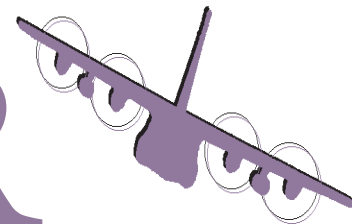




VIKING FLYER



934th Airlift Wing (AFRC)

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

June 2005

Vol. 27, No. 6



Photo by Staff Sgt. John Herrick

Honored member

Col. James Muscatell Jr., 934th Airlift Wing commander, presents a wing scarf to businessman Bob Kirschner, the wing's first honorary wing commander, during the wing's first ever honorary commanders' ceremony on base April 30. During the event, 11 community members were inducted as honorary commanders for various units in the wing. Two other honorary commanders who were not able to attend will be inducted at a later time. See the article on page 5.

Inside:

- ✪ 101 Critical Days of Summer - page 4
- ✪ Officials warn against investment rip-offs - page 7
- ✪ Life support team keeps aircrews safe - pages 8 and 9
- ✪ Airman inspired by father's service - page 11
- ✪ Exercise helps arthritis sufferers - page 15



EDITORIAL STAFF

934th Airlift Wing commander
Col. James J. Muscatell Jr.

Chief of Public Affairs
Lt. Col. Margaret McGlenn

NCOIC
Tech. Sgt. Jeffrey S. Williams

Editor
Cristina Oxta

Staff writers
Staff Sgt. Jennifer A. Johnson
Staff Sgt. Nicholas Olson
Senior Airman Curtis Holden

Photographers
Staff Sgt. John Herrick
Staff Sgt. Josh Nason

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. The contents of the *Viking Flyer* are not necessarily the views of or endorsed by the U.S. government, the Department of Defense or the Department of the Air Force.

The editorial content is edited, prepared and provided by the 934th Airlift Wing Public Affairs Office (U.S. Air Force Reserve Command), Minneapolis-St. Paul International Airport Joint Air Reserve Station, 760 Military Highway, Minneapolis, MN 55450-2100. For more information, call (612) 713-1217.

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

All photos are Air Force photographs unless otherwise indicated.

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

Aerial port

Minnesota Secretary of State Mary Kiffmeyer reviewed the squadron April 30 and was presented with the new unit cap and coin.

The squadron welcomed its honorary commander, **Les Hanson**, at the wing's honorary commanders' ceremony April 30.

Lt. Col. Craig Bogan, **Maj. Erik Sutcliffe**, **Chief Master Sgt. Mike Dressen** and **Tech. Sgt. Ronald Salargo** represented the squadron at the ceremony.

Senior Airman Kirsten Stephens received a 22nd Air Force letter of appreciation from Maj. Gen. Banker's and for representing the wing as Airman of the Year. **Master Sgt. Zane Ranum** also received a letter of appreciation and coin for representing the wing as Senior Noncommissioned Officer of the Year.

Staff Sgt. Thomas Lillevold received a certificate of induction to NCO while **Master Sgt. Nestor Evaristo** received a certificate of induction to Senior NCO.

Senior Airman Kirsten Stephens completed the Air University Leadership course. **Tech. Sgt. David Labeause** placed second in the Transportation Proficiency Course.

Chief Master Sgt. Michael Dressen and **Tech. Sgt. Gerald Marking** each received a letter of appreciation for their outstanding participation with the recent Inspector General exercise.

The squadron welcomed new members, **Airman 1st Class David Rausch**, **Tech. Sgt. Patrick Zdunich**, **Master Sgt. Mindy Kalkes**, **Tech. Sgt. Doug Hartgrave**, **Staff Sgt. Alan Stockinger** and **Staff Sgt. Mark Graybill**.

Congratulations to **Master Sgt. John Parenteau** on his retirement.

Aircraft maintenance

Welcome to new squadron member **Airman 1st Class Joe Campeau**.

Civil engineer

The following individuals graduated from the Leadership Development Program recently: **Tech. Sgt. Jim Doll**, **Tech. Sgt. Mike Story**, **Staff Sgt. Dan Deranek**, **Staff Sgt. Brian Knutson**, **Staff Sgt. Dion Walker**, **Senior Airman Mason Barland**, **Senior Airman Tony Byerly** and **Senior Airman Carl Wiggins**.

Senior Master Sgt. Doug Johnson and **Senior Airman Shaun Ramsett** attended the 22nd Air Force Readiness Workshop at Keesler Air Force Base, Miss.

Communication

Tech. Sgt. Crystal Bell conducted training for information management personnel.

Several flight members completed the fitness test.

Logistics

The squadron received the Reserve Officers Association Non-Flying Unit of the Year award.

Tech. Sgt. Michael Szydel was named Air Force Reserve Command Noncommissioned Officer of the Year.

Senior Master Sgt. Larry Schyma was named 22nd Air Force Logistics Senior NCO of the Year.

Master Sgt. David Hunter was pepped to senior master sergeant.

Senior Airman Kelly Jabas, **Staff Sgt. Dustin Kruger**, **Staff Sgt. Tyrell Hoyer**, and **Senior Master Sgt. Dave Hunter** returned from supporting Coronet Oak in Puerto Rico.

