

VIKING FLYER



934th Airlift Wing (AFRC)
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Fit to Fight

Members of the 934th Airlift Wing participate in the 1.5-mile run portion of the new Air Force fitness test April 4.

See article on page 16.

Photo by Staff Sgt. Nick Olson

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All photographs are Air Force photographs unless otherwise indicated. The newspaper is distributed on Friday before the unit training assembly.

The deadline for all submissions is the Sunday of the UTA.

Civil engineer

Forty-eight unit members returned from Honduras recently. They participated in New Horizons 2004 in support of Joint Command Task Force Orenco.

Eight individuals were awarded the Army Achievement Medal for their performance in the exercise. They were Lt. Col. Randy Hoscheid, Maj. Donald Kom, Master Sgts. Steven Nicolai, Robert Swartout and David Sowers, and Tech. Sgts. Scott Novak, Susan Sheveland and John McEliece.

Master Sgt. Patti Amos and Staff Sgt. Shawn Conway were promoted to a higher grade through the Promotion Enhancement Program. Staff Sgt. Richard Reinhart was promoted to technical sergeant. Airman 1st Class Anthony Byerly was promoted to senior airman and Airmen Justin Kevelin and Donald Saragosa were promoted to airman first class.

Lt. Col. Frank Myers, chief of readiness, Air Force Reserve Command, visited the unit during the April Unit Training Assembly to present awards. Staff Sgt. Kraig Crandall received the Outstanding Civil Engineer Manager of the Year award in the noncommissioned officer category and John Kline received the award in the civilian supervisor category.

Welcome to new unit members Staff Sgt. James Orr, who was in the active-duty Air Force, and Kevin McGuire, formerly a Michigan Air National Guard member.

Tech. Sgt. Tara Venem of the unit's orderly room completed her three-level technical school at Keesler Air Force Base, Miss., with a 99-percent average.

In April, the unit's equipment shop poured concrete to build a handicap accessible ramp at the base exchange.

Logistics

Staff Sgts. Steve Ward and Charles Colstrom were promoted to technical ser-

geant. Airman Basic Jonathan Bryner was promoted to Airman.

Staff Sgt. Todd Rice scored 93 percent on his five-level upgrade training.

Congratulations to Maj. Brian Petersen and his wife, Katy, on the birth of their son, Hans.

Aerial port

The unit received the recruiting office's Get One traveling trophy for the quarter for having eight recruiting referrals, the most in the wing.

Welcome to new unit members Tech. Sgt. Bunny Jamison and Airmen 1st Class Richard Melroy, Michael Ringer and Elisamuel Quinones.

Tech. Sgt. Martin Meister received a wing commander's coin for his work performance during an annual tour at Hickam Air Force Base, Hawaii. Tech. Sgt. Tracy Batt returned from Stuttgart, Germany, after a 13-month deployment. He also received the Air Force Achievement Medal.

During the May UTA, the unit hosted a social for families of deployed members.

Maintenance

Staff Sgt. Kenneth Ferderber was promoted to technical sergeant.

Aeromedical

Airmen Stacy Davis and Jamie Meier were promoted to airman first class.

Operations

Airman 1st Class Carlisa Patton was promoted to senior airman.

Command post

Airman 1st Class Erik Puffer was promoted to senior airman.

Aerial squadron

Airman Aaron Palmer was promoted to airman first class.

Congratulations to the 934th Airlift Wing's 2003 Civil Servant of the Year award recipients!

Capt. Richard Erredge

Senior Master Sgt. Larry Schyma

Tech. Sgt. Louis Herbes

Roger Hanson

They will next compete against other civil servants at the federal level.

Airman now spelled with capital 'A'

By Gen. John P. Jumper
Air Force chief of staff

I am an Airman. Note that is with a capital "A." It's just one letter at the beginning of the word, but it signifies a great deal. The reason it is capitalized is simple: Airmen in the United States Air Force are the heart and soul of our unique fighting force, and should be identified by a proper noun.

As young children, when we began to read, we learned a capital letter at the front of a word signified something special or important, like our own name, our hometown and our country. And this was reinforced through our education

and professional life.

When we see a capital letter, our minds automatically emphasize that word, and we bestow an increased importance on that person, place or thing. It is time to formally add our profession to that list of important and special nouns.

You may have seen or heard something about my guidance to capitalize the word "Airman." It is appropriate to do so, in recognition of our rich history, and to emphasize our unparalleled role in the defense of America.

Our Air Force is the finest air and space force in the world because of the generations of professional Airmen that have devoted their lives to dominating the skies.

Capitalizing the word "Airman" recognizes their historic achievements and signifies our unique contributions to fighting and winning America's wars. It shows we have earned the respect a proper name imparts.

For 38 years of my life, I have been proud to wear the uniform of the United States Air Force. And, whether you have worn it as long as I have or just recently joined our team, I know we all feel the same sense of pride.

Regardless of the uniform we wear, the specialty we hold, the badge over our pocket, and whether we are active duty, Guard, Reserve or civilian, first and foremost, we are Airmen. We are one Air Force and we are Airmen.

Wing commander shares Memorial Day message

By Col. James J. Muscatell Jr.
934th Airlift Wing
commander

On Memorial Day, we remember and honor America's beloved sons and daughters who died in the service of our country. These brave military men and women willingly gave their lives in the name of freedom for us, for our nation and for many others who could not fight for themselves.

