

VIKING FLYER

934th Airlift Wing (AFRC)

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

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Denton dynamos 5 million pounds and counting





Are you well informed?

By Lt. Col. Ted Ruminsky

934th Security Forces Squadron commander

When it comes to world events, do you consider yourself a well-informed citizen? What about in your role as a member of the Air Force Reserve? Let's find out. Here's a quick quiz to get an idea of how you are doing at staying in touch with world events and issues that affect the Department of Defense:

1) "Hamas" is:

- a) A name of a character on the hit TV show *24*
- b) A dip or spread made from mashed chickpeas
- c) A Palestinian Sunni terrorist organization
- d) A Palestinian Shi'a terrorist organization

2) "Hezbollah" is:

- a) A spiritual leader in Iran
- b) A Lebanese Shi'a terrorist organization
- c) A Lebanese Sunni terrorist organization
- d) A type of bread on which you spread "Hamas"

3) "Myanmar" is:

- a) A country in mainland Southeast Asia
- b) A Marine Corps Air Station in California (Formerly Naval Air Station made famous by the movie "Top Gun")
- c) A color in a box of Crayola crayons (size 96 and 120)
- d) The name of a "Decepticon" in the movie *Transformers*

4) "Nargis" is:

- a) A river famous for being part of the "cradle of civilization"
- b) A Greek oil tanker hijacked by Somali pirates in the Gulf of Aden
- c) A devastating cyclone that killed more than 100,000 people

d) A type of weapons system used on certain US Navy ships

5) Mumbai is:

- a) A cocktail drink with rum as primary ingredient
- b) A city in India
- c) A country in Africa
- d) A character in the "Lion King"

6) In 2008, Georgia:

- a) The city of Atlanta declared Sept. 2 as, "General William Tecumseh Sherman day"
- b) signed a mutual assistance pact with Russia to build, operate and secure strategic oil pipelines from oil fields in the Caspian Sea
- c) was invaded by Russia
- d) invaded Russia

7) Al Queda

- a) The Governor of Minnesota in the early '80s
- b) A dish with refried beans at most Mexican restaurants
- c) A Shi'a terrorist organization
- d) A Sunni terrorist organization

8) "Global Strike Command" is:

- a) A top 10 video game for 2008
- b) Where "Buzz Lightyear" worked in the movie "Toy Story"
- c) A title of a book by Tom Clancy
- d) A new USAF MAJCOM being established after a series of "incidents" involving nuclear weapon program assets and inspections

Ok, enough easy "multiple guess" questions, try a few fill in the blank:

9) Name the current Secretary of the Air Force.

10) Name the current Chief of Staff of the Air Force.

11) Name the current Chief of the Air Force Reserve and Commander of Air Force Reserve Command (Hint: it's the same person).

12) In USAF terms, "Re-capitalization" refers to what?

How did you do? If you scored 10-12 correct, you are staying on top of things. Great job! If you scored 7-9 correct, you could benefit from tuning in to the news and staying up on USAF events a little more. If you scored 6 or less, you need to turn off "Maury" and "Judge Judy" and find some smelling salts.

It is important to keep up to date on world and Air Force news. These issues affect our nation in many ways, from our tax dollars to our national security.

As a citizen of this Republic you have an obligation to stay informed and make educated decisions whenever you cast your ballot; whether for a school funding referendum or for a candidate running for political office. Nothing is more vital than picking the people to represent us in public office; in the end, as military members, we work for them. They don't go to war, they send us to do it.

Finally, I submit to you that you represent the Air Force wherever you go. At your civilian job, at the holiday dinner table with your extended family, and out in the driveway talking to your neighbor. Outsiders look to you as being knowledgeable on military issues and events that affect our national security. How well do you represent the Air Force?

(Answers to quiz on page 6)

VIKING FLYER

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All photos are Air Force photographs unless otherwise indicated.

On the cover

Airman 1st Class Christopher Graybill, 27th Aerial Port Squadron, loads humanitarian cargo aboard a KC-10 aircraft as part of the Denton program. Story on this page. (Air Force Photo/Master Sgt. Paul Zadach)

Denton dynamos

27 APS marks 15 years of helping others

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

The 27th Aerial Port Squadron's participation in the Denton Amendment program reached an important milestone in December when it processed four pallets of humanitarian goods onto a KC-10 Extender aerial refueling aircraft, bound for the Caribbean island of Dominica.