Tech. Sgt. Jason Virkus returned from a deployment in Southwest Asia.

The squadron welcomed new members **Staff Sgt. Mark Oldenburg** and **Airman Matthew Countryman** Sergeant Oldenburg transferred from the Air National Guard. Airman Countryman is from Nellis Air Force Base, Nev.

Air Force Assistance Fund campaign drive

Thank you to everyone who contributed to
this year's AFAF drive.

Wing members contributed a total of more than \$1,000.



Friendship vital for military organization

By Col. Stephen DeWerff
934th Airlift Wing vice commander

In the Air Force, we talk about leadership and mentoring, about managing time and saving resources. What we do not talk about enough in my opinion is friendship and camaraderie.

I have been in the 934th Airlift Wing for over a year and I love this base. I like the uniqueness of its location and its close relationship to the Minneapolis-St. Paul International Airport. I like that we are a unit equipped reserve base, we own our own property, we own the airplanes and we have our own equipment. We decide how we are going to use them, maintain them and fly them without having to ask someone else's permission. I spent most of my career in an associate reserve world.

But the part I like best about our base is the people I have met and the friendships I have developed. That is what keeps each of us coming to work every UTA. Sure, some of us like to make a little extra money. Some of us like to do something different from what we do in our jobs with our civilian employers. But what binds all of us together is the friendships that we have made with the people in our office, our

sections, our squadron and our wing.

Every time I visit a unit on base, I am always impressed by the camaraderie and friendship that I witness. It is this sense of ownership and fellowship, the feeling of being wanted and needed that keeps all of us in the Air Force Reserve.

Let us face it, most of you have put in long hours and demanding days since 9-11. Many of you have deployed to some austere locations and have worked under brutal conditions. I know you are proud of those accomplishments, but what keeps you here today is that bond of friendship with your brothers and sisters in arms.

I had an opportunity to hear Gen. Robin Olds speak at an Air Force Pilot Training Graduation a few years ago. He is one of the last remaining Fighter Aces from the Vietnam War. I was expecting to hear about lighting the afterburners and shooting down the enemy while engaged in fierce air-to-air combat.

Instead, General Olds talked about love and how important it is in today's Air Force. He spoke of how we not only need to take care of each other, but that we need to love our Air Force family members like a big family loves each other.

I thought at first it was ironic to hear

him say that, the last of the great air warriors, but the longer I am in the military, the more I realize how true it is. Love is what makes this Air Force Reserve base special and unique to all of us in the 934th.

When we had our Airmen's panel on base a few months ago, the number one reason our new people said they want to stay in the Reserve is not because of money or benefit. It is because of the feeling of being loved and needed by the members of their unit.

I see it everyday, people here love their jobs. They love their friends and colleagues. They care about the safety and security of everyone associated with the base. When someone is injured or sick, we worry. When someone gets married, we celebrate. When one of ours dies, we mourn.

We have a great organization because we have a genuine love and respect for each other. Our wing is a great organization, and we succeed and flourish because it is filled with great people who truly love their jobs, their work, their co-workers and friends. I thank each of you for the kindness, love and respect that you have shown me and those in our Air Force family. I know that after I am gone, this base will continue to carry on that tradition.

In the Spotlight

What is the best advice your father ever gave you?

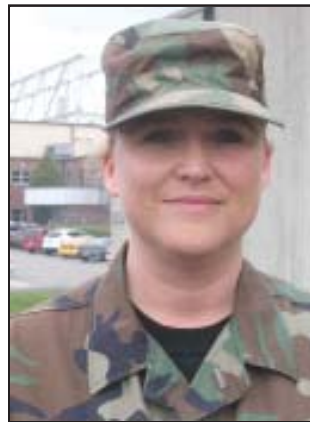
Photos by Senior Airman Curtis Holden



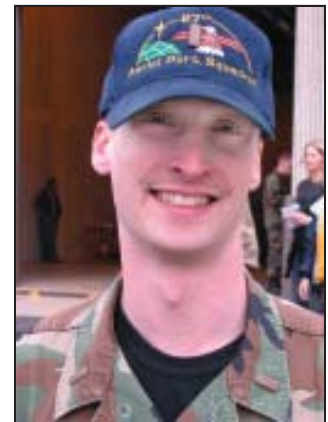
Staff Sgt. Duane Tackett
"For my golf game, he said, 'Keep your head down and swing through the ball.'"



Staff Sgt. Paul Trout
"Always look sharp, pay attention and get the job done."



Master Sgt. Ruth Beecher
"I know I raised my kids to be independent thinkers, but when you go to basic training, do what they tell you and don't question it."



2nd Lt. Eric Bredemus
"Never give up."



Everyone encouraged to think safety during 101 Critical Days of Summer

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

Base officials are encouraging people to be extra cautious during the 101 Critical Days of Summer.

“There is more leisure time during the summer months. People become preoccupied with so many fun activities that sometimes they forget about taking safety precautions in some of the things they do,” said Jan Dalton, 934th Airlift Wing safety office.