Memorial Day is especially solemn this year because some of our fellow comrades have fallen since Operation Iraqi Freedom began more than a year ago. Several of them were Minnesotans. We must remember and honor them.

Thankfully, our own warfighters at the 934th Airlift Wing have remained safe, and we continue to work hard making innumerable achievements, contributions and sacrifices so we can accomplish our mission.

In 2003 alone, we fulfilled 1,000 deployment taskings. When the call to duty sounded, several hundred of our wing members answered and de-

ployed to Southwest Asia, with some serving in more than one deployment. Currently, approximately 150 of our wing members are deployed in support of OIF.

We, along with our comrades at arms, continue our work so we, our children and their children can live free from the threat of terrorists, their warped ideas and their acts of evil. We are facing the challenge now to ensure the continued preservation of peace and freedom for America and the rest of the world.

In his message to the Air Force, in which he honored our nation's veterans, Gen. Hal Hornburg said, "From the birth of our great nation in the 18th century to the present war against terrorism, America's sons and daughters have been called upon to defend our freedom. They have shown exceptional courage and sacrifice, providing us the warm cloak of liberty we proudly wear today."

I encourage all of you to keep in mind Gen. Hornburg's words and to do what you can to honor our military members



Art by Tech. Sgt. Cody Vance

both past and present.

We are truly blessed to have thousands of our own men and women choosing to proudly wear the uniform and bear the tremendous responsibility of protecting our people and our interests around the world.

They steadfastly dedicate themselves to the strength and survival of our nation. They defend our freedom and that of other countries against those who use tyranny and oppression to rob others of their rights

and dignities.

So take time to honor all of our military members from all branches of service. Remember especially those who died in service of our country.

To the men and women of our armed forces, whether you are active duty, Reserve, Guard or retired, you are not forgotten. You are always in our hearts and prayers. I and everyone at the 934th AW thank you.

You are America's finest, our most courageous, our most honorable, our nation's heroes.

Cinco de Mayo: special celebration

By Master Sgt. Joel Johnson
934th Airlift Wing
Military Equal Opportunity

Cinco de Mayo, or the fifth of May, is an important day in the history of our neighbor, Mexico. It is a day of regional celebration in Mexico, as well as throughout America, especially where there is a significant Mexican population and influence.

Cinco de Mayo brings people together to celebrate freedom and liberty from the oppression and aggression of foreign powers and influence.

Cinco de Mayo originates from an important Mexican military and political victory against the French in 1862.

After gaining independence from Spain in 1821, Mexico was struggling to become a republic and there were various factions within Mexico trying to gain control of the country. Mexico had also incurred significant foreign debt due to a civil war and

the Mexican-American War. The French, under Louis Napoleon III, nephew of Napoleon Bonaparte, found an excuse to invade Mexico in or-



der to secure debt and because of Mexican President Benito Juarez's issue of a moratorium of all debt payments for a period of two years.

Mexico had incurred significant foreign debt not only to France, but also to Spain, England and the United States during the 19th century.

The French, however, under Louis Napoleon, invaded an economically and politically vul-

nerable Mexico in 1862 from the port of Vera Cruz with the plan of conquering Mexico City.

In order to conquer Mexico City, the formidable French

army, some 6,000-men strong, had to pass through the state of Puebla. There, the outnumbered and ill-equipped Mexican indigenous fighters under the command of Gen. Ignacio Zaragoza resisted and amazingly defeated Napoleon's troops.

The Mexican victory and French defeat was an important symbolic event. It symbolized freedom and liberty

from foreign control, as well as national unity.

Mexicans were proud of their courage and tenacity in defeating the French. The victory, however, was short-lived. One year later, Napoleon invaded again and captured Mexico City. He established a monarchy that stayed in power until 1867, when the emperor Maximilian was executed by troops loyal to Benito Juarez, who regained power.

Cinco de Mayo is not to be confused with Mexico's Independence Day. Mexico actually gained independence from Spain on Sept. 16, 1821. Compared to Cinco de Mayo, Mexico's Independence Day is celebrated on a much larger scale in Mexico.

However, Cinco de Mayo was and remains a significant historic and cultural event for Mexico and many throughout America. It continues to bring many people together each year to celebrate national pride, liberty and freedom.

AAFES committed to enhancing exchange services

Provided by Gail Howard
934th Airlift Wing Base Exchange

Your base exchange is committed to providing you with the best service it can, and I encourage you to visit the BX and experience for yourself some of the great things we do.

For instance, if you hear a familiar voice next time you're at the base exchange, it's part of the Army and Air Force Exchange Service Radio Network program to record greetings from commanders, senior leaders, family readiness groups, sports teams or local personalities. The greetings are designed to remind you of any community message and of the value of shopping at your local exchange.

The AAFES Radio Network is the

in-store music and information programming that also brings local announcements to customers.

We want everyone to know about this great opportunity to keep community members informed and to also know about the importance of the mission and benefit AAFES. A good way to demonstrate the partnership between local command and AAFES is through information announcements.

Another way we serve you and our base community is by saving you money everyday. AAFES shelf prices provide you 21 percent overall savings, plus tax, compared to off base retail operations.

In addition, AAFES plays a pivotal role in the quality of life at our installation. Your base exchange provides products and services to authorized custom-

ers worldwide and generates earnings to supplement appropriated funds for Army and Air Force morale, welfare and recreation programs.

