

VIKING FLYER



934th Airlift Wing (AFRC)

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Photo by Staff Sgt. Nicholas Olson

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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

Second Lt. Eric J. Bredemus received a letter of appreciation for exceptionally motivating speaking at the University of St. Thomas, Detachment 410 AFROTC. Lieutenant Bredemus spoke regarding the logistics career field and officership, relating what it's like to be a second lieutenant.

27th APS is proud of **Senior Airman Matthew Heck** and **Senior Airman Matthew Russell** for both being named "Top Tunner."

"Top Tunner Driver" is the top graduate distinction of the 60K class at the Transportation Proficiency Center, Dobbins ARB, Ga.

The "Tunner" is a \$1.8 million air cargo loader named in honor of Lt. Gen. William H. Tunner.

Two consecutive top graduates of the 60K class are from 27th APS. Airman Russell graduated as Top Tunner Driver of the July class and Airman Heck graduated Top Tunner Driver of the August class.

The squadron welcomes newcomers **Master Sgt. Cleyson Plank**, who has accepted the active reserve technician vacancy, **Airman 1st Class Vallerie Peichel**, **Airman 1st Class David Montanez**, **Senior Airman Maceo Gates**, **Senior Airman Roy Beutler**, **Staff Sgt. Michael Rabe** and **Staff Sgt. Eric Amidon**.

The squadron is saying goodbye to departing members **Senior Master Sgt. Charles Nelson** and **Master Sgt. Jon Juliot**, both retiring, and **Master Sgt. Patricia Sahr** who has accepted a position with the 934th Communications Flight and will be greatly missed.

Congratulations to the newly promoted **Staff Sgt. Kayla Bultinck**, **Staff Sgt. Mathew Weber**, **Master Sgt. Brian Barclay** and **Master Sgt. Timothy Thompson**.

Aeromedical Evacuation

The squadron welcomes new members **Capt. Mary Dones**, flight nurse, **Capt. Jennifer Aasland**, medical services corps, and **Capt. Kristina Jones**, flight nurse.

Maj. Lynn Rydberg was awarded an Air Force Commendation Medal for her service as the chief nurse at 791th EAES, Ramstein AB, Germany.

The squadron would like to say goodbye to two recent retirees: **Senior Master Sgt. Ann Hawkins** retires after 20 years of service, and **Tech. Sgt. Donald Schlinsog** retires after 22 years of service.

Maj. Anthony Trezza, **Senior Airman Jeanne Zellner**, **Master Sgt. Anthony Staut**, **Senior Airman Jesse Ingersoll**, **Captain Aasland**, **Senior Airman Christina Perrault**, **Senior Airman Michael Armesto** and **Master Sgt. Dale Cody** participated in Joint Readiness Training at Ft. Polk, La. Airman Zellmer and **Senior Airman Allison Fieseler** graduated from a six-week AET flight school to become Aeromedical Evacuation Technicians.

Logistics

934th LRS has received the 2004 Reserve Officers Association Outstanding Non-Flying Unit Award.

Chief Master Sgt. Gary Smith has retired after serving 38 years in the Air Force.

The squadron would like to welcome newcomer **Airman 1st Class Levi Howery**.

Senior Airman Kelly Jabas returned from temporary duty at Mountain Home AFB, Idaho.

Senior Airman Diane Daniels, **Tech. Sgt. Roxanne Daggins**, and **Senior Airman Breon Gibson** are currently deployed to Mountain Home AFB, Idaho

On the Cover

Lt. Col. Barbara Dock, 934th Anti-Terrorism Office, puts the handcuffs on **Chief Master Sgt. David Provo**, 934th Security Forces Squadron, during the annual "Jail and Bail" fundraiser. **Colonel Dock** is the former commander of the 934th SFS.



The constancy of change

The Coming American

by Samuel Walter Foss

Bring me men to match my mountains,
Bring me men to match my plains;

Men to chart a starry empire,
Men to make celestial claims.

Bring me men to match my prairies,
Men to match my inland seas;
Men to sail beyond my oceans,
Reaching for the galaxies.

These are men to build a nation,
Join the mountains to the sky;
Men of faith and inspiration,
Bring me men, bring me men, bring me men!

Bring me men to match my forests,
Bring me men to match my shore;
Men to guard the mighty ramparts,
Men to stand at freedom's door.

Bring me men to match my mountains,
Men to match their majesty;
Men to climb beyond their summits,
Searching for their destiny.

These are men to build a nation,
Join the mountains to the sky,
Men of faith and inspiration,
Bring me men, bring me men, bring me men!