The 101 Critical Days of Summer safety campaign has run annually since the early 1980s. It was established to teach people about the importance of making safety a part of everything they do, especially during the summer. The safety campaign period starts Memorial Day and extends through Labor Day.

Historically, Air Force statistics show there is an increase in off-duty mishaps and fatalities during the summer months.

One of the leading causes of these fa-

talities is vehicle accidents. Driving recklessly, not using a seat belt and excessive speed can raise the risk of being fatally injured in a vehicle accident. Driving under the influence of drugs or alcohol or driving while tired is also dangerous.

Boating also poses some risks. More than 700 recreational boating fatalities occurred in the United States in 2003, according to U.S. Coast Guard statistics. Of those fatalities, 86 percent could have been avoided by using a personal floatation device.

The safety office suggests using extra caution when enjoying the summer sun. Using sunscreen and staying hydrated by drinking water instead of soda or alcohol can prevent heat stroke.

Other ways to stay safe include wearing a helmet and padding while riding bicycles or motorcycles.

“I had a friend who was bicycling in the woods and was hit by a car. If she hadn’t been wearing a helmet, she wouldn’t be here today,” said Tech. Sergeant Grimes, who presents safety briefings during the

UTAs.

Every year, cyclists are injured because they assume they are not at risk of an accident, Sergeant Grimes said.

“You can go out cycling 1,000 times and it could be that 1,001th time that you get in an accident,” Sergeant Grimes said.

Safety should always be a consideration in any activity, Ms. Dalton said.

She reminds everyone to remember: “mission first, safety always.”

“This summer, take time to plan ahead, regardless of what you may be doing. Think of the possibilities of what might happen. Carefully assess a situation and eliminate any hazards to ensure you, your family and your friends stay safe,” Ms. Dalton said. “Keep in mind that the few minutes you set aside to take safety precautions may mean the difference between life and death.”

For more safety tips, visit the wing safety Web site on the base Intranet and read the 101 Critical Days of Summer booklet and safety electronic bulletin board.

Summer Safety Tips from the American Red Cross

Water safety

- * **Always swim with a buddy.** Never swim alone.
- * **Swim in supervised areas only.** Obey all rules and signs.
- * **Do not mix alcohol and swimming.** Alcohol impairs one’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.

Boating safety

- * **Be weather wise.** Sudden wind shifts, lightning flashes and choppy water can mean a storm is brewing. Bring a portable radio to check weather reports.
- * **Tell someone** where you are going, who is with you and how long you will be away.

* **Check** the boat, all equipment and fuel supply before leaving. Bring a flashlight, extra batteries, matches, a map, flares, sun tan lotion, first aid kit and extra sunglasses. Put items that must be protected in a watertight pouch or a container that floats.

Preventing heat-related illness

- * **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun’s energy. It is also a good idea to wear hats or to use an umbrella.
- * **Carry water or juice** with you and drink continuously. Avoid alcohol and caffeine, both of which dehydrate the body.

* **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.

* **Do strenuous activity during the coolest part of the day,** which is usually in the morning between 4 a.m. and 7 a.m. When possible, stay indoors.

* **Take regular breaks** when engaged in physical activity on warm days. If you, or someone else, show signs of a heat-related illness, stop the activity and find a cool place.

Hiking and camping

* **Review equipment and supplies.** Pack emergency signaling devices and know ahead of time the location of the nearest telephone or ranger station in case an emergency occurs.

* **Make sure you have the skills you need.** Know how to read a compass, build a temporary shelter or give first aid. Practice these skills in advance.

* **Hike or camp with at least one companion.** If entering a remote area, your group should have at least four people. If one is hurt, another can stay with the victim while two go for help.

* **Find out in advance about any regulations.** There may be rules about campfires or guidelines about wildlife.

* **Give a copy of your itinerary** to a responsible person. Include details such as your car’s make, year and license plate, the equipment you are bringing, the weather you anticipated and when you plan to return.



Community leaders inducted as wing's first honorary commanders

By Senior Airman Curtis Holden
934th Airlift Wing Public Affairs

Eleven local community leaders were inducted as honorary commanders at the 934th Airlift Wing's first ever honorary commanders' ceremony April 30.

Wing members selected 13 individuals to be honorary commanders and invited them to lunch and a tour of their respective units to which they are assigned after the induction ceremony. Two honorary commanders who were unable to attend will be inducted at a later time.

Col. James Muscatell Jr., 934th Airlift Wing commander, said his main goals for the program is to provide units on base a means to establish a partnership with the Twin Cities community and a way to educate and communicate with the public about the wing's activities.

He said the program will mutually benefit the wing and the honorary commanders.

"It increases the respect for each other. It increases the community welfare as well as the military welfare. Sometimes I think we need to bring in ideas from the civilian sector to enhance the military because we get tunnel vision in the way we do things and there's other ways to do it," Colonel Muscatell said. "I think it'll help both the civilian community and the military community to go to the next level."

Colonel Muscatell added that the honorary commanders program can also help employers gain a better understanding of their reservist employees and what they do.