Earnings fund the construction and renovation of exchange stores. Approximately 70 percent goes toward MWR programs. In fact, more than \$220 million went toward funding MWR programs last year.

AAFES is a joint command of the United States Army and Air Force, and is directed by a board of directors that is responsible to the Secretaries of the Army and Air Force through the Chiefs of Staff.

To learn more about AAFES' history and mission or to read about AAFES-related activities, visit the AAFES Web site at www.aafes.com/pa/default.

101 Critical Days of Summer starts

By Master Sgt. Scott Elliott
Air Force Print News

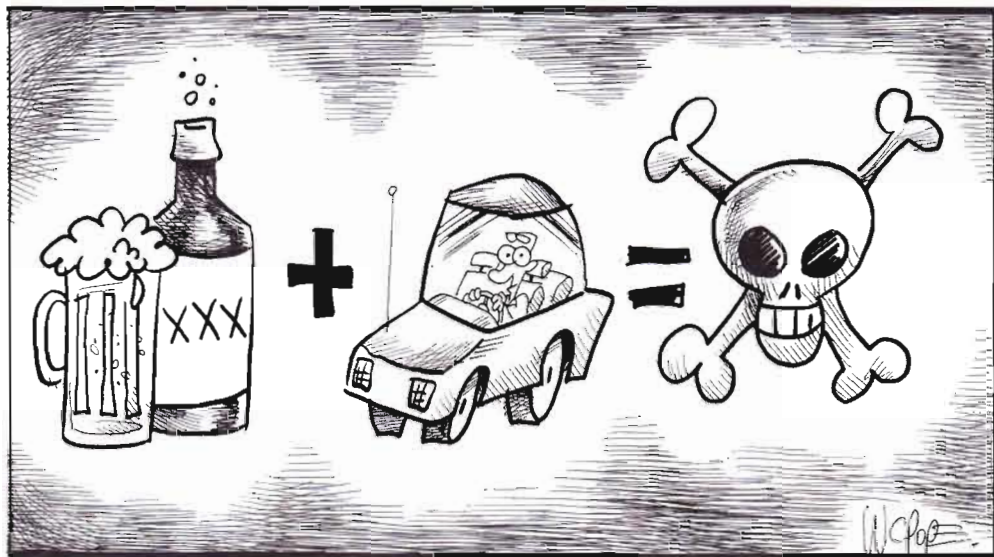
WASHINGTON - The period between Memorial Day and Labor Day is a period of increased off-duty injuries caused by increased activity and risk taking, according to officials from the Air Force Safety Center at Kirtland Air Force Base, N.M.

It is a time known in the Air Force as the 101 Critical Days of Summer.

"The '101 Critical Days of Summer' safety campaign draws attention to increased safety awareness and risk management during this critical time," said John Russell, the center's chief of ground safety.

He said the elevated mishap rate is caused by people taking advantage of summer weather for sports and recreational activities, and hitting the road for vacations.

From 1999 to 2003, the Air Force has lost an average of 21 members during sum-



mer. Of those off-duty fatalities, Mr. Russell said 70 percent are in the 18- to 25-year-old age group.

"The most significant loss of life among Air Force members involves private motor vehicles," he said. "These are tragic and preventable mishaps."

Driving while impaired, speeding and fatigue were the leading contributing factors in

the fatal motor vehicle mishaps, Mr. Russell said.

Motorcycle mishaps accounted for about one-third of the Air Force's fatal motor vehicle accidents. Lack of proficiency, speeding and impaired driving were the primary contributors to the fatal two-wheeled incidents, Mr. Russell said.

"Personal safety is the responsibility of each Air Force

member, and risk management is a vital part of all activities," Mr. Russell said. "We must be constantly vigilant by analyzing risks, making smart decisions and reassessing risks during the activity."

Safety officials offer the following factors to consider when planning summer travel:

- * Wear seatbelts.
- * Remain alert while at the wheel and plan rest breaks at frequent intervals.
- * Do not speed to arrive early. It is better to arrive late than not arrive at all.
- * Do not drink alcohol and drive.
- * Anticipate the unexpected and be ready to react.

More than anything else, Mr. Russell said, military members and their families should use common sense during the summer. He said they should pay particular attention to their surroundings, so that each and every one remains safe and ready to support the Air Force mission.

"People are our most valuable resource," Russell indicated. "We need all of them back safe and sound when that vacation comes to a close."



Wearing a seat belt is the most effective means of reducing fatalities and serious injuries in a traffic crash, according to the National Highway Traffic Safety Administration. The NHTSA estimated that seat belts save more than 10,000 lives in the United States every year. Some of the thousands of people who die in car crashes may still be alive if they had worn seat belts, said the NHTSA.

Guard, Reserve, employers named 'Citizen of the Year' by foundation

By Air Force Print News

WASHINGTON - The Congressional Medal of Honor Foundation named Reserve and Guard forces and their employers as the "Citizen of the Year" March 23 during the foundation's annual Circle of Honor dinner at the New York Stock Exchange.

"We are privileged to honor as our Citizen of the Year, America's citizen-soldiers and their employers for their sacrifices on behalf of the nation and for

being ready when the nation calls," said retired Col. Jack Jacobs, Medal of Honor recipient and foundation board member.

