

VIKING FLYER

934th Airlift Wing (AFRC)

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

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Strength in diversity

By Lt. Col. Sherry Hemby
934th Aeromedical Staging Squadron commander

I grew up in a small town in Tennessee. People in my neighborhood shopped at the same stores, went to the same schools and spoke English as their primary language. We understood each other because our backgrounds were so similar. My journey into the world of diversity began in high school. A language class was required in order to apply for college so I chose Spanish because I planned to attend college. At that time I had no idea that I would eventually work with people who spoke Spanish as their primary language and that I could benefit from my previous studies.

Upon joining the Air Force, my world view was opened by the exposure to groups of people from different parts of this country and the world. I learned that as a diverse group, individuals have a variety of view points to bring to the table that gives strength to our powerful Air Force family. This point struck home with me as I began to travel to various places around the globe. The richness from the different cultures showed me various ways to solve problems. In some cultures, the whole family came together and solved the issues as a

group. In other cultures the oldest member who was considered the wisest made the decision on how to handle a problem. Each culture had their process in resolving the issues at hand. Traveling opportunities afforded to me by the Air Force allowed me to learn from the

“Upon joining the Air Force, my world view was opened by the exposure to groups of people from different parts of this country and the world”

diverse cultures.

“Diverse” according to the Merriam-Webster online dictionary is defined as a “differing from one another.” Although in the Air Force we train a specific way and we wear a specific uniform, our diversity enables us to be creative in our problem solving and increases our warfighting capability. “Air Force diversity includes personal life experiences, geographic back-

ground, socioeconomic background, cultural knowledge, educational background, work background, language abilities, physical abilities, philosophical/spiritual perspectives, age, race, ethnicity and gender.” (Definition from Air Force Portal)

Later this month, Jan. 19, we will observe Dr. Martin Luther King, Jr’s Birthday. Dr. King stood and fought for freedom, equality and dignity of all races and peoples. In reflection on Dr. King’s life, I asked friends and co-workers what the day meant to them. Besides equality for all, most thought that Dr. King realized the importance of diversity in a more rounded and balanced society. He fought for those who were looked at as “different”. He wanted everyone to be able to come to the table, give their inputs and make a difference toward solving our nations’ problems.

As you continue your Air Force career take time to know the people in your team. Many of us come from similar backgrounds. What reaction do we have when we meet someone from a different culture? Do we look at an opportunity to learn something different? Remember the strength in our diversity.

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On the cover

Senior Airman Justin Gort (left) and 1st Lt. Brandon Schrader, 96th Airlift Squadron, lay wreaths at the Fort Snelling National Cemetery Dec. 13 as part of "Wreaths Across America". For more visit www.minneapolis.afrc.af.mil. (Air Force Photo/Capt. S.J. Brown)

Resolving to make a few resolutions

By Staff Sgt. Josh Moshier
934th AW Public Affairs

A few years back, while writing for an active duty publication, I authored an article for the New Year contending that I was philosophically opposed to New Year resolutions. This was based on the premise that anything we resolve to do in the New Year we should've been doing all along. Thus, there was no reason to make such resolutions.

To steal a line from comic Chris Rock, (paraphrased of course) it would be like bragging about supporting your children – you're supposed to support your children, dummy!

As proud as I was at the time of that editorial, I'm not afraid to admit when I'm wrong.

Age and wisdom (or in laymen terms, children) have taught me it's a lot easier to fall off the horse than to climb back on. Four days a week of working out dwindled to three, then two, then ... er, I can neither confirm nor deny the presence of a workout regimen. Coincidentally, my waistline has grown proportionately with the decrease in physical activity.

Salad, chicken breast, and protein and carbohydrate counting have

been replaced by potato chips, pie and M&M's counting.

This isn't to make light (no pun intended) of the poor habits I've developed over the years. Rather, it's to acknowledge my prior ignorance and welcome the idea of New Year resolutions.

Resolutions aren't a crutch for weakness, as I previously contended. They are an opportunity to embrace changes for the better. At this point, it doesn't matter why I don't work out as much as I should, why I eat as unhealthily as I do, or why I do a million other things I shouldn't. What matters is taking advantage of the opportunity to correct those flaws. Instead of making excuses why I can't do the things I'm supposed to do, I can start making excuses to do the things I'm supposed to do.

Every New Year marks a new chance to do it better than you did the last go-around.

So, this year, to mark my inaugural resolution, I'm resolving to start making resolutions – and to start substituting a few salads for Twinkies.