The honorary commanders were pleased to be inducted as part of the wing.

"I'm very honored, surprised and delighted to have the opportunity to have a more in-depth understanding of a very critical base," said Minnesota Secretary of State Mary Kiffmeyer, honorary mission support group commander. "I've known military people and that helps me to know how we can make sure that the Secretary of State's office supports the military, especially in voting and elections. The more you know



Photo by Staff Sgt. John Herrick

Col. Stephen DeWerff, 934th Airlift Wing vice commander, presents a certificate to Minnesota Wild team executive Mike Nealy, honorary wing vice commander. Mr. Nealy was inducted during a ceremony for 10 other honorary commanders April 30 on base. The honorary commanders' program is designed to build and maintain a closer, stronger relationship between the wing and the surrounding communities.

helps you to have a better understanding of how it works."

"I'm extremely honored," said Minnesota Wild team analyst Tom Reid, honorary military personnel flight commander. "I've driven by this place many times and I've always wanted to check it out. My friend, Bob Kirschner, told me about it and encouraged me to be an honorary commander. I like what the unit does for the community. I'm thrilled, excited to be involved, and chosen in the first wave of honorary commanders."

Radio personality Mike Morris, honorary aeromedical staging squadron commander, looks at being an honorary commander as a great learning experience.

"I see it as a fantastic opportunity to find out more about what 934th members do for us and to be with them," he said. "And it's humbling to me. I'm very grateful for someone looking over my back and taking good care of my back."

Mr. Morris is thankful for the 934th AW members' service of the nation.

"I feel very safe in this country. I feel very safe stateside to go to my job and to come and do as I please. There are a lot of people sacrificing immensely over there to make sure I can have that," Mr. Morris said. "I've got four very safe kids here in Minnesota and my wife. And I'm really honestly just very flattered to have been asked."

Other honorary commanders include businessman Bob Kirschner, wing commander; businessman Les Hanson, aerial port squadron; business owner Patti Chadwell, aircraft maintenance squadron; business executive Suzanne Boston, aeromedical evacuation squadron; radio personality Matt Michalski, civil engineer squadron; radio personality John Hines, maintenance squadron; radio personality Brian Turner, mission support flight; and Minnesota State Representative Mark Olson, operations support flight.

Congratulations to all medal recipients!

Meritorious Service

Maj. Donald Kom, Maj. Bernard Motschenbacher, Capt. Brian McCullagh,
Senior Master Sgt. Bradley Erickson, Senior Master Sgt. David Fischer,
Senior Master Sgt. James Gustafson, Senior Master Sgt. Clark Johnson, Master Sgt. Timothy Atchley,
Master Sgt. Gene Olsen, Master Sgt. John Parenteau and Tech. Sgt. Dennis Gauthier

Air Force Commendation

Maj. Scott Calvert, Maj. Neal Landeen, Maj. Anthony Trezza, Master Sgt. Robert LaFreniere,
Tech. Sgt. Dennis McClain, Staff Sgt. Kristen Maloney and Staff Sgt. Douglas Swanson

Air Force Achievement

Lt. Col. Stan Sheley, Master Sgt. Mark Anderson, Master Sgt. Scott LeClair, Tech. Sgt. James Endres,
Tech. Sgt. Charles Hill, Tech. Sgt. Roger Latterell, Tech. Sgt. Michael Lein,
Staff Sgt. Gregory Mace and Airman 1st Class Donald Saragosa

Congratulations to everyone selected for promotion!

Major

Brian McCullagh

Senior master sergeant

Diane Johnson

Master sergeant

Kelly Engeldinger, David Hunter

Technical sergeant

Troy Puckett

Staff sergeant

John Phelps and Dennis Maddox

Senior airman

Craig Dunbar

Airman

Benjamin Wilkes

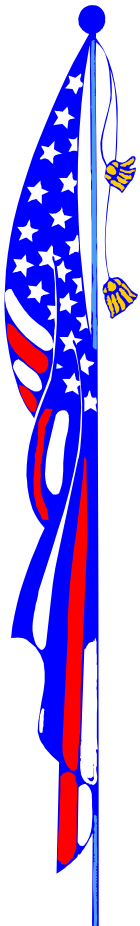




Photo by Maj. C. J. Lupo

Stylin' spouses

Members of the Officers' Spouses' Club pose at the end of the Style Show the group hosted April 21 at the Officers' Club. Event proceeds go toward helping families of deployed military members.

Officials warn about insurance, investment rip-offs

By Rudi Williams
American Forces Press Service

WASHINGTON — Defense Department officials are working to thwart insurance and investment marketing practices that exploit servicemembers.

"You really have to be a little bit skeptical if somebody says if you invest a little bit of money with us today you'll have a great deal of money tomorrow," said Col. Michael A. Pachuta, DOD's director of morale, welfare and recreation policy.

Congress raised concerns last fall after press reports documented abusive insurance and investment sales practices at some military installations. This caused DOD officials to step up efforts to improve oversight and enforcement of policies.

New servicemembers are sometimes enticed to go off base to what they think are investment seminars that turn out to

be insurance sales pitches, Colonel Pachuta said.