Two different models of the C-130 Hercules have been in service with the 934th since 1970.

Lt. Col. Stan Sheley Maintenance Group Commander

President Theodore Roosevelt once said “It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.”

President Roosevelt wasn't specifically talking about the military profession, but he might as well have been. By putting on the uniform, you have chosen to engage in your nation's call to service. To paraphrase President Roosevelt, you are actually in the arena. You are spending yourselves for a worthy cause. For that willingness to be out front, you have my and your nation's deepest gratitude.

Foss' poem (see sidebar) is referring to America's expansion westward to the Pacific Ocean, but it has a deeper, more timeless meaning as well. Mankind will always have new frontiers to explore, whether they be geographic, scientific or concepts we have not thought of yet. In 2005, the Air Force Reserve is right in the middle of that exploration. Whether it is Airmen controlling satellites from bases in Colorado or aircrews flying missions into Antarctica, we are involved in America's explorations of 21st Century frontiers.

How do these two pieces relate and what relevance do they have to your work as a Flying Viking? It is all about change. It took me quite some time to realize the status quo of the Air Force is transformation. Since the first day I put on a uniform back in 1982, the Air Force has always been



The C-119 Flying Boxcar was the second cargo aircraft assigned to the 934th. It first arrived in 1958.

changing something to make it more efficient, more lethal, more whatever.

For the better part of my career I thought I was special because I was a part of a major overhaul that was going to revolutionize the modern warfare. Little did I know that transformation has always been around and will be around long after I am gone.

Change is inconvenient. It's mostly painful. It's sometimes a bad idea and it's sure to drive you crazy but, overall, change is good. I have heard the following thought several times and I believe it to be true: Organizations either get better or they get worse; there is no such thing as remaining static. Change is the mechanism we use to get better and it also keeps us from getting worse. But who makes change happen? It is the people who are in the game or the ones sitting on the sidelines being critical of the players? When you are in the game, you are making things happen and you facilitate change. The improvement brought on by this ever-changing environment is what allows your Air Force to lead the exploration and tame the new frontiers. For those who missed it, that is the link between the quote and the poem: Change is brought about by people like you, i.e. people of action, and this change allows America to evolve by discovering new frontiers.

Always remember, if you haven't failed, you aren't trying hard enough. Failure is a by-product of living for those who are active players in life. Learn from your failures and you will grow as a person.

Security forces sergeant apprehends intruders

By Staff Sgt. Jennifer Gregoire
Air Force Reserve Command
Public Affairs

What started out as an ordinary patrol for a 934th Security Forces Squadron reservist ended with the capture of two civilians at 2:30 a.m. July 23.

Staff Sgt. Kevin Klefsaas, a full-time Active Guard and Reserve member, stopped his patrol car, shined a spotlight and discovered two people laying flat on the ground. The intruders used a pair of wire cutters to enter the Minneapolis-St. Paul International Airport Air Reserve Station.

“I did what the Air Force has trained me to do – be constantly observant – and it helped me detect these people,” Sergeant Klefsaas said. “I was concerned because I didn’t know what these people were capable of, what they had done or what they could do.”

The sergeant challenged the suspects and called for backup. Tech. Sgt. Brian Wahlstedt helped him handcuff the men and transport them to the Security Forces Control Center to await the arrival of deputies from the Hennepin County Sheriff’s Department. The incident is still under investigation so the suspects’ motives are unknown, said Maj. Theodore Ruminsky, 934th SFS commander.

A search in the immediate area revealed wire cutters. About 50 yards away, in the civil engineering salvage area, the searchers found a hole in the fence.

As of Aug. 4, Hennepin County has not officially charged the suspects, but the charges could include destruction of



Photo by Master Sgt. Nicolette Shegstad

Staff Sgt. Kevin Klefsaas checks the identification card of Senior Airman Tom Flermoen. The sergeant nabbed two intruders at Minneapolis-St. Paul International Airport Air Reserve Station, Minn., July 23.

government property, trespassing and restitution for damages to the fence.

“We were extremely happy with the capture of the intruders. We swept the rest of the base, and the Air National Guard’s 133rd Airlift Wing searched their area of responsibility to ensure the entire base was secure,” said Major Ruminsky.

Officer Shawn McMahon, the desk sergeant on duty, used a state-of-the-art camera system installed in May to monitor the nearby areas as well as the rest of the installation.

“We’re certainly excited about the new technology,” said Major Ruminsky. “In the past, we were limited by the

manpower factor; the patrolman had to be at the right place at the right time in order to observe and react to something.

