

VIKING FLYER

934th Airlift Wing (AFRC)

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

October 2009 Vol. 31, No. 10



They're back!
Flying Vikings
return from duty in
the desert



Let there be thunderous applause

By Chief Master Sgt. Robert Cluka
934th Airlift Wing command chief

Have you ever heard the old saying “it’s lonely at the top” if that is true why do we work so hard to get there? We spend years preparing and working our way up to the top even though we hear how tough it is at the top. We rely not only our skills to make it, but also on our supervisors, families and our mentors to assist us through our careers.

When a person accomplishes a long-sought after goal of making the next rank, we tend to start focusing on what is needed to progress to the subsequent rank or position, and we forget about that other old saying “stop and smell the roses”.

We may stop for a moment to listen for that internal clapping; the self-tap on the back, but for 27 members of the wing, the base recognition ceremony brought that internal clapping out externally into the open during a ceremony at the Navy auditorium Sept. 12. But that clapping was not as loud as I had hoped it would be. There were many people missing in the audience that day, people who should have been there to share in the joyous occasion with these Airmen.

It is so important to visually (and audibly) recognize people for their accomplishments. Those 27 promotes worked long and hard to obtain their goal and get

a promotion and yet there were very few of their peers, families, and co-workers in the audience to recognize them. I know what you are saying ... “but this past UTA was so busy,” or “I meant to make it but the important part is that they got promoted right?”

That whole “if a tree falls in the forest and no one is around to hear it does it still make a sound” theory is not applicable here. The point is not whether or not people obtain goals or get promoted. The point is that we should all be cheering and celebrating achievements of everyone around us.

Every recognition ceremony there should be thunderous clapping the likes this base has never seen or heard, louder than the last ceremony. This is what mentors our Airmen, shows them how to treat the next generation of achievers, and shows them how to recognize people for their hard work.

I would rather see an over-filled auditorium of supporters than to hear that you were able to complete an extra item or task by not attending.

I hope I see you all at the next promotion recognition ceremony. But if I don’t see you there, I hope I at least hear you clapping and cheering for your peers for their achievements.

I am .. Senior Master Sgt. David Nelson, 934th Civil Engineer Squadron



Ready Willing Able Deployed!

...a Flying Viking

9/11 bittersweet for 934 AW members

By Tech. Sgt. Jeffrey Williams
934th Airlift Wing Public Affairs

“We accomplished a lot,” said Master Sgt. Joseph Mohlis, crew chief, who just completed his fifth deployment to Southwest Asia. “We kept 650 convoys off the roads of Iraq and Afghanistan. Those are convoys that don’t have to risk improvised explosive devices because our crews are flying supplies in aircraft.”

He, along with 147 other members of the 934th Airlift Wing returned from four months of duty in Southwest Asia on Sept. 11, the eighth anniversary of the attacks on the World Trade Center and Pentagon.

“We can’t let the terrorists own the day,” Sergeant Mohlis said. “We have to take it back. If it means flying on that day just to point out that we are not going to hide in a hole, then it’s a great day to fly.”

The world seemed peaceful when the day dawned on Sept. 11, 2001, but it ended in chaos.

“I was walking through the door at work and everybody was in the break room in front of the television,” recalls Senior Master Sgt. Vicky Kuntz, 934th Operations Support Flight first sergeant who just returned from her first South-

west Asia tour. “I wondered, ‘What was going on?’ It was then that I found out.”

She volunteered for mobilization immediately afterward, but was not chosen.

“I was ready to go,” Sergeant Kuntz said. “I was disappointed that I didn’t get activated. I was just not in a position where I could at that time. I tried to be. I was glad to be able to do this one, finally.”

It may have taken a few years, but she finally deployed to Southwest Asia.

“I felt proud to be able to contribute to the cause and thought it was really cool that we were coming back Sept. 11. I’ll have to rank this as my top experience, especially as a first sergeant. Aside from missing my family, I would do it again in a heartbeat,” she said.

Master Sgt. Quentin Will, a flight engineer with the 96th Airlift Squadron, noted the irony.

“That’s the reason why we do what we do,” he said, recalling the events eight years earlier. “I’m just proud to be able to serve. I am really privileged.”



934th Airlift Wing members return from their deployment Sept. 11. (Air Force Photo/Tech. Sgt. Bob Sommer)

VIKING FLYER

Editorial staff

934th Airlift Wing Commander
Col. Timothy E. Tarchick

Chief of Public Affairs
Capt. S.J. Brown

NCOIC/Editor
Master Sgt. Paul Zadach

PA Specialists
Master Sgt. Darrell Habisch
Master Sgt. Kerry Bartlett
Tech. Sgt. Jeffrey Williams
Staff Sgt. Joshua Moshier

Photographer
Tech. Sgt. Robert Sommer

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. The content of the Viking Flyer is not necessarily the views of or endorsed by the U.S. government, the Department of Defense or the Department of the Air Force. The deadline for all submissions is the Sunday of the UTA one month prior to publication.

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

More stories online at
www.minneapolis.afrc.af.mil

Inspector General **Fraud, Waste and Abuse**

Members should attempt to resolve Fraud, Waste and Abuse issues and personal complaints at the lowest possible level using command channels before addressing them to a higher level or the Investigator General. The immediate supervisory command chain can often resolve complaints more quickly and effectively than a higher level not familiar with the situation. The IG system should be used when referral to the command chain would be futile or there is fear of reprisal.

934th AW FW Hotline
(612) 713-1180

On the cover
Capt. Chris Rieland, 934th Operations Support Flight (front) and Tech. Sgt. Cory Preusse, 96th Airlift Squadron wave to family and friends as they return from their Southwest Asia deployment. About 150 934th members returned Sept. 11. See story on page 3.

Logistics Readiness

Provided by Tech. Sgt. Mark Oldenburg

Welcome Staff Sgts Ivonne Collado and Ray Ebert, Senior Airman Delores Thompson, Airmen 1st Class Ashley Watson, Jeffrey Butler, Mary Lee and Paul Pulkownik.

Congrats to Technical Sergeant Andrea Burnett in graduating from the NCO Academy.

Congrats to the following Airmen who completed 7 Level online courses: Staff Sgts. Justin Dodge, John Kupka and Taylor Debel; Leadership Development Course: Tech. Sgt Brian Link, Staff Sgt Justin Dodge and Senior Airman Jesse McLean

Congrats Tech. Sgt. Jacquelyn Daniel on her reenlistment.

Farewell to Master Sgt. Dennis Carow who retired after giving the Air Force 22 years of service.

Welcome back Maj. Susan Maki, Master Sgt. Jeffrey Nyhus, Master Sgt Barbara Arwood, Tech. Sgt Douglas Hartgrave and congrats for being submitted for the LRS Team of the Month.

Aeromedical Evacuation Squadron

Provided by Staff Sgt. Michelle O'Dean

Welcome home Lt. Col. Lynn Ryberg, Master Sgt. Zachary Johnson and Staff Sgt. Jody Wortman.

Congratulations to newly promoted Staff Sgt. Rachael Palmer.

Happy birthday to 1st Lt. Rebecca Littlefield and new daughter, Brooklyn Raine 7 lbs 9 oz.

Welcome newcomers Capt. John Wimbley and Senior Airman Tonya Janshinsky.

Congrats to Master Sgt. Timothy Evavold, Senior Airman Bethany Beyer and Staff Sgt. Mary Wetterstrand for scoring 100 percent on their Fit to Fight test. Congrats to Staff Sgt Gary Rich who recently graduated from logistics school, top in his class.

Just briefly ...

Update emergency documents

All airmen are encouraged to insure their family member information is always up-to-date. As soon as possible after a life-changing event, bring the marriage, birth or death certificate, or the final divorce decree to the MPF Customer Service section to have DEERS and MILPDS updated. Then you will be able to update your own vRED emergency family information.

You can also check your SGLI and Family SGLI life insurance documents by logging on to the AF Portal home page, viewing the left-hand column, and then clicking on "PRDA", Personnel Records Display Application.

Enlisted Workshop Nov. 9-10

The 934th Airlift Wing Human Resources Development Council will host an Enlisted Workshop Nov. 9-10, at the Services Club.

This extensive two-day workshop is designed to provide enlisted members with the necessary tools to further develop themselves into successful leaders.

The event features interaction with senior leaders, both enlisted and officer, from the 934th Airlift Wing, 22nd Air Force and Air Force Reserve Command. Some of the topics include education benefits and training opportunities; our Air Force and wing heritage; writing skills; meeting boards; interviewing skills; time management; deployment preparation and retirement planning.

Airmen must be signed up no later than the end of the October unit training assembly. Contact your First Sergeant to register. Members will be on annual tour status during the workshop, and the dress code is the uniform of the day.

Promotions to:

Capt. Christine Dale	AW	Tech. Sgt. Kirsten Robertson	ASTS
Senior Master Sgt. Matthew Welage	AS	TechSgt. Ryan Torgerson	MXS
Senior Master Sgt. Greg Hallfielder	OSF	Staff Sgt. Jennifer Griffith	ASTS
Master Sgt. William Batdorf	ASTS	Staff Sgt. Tyler Leach	CES
Master Sgt. Mary Rebholtz	ASTS	Staff Sgt. Amber Moore	ASTS
Master Sgt. Quentin Will	AS	Staff Sgt. Rachael Palmer	AES
Tech. Sgt. Stephen Edwards	MXS	Staff Sgt. Chris Richardson	CES
Tech. Sgt. Brian Link	LRS	Senior Airman Dale Buetow	APS
Tech. Sgt. James Loehr	ASTS	Senior Airman Benjamin Oertle	MXS
Tech. Sgt. Padraic McGuire	ASTS	Airman Dale Buetow	APS

METTLE MAN

934th sheet metal tech hones skills for marathon

By Master Sgt. Darrell Habisch
934th Airlift Wing Public Affairs

Fit to Fight is the annual test of an Airman's physical ability to perform the mission which culminates in a 1.5 mile run. For Staff Sgt Jose Garza, 934th Maintenance Squadron sheet metal technician, 1.5 miles is just enough to see if his shoe laces are tied tight enough.

Sergeant Garza is a marathon runner.

His goal is to not just complete a 26.2 mile marathon, but to run it fast. His daily training regimen involves hitting the streets every day, increasing his distance and speed. He goals are to qualify for the Air Force Marathon team and then earn a spot on the Armed Forces Marathon team.

With five Marine Corps Marathons to his credit, Sergeant Garza participated in the 2009 Air Force Marathon Sept. 19 at Wright Patterson Air Force Base in Dayton, Ohio. Five weeks later, he will run in the 2009 Marine Corps Marathon at Arlington, Va.

Running came early to Sergeant Garza, beginning at age 11. "My older brother, who was in the Army, would come home and take us kids running. He was my first inspiration."

By 15, he held a national record for competitive run/walk in Mexico.

Sergeant Garza attained his U.S. citizenship in 1999 during his first term with the Marine Corps.

"My family lives in Texas and Mexico," he said. "My brother, Edward Garza, was born in Texas and I was born in Mexico. I became a legal resident, joined the Marines and became a citizen. It was my way of becoming part of the country; giving it my service."

His best time was 2:32:00 in the 2000 Marine Corps Marathon. More than 20,000 people started the race and little more than 17,000 fin-



Garza competes in a Marine Corps Marathon. (Courtesy Photo)

ished. Sergeant Garza placed 32nd.

"That marathon is where all the armed forces come together to compete, as well as civilians, of course," he said. "And, by the way, the Air Force is very good at winning the Marine Corps Marathon."

His most inspiring marathon was the Marine Corps Marathon in 2001. It was just after 9/11 and the Marine Corps decided to hold the marathon in spite of the terrorist attacks. The route begins in Virginia and winds among the monuments in the nation's capitol before returning to Arlington.

"It's a very patriotic marathon. We run by landmarks in the capitol and right next to the Marine Corps monument. We ran alongside the Pentagon and saw the damage. It was very

emotional."

Training is part of life for serious athletes. As soon as one marathon ends, training begins for the next. "I'll take one day off, then begin biking and running for the next one." The goal is to become faster. "I'm now running every day, varying the distance to increase the mileage I complete."

"Jose's abilities as an athlete are a constant inspiration to the shop's troops, especially come Fit to Fight time," said Senior Master Sgt. Joe Bystedt, 934th Maintenance Squadron fabrication flight chief.

A light workout is nine miles; moderate is 12 to 15 miles and a hard workout is 24 miles.

"When I run 24 miles in training, I don't have anyone to help me." To rehydrate, he places water bottles along his route ahead of time and drinks them along the way.

As a marathon approaches, he begins speed work; sprinting distances on a track to make him faster during the entire race. But at thirty-eight, Sergeant Garza doesn't rely on supplements to keep in shape. He says that eating healthy foods and hydrating well are the keys to successful training. Weekly yoga sessions are also important to avoid injuries and increase flexibility, he said.

"Today I feel like a teenager again," he said. "My cardio vascular system is much better than when I joined the service and I am much more flexible."

The rewards of running are great, according to Sergeant Garza.

"It relieves stress and it's a time to reflect and meditate," he said. "I want to complete the Air Force Marathon in at least two hours and fifty seconds. Hopefully, I'll be in the top ten Air Force runners."

One might think that completing a marathon would be time to celebrate your accomplishment, but Sergeant Garza said he "just lies in the grass afterwards. I push harder in the race than in training so I'm all beat up. But it is worth it. Then I start training again."

By Staff Sgt. Josh Moshier
934th Airlift Wing Public Affairs

There are those who talk about opportunity, and there are those who embrace it.

Senior Airman Sammy Muriuki, 934th Communications Flight records custodian, has firmly entrenched himself as one of the latter.

Airman Muriuki was granted his American citizenship in a ceremony in Arden Hills, Minn., Aug. 19. With his Oath of Allegiance, he achieved a dream that began with his arrival to the United States in August 2002 and traded his native Kenyan citizenship for the possibilities that lie ahead with American citizenship.

"There was definitely a tear on my cheek," Airman Muriuki said. "It was a dream come true, and at that moment, everything finally sunk in. All my sleepless nights were answered. It just opens up so many more doors for me and affords me all of the things I never had before."

Airman Muriuki arrived in the U.S. in August 2002 to attend and play tennis for Alabama A&M University in Normal, Ala. He enlisted in the Air Force Reserve late in 2008, and joined the 934th Airlift Wing in June.

"I had a great recruiter who brought a human element to the whole process," Airman Muriuki said. "He showed me the best options available to me, and explained the good and the bad of each of them. He was honest, helped me understand everything and made a point of bringing my wife into the process. He let

THE LONG ROAD TO CITIZENSHIP

COMM FLIGHT AIRMAN
ACHIEVES HIS DREAM

her know the resources that would be available to her while I was gone, and that was important to me."

Upon joining the 934th CF in June, Airman Muriuki immediately jumped at the chance to gain his U.S. citizenship. Visiting foreign nationals are first required to apply for permanent residency, which went smoothly for him as his wife was already a U.S. citizen. Next, a formal application for citizenship must be submitted, which can cost as much as \$675. However, this fee is often waived for military members. A thorough background check is then accomplished to check for a criminal history, general disposition toward the U.S., and a good moral character.

The final step before taking the Oath of Allegiance requires applicants to display proficiency in English and to pass an American history and civics test. This step was the most challenging, and rewarding, experience in the process for Airman Muriuki.

"Learning more about the sacrifices people made to make this country what it is, to give us the freedoms and the rights we enjoy, makes you want to fight for it," he said. "I have a voice in this country. I can speak my concerns without fearing repercussions from my government. I wanted to be able to make a difference in this world, and I have a better chance to do that as an American citizen than anywhere else in the world.