He recommended that troops ensure there are no combat-exclusion clauses in life insurance they buy. He also encourages servicemembers to seek counseling and advice for financial matters through base family support centers and legal offices.

Servicemembers should be on the lookout for such things as something presented as a savings plan with an insurance component to it. That is a red flag, the colonel said. Before buying insurance, servicemembers should compare what the premium would be for a rate of coverage compared to the rate for the same amount of coverage through the Servicemen's Group Life Insurance program.

DOD officials are rewriting parts of the department's commercial-solicitation policy to enhance enforcement. This includes a requirement for officials at installa-

tions who detect policy violations to report them to their service headquarters, and from there to DOD. There are 14 prohibited practices in DOD's commercial-solicitation directive, such as soliciting without an appointment, soliciting door-to-door and soliciting individuals.

"We've also been concerned about agents having access to allotment forms and having them there for the servicemember to sign on the spot, and even the agent taking those forms to finance to get them processed," he said.

Colonel Pachuta would like to hear from individuals who believe they have been taken advantage of by such unscrupulous practices. People can send comments to him at Michael.Pachuta@osd.mil until June 20. He also said anyone who has a problem with an insurance product should contact the appropriate state regulatory agency. (Courtesy of *Air Force Print News*)



Life support team keeps aircrew



Photos by Staff Sgt. Nicholas Olson

Tech. Sgt. Tim Loftus (left), 96th Airlift Squadron life support team member, helps Staff Sgt. Richard Johnhoff demonstrate the proper wear of a BA-22 back-style parachute. One of the life support team's many responsibilities is maintaining parachutes for the 96th AS and 934th Aeromedical Staging Squadron.



ws safe, ready for emergencies

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

Imagine that you are a member of an aircrew who had to jump out of a failing aircraft behind enemy lines. Hopefully, you have what you need to survive until you are rescued. Fortunately, there are people who are dedicated to ensuring that aircrews have the items and skills they need in any type of emergency.

The 96th Airlift Squadron life support shop is responsible for maintaining survival gear, including parachutes, life rafts, survival vests and weapons used by aircrews at the 934th Airlift Wing.

“It doesn’t matter if they are going on a one-day trip or will be gone for several months,” said Master Sgt. Jamey Canniff, 96th AS life support superintendent. “We have to make sure the aircraft will be good for the duration of the trip.”

The life support team goes over a pre-flight checklist that begins 24 to 36 hours before the mission. Life support members inspect the aircraft and change out equipment like life rafts and parachutes, which need to be repacked every six months, Sergeant Canniff said.

Besides maintaining the equipment, the life support shop also trains the aircrews in the use of the equipment and in survival techniques.

The life support shop has a hanging harness parachute simulator which allows aircrew members to train on the use of the equipment without having to actually jump out of an airplane. Aircrew members must be certified in the simulator every two years, Sergeant Canniff said.

“We check to make sure they can handle certain situations while hanging from an opened parachute,” he said. “Some of these scenarios include reacting to a parachute not fully opening and rocking from side to side while falling to the ground.”

Every three years, the aircrews are required to complete combat survival and water survival training, Sergeant Caniff



Staff Sgt. Richard Johnhoff, 96th Airlift Squadron, demonstrates how to ensure that one’s parachute is properly secured.

said.

During the combat survival training, aircrews travel to Camp Ripley in Little Falls, Minn., where they must work through scenarios that test their skills in numerous areas, such as the use of compass, moving in enemy territory and the use of signal flares.

The water survival course is taught in Key West, Fla., where aircrews go into the ocean and are instructed in the use of the 20-man rafts. They are also instructed in survival techniques, learn how to operate the gear in the survival kit and are eventually picked up by a helicopter.

“The exercise allows the aircrew to have the most realistic experience,” Sergeant Canniff said.

The unit, which was recently deactivated after two years of active duty, has spent time in Kyrgystan, Afghanistan, Oman and Kuwait. During these missions, life support team members were deployed with the flying unit and performed the same tasks as they do at home. They also participated in three-month tours in support of Operations Coronet Oak in Puerto Rico and Joint Forge to Germany in 2004.

If the moment ever happens that aircrew members need to use their life support equipment in an emergency, they can be rest assured that their equipment was properly inspected and they have the necessary skills to use them, thanks to the hard work of the life support team.

Program can help servicemembers earn more money while deployed

By Army Capt. Patrick Sampsell
208th Finance Battalion

AFGHANISTAN — Many people may be familiar with the adage “nothing good is ever free” and “if it sounds too good to be true then it probably is.”

The U.S. government offers any servicemember serving in a designated combat zone, qualified hazardous duty area, or directly supporting of a combat zone, an opportunity to participate in a savings program that is free, guaranteed and fully backed by the U.S. government.

Whether active duty, Reserve or National Guard, servicemembers are eligible to contribute up to \$10,000 to a no-risk, no-fee, program that pays 10 percent annual interest, compounded quarterly. Moreover, they can leave funds in the program for up to 90 days after redeployment and the account will continue to draw interest.