“These surveillance cameras and thermal imagers greatly increase our ability to detect and observe situations,” he added. “It’s a force multiplier. We now have coverage throughout much of the installation. This technology really enhances our situational awareness, and it will only get better in the future with the addition of new sensor systems.”

The major expects the base to install a sophisticated ground radar system later this year. (AFRC News Service)

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



934th SFS teach safety at youth camp

By Senior Airman Curtis Holden
Staff Writer

Six members of 934th Security Forces Squadron participated in the Coon Rapids Fire Department Safety Camp held at Cross Creek Park July 26-27. The camp is designed for 9 and 10 year-old Coon Rapids elementary school children in an effort to teach them about and how to avoid safety hazards.

SFS members who participated were: Senior Master Sgt. Steven G. Anderson, Staff Sgt. Mike Bier, Staff Sgt. Jamielynn Shelite, Staff Sgt. Andy Halldin, Senior Airman Chad Howard, and Senior Airman Kristofer Geiger.

The 934th AW SFS volunteers joined with paramedics from Allina Clinics, Coon Rapids Firefighters and Coon Rapids Police Department representatives as camp counselors.

"It's a good program and covers a lot of things kids need to know to keep themselves safe," said Sergeant Anderson. "The camp taught them that it's important to follow safety procedures, not just because their parents tell them to, but we actually explained why safety procedures are important."

Camp organizers taught the third and fourth grade students the subjects of electrical safety, railroad safety, weather safety, water safety, bicycle safety, how to prevent brain injuries, burn prevention, and how to properly use 911, said Sergeant Anderson.

The kids also enjoyed a UH-60 Blackhawk helicopter demonstration provided by the Minnesota Air National Guard D.A.R.E program, he added.

The children were split into six



Photo by Senior Master Sgt. Steven Anderson

Staff Sgt. Andrew Halldin briefs his group of Safety Campers on a bicycle safety drill where they ride their bikes through a type of "Obstacle Course" and have to navigate around an obstacle in their path without plunging into traffic and getting hit from behind.

groups and each led by a firefighter, police officer, paramedic and an SFS member, said Sergeant Anderson.

The SFS volunteers' primary purpose at the camp was to assist event organizers and befriend and encourage the kids.

"Kids tend to receive more negative than positive reinforcement when they are acknowledged by adults," said Sergeant Shelite. "The camp serves as a chance to have a positive influence on kids and help kids learn about safety hazards. It was rewarding to let the kids know that people in positions of authority can also be their friends."

The camp also served as an opportu-

nity for the SFS volunteers to become more involved with the community and for personal growth.

"It gave me a wider horizon of who I was as a person and gave me experience dealing with kids of that age because I really had not been around that age group before," said Airman Howard.

Even though the camp counselors wore civilian clothes throughout the two days, they put on their uniforms for the Graduation Ceremony at the end of the last day.

"The kids were amazed to learn they had been working with paramedics, firefighters, police officers and Air Force personnel," said Sergeant Anderson.

Did you know?

The ability of the C-130 Hercules to operate on almost any surface, including sand and ice, has kept the aircraft in service for nearly 50 years.

Pictured: A C-130 reverses its engines to slow it down on a dirt runway.



Courtesy Photo



Air Force Achievement Medal



The Air Force Achievement Medal may be awarded to members of the Armed Forces of the United States (and to foreign military personnel) below the grade of colonel who, while serving in any capacity with the Air Force, distinguish themselves by outstanding achievement or meritorious service but not to the extent that would warrant the award of a Commendation Medal.

Promotions and Decorations

Senior Airman

John Kupka 934th LRS

Meritorious Service Medal

Maj. Paul Peterson 96th AS
 Maj. David Edwards 934th OSF
 Master Sgt. Richard Klick 934th AMXS
 Master Sgt. Gary Smith 934th LRS

Achievement Medal

Master Sgt. Diane Johnson 96th AS
 Tech. Sgt. Darrel Knox 96th AS
 Airman 1st Class Aaron Palmer 96th AS

Retirements

Lt. Col. Douglas Kveene
 Sept. 10 at 2 p.m. at the Naval Auditorium. Contact Lt. Col. Selina Petaros at ext. 1075.

Lt. Col. Dennis Smith
 Sept. 11 at 7:30 a.m. at the ASTS. Contact Col. Jorge Llambes at ext. 1607.

In the Spotlight

Why is Family Day important to you?

Photos by Staff Sgt. Nicholas Olson



“It’s a great way to let your family know how much you appreciate them and thank them for their support.”