The mission completes the 15th year of the squadron's participation in the program, in which 5,230,746 pounds of goods were loaded onto 182 different flights.

The first Denton shipment occurred Dec. 3, 1993 when four pallets bound for Honduras were flown to Klamath Falls, Ore., on a C-130E flown by the 934th Airlift Wing's 96th Airlift Squadron.

The program was created in 1985 when U.S. Senator Jeremiah Denton introduced an amendment to the Foreign Assistance Act of 1961 that allows donors to use space available on U.S. military cargo planes to transport humanitarian good and equipment to countries in need.

Senator Denton was a retired Navy admiral who served eight years in the Hanoi Hilton when his A-6 Intruder was shot down over North Vietnam during a bombing mission in Thanh Hoa Province July 18, 1965. After the conclusion of his 34-year naval career, he ran for the U.S. Senate in Alabama, and served for one six-year term from 1981 to 1987.

The Denton program is administered by the U.S. Agency for International Development, commonly known as USAID, and has oversight by the U.S. Department of State, which reviews and approves the applications from non-governmental organization donors.

The Denton flights help the Aerial Port Squadron and aircrews meet

their training needs each year, said Chief Master Sgt. Dale Place, 27th APS air transportation superintendent.

"The missions we use for Denton helps the whole Air Force," he said. "We had four KC-10s come in this past year to fly five training missions. They have to qualify in having certain types of cargo flown aboard, and this is training they normally wouldn't get."

"When we do Denton cargo, it encompasses every functional area for Aerial Port except for passengers. Our cargo guys build pallets and process paperwork, the ramp guys get the experience loading various types of aircraft, our special handling Airmen inspect for hazardous materials, our air transportation operations center personnel get more training in flight coordination and loadmaster interaction, while our load planners create the load plans necessary for proper shipment," Chief Place added.

The 27th APS role in facilitating the transportation of Denton cargo originated in 1993 with Chief Place's predecessor, Chief Master Sgt. Michael Dressen, who retired last year.

"I don't know who he contacted or how he coordinated it back then, but if it wouldn't have been for Chief Dressen, we wouldn't have done this," Chief Place said. "He gets a lot of credit for getting our involvement off the ground. The idea that we are helping people out in other countries with stuff that we no longer need is extremely rewarding. From an aerial port perspective, it offers us great training as well. There are absolutely no drawbacks in being involved with this program whatsoever."

For more on the Denton program go to
www.minneapolis.afrc.af.mil

The IG Says...

Air Force military and civilian members have a duty to promptly report fraud waste and buse or gross mismanagement.

Abuse -- Intentional, wrongful, or improper use of Air Force resources. Examples include misuse of rank, position, or authority that causes the loss, or misuse, of resources.

934 AW FWHotline: (612) 713-1180

AFRC FWA Hotline: (800) 223-1784 extension 7-1513

SAF/IGQ FWA Hotline: (800)538-8429

DoD FWA Hotline: (800) 424-9098

Night moves

Night flying becomes bigger part of 934th AW mission

By Master Sgt. Darrell Habisch
934th AW Public Affairs

In an acknowledgement to the demands of a new age in airlift, six birds of the 934th Airlift Wing participated in demanding night tactical training missions Jan. 9-10. With an approaching Aerospace Expeditionary Force deployment in mind, the missions were designed to be as realistic as possible to what aircrews and support personnel will encounter while in the field.

Training has gradually migrated to night flying tactical missions, according to Col. Allan Swartzmiller, Commander, 934th Operations Group. Transporting people and materiel in a conflict zone is often better performed at night to help mitigate the threat, he said. That translates to more than 75 per-



The world takes on an eerie green glow when viewed through night vision goggles as Staff Sgt. Matt Donovan recovers a pallet after a combat offload at Ray S. Miller Army Air Field. (Air Force Photo/Master Sgt. Darrell Habisch)

cent of aircrew training requirements now involving some aspect of night flying. "Many of our newer assigned folks have not been a part of an AEF deployment yet and these large-scale, night missions give them a dose of reality."