"That's why I've invested myself in this country and always give my best – I want to help protect those freedoms."

Airman Muriuki's Air Force Reserve supervisor, Senior Master Sgt. Patty Sahr, 934th CF knowledge operations functional manager, has no doubt he will succeed in anything he puts his mind to.

"Sammy is an absolute Godsend," she said. "His enthusiasm is what separates him from almost everyone else. Even the most mundane things, he'll jump right in. He has a real appreciation for all the things many of us take for granted, and he's just happy to have this opportunity in front of him. There are not too many others like him."

It seems fitting, Airman Muriuki said, that at the conclusion of the citizenship ceremony, Lee Greenwood's God Bless the U.S.A. played in the background.

"I believe that song resonated with every one of us," he said. "I'm just proud to be an American."



From Left to Right, Brig. Gen. Mark Johnson, Chief of Staff Air, Minn. Air National Guard, Senior Airman Sammy Muriuki, 934th Airlift Wing Communications Flight, and Senior Airman Amaris Carter, 934th CF salute at the Patriot Day 9-11 ceremony at the Minnesota state capitol. (Air Force Photo/Staff Sgt. Josh Moshier)



Newly minted

New NCOs, senior NCOs and chiefs attend the NCO recognition ceremony Sept. 12. (Air Force Photo/Tech. Sgt. Bob Sommer)



Foss' fini flight

Chief Master Sgt. Tom Foss, 96th Airlift Squadron, gets the traditional hose down after his final flight as chief loadmaster. Foss has too many years of service for anyone to calculate. (Air Force photo/Master Sgt. Paul Zadach)



Swapping stories

Staff Sgt. Kara Sundet, a 934th Aeromedical Staging Squadron medical technician, listens to Art Erickson, a World War II Navy Veteran, talk about his time in the service at the 934th Airlift Wing's annual "Take-A-Vet-To-Lunch" Day Sept. 17 at the Minneapolis-St. Paul IAP Air Reserve Station. (U.S. Air Force photo by Capt. S.J. Brown)



Veteran's tribute

Col. Ron Wilt, 934th Operations Group commander (left) and Col. Tim Tarchick, 934th Airlift Wing commander. Attend the Veteran's Memorial dedication at the new University of Minnesota Gopher football stadium Sept. 11. The memorial wall is dedicated to all veterans and will be used for future ceremonies honoring them. (Air Force Photo/Master Sgt. Paul Zadach)

UTA Dates

<u>Month</u>	<u>934th</u>	<u>133rd</u>	<u>Army</u>	<u>Navy, Marines</u>
Oct.	3-4	10-11	17-18	3-4/17-18
Nov.	7-8	21-22	TBA	7-8/21/22
Dec.	5-6	12-13	TBA	5-6/12-13
Jan.	9-10	23-24	TBA	9-10/23-24
Feb.	6-7	20-21	TBA	6-7/20-21
Mar.	6-7	20-21	TBA	13-14/27-28
Apr.	10-11	17-18	TBA	10-11/24-25
May.	1-2	22-23	TBA	1-2/22-23
Jun.	5-6	12-13	TBA	12-13
July	10-11	17-18	TBA	10-11/24-25
Aug.	7-8	21-22	TBA	14-15/28-29
Sep.	18-19	11-12	TBA	11-12/18-19

Remember

All community activities in which you will be representing the Department of Defense (Air Force) or will be participating in uniform (parades, speaking engagements, school career days, etc.), must be cleared through the Public Affairs Office by calling (612) 713-1217.

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

PRST STANDARD
U.S. POSTAGE
PAID
Helmer Printing

**POSTMASTER: TIME SENSITIVE MATERIAL, DO NOT DELAY
DELIVER IN HOME BY Sept 30.
To the family of:**



Presidential visit

Col. Tim Tarchick (left) and Col. Jim Johnson, 133rd Airlift Wing vice commander, bid farewell to President Barack Obama following his visit to Minneapolis Sept. 12. (Air Force Photo/Master Sgt. Paul Zadach)