



The new Aeromedical Evacuation Squadron building nears completion

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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.

Aeromedical Staging

Congratulations to the newly promoted **Senior Master Sgts. Tracy Goetz** and **David Adriansen**, **Staff Sgts. Daniel Dlugiewicz**, **Jennifer Ettish**, **Lisa Sanford**, **Aaron Ross** and **Nate Johnson**.

With most of the 934th ASTS personnel off-duty after last month's trip to Camp Ripley, Little Falls, Minn., the unit still outdid themselves and performed over 90 individual dental visits and 90 physicals. **Maj. Richard Goodwin** saw 53 patients on Saturday alone – a new record!

Civil Engineer

The unit welcomes **Master Sgt. Julie Carie** as our new first sergeant.

We welcome new members **Staff Sgt. Bill Ross**, **Senior Airman Curtis Galvez** and **Airman 1st Class Adam Wick**. We also welcomed back several comrades: **Lt. Col. Les Canarr**, **Tech. Sgts. Troy Ranum** and **Kraig Berger**.

Senior Airman Mason Barland deployed to Keesler AFB, Miss. for two weeks to assist with complications from Hurricane Katrina.

Lt. Col. Donald Kom, **Senior Master Sgt. Tim Tamlyn**, and **Master Sgt. John Kline** attended the Air Force Reserve Command CES/CC conference at Dobbins ARB, Ga.

Logistics Readiness

Joshua Westergren and **Matthew Countryman** were both promoted to the rank of Airman 1st Class.

Senior Master Sgt. Norman Rosenow received his 7th device for Air Force Longevity.

Master Sgt. Francis Huppert received the Armed Forces Reserve Medal.

Maj. Brian Haugen, **Senior Airmen Antwain Strickland** and **Dyan Daniels** all received the Air Force Reserve Medal.

Staff Sgts. Marcus Erickson, **Dustin Hunstiger** and **Mark Oldenburg**, **Tech Sgts. Lara Gallegos** and **Scott Sippel** and **Senior Airman Kelly Jabas** recently returned from service in Germany in support of Operation Joint Forge.

Congratulations to **Master Sgt. Doug James** who is the proud new father of a baby girl, **Amelia Nina**.

Congratulations also to **Master Sgt. Clarence Summers**, the new grandfather to baby boy, **Jackson Joseph Summers**

and **Senior Master Sgt. Jeff Nyhus**, new grandfather to baby boy, **Tyler James Martin**.

Maintenance Operations

The Squadron welcomed new members **Master Sgt. Scott Lewis** and **Staff Sgt. Jennifer Schnichels**.

Staff Sgt. Amber Hecht gave birth to a baby girl, **Emalie**, born June 9.

Master Sgt. Jamie Vanleet and wife are full of joy for their twin baby boys, **Spencer** and **Rhys**, born Aug. 25.

Tech. Sgt. Aaron Mikonowicz was awarded an Information Assurance coin for his participation in the Information Assurance Assessment conducted on Aug. 22-26 by Headquarters AFRC.

The Squadron welcomed back its personnel deployed to Operation Joint Forge; Thanks for a job well done!

Services

The squadron said farewell to their commander, **Lt. Col. Scott Calvert**, who has accepted a position with 22nd AF at Dobbins AFB. The November UTA was his last. We all wish him the best of luck.

Congratulations and welcome to **Maj. Neil Landeen** who has been chosen as the new squadron commander.

Master Sgt. Stacy Campbell scored 100 percent on her Course 12, test 3. **Senior Airman Kevin Egan** passed part one of his 5-level testing. **Staff Sgt. Dennis Shaw** returned from 7-level school. **Staff Sgt. Michelle Pagel** and **Tech. Sgt. Gray** completed 3-level school.

Senior Airman Schaaf returned from a 45-day deployment to Port Mortuary, Dover ARB, Del. **Second Lt. Dennis Davis**, **Tech. Sgt. Kristen Maloney** and **Senior Airman Joseph Cervantes** are currently at Dover AFB and will return early next year.