Lt. Col. Maureen Banavige,
 934th Maintenance Squadron
 Commander



“It allows my family to see what I do. The family is a big part of the military. They help me keep my sanity.”

Staff Sgt. Scott Frazer,
 934th Security Forces
 Squadron



“It’s important for your two families- your civilian and your military- to get together.”

Senior Airman
Katie Hagemeyer,
 934th ASTS



“It gives us the opportunity to show them what we do and to meet the families of other military members.”

1st Lt. Pat McDonald,
 934th MEO



Base youth first at wing to attend Space Camp

By Cristina Oxta
934th Services Squadron

Going to camp this summer has proven to be a memorable experience for one youth at the Minneapolis-St. Paul International Airport Air Reserve Station, Minn.

Carissa Ott, 15, is the daughter of Tech. Sgt. Greg Ott, 27th Aerial Port Squadron member, and his wife Becky. She was one of several youths across the Air Force who received a scholarship to attend Space Camp in Huntsville, Ala.

Carissa is the first person ever from the 934th AW to be selected for the week-long camp and she is proud of her achievement.

"It was a great opportunity. It was definitely worth it. The information I learned was amazing and I met so many interesting people," she said.

The scholarship Carissa received was offered by the Air Force Family Member Programs. The 934th Services Squadron oversees the program at the 934th AW. Each year, the squadron advertises the scholarship, accepts applications, conducts interviews with applicants and nominates the wing's best applicant.

Carissa, who is passionate about astronomy, returned from space camp Aug. 5 with many memories.

Carissa enjoyed the camp schedule, which was packed with all kinds of exciting activities from listening to fascinating speakers to seeing first-hand some of the training that astronauts go through.

One of her favorite activities was taking a spin on the G-force accelerator.

"I did about five Gs and it was pretty cool," Carissa said. "You feel immense pressure. You can't move even your hands. It was kind of scary at first, feeling immobilized. I thought I'd get sick since I sometimes get motion sickness, but I didn't."

But her most unforgettable memory



Courtesy Photo

Carissa Ott gets some assistance on the "1/6th chair" where she experienced what it feels like to move in an environment with only 1/6th the gravity of Earth during space camp in Huntsville, Ala.

of Space Camp is when she and her fellow campers participated in a six-hour simulated shuttle launch. Carissa was the "cap comm," the person at the mock mission control room tasked with communicating with the astronauts in a shuttle.

"We had all kinds of problems and anomalies to deal with. It was really hard," she said. "I had to relay problems that were happening with the crew to the people at mission control while they were dealing with other problems of their own. It was frustrating, but it was fun, and I learned to have patience and think outside the box."

Carissa said she also gained a greater respect for astronauts.

"I was stressed in the flight simulator alone. They have to learn so much more and perform under pressure. It's amazing!" she said.

Carissa was particularly impressed

when she learned that the commander of the crew aboard the Space Shuttle Discovery voyage in July was a woman, Eileen Collins.

"That's great! It shows that it's not just the men who can take it. Women can be just as tough," she said.

Carissa and her parents encourage other youths to apply for the scholarship next year.

"It was an awesome experience for her. I would highly recommend it to other parents and their children," Sergeant Ott said.

Carissa is not sure yet whether she wants to be an astronaut one day.

"I don't know if I can do it, but I know I do want to join the Air Force and be a pilot," she said.

Carissa said she wants to take to the skies first and see how she does before she tries to reach for the stars.



So that's what they do



Melody Finley looks out the port hole of the C-130H Hercules before the Employer's Day flight.



Senior Airman Elisabeth Devin, 934th Aeromedical Evacuation Squadron flight medic, shows employers how she would stabilize a patient, who is in cardiac arrest, while aboard an aircraft.



Fred Buck, one of the employers invited to Employers Day on Aug. 13, listens in on the aircrew's

**Story and photos by
Staff Sgt. Jennifer Johnson**

Your boss will not have to wonder anymore what you do on your drill weekend. Thirty four employers from the local area saw first hand how their Air Force and Navy reservists contribute to the nation's defense Aug. 13, when they took part in the 934th Airlift Wing's annual Employers' Day. The event has the dual mission of informing employers about the military's

mission and to thank them for all their support. The group attended numerous briefings, went through a simulated mobility line and flew aboard one of the wing's aircraft. During the welcome briefing, Col. James Muscatell Jr., 934th AW commander, thanked the employers for their support, which allows the reservists to focus on the mission and to remain essential to the military. "My hat goes off to you," he said. "The support you give is so phenomenal and is an indication of what you mean to the military

and the defense of the... Retired Brig. Gen. Minnesota Employer S and Reserve state chair, commander's motion as has changed. Guardsme now frontline national called up they make mar aware that when they go sacrifices as well." Employers got a ta go through when they v



on their drill weekend...



Mr. Fred Buck, an employer, gets the tour of a 25K aircraft loader from Tech. Sgt. Randy Gottschalk, 27th Aerial Port Squadron. Sergeant Gottschalk was filling in for Mr. Buck's employee, Tech. Sgt. Douglas Schaller.

communication during the orientation flight. In all, 34 employers attended the annual event.

ation.”
 Dennis Schulstad, support of the Guard seconded the and said, “The military en and reservists are defense. When they are ay sacrifices, but we are o, you have to make ste of what reservists vent through the mock

mobility line. The employers had roll call, received dog tags and shot records. They also had medical and intelligence briefings on their deployed location, a fictitious base in Germany. When the employers were ready to “deploy,” they boarded a C-130 for an hour-long flight above Minnesota and Wisconsin. “That was the best sightseeing trip I’ve ever been on,” said Thomas Roth-Yousey, who works at the United States Postal Service. “I was surprised to see the scope the guard and the reserve has in the military. When

they talk about the best of the best in the military, they are not kidding.”
 Once the plane touched the ground, the reservists wrapped up the day when they took their employers to lunch and showed them their individual work areas. “It was a very informative day,” said Fred Buck, from the Minnesota Department of Transportation. “Everything was new for me and now I have a better understanding of what [Tech. Sgt. Douglas Schaller] does when he is on duty.”



Deputy MSG commander recalls ‘great journey’ in Air Force

By Tech. Sgt. Jeffrey S. Williams
NCOIC

After a distinguished career spanning 27 years, the September unit training assembly will mark the end of an era when Lt. Col. Doug Kveene, 934th Mission Support Group deputy commander, retires.

“Everything I set out to do has been done,” he said while reflecting on his impending departure. “I always said I’d retire when I’m at the top of my game. I don’t want to be one of those people critical of my service because I stayed too long.”

“As deputy commander of the



Photo by Staff Sgt. Nicholas Olson

Lt. Col. Kveene, on the eve of his retirement, reflects on his career.

Mission Support Group, everything that’s happened in my career helped me in this job,” he said. “We had seven different units activated since Sept. 11, 2001. We’ve had to help families with various issues and ensure that people are ready to function in their job in a deployment status. Yet we have highly trained and equipped people with a good attitude. They’ve made everyone on this base proud. This is a top-notch base to be at.”

Lt. Col. Kveene began his career in 1978 as an Airman Basic administrative specialist with assignments at RAF Mildenhall, England. He served in the same capacity at Offutt Air Force Base, Neb., and the 934th Tactical Airlift Group, the precursor to today’s 934th Airlift Wing.

Then Staff Sgt. Kveene attended Officers Training School at Lackland AFB, Texas, earning his commission in 1985.

Instead of returning to the 934th, 2nd Lt. Kveene spent seven years on active duty at various locations before returning to the 934th AW in 1992 when, following promotion to Captain, he assumed command of the 934th Communications Flight.

In the 13 years since he returned to the Wing, he was promoted to Lt. Col., and served as the executive officer before assuming his current position in June 2000.

Lt. Col. Kveene lists working for the wing staff, assisting with six Presidential visits and numerous visits of dignitaries from around the world as some of the highlights of his career. But the time spent as Communications Flight commander ranks at the top.



Courtesy Photo

Airman Basic Kveene after graduating from Basic Military Training in 1978.

“At Comm Flight, we accomplished everything we set out to do,” he said. “We were an award-winning flight, having received an Air Force Reserve Command award after the Operational Readiness Inspection in 1996. The whole unit did well as a result of good people who know their jobs.”

When asked as to whether he had any regrets in his career, Lt. Col. Kveene replied, “I have no regrets but I do have a wish list. I would have liked to have been deployed during Desert Storm, Operation Enduring Freedom or Operation Iraqi Freedom just to experience the same things that people are trained to go through, but the Air Force had other plans. Other than that, it’s been a great journey.”

UTA Schedule FY 06

Oct. 1-2
Nov. 5-6
Dec. 3-4
Jan. 7-8

Feb. 4-5
Mar. 4-5
Apr. 1-2
May 6-7

June 3-4
July 15-16
Aug. 5-6
Sep. 9-10



Getting legal advice from JAG

Story and photo by
Senior Airman Curtis Holden
Staff Writer

Being deployed to a combat zone and possibly being killed or injured is a risk every servicemember must face, especially with the ongoing Global War on Terrorism. Such uncertain times make it imperative that servicemembers take care of their personal matters before they depart to their deployment location.

The base Judge Advocate General's office staff is available to assist 934th Airlift Wing members and their families to get their legal affairs in order before a deployment.

The office also provides legal advice to the wing commander and all the squadron commanders.

Capt. Robert Stolzman, assistant staff judge advocate, is the newest member to join the office, arriving in July after serving five years on active duty.

"I've got a lot of experience in civil law and military justice that I am able to use in this office in this position," said Captain Stolzman. "As a newcomer I want to be able to fit in seamlessly with the office staff."

Maj. Reese Phillips, deputy staff judge advocate, joined the base JAG office in June and has extensive military justice experience that he is able to use for a multitude of disciplinary matters.

"My goals are to assist the base to improve all aspects of law enforcement and force protection issues and provide solid legal services to the Wing," Major Phillips said.

The JAG office staff also can provide Wing members and their families with a 934 AW/JA Deployment Card

that includes information regarding powers of attorney, life insurance coverage through Servicemembers Group Life Insurance, health insurance coverage, the Soldiers and Sailors Civil Relief Act, and the Uniformed Services Employment and Reemployment Rights Act, said Master Sgt. Shannon Bauer, paralegal.

"We're here to provide legal assistance and help with paperwork for Wing members and their families so they can deploy and feel better about things back home," said Sergeant Bauer. These services include living wills, powers of attorney, dependant care, and employer issues.

Although JAG office staff are not allowed to legally represent Wing members, members may talk to JAG personnel about getting power of attorney authorization for their spouses to access their information regarding military pay, bill payments, taxes, selling houses and cars, and other financial concerns as prescribed under the Soldiers and Sailors Relief Act, she added.

Bauer strongly recommends that Wing members take care of their personal and legal matters, especially wills, as early as possible, even if they are not being deployed.

"We're a traditional Reserve office and do not have a lot of people here full-time," she said. "You have to call or stop by the office and make an appointment to talk to an attorney to complete a will. Do not wait until you are on the plane to get a will done because it takes time."

Wing members can visit the office in Bldg. 760 or call (612) 713-1230 to take care of their legal matters.



"We're here to provide legal assistance and help with the paperwork for Wing members and their families so they can deploy and feel better about things back home."

-Master Sgt. Shannon Bauer
934th JAG Paralegal

F.Y.I.

The power of attorney is a document that establishes the right for one person to act on the behalf of another in matters involving business transactions, legal disputes and financial transactions. It can either be general or specific to a certain detail.

Simple exercise steps keep force fit and mission-ready

Story and photo by Senior Airman LuCelia Nagel
96th Air Base Wing
Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFP) — With the inception of the Air Force Fit to Fight program, Airmen had to adjust to a regular

regimen of running, sit-ups, push-ups and other physical activities.

Some Airmen experienced injuries while adjusting to the new standards, resulting in a need to see a physical therapist.

“We saw a lot of knee,

back and shoulder injuries at first,” said Capt. Bryan Bonzo, a 96th Surgical Operations Squadron physical therapist here who was stationed at Shaw Air Force Base, S.C., when the fitness program was introduced about two years ago.

Those injuries, he said, resulted mainly from the running portion of the new fitness program. The captain attributed the injuries to Airmen’s age and lack of physical fitness.

“The majority of the people who came in for treatment were in the 35- to 45-year-old age bracket,” Captain Bonzo said. “As people mature, their joints get stiffer, and many people suffered inflammation due to the impact of their feet against the ground. And younger folks just heal more quickly, so we don’t see them as often.”

In addition, the captain said the fitness level for many was not high because Airmen were not running as much when the program began. The good news is these types of injuries can be easily prevented, Captain Bonzo said. All it takes is a few simple steps.

First, he said, a warm-up should be performed before beginning an exercise. Simple things such as a five-minute brisk walk, running in place or

jumping jacks will allow the muscles to warm slowly, decreasing the chance for an injury.

“A warm muscle will perform better than a cold one,” he said.

Next, people should work on their flexibility by stretching the muscles. This loosens the muscles slightly and takes the pressure off the joints.

“This allows the joints to move properly,” he said. Regular stretching also changes tissue, making muscles longer and stronger over time.

“Sometimes it’s not about flexibility, just weak muscles,” he said. It is important to note that the warm-up exercise should be performed before stretching, he said, because it does not help to stretch a cold muscle.

A cool-down should take place after the exercise, which lowers the intensity of the exercise to allow the heart to slow down and the muscles to calm.

The last part of injury prevention is to stretch afterward.

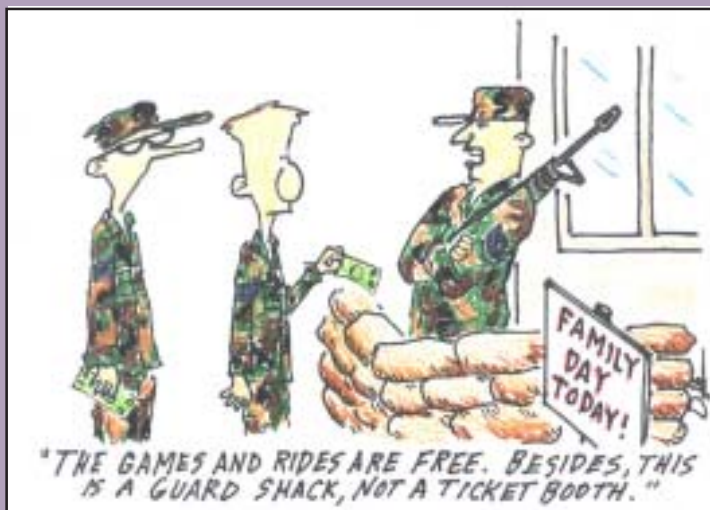
“People should stretch at least once a day, even if not exercising, to maintain their flexibility,” Captain Bonzo said.



Sean Capik demonstrates the proper form for a quadriceps stretch. Physical therapists advise Airmen to stretch before and after exercise to prevent injuries caused by running and other activity.



SERGEANTS UPP & ADAM



By Senior Master Sgt. Doug Johnson

F.Y.I.

Dealing with stress? Trying to cope with life's little or not so little issues? Help is available through Air Force One Source. Counseling sessions are available through referrals on the Web site or by calling (800) 707-5784. The first six visits are free of charge.

Logon to the Web site at www.airforceonesource.com. Use login "airforce," password "ready."



Viking Vibes



Services club

Join the fun at the Margaritaville Party and Club Membership Drive Sept. 9.

Enjoy a build-your-own taco bar, drink specials and door prizes will be given away!

Food will be served from 7 to 9 p.m. A DJ will play music from 8 p.m. until midnight.

The event is free for club members. Guests and non-members are \$10/person.

Spouses' club

There will be a luncheon held at the Officers' Club Sept. 15 at 11:30 a.m.

Marion Hvistendahl will be performing the character of a fur trader's wife. Cost is \$12/person. For reservations, call Jan Olson at (952) 831-2438.

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

Lodging

The North Country Lodge's Business Center, located in the East Meeting Room, is now open. It was established for guests to use while staying at base lodging.

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

Local faxes are free. Long-distance faxes are assessed a charge through lodging's telephone carrier. Charges will be posted to the guests's portfolio. Use of the copy machine costs 10 cents per copy.

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

Lodging also sells gifts, souvenirs, including polo shirts, T-shirts, hats, knick-knacks and more. Visit lodging to see the wide selection.

Recreation

Having a party, moving, going camping or need to power wash a deck? Call Outdoor Recreation at (612) 713-1496 to rent the equipment you need.

Club members get a 10 percent discount for rentals.

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.

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.

Retirees

Retiree Appreciation Day is Sept. 17.

To show its appreciation to retired military members, SatoTravel will offer retirees the opportunity to register for a

chance to win one of three prizes: \$100 rental car vouchers, a hotel voucher at the Florida Mall Hotel in Orlando, Fla., and a Hawaiian vacation for two.

Only retired U.S. military members are eligible to register for these prizes.

No purchase or other consideration is necessary to enter or win.

For more information, call SatoTravel at (877) 304-8456.

Family Day

Family Day will be held on Sunday, September 11th from 10 a.m. to 3:30 p.m.

Unit members are encouraged to bring the whole family. There will be food, entertainment and lots of fun and games for the kids.

This year's rides and activities include a ferris wheel, obstacle course, sumo suits, monster trikes, book sale, garage sale and antique car display.

Book sale and kid's games start at 10 a.m. Door prize drawing will be at 3 p.m.

Meal tickets will be available the day of the event for \$3 for non-military members.

Recreational Sports

A volleyball league and 4-on-4 tournament will run from Sept. 9 to 29

Games will be played every Tuesday and Thursday from 11 a.m. to 1 p.m.

The league and tournament are open to all civilians and military members of all branches of service.

Teams must have at least four players and two reserves. Call the fitness center at (612) 713-1496 for more information.

The flag football league runs from Sept. 19 to Oct. 28

Games will be played on Mondays and Wednesdays 4 and 5 p.m.

Open to all civilians and military members of all branches of service.

Teams must have at least five starters and two reserve players. To sign up, call the Fitness Center at (612) 713-1496.

This month in Flying Viking history

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

1974

Members of the 934th Tactical Airlift Group flew humanitarian missions to aid hurricane victims in Honduras.

1984

The wing reached the 107,000 hours milestone of safe flying.



“Leave a Legacy” Contest

“If you don’t know where you are going, you’ll end up someplace else.”

- Yogi Berra, Baseball Hall of Fame

Col. James Muscatell Jr., 934th Airlift Wing commander, believes the wing mission statement needs revision. He would like to revise it and establish new goals for the wing, and is encouraging everyone to participate in the “Leave a Legacy” contest.

Through this contest, entrants can submit ideas for a wing mission statement or two or three goal statements. If your mission statement and/or goals are selected, not only will you receive a prize, but more importantly, you will leave your fingerprint on the wing- a legacy.

Rules of engagement:

- * Mission statements should articulate the day-to-day mission of the wing.
- * Characterize who we are, our business and how we get it done.
- * Goals should be where we want to be five to 10 years down the road.
- * Goals should focus on what really matters.
- * Be brief and creative. Keep it short and to the point.
- * Distinguish the 934th AW as a unique, outstanding wing. Make it easy to remember.
- * If entrants use other wing’s mission statements for guidance, the source must be provided.
- * Entrants can submit just the mission statement, just the goal statements or both.
- * All entries must be sent to Maj. C.J. Lupo by e-mail to cj.lupo@minneapolis.af.mil by Sunday of the September UTA.
- * “Leave a Legacy” winners will be announced during the October UTA.

E-mail submission should include:

- * Mission statement and/or identify two or three long-term goals, separate from mission statement.
- * Your full name, rank, unit, shop function and phone number.

934th AW’s current mission statement:

Provides command, control and operational guidance for an eight primary assigned aircraft C-130 squadron and associated support functions. The wing operates an Air Force Reserve Station. Directs tactical airlift operations in the worldwide theater. Functions include command and control, operations, finance, safety and information.

Examples of other mission statements:

Youngstown Air Reserve Station:

“To support national objectives by providing mission-ready C-130 airlift forces with accompanying expeditionary combat forces to a combatant commander. To provide a state-of-the-art C-130 aerial spray capability that is responsive, flexible, and highly effective. To provide a premier air reserve station with modern facilities to support the wing’s mission and a variety of joint service tenants.”

McGuire Air Force Base Operations Group:

“Fueling, Hauling, Healing, Defending Freedom”

For more information, call Maj. C. J. Lupo at (612) 713- 1560 or 1st Lt. Julie Hamiel at (612) 713-1202.



Bicycling - Riding Vikings Bicycle Club

Join the bicycle club for a ride on Sept. 17 at 9 a.m. at Elm Creek Park Reserve Area. Call Ronna Puck at (612) 713-1665 to sign up.

Discount tickets/coupons

To purchase tickets for Camp Snoopy, Underwater Adventures, Minnesota Zoo, Minnesota 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.

Renaissance Festival tickets available now through Sept. 25. Tickets are \$14.75 for adult, \$6.75 for children. A food book is available for \$5.

Fit to Fight - Ready to Win fitness program

Participate in UTA fitness activities for incentive awards.

For more information, call the fitness center at (612) 713-1496.

Fitness center hours

5 a.m. to 9 p.m. Mondays through Thursdays

5 a.m. to 7 p.m. Fridays

8 a.m. to 5 p.m. Saturdays

8 a.m. to 4 p.m. Sundays

Closed on federal holidays

Travel

Armed Forces Vacation Club offers time share units. Cost is \$264 per week.

Go to www.afvclub.com.

Air Force Travel - www.aftravelonline.com

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



Fright Night Oct. 1!

The Services Club will be holding a costume contest on Saturday of the October UTA.

Food will be served from 7 to 9 p.m.

A D.J. will provide music from 8 p.m. to midnight.

Door prizes, drink specials and hors d'oeuvres will be served.

Prizes will be awarded for the best costume!

For more information, call Margo Leslie at (612) 713-1119.

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