"America depends on its National Guard and Reserve, and the Guard and Reserve depend not only on the individual members but also their families and their employers," said Mr. Thomas F. Hall, assistant secretary of defense for reserve affairs. "I am deeply humbled to accept this award from the Congressional Medal of Honor Foundation on their behalf."

Mr. Hall and Dr. Henry McKinnell, chief executive officer of Pfizer Corp., jointly accepted twin crystal plaques on behalf of the 1.2 million people of the reserve components and their employers.

The foundation supports the Congressional Medal of Honor Society, which is made up exclusively of the Medal of Honor recipients. The society promotes an awareness of what the medal represents and how ordinary Americans can challenge fate and change the course of history, officials said.

Officials working for reserve health benefits

By Army Sgt. 1st Class Doug Sample
American Forces
Press Service

WASHINGTON - Defense Department officials are working as quickly as possible to implement enhanced Tricare health care benefits for reserve component sponsors and their family members, officials said.

The Emergency Supplemental Appropriations Act and the 2004 National Defense Authorization Act authorized the new health care benefits.

Eligibility for some of the new temporary Tricare enhancements began Nov. 6 and ends for all on Dec. 31. Implementation of the provisions began in January and will continue through the next few months under the department's 2004 Temporary Reserve Health Benefit Program. The

provisions cannot cost more than the \$400 million limit established by Congress for fiscal 2004.

"These temporary benefits were designed to enhance access to care for our reserve component servicemembers and their families, and ultimately improve our readiness as a fighting force," said Richard Mayo, deputy director of the Tricare management activity. "We are establishing a totally new benefit that currently doesn't exist today."

The first temporary program, implemented mid-February, temporarily extended eligibility under the Transitional Assistance Management Program. It extended benefits from 60 or 120 days to 180 days for active-duty and reserve component people who separated from active federal service on or after Nov. 6, the effective date for benefits under this program for spon-

sors and family members.

On Jan. 1, 2005, Tricare eligibility under the transitional program returns to 60 or 120 days, even for those who separated in 2004 and whose orders may indicate eligibility for 180 days.

The second temporary program is scheduled to be implemented in the next few weeks. It will authorize medical and dental benefits for reserve-component sponsors activated supporting a contingency operation for more than 30 days. Family members enrolled in DEERS are also eligible for this benefit.

Under this program, eligibility for reserve component sponsors and their family members begins the day the sponsor receives delayed-effective-date active-duty orders or 90 days before the active-duty period begins, whichever is later. Effective date for benefits un-

der this program began Nov. 6.

Until Tricare officials announce that the program has begun and members can begin submitting their claims to apply for reimbursement, sponsors and family members should pay all medical and dental bills incurred and save their receipts, officials said.

The third temporary program, scheduled for future implementation, is limited to reserve-component sponsors who are either unemployed or employed but not eligible for employer-sponsored health coverage and their family members. Tricare coverage under this program is limited to medical care only. Eligibility for sponsors and family members start the day Tricare officials implement the program.

Tricare claims under this program will be paid only from the date the

program is implemented through the Dec. 31, which is the expiration date for benefits under the temporary program.

Congress placed the \$400 million limit on expenditures under fiscal 2004 provisions to implement the temporary health care program.

Besides the temporary program, Congress also authorized three permanent health-benefit provisions for reservists and guardsmen.

Those benefits include benefit counselors for the reserve component in each Tricare region; authorization for medical and dental screening, and care for members alerted for mobilization; and Tricare eligibility for reserve officers pending orders to active duty following commissioning who do not have other health care insurance.

For more details, visit the Tricare Web site at www.tricare.osd.mil.

Congratulations to the following medal recipients!

Meritorious Service Medal

Lt. Col. John Lawver, Maj. Scott Calvert, Maj. Craig Trammell, Chief Master Sgt. Louis Garrido-Godoy, Chief Master Sgt. Donald Hohn, Senior Master Sgt. Michael Gilbert, Senior Master Sgt. Jean Hohn, Senior Master Sgt. Jerome Meyer, Senior Master Sgt. Kenneth Plummer and Master Sgt. Earl Dodge Jr.

Air Force Commendation Medal

Chief Master Sgt. David Angerman, Senior Master Sgt. Dennis Geyen, Senior Master Sgt. Troy Ranum, Master Sgt. Kenneth Phillipi, Master Sgt. August Funaro, Tech. Sgt. Michael Cleveland and Tech. Sgt. Todd Littfin

Air Force Achievement Medal

Lt. Col. Richard Gabe, Lt. Col. Gary Bray, Lt. Col. Donald Fleischmann, Lt. Col. Timothy Purcell, Maj. Thomas Anderson, Maj. Michael Erickson, Maj. Robert Fleming, Maj. David Gerda, Maj. James Jirele, Maj. Todd Kay, Maj. Caleb Merrimen, Maj. James Swartz, Maj. David Tank, Capt. David Bloomquist, Capt. Caroline Campbell, Capt. Robert Rettig, Capt. David Wiskus, Chief Master Sgt. Marc Gilbertson, Senior Master Sgt. Michael Gilbert, Senior Master Sgt. William Rudgers, Master Sgt. Robert Akulary, Master Sgt. Michael Duffy, Master Sgt. Curtis Henke, Master Sgt. Terry Preusse, Master Sgt. Stephen Taylor, Tech. Sgt. Charles Brynteson, Tech. Sgt. Eric Decamp, Tech. Sgt. Eric Eversman, Tech. Sgt. Orin Johnson, Tech. Sgt. Thomas Kim, Tech. Sgt. Lawrence Koland, Tech. Sgt. Shannon Moerke, Tech. Sgt. Lynette Petsinger, Tech. Sgt. Ryan Pomeroy, Tech. Sgt. Christopher Rieland, Tech. Sgt. Jill Shepard, Staff Sgt. Tracy Meyer, Staff Sgt. Eric Schraeder and Senior Airman Scott Dusterhoft

Officials discuss new civilian system

By Jim Garamone
American Forces Press Service

WASHINGTON - A letter signed by Defense Department leaders asks DOD civilian employees to be patient as teams work to make the new National Security Personnel System a reality.

The April 1 letter, signed by David S.C. Chu, undersecretary for personnel and readiness, and Navy Secretary Gordon England, stresses that DOD sees the new personnel system as a combined effort.

The system, passed as part of the fiscal 2004 National Defense Authorization Act, allows DOD officials to transform the civilian personnel system to make it more agile and responsive.

Defense Secretary Donald H. Rumsfeld said the new system would make it easier for the department to make new hires and keep highly skilled employees. It also would allow DOD to move

workers to shortage specialties as national security concerns change, he said.

In the letter, Mr. Chu and Secretary England state, "We are determined to take the time necessary to do the job right."

Taking time will allow the department to consult with employees, managers and unions, a DOD spokeswoman said. The letter encourages people interested in the system to present their thoughts, ideas, views and concerns.

Department officials are also working with other government agencies as they develop the new system. They are consulting with people at the Office of Personnel Management, the Office of Management and Budget and the Government Accounting Office as the new system takes shape. They are also taking lessons from the Department of Homeland Security, which built its own personnel system after it was formed last year.

Five teams within DOD are looking at process, personnel, programs, requirements and communications, officials said. A sixth team will draw recommendations from these five together in one package. That proposal is scheduled to be presented to Secretary Rumsfeld and other senior leaders in April. Once approved, senior leaders will work with Congress on implementing the system.

Mr. Chu and Secretary England said that the system still is being formed, and few details about how the system would work are available because there is no system yet. Concepts and proposals will change over time and department leaders will do their best to keep employees informed, they said.

Information will be available on the DOD and DefendAmerica Web sites, the Pentagon Channel and local commanders' television programs. The new system also has its own Web site.

CES plays role in Honduras exerc



Photo by Chief Master Sgt. Jeffrey Gustafson

A Honduran girl reaches out to receive coloring books from a 934th Civil Engineer Squadron member at the camp's barbed wire fence. On occasion, unit members gave the local children coloring books, crayons and school supplies.

Honduran Army troops place tree thatch on the roof of the camp's Morale, Welfare and Recreation tent. The Honduran Army, U.S. Army, Puerto Rican Army National Guard and the 934th CES shared the camp.



Photo by Tech. Sgt. Robert Walz

By Master Sgt. Mike McGuire
934th Civil Engineer Squadron

It was a trip that two sergeants said they will not soon forget. They were two of the 48 members of the 934th Civil Engineer Squadron who deployed to Saba, Honduras, recently to participate in New Horizons 2004 as part of Joint Command Task Force Orengo.

The main focus of the exercise was to build local schools, medical clinics and provide medical support to the local villages, according to Senior Master Sgt. Timothy Tamlyn. The role of the 934th CES members was to make numerous improvements at the base camp at which exercise participants lived and worked, as well as provide assistance to projects being conducted in the villages.

For many in the unit, it was their first trip to Honduras. Their experiences, from the bus ride to the camp and throughout the two-week deployment, left a lasting impression on them.

"After arriving at La Ceiba, we rode a bus to Saba, a two-hour bus ride. As we made our way to the base camp, it was evident that the part of Honduras we were in was a desolate country, with poverty evident everywhere you looked," Master Sgt. David Sowers said. "As we looked out the bus windows along the way, we saw mothers and daughters washing clothes side-by-side in nearby rivers. We saw dogs walking aimlessly about. We didn't see many privately-owned vehicles. The vehicles we saw were commercial-related, like taxis, buses and cargo-carrying trucks."

What Sgt. Sowers saw made him think about his life back home.

"The level of poverty there was a good example of how we should be thankful for what we have. The Honduran locals around us didn't have much. It makes one appreciate the little things in life," Sgt. Sowers said. "It made me think that when things aren't going very well, I can think back to my time there, maybe we don't have it so bad after all with our cushy lives in the suburbs."

se, members recount experiences

Upon arriving at the camp's tent city, unit members met members of the United States Army, Puerto Rican Army National Guard and Honduran Army. They also met their counterparts from the 914th Civil Engineer Squadron, who were preparing to leave after being assigned at the camp for two weeks.

"The majority of the troops at the camp were Spanish speaking, and we were fortunate to have along Master Sgt. Jose Gonzalez-Rocha and Airman 1st Class Donald Saragosa, who are fluent in Spanish. Their assistance was greatly appreciated," Sgt. Tamlyn said.

The next day, the unit members awoke to the sound of roosters crowing.

"We were also greeted by high heat and humidity. The daily temperatures ranged from the low 70s to upper 90s," Sgt. Tamlyn said. "Everyday brought with it a chance of rain as well."