Servicemembers are able to contribute to their Savings Deposit Program account on a monthly basis. The maximum amount per month is limited to the individual's unallotted income, the

amount remaining after the collection and payment of all existing taxes, allotments and debt obligations.

Deposits to the program made on or before the tenth of the month accrue interest from the first of the month. Deposits made after the tenth of the month accrue interest from the first day of the following month.

Servicemembers are able to make deposits into the program after serving 30 consecutive days in a designated area or by spending one day per month for three consecutive months in a designated area.

To establish an account, visit the local finance office with a current Leave and Earnings Statement and make a deposit by cash, check or money order.

With an appropriate power of attorney, outside parties can make deposits into the program, as long as it does not exceed the servicemember's monthly disposable income.

There are limitations on when the money may be withdrawn. It is intended that deposits made remain in the program at least until the person

redeploys or moves.

Withdrawals are limited during the time within the designated area to those necessary to preserve the health or welfare of servicemembers or their family.

In addition, any interest accruing in the account which causes the account to exceed \$10,000 may be withdrawn quarterly. Money must be withdrawn within 90 days of exiting the designated area. Interest will be accrued for as long as 90 days after redeployment.

After 90 days, the money no longer accrues interest, but no penalties will be assessed either. The balance of the account will automatically be sent to the address provided by the account holder. To stop the allotment for the program, people must submit a DD Form 2558 upon arrival at home station.

The program provides a safe, no risk opportunity for servicemembers to earn a considerable interest benefit while serving in a combat zone, qualified hazardous duty area, or while participating in certain contingency operations directly supporting a combat zone. *(Courtesy of Air Force Print News)*

FATHER'S DAY

Softball game and barbecue - June 19 at the ballfield

Brauts \$3
Hot dogs \$1
Chips 75 cents
Beverages \$1 - \$2

Celebrate with your family and enjoy the afternoon with barbecue and a softball game!

All ranks and all military branches are welcome!

RSVP by June 15.
Call (612) 713-3670.
Game runs from 12:30 to 2:30 p.m.
Everyone can eat anytime during the game.



Airman inspired by dad's service

By Senior Airman
Joe Lacdan
509th Bomb Wing
Public Affairs

WHITEMAN AIR FORCE BASE, Mo. — In her homeland, Airman 1st Class Duong Ngo looked over countless rows of rice crops while growing up on the south Vietnamese countryside in rural Ben Tre.

Today, she looks over rows of deployment equipment at the 509th Logistics Readiness Squadron mobility warehouse. The mobility flight technician tracks the

shelf life of items such as gas masks, gloves and mask canisters for more than 2,000 mobility bags.

She is the liaison for the mobility inventory control and accountability system, a position normally filled by a seasoned noncommissioned officer. Airman Ngo also trains her peers on the system.

"She is tasked with more work than anyone in (the) mobility (flight)," said Staff Sgt. Cheron Nieves, Airman Ngo's supervisor. "She's the best Airman I've ever worked for or worked with. She's mature for her age."

Part of her maturity and work ethic comes from her father, 63-year-old Xe Ngo, who served as a captain in the South Vietnamese army 1968 to 1975, she said. He led a South Vietnamese infantry company against the North Viet Cong communist armies during the Vietnam War.

"That's part of why I'm in the service right now," the 20-year-old said.

After the war, North Vietnamese troops put Airman Ngo's father along with thousands of South Vietnamese soldiers in concentration camps. He was not released from the camp until six years later. Stripped of his military rank and with only a few belongings, Mr. Ngo started a rice farm, where the family lived until 1993.

Airman Ngo said her father told her stories about families of South Vietnamese soldiers who were slain only because the soldiers served the South Vietnamese army. She said hearing about her father's experiences helps her appreciate her life in America.

"I just value things more in life," she said. "I'm lucky I didn't go through what he did in his generation. It makes me see things in a different way. I don't take things for granted."

Airman Ngo said her last memories of her home in Vietnam were chasing crabs that crept onto the family farm and fishing on a stream in her front yard. She lived in Ben Tre until she was 8 years old. In 1993, the U.S. government awarded Mr. Ngo and his family passage to the United States for his military service during the war and his time in the camp. So, Mr. Ngo,

his wife, Mai Bui, and their six children left Vietnam for Amarillo, Texas.

As an elementary student in a new country, Airman Ngo said she had trouble making friends. She knew only a few English words.

"It was kind of hard just trying to communicate with other people at school," Airman Ngo said.

But a year later, English began to come easily to her.

"I like learning new things and meeting new people," she said.

Her ability to learn new skills quickly carried over to her duties in the mobility flight section, she said.

"Airman Ngo is really focused on everything she does," Sergeant Nieves said. "She's an inspiration for everyone."

Airman Ngo plans to major in biology after graduating from a community college and attend medical school.

In 2001, her father damaged his hearing after bumping his head in a traffic accident. Unable to continue his job at a meat packing plant in Amarillo, her mother had to shoulder the workload, raising Airman Ngo's three younger siblings.

"(My father's illness) is very hard on the family," Airman Ngo said.