CBRNE training still vital

By Senior Master Sgt. Doug Johnson
934th Emergency Management ART

Now that the ORI is now only a fond memory, some 934th members may not be thinking about their gas masks as much as they used to.

According to AFI 10-2501 and T.O. 14P4-15-1 the mask is to be inspected every six months during "peace time" (long term storage, not deployed).

There are now two steps involved to be considered current in Chemical, biological, radiological, nuclear, explosives training. The first step is to com-

plete the CBRNE Awareness Course. Once completed you will be scheduled to attend Survival Skills Training. The CBRNE Awareness Course was initially placed on the ADLS, however, due to technical difficulties it was removed and the course is offered en masse by the Readiness/EM flight Saturday of the UTA at 9:30 a.m., building 760.

The en masse classes will be offered until the problem is resolved on the ADLS, at which time it will be everyone's responsibility to accomplish the course on line prior to attending SST. SST is currently being offered in building 865, 8:30 a.m. UTA Sundays.

The IG Says...

Air Force military and civilian members have a duty to promptly report Fraud Waste and Abuse (FWA) or Gross Mismanagement.

Waste -- The extravagant, careless, or needless expenditure of Air Force funds, or the consumption of Air Force property resulting from deficient practices, systems controls, or decisions. The term also includes improper practices not involving prosecutable fraud.

Holidays with the 934th Airlift Wing

For the complete Operation Santa story and more holiday photos visit: www.minneapolis.afrc.af.mil



Operation Santa

Left: Children and their parents arrive at the 'North Pole' via a 934th C-130. Top left: Master Sgt. Jim Corneya, 934th Operations Group, keeps the children entertained during their voyage. Top right: Santa and Mrs. Claus greet 934th AW members aboard their sleighcycle. (Air Force photos/Master Sgt. Paul Zadach)



Sarah Jamison, daughter of Tech. Sgt. Bonny Jamison, 27th Aerial Port Squadron, gets a gift from Santa at the APS holiday party. (Air Force Photo/Tech. Sgt. Jeffrey Williams)



Wing Staff and Mission Support Group members feast on some home made goodies. (Air Force Photo/Master Sgt. Kerry Bartlett)



Future pilots perform a preflight check in the flight deck display at the Maintenance and Operations Group party. (Air Force Photo/Master Sgt. Paul Zadach)

Holiday parties



Cols. Mark Vijums (left) and Tim Tarchick serve a holiday meal at the dining facility. (Air Force Photo/Tech. Sgt. Jeffrey Williams)

IRON VIKINGS

A tale of two triathletes: Part I, starring Capt. Robbie Frantal

By Master Sgt. Darrell Habisch
934th AW Public Affairs

Ironman. This is a story not about the movie, not about a man, but about two women triathletes from the 934th Airlift Wing. One is a pilot, the other an aeromedical evacuation technician. Both were new to the Ironman Endurance event and both discovered determination of iron. Part I of this two-part series will introduce Capt. Robbie Frantal, a 96th Airlift Squadron pilot.

Known as one of the most grueling events in sports, The Ironman competition consists of a 2.4 mile swim, followed by a 112 mile bike course and ending with a 26.2 mile marathon run. According to the World Triathlon Corporation, the Ironman endurance event was established in 1978 when a group of Navy Seals started an argument about who was the fittest athlete. Navy Commander John Collins suggested that the best way to decide would be to combine the Waikiki Rough Water Swim, the Around Oahu Bike Race and the Honolulu Marathon ... whoever finished would be a real Ironman. It is doubtful those Seals foresaw the ramifications of that argument and how it influenced average people worldwide, more than 80,000 every year, to push themselves to their limit, including two Ironwomen from the 934 AW.

Captain Frantal, completed the Ironman competition in Louisville, Kentucky, Aug. 31. It began with a swim in the Ohio River, or more correctly, one year earlier.

"It's something I've always wanted to do," she said. Completing the event was a goal since her freshman year in college, when she first saw the event on television.

In 2007, the Chicago native began swimming a couple times per week, biking wherever she could and running mostly on the streets when possible. Captain Frantal soon felt ready to compete in an Ironman 70.3, consisting of a 1.2 mile swim, a 56-mile bike and a 13.1 mile run, which adds up to 70.3 miles of total racing, half the distance of the full endurance event. She knew she had to concentrate on biking; "It's such a long distance," she said.

Joining more than 3,000 other competitors at the starting line in Louisville, Captain Frantal, a five-year C-130 pilot, decided she could only think of the small victories because "it's too intimidating to think of the entire race." While swimming the river, her thoughts turned to "just making it to the next buoy."