Master Sgts. Kenneth Kruger, **Stacy Campbell**, **Mary Miller**, **Tech. Sgt. Michael Gangl**, **Staff Sgt. Dennis Shaw**, **Senior Airmen Sandy Anderson**, **Angela Fahey** and **Buffy Moncel** returned from a 120-day deployment to Manas AB, Kyrgyzstan.

Senior Master Sgt. Lee Traxler-Siehndel, services superintendent, re-enlisted during the change of command ceremony with the new and former commander.



Reflecting on past year at the wing

**By Col. James J. Muscatell, Jr.
Wing Commander**

It has been over two years since I became the chief servant of the 934th Airlift Wing, and what an experience it has been. As we prepare for the holiday season, I have had the opportunity to reflect on the past year's accomplishments. Last year we had a number of our reservists deactivate after two long years. Although our wing still plays an essential role in the war on terrorism and the security of the United States, I reflect on our efforts up to this point with extreme pride.

Due to all of your sacrifices, our wing has accomplished its goals both at home and overseas. Our wing has received over 30 awards this past year proving that your efforts have been recognized from the base and community levels to the Air Force level. Without your commitment, we would never have achieved such remarkable results. Over the past year, we have received more support from the community than we could have imagined. As a thank you and welcome home to our citizen airmen, the

community threw a deactivation party for the entire base and their families. In addition, they made a generous donation for our holiday party, providing gifts for all the children in the wing. We instituted the Honorary Commanders Program and the Military Affairs Council, and through the voluntary efforts of these two programs, we were the recipients of 28 bicycles for base children and were provided with an all inclusive no cost Family Day picnic. Both reservists and civilian employees worked together to make these events extremely successful!

Through the efforts of our Public Affairs office, we hosted a Civic Leader Tour to Scott Air Force Base, Ill., an Honorary Commanders Flight, Congressional Flight and two Employer's Day Flights. I have also challenged the community to learn more about the mission of the Air Force and toured the Twin Cities talking to citizens about our wing and all your accomplishments. I couldn't be more proud of your effort and commitment to the wing and our mission. The 934th

Airlift Wing has set the precedence for the future and we will continue to strive to be the best unit in the United States Air Force.

Once again, I ask you to continue your thoughts and prayers for our nation's military members who are deployed far from home while you celebrate this holiday season. They can only dream of savoring the sweet taste of a homemade pumpkin pie, warming themselves in front of the glowing embers in a fireplace or watching loved ones gleefully open boxes filled with gifts. We are so fortunate to be at home to enjoy such festive moments and to have such brave and selfless military men and women who make it all possible. My wife Nancy and I want to thank everyone at the 934th AW, military and civilian, and their families, for a wonderful year. We appreciate your support, hard work, sacrifice and commitment to our wing, our Air Force Reserve and our country.

You are making a lasting contribution to our national defense and the preservation of our ideals. We wish you a safe and happy holiday season.

New Air Force Secretary says 'integrity first'

**By Staff Sgt. Todd C. Lopez
Air Force Print News**

The newly confirmed Secretary of the Air Force has set a strong emphasis on both individual and organizational responsibility and accountability — one of his goals for his tenure.

"We have to continuously emphasize the integrity of purpose and integrity of the individual," Secretary Michael W. Wynne said. "The Air Force core values are to be revered."

Accountability is nothing new to the Air Force. It is inherent in the service's core values — values memorized and recited by Airmen from their first few days in military training.

"If you think about it and move through them in a deliberate way, 'integrity first' is a very good way of saying let's be accountable for our actions and let's set personal standards and adhere to them," Secretary Wynne said.

Accountability in the Air Force stretches across many areas, from the individual actions of Airmen in the workplace to actions taken by those in the acquisition community that spend taxpayer dollars to equip the force, said Secretary Wynne.

The secretary is looking to "put in place a governance and transparency so that we foster a process oversight that maybe we never had before. Say what you are going to do, and do what you say. Set a standard and then adhere to



the standard. I think in (most places) it is already there," the Secretary said.