The missions began in the afternoon with a classified intelligence briefing describing a real world scenario, replete with route, anticipated threats and weapons available to enemy combatants. The flight was described in detail, beginning with a four-ship formation, followed quickly by a two-ship formation. Aircrews were to wear night vision goggles while flying, turning the dark countryside and sky into a bright, green-tinged florescent landscape.

According to plan, the C-130's flew to Ray S. Miller

Army Air Field, an Army National Guard dirt airstrip only 3,500 feet long and 60 feet wide, covered with snow and ice at Camp Ripley, Little Falls, Minn. There, aircrews and personnel, all wearing night vision goggles, practiced assault landing and engine-running on and off-loading.

But what to do in a hostile zone when a forklift isn't available or can't off-load precious cargo? This calls for combat off-loads, which involve opening the rear of the C-130, releasing the restraining ties on the cargo pallets and revving up the engines with the brakes firmly applied. "Releasing the brakes releases a massive amount of energy," explained Swartzmiller. When the aircraft jumps forward, the loose pallets of cargo slide neatly out the door and to the ground, allowing the aircraft to quickly depart the area. This method works well with equipment, whole foods, crates of MRE's and any cargo of substance. "I wouldn't want to guarantee anything fragile using combat off-load," he said.

The formations continued to Duluth before returning to Minneapolis. Along the way, the crews practiced cargo airdrops using special fifty-pound bags of sand attached to a parachute. With the coordination of the entire flight crew, the airdrop loads hit their target within the Camp Ripley Range.

The flight path was a circuitous route, with definitive waypoints chosen along the way. Each waypoint had to be reached at a specific time before turning to the next point. The arrival of each formation at different waypoints was timed to the second. This precision is needed in a hostile environment, as many different countries and many different air forces may be operating out of the same airfield, according to Swartzmiller.

"You may have a very small window of opportunity at that airfield," he explained. "We have to arrive on time and work together."

Planning for the mission began in August with an eye to maximizing the training opportunity. Aircrew must be fully qualified every six months in numerous training events to be able to fly and deploy. This two-night training mission completed almost 30 percent of a pilot's requirements; 65 percent of a navigator's and one hundred percent of a flight engineer's and loadmaster's, according to Swartzmiller.

Flying night missions involve more than just the aircrews; it requires the efforts of numerous support personnel working together. Dozens of air reserve technicians and traditional reservists shuffled their duty hours to provide ground support both at home station and Camp Ripley.

For more go to www.minneapolis.afrc.af.mil

IRON VIKINGS

A tale of two triathletes: Part II, starring Staff Sgt. Mary Wetterstrand

By Master Sgt. Darrell Habisch
934th AW Public Affairs

Editor's note: This is part two of the Ironman series. To read part I (Capt. Robbie Frantal) visit the 934th website at www.minneapolis.afrc.af.mil.

Ironman. This is a story not about the movie, not about a man, but about two women triathletes from the 934th Air-lift 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.

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 eighty thousand every year, to push themselves to their limit, including two Ironwomen from the 934th AW.

The Great Illini Challenge was held in Mattoon, Ill. Sept. 6. This is where Staff Sgt. Mary Wetterstrand, an aeromedical evacuation technician with the 934th Aeromedical Evacuation Squadron, decided to test her limits.

"I had never run anything like this before, never done any of these distances," she said. "I saw it on TV as a kid and put it on my checklist of things to do. It became a life goal. I had to see if I could do it."

She began training in January and within months realized "I didn't know what I was doing." She hired a coach in Chicago. Her six day per week training regimen consisted of two workouts per day, running five to seven hours per week and swimming two to three hours per week. "It became a little bit addictive," she explained. "I am convinced anyone can do this. Half of the battle is mental."

She found the battle easier by training with others for the triathlon. "There was a group of us training for the Ironman. The group motivation was great, especially seeing what other people could do." She noted that "I got lucky with no injuries. Thankfully, my coach adjusted my training schedule. Without him, I probably would be dead."

But her training was not without interruptions. Finding time to train was always a challenge, and she had a deployment in the middle of it. "I just knew that once I really decide to do something, I can do it."