Next up was the 112-mile bike course where she showed up with her beginner road-bike.

"Lots of people had very fancy bikes and were wearing fancy racing clothes looking very hard-core," she remembered. But along the way, many of those people were on the side of the road passed out in the 94 degree weather, according to Captain Frantal. "Just get to the next town," she thought. Then, "just get to that church," and then, "just get up this hill."

She was very thankful her bike didn't experience mechanical trouble, although she was experiencing some physical trouble.

"I was really hit by the weather," she said. "When I got off the bike, I wanted to quit. I sat in the changing tent trying to relax my back."

But she didn't quit. She only had 26.2 miles to run to the finish line.

"At mile three into the run, I didn't think I could go on. I just concentrated on making it to the next water and aid station."

An obstacle she hadn't trained for were the Kentucky hills. "The hills were constant," she remembered. "I just kept thinking 'When are these going to end?'"

Adding to the challenge was that the most she'd ever run was fifteen miles at one time. At this point in the endurance race "It was more mental than anything physical," Frantal explained. "My body was starting to break down and I knew that once I hit the wall, there was no coming back."

Captain Frantal completed the race in 13 hours and 12 minutes. Her only regret? That she hadn't trained more.

"I'm a little mad that I didn't push harder to get a better time," she said. "I took it a little easy because my goal was to just finish. I couldn't have finished the race without the huge support of my husband (Capt. Rob Frantal, also a C-130 pilot with the 133rd Airlift Wing). He was always there to cheer me on and push me out the door to train when I wanted to sleep in or just take a day off.

Part II of the series continues next month with the story of Staff Sgt. Mary Wetterling, a 934th aeromedical technician.

For the complete story visit the 934th website at www.minneapolis.afrc.af.mil



Capt. Robbie Frantal finishes the Ironman in Louisville, Ky. (Courtesy photo)

Expanded unit news available at www.minneapolis.afrc.af.mil

Aeromedical Evacuation Squadron

Provided by Capt. Matt Grimes, Unit Public Affairs Representative

Welcome to Senior Master Sgt. Kevin Cassidy who will be assuming the senior enlisted ART position for the squadron. Sergeant Cassidy comes from the Channel Islands (Hollywood) Air Guard. Welcome new members, Airman 1st Class Jennie Gaylor, Staff Sgt. Rorie Lieb, and 1st Lt. Becky Littlefield.

We have several kudos this month at the AE squadron.

Military Personnel Flight

Provided by Staff Sgt. Cory Upmeyer, Unit Public Affairs Representative

Congratulations to Master Sgt. Dennis Gauthier who became a first time grandfather in December.

Communications Flight

Provided by Tech. Sgt. Christian Krug, Unit Public Affairs Representative

Three members completed deployment requirements & departed to support AEF 7/8 to Afghanistan and Guam. CF members also deployed to Mississippi. The unit completed Self Aid Buddy Care training and held the 2008 934th CF Christmas party. Several members received letters of appreciation for the work at 2008 Military Ball.

Services Squadron

Provided by Master Sgt. Alan Schumacher

Congratulations to Staff Sgt. Sandy Anderson on the birth of a healthy baby boy, Xavier, Aug. 8. Also on Aug. 8, Senior Airman Randy Williams was united in marriage to the former Alicia Godfrey.

During the October UTA Services participated in another successful Bivouac with the Civil Engineer Squadron, providing food and lodging support for nearly 200 personnel. Welcome back Senior Master Sgt. Erica Twardy who returned after a multi-year assignment at 22nd AF.

All meals during the January UTA will be served at the Services Club.

Civil Engineers

By Senior Master Sgt. Doug Johnson, Unit Public Affairs Representative

Congratulations to recipients of the Meritorious Service Medal: Maj. Cynthia Doolittle, Senior Master Sgt. Chuck Super and Master Sgt. Adam Henkels.

CES welcomed a new fireman, Airman Sung Yi.

Farewell to Senior Master Sergeant Chuck Super, who gave the Air Force 31 years of active and reserve service.

Maintenance

By Senior Master Sgt. Joseph Bystedt and Master Sgt. Eric Johnson

Unit Public Affairs Representatives

Contratulations to Staff Sgt. Christina Staebell of the hydraulics section who gave birth to a 5 lb. girl named Ailee Jennifer Nov. 25.

Tech. Sgt. Dan Boedeker of the electro/environmental section was awarded a Community College of the Air Force degree in Aviation Maintenance Technology.

Promotions to:

Master Sgt. Donald Henderson	MXS
Master Sgt. Damion Kosmosky	APS
Master Sgt. Brian Lodermeier	APS
Master Sgt. Kevin Lynch	APS
Master Sgt. Patrick Scharn	MXS
Tech. Sgt. Geigory Alkema	ASTS
Tech. Sgt. Amanda Killebrew	ASTS
Tech. Sgt. Michelle Klabunde	ASTS
Tech. Sgt. Jessica Loken	ASTS
Tech. Sgt. Troy Olson	APS
Staff Sgt. Erica Butler	ASTS
Senior Airman Whitney Mayes	ASTS
Senior Airman Justin Gort	96 AS
Airman 1st Class Brittany Fitzmaurice	CES

SERGEANTS UPP&ADAM By Senior Master Sgt. Doug Johnson



I SAID YOU SHOULD START YOUR NEW YEAR'S RESOLUTION, NOT REVOLUTION.

UTA Dates

Month	934th	88th	<u>Navy</u> <u>Marines</u>
Jan.	10-11	10-11	10-11
Feb.	7-8	7-8	21-22
Mar.	7-8	7-8	14-15
Apr.	4-5	4-5	18-19
May	2-3	2-3	16-17
June	6-7	6-7	13-14
July	11-12	TBA	18-19



Roger Hanson, 934th Mission Support Group program manager, (second from left) holds the Commuter Choice Rookie of the Year award presented to the 934th Airlift Wing by Metro Transit and transportation management organizations in the metro region. The award recognizes the organization that best promotes commuter alternatives for the first time. With Hanson are (left to right) Randy Rosvold, Metropolitan Council Senior Project Administrator, Suzan Forsberg, Metro Transit program specialist, and Bruce Howard, Metro Transit director. (Air Force Photo/Master Sgt. Paul Zadach)



Senior Master Sgt. Brendt Traicoff, 934th Senior Recruiter, receives his retirement plaque from Capt. Julie Hamiel, 934 AW executive officer. Sergeant Traicoff retired with more than 23 years service. (Air Force Photo/Tech. Sgt. Craig Dunbar)



Senior Master Sgt. Dennis Forbush receives his retirement plaque from Col. Tim Tarchick, 934 AW commander. Sergeant Forbush retired with more than 25 years service. (Air Force photo/Capt. S.J. Brown)



Col. Nancy Brooks (left), 934th Mission Support Group commander, stands with Senior Master Sgts. David Cormier and Rory Ernst (second and third from left) after presenting them with a plaque for their work with the MXS Emergency Management program. Sergeants Cormier and Ernst were the first recipients of the traveling plaque which will be presented semiannually to squadron representatives who maintain a stellar EM program. The program was conceived by the 934th Readiness/Emergency Management Flight represented by Senior Master Sgt. Doug Johson (left) and Master Sgt. Dave Taylor. (Air Force Photo/Master Sgt. Paul Zadach)



Master Sgt. Laurie Konz receives her retirement plaque from Colonel Tarchick. Sergeant Konz retired with more than 22 years service. (Air Force Photo/Master Sgt. Kerry Bartlett)

Senior Master Sgt. Chuck Super receives his retirement plaque from Col. Tim Tarchick, 934 AW commander. Sergeant Super retired with more than 31 years service. (Air Force Photo/Tech. Sgt. Bob Sommer)



Religious leaders fly during first Clergy Day

By Capt. S.J. Brown
934th AW Public Affairs

The 934th Airlift Wing here hosted its first "Clergy Day" Dec. 10 for senior religious leaders from the Twin Cities and surrounding areas.

During the event, the clergy

received informational briefings and flew on a two hour training mission aboard one of the unit's eight C-130 H3 aircraft getting a first-hand glimpse of the Reservists serving in their

military jobs. Clergy members were accompanied during the day by Air Force chaplains and assistants, some who are clergy members in their civilian jobs.

"Clergy members are an important

part of many of our Reservist's lives. They confide in them and look to them for guidance and advice," said Col. Mark Vijums, 934th AW vice commander, who also piloted the C-130 aircraft during the flight.

"This is a great opportunity for us to show members of the clergy what we do so they gain an understanding of what life as a Reservist is all about."

"It was a very insightful morning," said Tim Hackbarth, Pastor of Lutheran Church of Peace in Maplewood, Minn. "I learned a lot about the Air Force Reserve and what they do for us."



Rev. Bruce Nelson, Bethany Lutheran Church, Minneapolis, talks with Master Sgt. Mark Blank, 96th Airlift Squadron loadmaster, during the 934th Airlift Wing Clergy Day Dec. 10. (Air Force Photo/Capt. S.J. Brown)

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