Because of this, Airman Ngo sends her mother \$200 a month. She said if her parents had not made the sacrifice of leaving their home, she would not enjoy the freedoms and quality of life she does today.

"I would probably still be working on the farm," she said. *(Courtesy of Air Force Print News)*



Photo by Airman 1st Class Ryan Wilson

Airman 1st Class Duong Ngo checks a mobility bag at Whiteman Air Force Base, Mo. Airman Ngo, whose father served during the Vietnam War, migrated from communist Vietnam to the U.S. in 1993. She is assigned to the 509th Logistics Readiness Squadron.



Employers' Day 2005 - Aug. 13

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

Employers' Day 2005 will be held Aug 13. Activities start at 8 a.m. and end around 2 p.m. They include briefings with the 934th Airlift Wing commander and Employer Support of the Guard and Reserve officials, along with a mock mobility line and a C-130 orientation flight. Breakfast and lunch will be provided.

Nominating their employers for Employers' Day is one way reservists can say thanks to those who help support their military career. It is also an opportunity to introduce their employer to the Air Force Reserve. A certificate of appreciation will be presented to employers who participate in this event.

Space is limited. Reservists who want to nominate their employer should complete a nomination form. **Completed forms must be received by the Public Affairs office by July 1.**

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

Employers' Day 2005 Nomination Form

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

RESERVIST'S RANK/NAME: _____

HOME PHONE: _____ **WORK/CELL PHONE:** _____ **UTA PHONE:** _____

EMPLOYER'S NAME: _____ **TITLE:** _____

COMPANY NAME: _____ **PHONE NUMBER:** _____

EMPLOYER'S MAILING ADDRESS: _____

EMPLOYER'S SSAN: _____

EMERGENCY CONTACT NAME AND PHONE NUMBER: _____

I acknowledge that I am responsible for notifying my military supervisor if my employer will attend and I will be on duty status Aug. 13. In addition, I certify that my employer has not participated in any other Employers' Day.

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

CHECK ALL THAT APPLY. My employer:

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

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



SERGEANTS UPP & ADAM



By Senior Master Sgt. Doug Johnson

2005 UTA schedule

Primary UTA

June 4 and 5
July 23 and 24
Aug. 13 and 14
Sept. 10 and 11

Alternate UTA

June 18 and 19
July 30 and 31
Aug. 20 and 21
Sept. 24 and 25



Viking Vibes



All Of Us

Volunteers are needed to plan All Of Us, an event that will be held in July to celebrate the different cultural heritage of 934th Airlift Wing members.

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

Spouses' club

To join the Officers' Spouses' Club, call Lee Claar at (952) 831-5252.

Space camp

Congratulations to Carissa Ott, daughter of Tech. Sgt. Greg and Becky Ott, who was chosen recently to participate in this year's Advanced Space Camp.

Lodging

The North Country Lodge's Business Center will open soon. Located in the East Meeting Room, the Business Center has been established for guests to use while staying in lodging.

The center will provide a computer, printer, fax machine, telephone, 32-inch TV with VCR and conference tables. Guests will be able to use the Internet and check their e-mail at no cost.

Local faxes are free. Long-distance faxes will be assessed a charge through lodging's telephone carrier. Charges will be posted to the guests's folio.

Use of the copy machine will also be assessed at a charge of 10 cents per copy.

For more information, call lodging at (612) 713-1983.

Navigators

The 96th Airlift Squadron

will hold a navigator selection board during the July UTA.

Anyone interested in applying for undergraduate navigator training must submit all necessary paperwork to the 96th AS by the June UTA.

Call the 96th AS training section at (612) 713-1746.

Habitat

Volunteers are needed to help build a Habitat for Humanity home June 15 in Minneapolis.

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

Recreation

Party essentials, hiking and camping equipment, gas powered washers and a utility trailer for rent. Club members receive a 10-percent discount.

Call (612) 713-1496.

Birthday

All club members receive a \$15 certificate to celebrate their birthday at the base clubs. The offer is valid only on the month of the member's birthday.

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

Taekwondo

The fitness center offers taekwondo classes from 11 a.m. to noon Tuesdays and Thursdays. The cost is \$80 per person each month or \$136 for a family of two or more. A free uniform is included.

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

Family support

The Family Support Cen-

ter at the 934th Airlift Wing is a place to turn to when military members or their families do not know where to go for help.

The center has a wide variety of resources and contacts that can provide them with the assistance they need.

Military members, regardless of their branch of service, or their families can talk to an FSC staff member by calling (612) 713-1516 or (800) 231-3517.

The FSC Web site is at www.afrc.af.mil/934aw.

Softball

The co-ed recreational softball season is underway. To register, call Bill Garside at the fitness center at (612) 713-1496.

Early bird

Early Bird Specials are offered Wednesday and Thursday from 4 to 5:30 p.m.

Lunch is served from 11 a.m. to 1 p.m. at the Services Club.

The club offers a full menu until 10 p.m. every Friday before the UTA.

Pizza

North Country Lodge guests who show their key card at the Services Club get a \$1 discount on a pizza of their choice.