The Great Illini Challenge is a little different from the Kentucky race. Instead of a river, Wetterstrand began by



Staff Sgt. Mary Wetterstrand competed in the Great Illini Challenge in Mattoon, Ill. Sept. 6. (Air Force Photo/Staff Sgt. Michael Edmond)

swimming a closed course in Lake Mattoon. This was done by swimming a 1.2 mile course twice, followed by cycling a 56 mile course twice. And, of course, the 26.2 mile marathon, completed by running four 6.55 mile loops on a closed course through the streets of Mattoon.

Wetterstrand conquered the Ironman Endurance event in 13 hours and 54 minutes. "I was in the first third of the pack and finished fifth in my division." She continued, "Most of this race is mental. I like challenging myself; see if I can do it."

Wetterstrand plans to participate in another Ironman competition. "I'd love to qualify for the Kona, Hawaii, Ironman. Do it just once in my life."

And the best part of her experience? "Eating any darn thing I wanted to. I needed 3,000-5,000 calories per day. It was so much fun."

Aeromedical Evacuation Squadron

Provided by Staff Sgt. Michelle O'Dean, Unit Public Affairs Representative

Congratulations to Senior Airman Laura Zulkosky, Staff Sgt. Lindsay Rosenow and Airman 1st Class Gabrielle Cohrs, in their pursuit of higher education. The three have recently enrolled in nursing school.

Congratulations to 1st Lt Julie Schwebke for completing officers training, and being selected for honor flight, achieving top scores in her class.

Senior Airman Myte Dahl met with the Medical Service Corps board and will be selected for commission as an MSC officer.

Military Personnel Flight

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

Welcome to Tech. Sgt. Nick Glatz. He will be joining the Career Enhancement Section.

Farewell to Staff Sgt. Mitch Haraldson. He will be transferring out of Base Training to the Maintenance Squadron.

Civil Engineers

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

The Civil Engineer Squadron bid farewell to our first sergeant, Master Sgt. Julie Carie. She will return to finance.

Good luck to Tech. Sgt. Kraig Crandall who deployed to Southwest Asia for 90 days to assist in the mailroom.

Great job by eight members from the Fire Department who received Wing coins for their exceptional performance during the 2008 ORI.

Congrats to Staff Sgt. Matthew Sutton who received a bachelor's degree in marketing from the University of North Dakota.

Thanks to Senior Master Sgt. Lawrence Corrigan who sang an stirring acappella rendition of "Faith of Our Fathers" during the CE commander's call in honor of the Presidential inauguration.

UTA dining facility menu now available online at www.minneapolis.afrc.af.mil

Blood Drive

Joint Forces Physical Fitness Center

Feb. 10, 9 a.m. to 2 p.m.

For appointment or info call Nancy Ripley at

(612) 713-1170 or go to www.givebloodgivelife.org

Answers to quiz on page 2

1) C 2) B 3) A 4) C 5) B 6) C 7) D 8) D

9) Mr. Michael B. Donley

10) General Norton A. Schwartz

11) Lieutenant General Charles E. Stenner Jr.

12) Generally, it refers to replacing old aircraft with new. However, it can also refer to funding the evolution of the USAF to meet current and future needs. "Emerging technologies", "force shaping", "emerging missions" have also been mentioned in association with this term.

Promotions to:

Master Sgt. Melissa Cogar	AW
Master Sgt. Steven Gray	SVS
Master Sgt. Jon Rudisuhle	96 AS
Tech. Sgt. Anna Bartlett	AW
Tech Sgt. Jeffrey Och	96 AS
Tech Sgt. Michael Rehbein	96 AS
Tech Sgt. Amanda Williams	LRS
Tech. Sgt. Patrick Woods	96 AS
Tech. Sgt. Angela Fahey	SVS
Staff Sgt. Elizabeth Camacho	SFS
Staff Sgt. Nicholas Ferry	LRS
Staff Sgt. David Montanez	27 APS
Staff Sgt. Lindsay Rosenow	AES
Staff Sgt. Garrett Weston	LRS
Staff Sgt. Samuel Klein	SFS
Senior Airman Zachary Blesener	MXS
Senior Airman Adam Paulson	CES

SERGEANTS UPP&ADAM

By Senior Master Sgt. Doug Johnson



I DON'T CARE WHAT MARY POPPINS USES! I AINT JUMPING WITHOUT A PARACHUTE!