During the first three days of the unit's stay, it rained four times.

"With the roads already in rough shape when we got there, the constant rain made all the roads a muddy mess," Sgt. Sowers said. "Mud was everywhere and we had to clean our boots off whenever we entered our tents, dining tent area, latrines and showers. Once our crews got the heavy machinery out and laid down gravel, the roads were greatly improved."

Besides fixing the roads, the unit members' skills were in demand for other projects. They constructed tents, installed airfield and perimeter lighting, connected water pipes to the portable showers, latrines, water heaters and sinks, and installed and maintained the site's base power distribution system.

They graded sidewalks and worked off-site pouring concrete pads at locations where humanitarian projects were underway. They also designed guard shack, tables and steps and worked on the air conditioners in the dehydration trailers and refrigeration coolers for the dining tents. In addition, they surveyed projects off-site.

"It was a total team effort on our part and we all worked well together,"

Sgt. Tamlyn said.

It seemed their work did not go unnoticed. Some of the local Honduran children often watched the unit members with great curiosity as they stood at the other side of the camp's barbed wire fence. On occasion, they gave coloring books, crayons and school supplies to the children.

"We learned that private school children attended class during the day, while public school students met at night. That explained why so many kids were around during the day," Sgt. Tamlyn said. "Kids would stand at the wire and look in at us. If you could see the looks on those kids' faces after receiving something from us, it

was priceless."

Sgts. Sowers and Tamlyn said their deployment was a good experience.

"The exercise provided our unit with valuable hands-on technical training in a joint environment. If you were to ask the exercise commander and others there, they would tell you that we did more than our share in improving the overall quality of life for those assigned there," Sgt. Sowers said.

Sgt. Tamlyn echoed this sentiment.

"It was a rewarding deployment and our time in Honduras will leave each of us with many memories," he said. "We also had a chance to demonstrate how the Air Force, and the Air Force Reserve in particular, contributes to the total force mission."



Photo by Tech. Sgt. Robert Walz

Amdist the mud, Lt. Col. Randy Hoscheid, unit commander, points out to Capt. Steve Christoff, Master Sgt. David Nelson and Master Sgt. Jose Gonzalez-Rocha, all of the engineering shop, where the shower and latrine trailers were to be set.

Ethics regulations guide Airmen in political activities

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

WASHINGTON - With less than nine months until the next federal election, political activity is heating up in the nation's capital and around the country. Some Airmen may want to get involved in what are some of the most fundamental activities of American democracy: campaigning and politicking.

But as employees of the federal government, servicemembers must ensure their participation in political activities does not violate government ethics regulations, said Melinda Loftin, the Air Force associate general counsel for fiscal and administrative law.

"Members of the armed services are encouraged to carry out their obligation of citizenship by voting," Ms. Loftin said. "But while on active duty, they are prohibited from engaging in certain political activities."

Servicemembers cannot participate in the management of partisan politics or be part of a political campaign or

convention, Ms. Loftin said.

They cannot be a candidate for political office, conduct political opinion surveys, march or ride in partisan parades or participate in organized efforts to transport voters to the polls.

The restrictions on what a servicemember can do may seem numerous, but they serve an important purpose. They are meant to assure the American public that agents of the government, such as servicemembers, do not have undue influence on the American electoral process, officials said.

"The theory behind this is a separation between partisan-political activities and the federal government," Ms. Loftin said. "This is crucial when involving the armed forces because of the need for public confidence in civilian control of the military. If an Airman was wearing a uniform and engaging in political activities, it might give the appearance of an endorsement for a particular candidate by the armed forces."

Servicemembers can express their personal opinions on candidates for

office, but they must ensure their opinions are a reflection of themselves and not of the military.

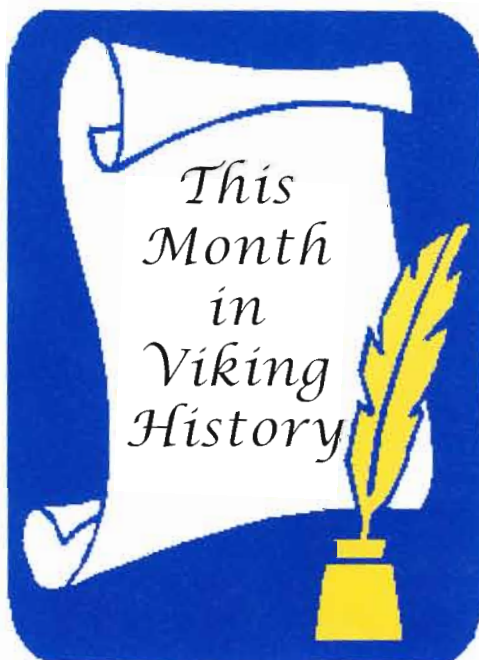
Airmen may join political clubs, attend political meetings and rallies as a spectator when not in uniform and make contributions to political organizations. They may also display bumper stickers (but not large signs) on their personal vehicles and sign petitions to put candidates on the ballot, Ms. Loftin said.

Servicemembers may also participate in what is perhaps the most important political activity, Ms. Loftin said.

"Members on active duty may register to vote, they may vote, and [they] are in fact encouraged to vote," she said.

Servicemembers are allowed to vote while in uniform. Issues involving federal employees and political activities are embodied in several publications, including the Joint Ethics Regulation.

Airmen with questions about what political activities they may participate in or with general questions about military ethics standards are encouraged to contact their base legal office.



Provided by
Master Sgt. Russ Funaro
934th Airlift Wing historian

1964

The 934th Troop Carrier Group Medium held its first military ball on May 2, 1964 at the Radisson Hotel in Bloomington.

May 15 is the 55th celebration of Armed Forces Day.

Gen. Curtis LeMay, then chief of staff, said, "Armed Forces Day re-emphasizes the grave responsibilities that that have been entrusted to our armed services. Today, the free world depends upon the military strength of the United States to maintain peace. Our nation is placing great reliance on aerospace power as a primary deterrent to war. The Air Force is deeply aware of its responsibilities and will continue to strive for ever-increasing effectiveness. We are happy to join our sister services in celebration of this Armed Forces Day, confident that in our combined strength we will be able to deter aggression or to successfully meet any future challenge."

Asian-Americans honor military service history

By Cristina Oxta
934th Airlift Wing
Public Affairs

May is Asian-Pacific Heritage Month and this year's theme is "Freedom For All: A Nation We Can Call Our Own."

Many in America, if not all Americans, know that they are blessed to live in a country that provides freedom to everyone. This freedom, however, does not come free. From the birth of America until today, many Americans have devoted themselves to preserving this freedom. Some, like the men and women of the armed forces, have died for this cause.

Some of these military men and women are Asian-Americans. Asian-American military service dates back to the 19th century. Numerous Asian-Americans served in the U.S. military during World War I. On July 23, 1863, Chinese-American William Ah Hang became one of the first Asian-Americans to enlist in the U.S. Navy during the American Civil War.

In World War II, a substantial number of Asian-Americans served in America's armed forces. Approximately 25,000 Japanese-Americans fought on the battlefield. More than 6,000 first-

generation, American-born Japanese trained as interpreters and translators in the U.S. Army's Intelligence Service Language School and 3,700 linguists served in combat. More than 20,000 Chinese-Americans served in the armed forces. Filipino-Americans and Korean-Americans formed small units for the nation's war effort.

The 442nd Regimental Combat Team, composed primarily of Asian-Americans, was the most decorated unit of its size with seven Presidential Distinguished Citations and 18,000 individual decorations, including the Medal of Honor, 47 Distinguished Service Crosses, 350 Silver Stars, 810 Bronze Stars and more than 3,600 Purple Hearts.

Asian-American women first entered military service when the Women's Army Corps recruited 50 Japanese- and Chinese-American women to be translators. In 1943, Chinese-American women served in the Army Air Force as Air WACs. They served as air traffic controllers, weather forecasters and some, like Hazel Ying Lee, became aviators.

Filipino-American women helped American forces in the Philippines in World War II. They smuggled



Courtesy photo

Color guards and color bearers of the Japanese-American 442nd Combat Team stand at attention on the ground in the Bruyeres area, France, where many of their comrades fell on Nov. 12, 1944.

supplies to American prisoners of war and carried information on the enemy's movements to Filipino and American forces. Josefina V. Guerrero supplied American POWs with food, clothing and medicine. She also mapped Japanese fortifications at the Manila waterfront and saved members of the 37th Infantry Division by smuggling a map that enabled soldiers to avoid land mines before their invasion of the Philippines.

Many Asian-Americans served in the Korean War and have fought in many wars since then. Some, including Gen. Eric Shinseki, former Army chief of staff, have held key positions.

Today, Asian-Americans are still



Courtesy photo

Chinese-American Hazel Ying Lee was one of 38 Women Airforce Service pilots who died in the line of duty in World War II.

keeping alive their heritage and legacy of military service. Thousands of Asian-Americans currently serve in all branches of the military. Through their achievements and

sacrifices, Asian-Americans have helped shape the American landscape and they continue to make the United States a country every American can be proud to call his own.

Local organizations help center provide family support at base

By Staff Sgt. Nicholas Olson
934th Airlift Wing
Public Affairs

When the base's military members and their families find themselves in financial need, they get help from the Family Support Center. But in order to have such an assistance fund on hand, the FSC, which is part of the 934th Mission Support Group, needs the help of other organizations.

Numerous organizations both on base and in the local community donate to the FSC's Friends and Family Readiness Fund. One organization donated nearly

\$2,000 to the fund recently.

The Goodrich Aerospace Corporation in Burnsville, Minn., gives a charitable donation annually to non-profit organizations in the Twin Cities, according to Tech. Sgt. Steve Johnson at the FSC.

This year, Goodrich Aerospace chose the wing as the recipient of a check for \$1,990. The check was presented at a company banquet that honored employees who have worked at the company for a long period of time.

"The amount of money donated is \$1 for every year of service combined for all of the banquet's honorees,"

Sgt. Johnson said.

The donation came about after Sgt. Johnson, a five-year employee of Goodrich Aerospace Corporation, informed his employer that he was being locally activated beginning March 15. The corporation employs several military members in all branches of service, some of whom are currently deployed.

"I was asked by a woman in payroll about how to donate money to help support deployed Reservists and their families," Sgt. Johnson explained. "It was their chance to give back to their employees and show support for our troops."

Other organizations that have made sizable donations to the Friends and Family Readiness Fund include the Air Force Association, which donated \$5,000 in December.

"With these donations, we are able to help military members and their families in their time of need," said Rex Hodge, FSC director.