The offer is not available with takeout.

Call the Services Club at (612) 713-1655 for more information.

Bingo

Enjoy bingo every Friday at 5 p.m. at the Services Club. Cards are \$1 each for members and \$1.50 for non-members.

Call (612) 713-1655 or 1674 for more information.

ESGR

The Employer Support of the Guard and Reserve's Web site has been updated.

To better serve Web site visitors, changes have been made to the reports section, state policies section, and the basic and advanced employer relations section.

Pre- and demobilization briefings have also been added.

Visit the ESGR Web site at www.esgr.com.

This month in Viking history

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



In June 1985, active-duty forces made available more than 800 previously closed job opportunities to women. The move reflected a change in policy towards women in what had been previously off-limits combat support positions.



Exercise good medicine for arthritis sufferers

KEESLER AIR FORCE BASE, Miss. — Arthritis sufferers should exercise, according to 1st Lt. Justin Theiss, a physical therapist at the medical center.

“Studies have shown exercise helps preserve joint mobility and function,” Lieutenant Theiss said. “Inactive lifestyles and low fitness levels are two traits characterizing many people with arthritis.”

Unfortunately, for someone suffering from an arthritic condition, prolonged inactivity can accelerate the symptoms traditionally associated with the disease. Symptoms include increased muscle atrophy, decreased flexibility, degeneration of joint cartilage and a greater risk of bone fractures due to the loss of bone mass.

The benefits of exercise for those with arthritic conditions are numerous. Lieutenant Theiss said exercise reduces joint pain and stiffness and increases flexibility, muscle strength, cardiac fitness and endurance.

“Exercise can also lead to a better psychological outlook,” he said. “Faithful exercisers suffer from less stress, anxiety and depression. They may get better sleep and have an improved sense of self-esteem.”

Physical therapists can recommend exercises that are particularly helpful for people suffering from arthritic conditions. The therapist designs a home-exercise program and teaches the client about pain-relief methods, proper body mechanics, joint protection and conserving energy.

Therapists often prescribe three types of exercise:

Range-of-motion exercises help maintain normal joint movement and relieve stiffness. This helps maintain or increase flexibility.



Photo by Steve Pivnick

First Lt. Justin Theiss, a physical therapist at Keesler Air Force Base, Miss., helps Maurine Maddox with a hamstring-stretching exercise she can perform at home. Osteoarthritis in her right knee makes it difficult for her to sit and stand. Within four weeks of starting the prescribed exercise regimen, she was 95 percent improved.

Strengthening exercises (weight training) help keep or increase muscle strength. Strong muscles help support and protect joints affected by arthritis.

Aerobic or endurance exercise, like bicycle riding improve cardiovascular fitness, help control weight and improve overall function. Weight control can be important

to people who have arthritis because extra weight puts extra pressure on many joints. Some studies show aerobic exercise can reduce inflammation in some joints.

People are advised to consult their health care provider before starting any exercise program. *(Courtesy of Air Education and Training Command News Service)*

2005 BEST BALL GOLF TOURNAMENT

Saturday, July 23 at Emerald Green Golf Course, Hastings

Tee time at 4:40 p.m with a shotgun start

Air Force Sergeants Association-sponsored special competition

Four-person teams, \$35 per person entry fee

Food and prizes

Beverage cart available on course

Register individually or as a team at the fitness center by June 5.

Call (612) 713-1496 for more details.



Bicycling - Riding Vikings Bicycle Club

Join the bicycle club for a recreational ride June 18. Sign up by June 13. Volunteer support staff members are needed. Call Ronna Puck at (612) 713-1665 or Lt. Col. Carolyn Lohman at (612) 713-1446 to sign up. Fit to Fight credit will be given for this event.

Discount tickets/coupons

To purchase tickets to Camp Snoopy, children's museum and Chanhassen Dinner Theater, call the fitness center at (612) 713-1496. Discount cards for the zoo and IMAX theater are also available. Underwater Adventures tickets cost \$9.50 for adults and \$5.50 for children.

DJ at the Services Club

Enjoy great music from 8:30 p.m. to midnight.

Fit to Fight - Ready to Win fitness program

Participate in UTA events for incentive awards. The 934th Mission Support Flight is currently in the lead by winning the bowling tournament. For more information, call the fitness center at (612) 713-1496.

Sunday Salmon Special

This special is offered from 5:30 to 8:30 p.m. June 5 at the Officers' Club.

Travel

Armed Forces Vacation Club offers time share units for \$249.99 a week. Go to www.afvclub.com.

Air Force Travel - www.aftravelonline.com

Colorado R&R USAF Academy travel - www.coloradorandr.com

Shades of Green Resort, Disney World - www.armymwr.com

UTA Fitness Activities

June 4

Co-ed Recreation Softball

June 5

Healthy Living Seminar
11 a.m. at the
fitness center

July 23

Best Ball Golf Tournament
Register at the
fitness center by June 5.

Sept. 11

Tug-of-war
Officers versus Enlisted



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

**PRST STANDARD
U.S. POSTAGE
PAID
Helmer Printing**

To the family of: