squadron
Maj. Peter R. Hall	96th Airlift Squadron
Maj. Sara A. Hormig	934th Aeromedical Staging Squadron
Maj. Erik D. Sutcliffe	27th Aerial Port Squadron



Air Force Commendation Medal

Maj. Paul K. Knabenshue	934th Operations Support Flight
Capt. Cheryl M. Costello	934th Aeromedical Staging Squadron
Master Sgt. Brian A. Barclay	27th Aerial Port Squadron
Master Sgt. Glen Dahn	934th Mission Support Group
Master Sgt. Christopher S. Sayre	934th Aeromedical Evacuation Squadron



Air Force Achievement Medal

Master Sgt. Todd L. Besser	934th Security Forces Squadron
Tech. Sgt. Scott J. Flaherty	934th Security Forces Squadron
Tech. Sgt. Glen M. Dramlinger	934th Security Forces Squadron
Tech. Sgt. Ronald D. Salargo	934th Aerial Port Squadron
Tech. Sgt. David P. Stevenson	934th Security Forces Squadron
Tech Sgt. Scott E. Johnson	934th Aerial Port Squadron

SERGEANTS UPP & ADAM



By Senior Master Sgt. Doug Johnson

Activities



VIKING VIBES



Membership Night

Will be held March 28 at the Officers' Club.

A buffet will be available from 5 to 7:30 p.m.

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

Chill Out Lounge & Pizzeria

The lounge and pizzeria's new hours are Wednesday through Friday 11 a.m. to 1 p.m. for lunch and Wednesday through Friday 4 to 9 p.m. for dinner. The pizzeria is open until 10 p.m. during Friday and Saturday UTAs. For more details, call (612) 713-1672.

Club bars

The **Services Club bar** is open 11:30 a.m. Wednesdays.

The **Officers' Club bar** is open 11:30 a.m. Fridays.

Mug Nights

Starts 4 p.m. Tuesdays at the Officers' Club and 4 p.m. Thursdays at the Services Club.

Order a custom-made mug from the bartender. Choose from a wide variety of designs. Until it arrives, bring in a mug of your choice.

Enjoy tap beer for \$1.75 (up to 20 oz.) and brat, sauerkraut and potato salad for \$3.50. Lounge menu also available.

Play bingo

Bingo at the Services Club every Friday starting at 5:15 p.m.

Social hour is from 4 to 6 p.m. Enjoy free appetizers.

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

North Country Lodge

Want to watch a movie after work?

Check out the new DVD vending machine at the Lodging facility and rent DVDs anytime. For more information, call (612) 713-1984.

Outdoor Recreation rentals

Check out all the great things you can rent from Outdoor Recreation.

Choose from a wide variety of winter sports equipment, including snow shoes, toboggans, ice fishing gear and snow tubes.

An array of party equipment is also available, including tables, chairs and chocolate fountains.

Call (612) 713-1496.

Fitness Center personal training

Spring into a healthier you with a little help from certified personal trainers at the Fitness Center!

Designed to help individuals achieve their goals safely and with faster results, the center's personal training program features one-on-one sessions.

Trainers will help individuals develop a personalized exercise and nutrition program that will decrease their body fat, increase energy level, improve eating habits and build muscle strength.

Several price packages are available. Call (612) 713-1496.

Youth camps

Air Force Reserve Command youth are eligible to attend several summer residential camps.

The following are the scheduled dates for camps:

Teen Aviation Camp - June 3 to 9

Space Camp - July 31 to Aug. 4

Missoula Performing Arts Camp - July 16 to 21 and July 23 to 28

These camps are funded by

Headquarters Air Force Services and Family Member Programs, and are free to youth who are selected to attend.

Operation Purple Camp is a free program for children who have a family member deployed, recently deployed or scheduled to deploy. Camp sites are located at multiple organizations around the country, including military installations and 4-H sites. Information is available at www.nmfa.org.

For more details about these camps, call Margo Leslie, 934th Services Squadron director, at (612) 713-1119.

Officer Spouse Club

March 16th, luncheon at 11:30am, \$12.00

Judge Kamen will be our guest speaker. She served for 9 months as a NATO Judge in Kosovo and will be discussing her experiences along with some history of this region.

Reservations: Jan Olson: 952-831-2438 or Roberta Gronemann 763-494-3517.

April 20th, luncheon at 11:30am, \$25.00

Style Show Benefit, fashions by Talbot's in Edina, all proceeds will go to support deployed military families. You will need to prepay to hold your reservation. Space is limited.

Reservations: Jan Olson: 952-831-2438 or Roberta Gronemann 763-494-3517.

Tuesday Bridge: 2nd and 3rd Tuesday each month at 10am. Please call Germaine Reuter Dahl at 952-881-0107 for more details.

Evening Bridge: 1st and 3rd Wednesday each month at 7pm. Please call Roberta Gronemann at 763-494-3517 or Diane Lerohl at 952-935-4467

New members and guests are always welcome. Please contact Lee Claar for membership information at 952-831-5252





The Armed Forces Kids Run / Walk will be held on May 20, 2006 at Lake Nokomis. The run is aimed primarily at youths aged 5 to 18 and the family of CAP cadets, reserve members, active duty, National Guard, base civilians and retired military. Check-in time is 10 a.m. with a start time of 10:30 a.m. The course will be 2.7 miles around the paved perimeter of the lake and can be accomplished by either walking or running, or a combination of both. T-shirts and runner numbers will be issued at the

time of check-in. Prizes will be awarded based on age and participation. In the event of bad weather, this event will be rescheduled for 2pm or 10am on May 21. All participants must register by completing an official registration form and turning it in to the fitness center by April 3. *Youths aged 5 to 18 must have a parent of guardian present.* If you would like to volunteer to help organize and run the event call the Fitness Center at 612-713-1496.

TEXAS HOLD 'EM TOURNAMENT

March 3 at 6 p.m.
 at the Services Club

Sponsored by



Prizes for 1st, 2nd & 3rd place winners!
 Players can sign up on the day of the event
 from 5:50 p.m. to 6 p.m.

Money substitutes, such as chips or imitation money, will be used. Use of legal currency during games is prohibited.

Side wagers or bets amongst players or other participants are prohibited. Money substitutes cannot be used to purchase legal currency or anything else of value. They are used only to determine who has the most "winnings."

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

St. Patrick's Day Blarney Buffet

March 17 at the Officers' Club
 5:30 to 8:30 p.m.

Menu includes:

- Salad
- Roast sirloin
- Corned beef and cabbage
- Potatoes
- Carrots
- Dessert

Drink specials: Irish beer and green beer

Musical entertainment

Members \$12.95, Non-members \$14.95

For reservations, call (612) 713-3678.

Dining Facility Menu

Lunch Saturday:

Vegetable Soup
 Lemon Baked Fish
 Beef Corn Pie
 Roast Turkey
 Mashed Potatoes
 Rice Pilaf
 Assorted
 Vegetables

Snack Line:

Burritos

Hamburgers w/
 (Cheese)
 Hot Dogs
 Grilled Cheese
 Sandwiches
 Grilled Chicken
 Sandwiches
 Chili
 Beans
 Fries -

Saturday
 Onion Rings -
 Sunday

BBQ Pork Sandwiches -
 Saturday
 Italian Sandwiches -
 Sunday

Sunday Lunch:

Chicken Soup
 Savory Baked Chicken
 Meat Loaf
 Creole Shrimp
 Baked Potatoes
 Steamed Rice
 Assorted Vegetables

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 Minneapolis, MN 55450-2100

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