In the past few years, there have been several issues that have caused some to question the service's commitment to its core values. Secretary Wynne says the formula for regaining and keeping confidence in the Air

Force is simple.

"If we can sustain the mutual respect and integrity, and have people accountable to the standard, we will drive away a lot of our critics," he said. "Our critics will become bored with people who set high standards and then adhere to those high standards."



Giving back to Minnesotans who serve

**By Senior Airman Curtis Holden
Staff Writer**

The state of Minnesota is saying “thank you” to its military members who have served in combat zones during the War on Terrorism, especially those who have suffered injuries or have died due to combat-related operations.

Minnesota military personnel who have been deployed to a combat zone since Sept. 11, 2001 are eligible to apply for financial grants from the Minnesotans’ Military Appreciation Fund, according to the MMAF Web site address, <http://thankmntroops.org/requirements.html>.

“I was shocked,” said Tech. Sgt. Michael Humenny, 934th Logistics Readiness Squadron Transportation vehicle operations flight supervisor. “I knew they were coming, but I was still surprised to see Minnesotans’ Military Appreciation Fund people show up at my house to give me a check.”

Sergeant Humenny said he received a check for \$3,000 from MMAF for wounds he suffered when he and his convoy were hit by an improvised explosive device along a transportation route in Iraq.

“We were in the lead gunner truck leaving from Balad and going to Tikrit,” explained Sergeant Humenny. “I was the gunner and we got hit with three 155 mm Howitzer rounds. The blast was so powerful that it ripped the deck chord that connects the vehicles in the convoy.”

Sergeant Humenny said he suffered a concussion, facial cuts, a chipped, broken and bruised tailbone, meniscus ligaments tears in his left knee, and hearing loss.

Although he was seriously injured, Sergeant Humenny said he stayed in Iraq for seven more missions until doctors told him he had to return to the United States to get more treatments.

Sergeant Humenny said when he returned home, he was challenged with a long and difficult recovery and decided to check out the MMAF Web Site.

“I found out about it from friends in Iraq who were stationed with me,” he explained. “I got access to the MMAF Web site, filled out the application forms and sent them in. I received the grant check about a month-and-a-half later.”

Humenny said he filed his grant application in late September and received his check on Friday, Nov. 3.

The grants represent the state’s appreciation for their service and are not based solely upon need, according to the Web site. Grant amounts vary, however, according to the level of hardship endured as a result of combat zone deployment.

Minnesota military personnel who serve in a combat zone may receive \$500 to \$1,000. Minnesota military personnel who are wounded in a combat zone, depending on the severity of their injuries, may receive \$2,500 to \$10,000. Families of Minnesota military personnel who die in combat may receive \$10,000, according to the Web site.

Money is made available for the grants through fundraising efforts including multi-media initiatives and special events throughout the state, which have been ongoing since earlier this year and will continue by MMAF members and volunteers, according to the Web site.

“It’s good to get the recognition and that we’re getting the support from Minnesotans,” said Tech Sgt. Humenny.

For more information on the organization and grant program, please visit <http://thankmntroops.org>.

What is your favorite thing to do around the holidays?

Photos by Senior Airman Curtis Holden



“Spending it with family because I get extended time with them.”

Tech. Sgt. Donald Green,
934th Aeromedical Staging Squadron Mobility Department NCOIC



“My favorite thing is attending a family get-together at the Holiday Inn in Alexandria, Minn.”

Senior Master Sgt. Robert Linder,
934th CES utilities superintendent



“My favorite things are eat, usually, watch football and spend time with my family.”

Capt. Kurt Augustin, 934th Base Education and Training education officer



“I really enjoy being with family and friends and talking about old times.”

Senior Airman Xiao Vue,
934th Aircraft Maintenance Squadron crew chief



What it takes to be a Med Tech

**By Staff Sgt.
Nicholas Olson
Staff Writer**

The position of aerospace medical technician in the Air Force is to make sure that our forces are medically ready and fit to fight.