UTA Dates

Month	934th	133rd	88th	Navy Marines
Feb.	7-8	20-21	7-8	21-22
Mar.	7-8	20-21	7-8	14-15
Apr.	4-5	17-18	4-5	18-19
May	2-3	13-16	2-3	16-17
June	6-7	19-20	6-7	13-14
July	11-12	None	11-12	18-19
Aug.	1-2	14-15	1-2	15-16
Sept.	12-13	18-19	12-13	19-20

HRDC improves quality of life

By Lt. Col Sharon Simpson
and Senior Airman Yakini Branch
934th HRDC members

Seven members of the 934th attended the 2008 AFRC Human Resources Development Council workshop in Atlanta, Ga. Oct. 26-31, which was the largest group to ever attend this conference.

The 934th HRDC conference representatives (which consisted of Col. Mark Vijums, Lt. Col. Sharon Simpson, Maj. Rondald Ross, Chief Jan Dalton, Master Sgt. Vicki Kuntz, Tech. Sgt. Kathryn Pierce, and Senior Airman Yakina Branchibura) wanted to bring back the lessons learned that will better support the goals of HRDC.

HRDC is about improving the quality of life for all Air Force Reserve

members on and off duty by providing supportive tools, and acceptance of diversity.

The theme of the workshop was: "Faithful to a Proud Heritage." Maj. Gen. Linda Hemminger's welcoming speech offered praise to all HRDC members, and spoke of the positive impact HRDC has had on the Air Force. She encouraged the HRDC to continue to lead the way with projects aimed at outreach, mentoring and retention. She urged the HRDC to continue focusing its goals and activities toward the promotion of an environment of equal opportunity, inclusion, and diversity. She offered a challenge to the HRDC which

stressed the need to consider setting even higher expectations for the future, to create projects having far reaching objectives for the promotion of services for all Airmen by all Airmen.

Maj. Gen. James Graves followed with an inspirational message to the HRDC members about the importance of achieving faithfulness to a proud heritage. He stressed that if the HRDC is to meet its goals for an environment of equal opportunity, inclusion and diversity, three principles will need to be utilized: 1) Connection, tear down the barriers by making equality and opportunity available for all, 2) embrace inclusion, welcome all cultures, and 3) Diversity, make it a practice to respect all Airmen.

The workshop offered an opportunity to practice General Graves' principles. All HRDC units took the opportunity to connect with other units, to receive ideas for improvement. The different unit members welcomed ideas, appreciated the achievements presented and respected all lessons learned by other HRDC Chapters.

Now we can see that the overarching goal of HRDC is to create an atmosphere of "happy airmen", and never allowing individual differences stand as reasons for exclusion.

For more visit www.minneapolis.afrc.



934th HRDC members attend the conference in Atlanta, Ga. (Courtesy photo)



934th Command Chief Jan Dalton receives her retirement plaque from Col. Tim Tarchick, 934th Airlift Wing commander Jan. 10. The chief retired with more than 33 years service. (Air Force Photo/ Tech. Sgt. Bob Sommer)



Master Sgt. Wendy Albee, 934th recruiter, receives a certificate of recognition for exceeding her quarterly recruiting goals from Col. Tim Tarchick. (Air Force Photo/ Master Sgt. Darrell Habisch)



Lt. Col. Marvin Schaitel, 934th Maintenance Group deputy commander, (left) passes the unit flag and command of the Maintenance Operations Flight to Capt. John Drain at a ceremony Jan. 11. (Air Force photo/ Master Sgt. Kerry Bartlett)



Tech. Sgt. Christopher Westfall, 934th recruiter, receives a certificate of recognition for exceeding his quarterly recruiting goals from Col. Tim Tarchick. (Air Force photo/ Master Sgt. Darrell Habisch)

Train high



Capt. Adam Hohman (left) and Senior Airman Chris Varone, 934th Aeromedical Evacuation Squadron, don oxygen masks as they train for in flight emergencies en route to MacDill AFB, Fla. The AES members combined with crews from Peterson AFB, Colo. combining their assets to make training more efficient. To read the full story of the deployment go to www.minneapolis.afrc.af.mil. (Air Force Photo/Master Sgt. Darrell Habisch)

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