At the 934th Aeromedical Staging Squadron, aerospace medical technicians in the examination section, along with physicians and nurses, make sure that the 934th Airlift Wing troops are medically ready in case of member deployments. This includes physical exams, immunizations and documentation.

During the drill weekend, aerospace medical technicians administer immunizations, conduct height and weight measurements, perform blood draws and take footprints for the unit's flying members. They also provide support to active duty hospitals and clinics.

In the Reserve, aerospace medical technicians can have many different duties including leadership positions or training. They also maintain paperwork, such as medical records, before and after the drill weekend.

In the area of operations, aerospace medical technicians work in a contingency aeromedical staging facility, ensuring that troops are stable enough for transport to major facilities such as Ramstein Air Base, Germany or Andrews Air Force Base, Md.

"Our main job is to load and unload patients," said Senior Airman Caitlin

Radigan, 934th ASTS aerospace medical technician. "We also take their vitals and comfort them while they are waiting for transport."

The CSAF only handles patients that are in stable condition and able to be transported long distances. A patient will remain at the facility from two to 72 hours.

For someone to become an aerospace medical technician, it requires a desire to work in the medical field. The second part is a commitment to the position.

After completing basic military training, becoming an aerospace medical technician includes 10 months of both classroom and practical training.

There are three phases, explained Senior Airman Chayo Smith, 934th ASTS aerospace medical technician. The first phase consists of three months spent in technical school at Sheppard AFB, Texas. The next phase is four months spent in on-the-job training at an active duty base, followed by three months in a military hospital working in the emergency room or on a medical ward. Airman Smith spent her non-classroom time at Scott AFB, Ill.

"The schooling is pretty rigorous. The last two weeks are very intense because you are being certified as an emergency aerospace medical technician, taking your skills test and qualifying for the national registry," said Airman Smith. "A lot of people also get certified in advanced cardiac life support."

The training would be equivalent to becoming a licensed practicing nurse in the civilian sector, explained Airman Smith.

"Being a medical technician requires a lot of communications skills," said Airman Smith. "They need to be able to flexibly communicate with the physician. They need to be able to communicate with the patient and they need to be able to communicate with the family members. It is a lot of customer service."

"It's challenging but rewarding to do this job," she said. "You have your hand in a lot of pots. You get to know a lot of people and get to meet everyone on base."

Airman Smith also talked about the opportunities that come with being in the position.

"When you graduate from the program you are essentially a paramedic. It also opens a lot of doors in other medical fields," said Airman Smith.

Said First Sgt. Michael Sanford, "A number of medical technicians go on to become nurses and get their commission through the Air Force. It really does open the door for a lot of career opportunities."

There are currently 60



Photo by Tech. Sgt. Jeffrey Williams

aerospace medical technicians in the 934th ASTS.

Airman Smith explained that being a member of the 934th ASTS is like being in a family.

"There is a large team effort between the physicians and nurses and the administrative side to accomplish the mission," said Smith. "You get a deep appreciation for the people you work with."

"We're here to help people in a lot of different capacities. In the CSAF, we help people to become medically ready to go home," she said.

To learn more about becoming an aerospace medical technician, contact the base recruiters or contact Sergeant Sanford at the 934th



'Roughing it' all part of job for services,

By Cristina Oxta
934th Services Squadron

Thirty-seven members of the 934th Services Squadron participated in the annual bivouac training Oct. 7 to 9 at Camp Ripley in Little Falls, Minn.

During the training, troops establish a bivouac, which is a temporary encampment under little or no shelter, usually for a night. The experience gives them the opportunity to practice and sharpen the skills they need to set up this type of encampment anywhere, anytime it may be needed.

Other wing units also took part in the training, including the Civil Engineer Squadron and the Aeromedical Staging Squadron.

"Usually, CES and Services perform it each year together, with CES sleeping in tents the two nights we are in camp," said Master Sgt. Mike McGuire, 934th SVS. "Services and ASTS spent the two nights in a large, open bay room."

Some of the training the services squadron members received included the use of immersion heaters and M-2 burners, set up of a mobile field kitchen, self-aid/buddy care, and proper wear of chemical warfare gear.



Story by Staff Sgt. Jennifer Johnson

Photos by Capt. Helen Elrod

When the 227 passengers inside the four buses stopped at Camp Ripley, Minn., they were stepping into a stimulated base in Bosnia-Herzegovina.

Members from the 934th Airlift Wing took part in the annual bivouac training Oct. 7 through 9, including personnel from the 934th Aeromedical Staging Squadron, 934th Civil Engineer Squadron and 934th Services Squadron.

The object of the annual training was to take a barebones facility and create a military encampment with tents or

improvised shelters, said Senior Master Sgt. Timothy Tamlyn, 934th CES operations air reserve technician.

"Our goal was to setup the camp in a field, tear it down and be back by Sunday," Sergeant Tamlyn said, adding that the units also received training and got a taste of what it would be like in a wartime situation.

During the three-day exercise, the units proved they were ready for a real-world contingency, including setting up facilities in a day, feeding the troops, donning their protective mask in seconds and administering medical care to their fallen comrades.

This year was unique since it was the first time the 934th CES bivouacked with the 934th ASTS, said Sergeant Tamlyn.

"It was great training to work with ASTS," he said. "It was a unique experience to get their inputs and for them to be part of the planning."

The 934th Aeromedical Staging Squadron's mission was clear said Staff Sgt. Troy Novak, 934th ASTS medical material specialist. They set up a 20-bed Contingency Aeromedical Staging Facility.

"Basically, we had to set up an operating hospital," he said. "Everyone in the unit got to try everything, and it was a great training opportunity for all of

us."

Sergeant Tamlyn said the bivouac was a great experience. He has participated in bivouacs before and learned how to survive the night.

The exercise was a great training opportunity for all units an opportunity to bring the unit together. Staff Sgt. Patrick Novak, 934th Aeromedical Staging Squadron material specialist, said the exercise was a great training opportunity.

"It's important to know how to operate in an environment where you're working with limited resources. It's important to know how to do here on



civil engineers and aeromedical staging



Capt. Kristen Becker, 934th ASTS nurse, applies bandages to Senior Master Sgt. Scott LeClair, 934th CES, during the bivouac.



Master Sgt. Kenneth Kruger, 934th Services Squadron, installs equipment for a mobile field kitchen.

Staff Sgt. Joel Harrington, 934th Services Squadron, puts gasoline into an M-2 burner. The burner is used in field kitchens to heat water and cook food.



Courtesy photo

(From far back to front) Services members Tech. Sgt. Dustin Lee, Capt. Helen Elrod and Master Sgt. T.J. Taormina serve food for other participants at the bivouac training Oct. 7 to 9 at Camp Ripley in Little Falls, Minn.

ant Novak added that the
s similar to other exercises he
ated in; however, this time he
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perience not only gave the
portunity to train but
em closer together said Staff
Sherry, 934th ASTS medical
pecialist.

important because you learn
erate outside the normal
nt," he said. "You end up
th more people there than you
a day-to-day basis."



National Defense Service Medal



The National Defense Service Medal was awarded for honorable active service for any period between 27 June 1950 and 27 July 1954; between 1 January 1961 and 14 August 1974; between 2 August 1990 and 30 November 1995 and between 11 September 2001 and a closing date to be determined.

Promotions and Decorations

Meritorious Service Medal

Lt. Col Scott Calvert	934th SVS
Master Sgt. Donald Fletcher	934th AMXS
Lt. Col. Michael Huttner	934th OG
Master Sgt. Phillip Kvamme	934th MXG

Air Force Achievement Medal

Master Sgt. August Funaro	934th AW
Senior Airman Bethany Hubinette	934th AW
Tech. Sgt. Paul Ives	934th AW
Staff Sgt. William Lohse	934th MXG

Retirement Ceremonies

Saturday, Dec. 3

Senior Master Sgt. Patti Amos at Bldg. 802.
Contact Master Sgt. Julie Carie at ext. 1898.

Sunday, Dec. 4

Technical Sgt. Steve Robinson at Bldg. 760, Rm 130.
Contact Master Sgt. Bernadette Lunde at ext. 1507.

UTA Schedule

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

SERGEANTS UPP & ADAM



I WAS THINKING MORE ALONG THE LINES OF A LIVING REINDEER FOR THE KIDS TO LOOK AT.

By Senior Master Sgt. Doug Johnson



VIKING VIBES



Services club

Attention: All club members are being sent new club cards, even if they have not expired. Club card holders are asked not to throw away club membership mail, thinking it is junk mail. Their new cards may be in that mail.

The club membership drive is now through December. It pays to be a club member. Check out these Military Free Cash Rewards:

- Earn one point for every dollar in purchases off base.

- Get two points for every dollar in purchases at services activities and the base exchange. Get one point for gas purchases.

- Travel Plus program. Choice of airline and no blackout dates.

- Redeem points for every 2,500 earned. Choose from either a \$25 check or \$25 gift certificate from a wide variety of merchants.

- Points accumulate automatically and are tallied on member's monthly billing statement.

- No yearly program fee.

- To redeem points, call (800) 759-0294.

For more club membership information, call the 934th Services Squadron at (612) 713-1662

Officers club

It's the Club Membership Drive Finale - Membership Night is Dec. 6 from 5:30 to 8:30 p.m. at the Officers' Club. There will be a buffet dinner and door prizes. Club members get in free. Non-members and guests pay

only \$10. Reservations are required. Call (612) 713-3678 for more information.

Come to prime rib night. Saturdays you can dine on prime rib dinner for \$18.95.

Mug Night starts at 4 p.m. Tuesdays at the Officers' Club

Order a custom-made mug from the bartender. Until it arrives, bring in a mug of your choice. Tap beer up to 20 oz. for \$1.75, and brat, sauerkraut and potato salad for \$3.50.

For more information, call (612) 713-3670 or 3678.

Celebrate the holidays, your birthday, promotion, retirement, bridal shower, wedding, baby shower, or any other special occasion at the Officers' Club. Call the catering manager at (612) 713-1674.

Spouses' club

Tuesday bridge is played on the second and third Tuesday of each month at 10 a.m. Call Germaine Reuter Dahl for more details at (952) 881-0107.

Evening bridge is every first and third Wednesday each month at 7 p.m. Call Diane Lerohl (952) 935-4467 or Roberta Gronemann (763) 494-3517.

Would you like to become a member? If you are the spouse of a United States Armed Forces officer and a member in good standing of the 934th Airlift Wing Officers' Club, you may be eligible for membership in this group.

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

Lodging

Lodging plans to be open for Christmas and New Year's Day. However, if reservations are slow, the facility may close early. For more details, call (612) 713-1984.

Get your holiday shopping done early. Check out the great deals on polo shirts, T-shirts, sweatshirts, hats and other gift items at the lodging gift shop.

Space-A reservations made up to 30 days in advance for a three-day stay can be extended if space is available. For more details, call (612) 713-1984.

Recreation

Having a party, moving, going camping or want to take in a day on the cross country ski trails?

Winter sports equipment and holiday party necessities are available for rent at Outdoor Recreation.

Club members get a 10-percent discount on any rental equipment at Outdoor

Recreation. Call (612) 713-1496.

Outdoor Recreation sells a variety of plaques for retirements, awards, etc. For more information, call (612) 713-1496.

Birthday

All club members receive a \$15 gift certificate to celebrate their birthday at the base clubs.

The offer is valid only during the month of the member's birthday.

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

Recreational Sports

Pig Out Fitness Challenge runs from now through the end of January.

Accomplish health and fitness activities and goals and get great prizes! For additional details, call (612) 713-1496.

Also ask about the Fitness Advantage Club, running now through April.

This month in Flying Viking history

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



1974

The 934th Tactical Airlift Group changed major commands from Tactical Air Command to Military Airlift Command to reflect the unit's actual real world mission.

Health program will help returning troops

By Jim Garamone
American Forces Press Service

WASHINGTON (AFP) — Servicemembers returning from deployments will now participate in a post-deployment health reassessment program that all the services are instituting.

Defense Department officials said the new program will assess the health — both physical and mental — of servicemembers from 90 to 120 days after they have redeployed.

“We recognize deployments may have an impact on the health and well-being of our servicemembers, and we know, from research, that health concerns are identified even several months after returning from operational deployments,” said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

The new program is in addition to the routine post-deployment health screening all servicemembers returning to the states from a deployment go through. More than 900,000 servicemembers have already gone through that program.

The new reassessment program is designed to find servicemembers whose symptoms don't show up immediately. The program aims to get them the help they need, he said.

The program builds on test programs the services have conducted

since June. The Army, Navy and Marine Corps tested the program on 3,000 servicemembers. Medical officials said the pilot program was effective and now look to expand it to all returning servicemembers.

The three services, plus the Air Force — which started the test program in September — will institute the program in January 2006, officials said.

“We have learned that we shouldn't let our combat veterans go out into society without any questions asked or without any contact, as we used to do,”

-Vice Admiral Donald Arthur, Surgeon General.

Key elements of the program include outreach to servicemembers, education and training for servicemembers and their families, screening of servicemembers, assessment by medical professionals, evaluation and treatment and follow-up.

The Army, Navy and Marine Corps will do face-to-face assessments with troops. The Air Force plan calls for Airmen to answer an online survey which the service will incorporate with the members' annual physicals.

Mr. Winkenwerder said the results

so far do not indicate that the global war on terror is affecting “servicemembers or their families in ways different from past wars. What's different is the way we're responding.”

The assistant secretary said that it is important that military leaders, servicemembers and clinicians understand the process and buy into it. “Effective education to gain leadership support and servicemember participation and optimal clinical practice is critical to the success of this program,” he said.

Health officials want to destigmatize the process of servicemembers going to health professionals for mental or physical help. Returning combat veterans shouldn't believe they must deal with the stresses they experienced by themselves, said Navy surgeon general Vice Adm. Donald Arthur.

“Everyone who goes into combat is in some way psychologically affected,” he said. “I don't think you can get around that fact.”

The admiral said it's significant the military is addressing the issue upfront “with people who understand combat because they have also been there and can more readily talk with the Soldiers, Sailors, Airmen and Marines who are coming back.”

“We have learned that we shouldn't let our combat veterans go out into society without any questions asked or without any contact, as we used to do,” Admiral Arthur said.

The admiral also said early contact with servicemembers reduces stress and takes care of family issues, noting that “combat is inherently stressful.”

Mr. Winkenwerder said active duty and reserve servicemembers will be treated exactly the same. Unit commanders are charged with ensuring servicemembers participate in the program.

F.Y.I.

Dealing with stress? Trying to cope with life's little or not so little issues? Returned from a difficult deployment and just want someone to talk to? 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.”



Did you know?

The C-130 Hercules can accommodate a wide variety of oversized cargo, including everything from utility helicopters and six-wheeled armored vehicles to six standard palletized cargo, 74 patient litters, 128 combat troops or 92 paratroopers.



Courtesy Photo



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.

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.

They also offer discounts on travel destinations, cruises and hotel and car rental.

Go to www.afvclub.com.

Use AFVC MPLS-ST. PAFRB Installation #333. The base Morale, Welfare and Recreation program receives cash when installation number is used.

Air Force Travel - www.aftravelonline.com

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

Gov.Arm.com - Check out the many deals on leisure and vacation travel services for government and military members, including retirees.



New Year's Eve Party

Dec. 31 at the Officers' Club

Come and enjoy surf and turf dinner, champagne, party favors, music and a continental breakfast. Members pay \$35, Non-members \$37. Gratuity not included.

Reservations required and will be accepted starting Nov. 15. Call (612) 713-1998.

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760 Military Highway
Minneapolis, MN 55450-2100**

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