For instance, the FSC assisted an activated Air National Guard member at the 144th Airlift Wing when the individual's son became ill and the medical bills became too much to handle.

All members of any branch of Reserve and National Guard are eligible for this fund.

Tips for military members coming home after deployment

Courtesy of Cannon Air Force Base Life Skills Center

Some expectations for military members:

- * Be prepared to make some adjustments.
- * Do not schedule too many things, and go slowly in adjusting and re-establishing your place in the family.
- * You and your spouse may need time to yourselves.
- * Remind your spouse that he or she is still needed in the family.
- * Discuss splitting up family chores.
- * Be patient with yourself and your spouse.
- * Make individual time to talk with your spouse and each child.
- * Support good things your family has done.
- * Go easy on the partying.
- * You may want to talk about

what you saw and did or you may not want to talk about it when others ask.

* Roles may have changed to manage basic household chores.

* Spouses may have become more independent and learned new coping skills. They may also have new friends and support systems.

* Intimacy may be difficult at first.

* You may have changed your outlook and priorities in life.

How children may react:

* Babies less than one year old may not recognize the returning parent and cry when held.

* Toddlers ages 1 to 3 may hide and be slow to approach the parent.

* Pre-schoolers ages 3 to 5 may feel guilty over the separation and be scared.

* School-age children ages 6 to 12 may demand a great deal of the parent's time and attention.

* Teenagers ages 13 to 18 may be

moody and appear not to care.

* Some children may fear the parent's return while others may feel torn by loyalties to the parent who remained home.



Photo by Staff Sgt. Laine McNeal

Back home again

Senior Airman Aaron Fenton, 355th Maintenance Group, hugs his daughter, McKenzie, for the first time after he returned home from a four-month deployment in Southwest Asia.



Viking Vibes



Chapel

Chapel services are offered during Unit Training Assembly weekends. Protestant worship is at 9 a.m. on Sundays and Catholic worship is at 3 p.m. on Sundays.

For more details, call (612) 713-1226 or e-mail steven.svoboda@minneapolis.af.mil.

Habitat build

The 934th Airlift Wing, will help build a Habitat for Humanity home in St. Paul. Volunteers are needed to work at the build site May 12 and July 16 and 19.

Volunteers are also needed in other activities, including fundraising, providing food for volunteers, coordinating publicity and designing T-shirts. Call Roger Hanson at (612) 713-1091.

Reporting fraud, waste, abuse

Fraud is intentional deceptions to unlawfully deprive the Air Force of something of value or to secure a benefit, privilege or consideration to which one is not entitled.

Waste is extravagant, careless or needless expenditure of Air Force funds or the consumption of Air Force property that results from deficient practices, systems controls or decisions.

Abuse is intentional, wrongful or improper use of Air Force resources.

For more details or to report an incident, call Col. Kris Rudin, wing inspector general, at (612) 713-1298, the wing hotline at (612) 713-1180, the

Air Force Reserve Command hotline at DSN 497-1495, the Air Force hotline at (800) 538-8429 or the Department of Defense hotline at (800) 424-9098. Callers may remain anonymous.

Speakers

Volunteers are needed for the 934th Airlift Wing's Speakers' Bureau. The public affairs office regularly receives requests for speakers for events in the community.

Speakers' Bureau volunteers will be part of a group of individuals who can be called upon to speak at these events. Call (612) 713-1217 for more details or to obtain a volunteer form.

Aviation camp

The one-week Minnesota Aviation Career Education Camp held in June and July is open to Minnesota students who are children of federal employees and who will be entering 10th, 11th or 12th grade.

Campers will explore aviation careers and aspects of the aerospace industries through tours and projects.

They will also have a chance to fly in a helicopter, pilot a single-engine aircraft and take the controls of a glider.

For an application, go to www.dot.state.mn.us/aerolaved/students/aceinfor.htm.

Retiree appreciation

An event in honor of Retiree Appreciation Day will be held at the St. Paul Armory

from 8 a.m. to 3 p.m. Sept. 18. There will be informative sessions on veterans benefits, DFAS, legal services available to retirees, Space A and Tricare.

The speaker will be Bill Pierce from the Military Officers of America Association.

Advance registration is required. Call (612) 713-1516 or (800) 231-3517 or e-mail RAODIR@minneapolis.af.mil.

Volunteers

The League of United Latin American Citizens will hold a conference in San Antonio, Texas, July 6 to 10.

The Tuskegee Airmen will hold its conference in Omaha, Neb., Aug. 3 to 7.

Anyone who would like to represent the wing at these events can call Maj. Susan Maki at (612) 713-1500.

Fitness

Fit to Fight classes are offered at the base fitness center to help individuals prepare for the new Air Force fitness test.

Participants learn how to build upper body strength for push-ups and crunches and cardiovascular strength for the 1.5-mile run.

Classes will be offered May 8 from 4 to 5 p.m., May 17 from 5 to 6 p.m. and May 25 from 6 to 7 p.m. For more details, call (612) 713-1496.

Scholarship

Club members and their spouse, son, daughter, stepson or stepdaughter are eligible. Grandchildren can apply if they are dependents of

the club member.

Entrants must be accepted by or enrolled in an accredited college or university for the fall 2004 semester. Part-time students can apply.

Six scholarships ranging from \$2,500 to \$6,000 will be awarded to winning entries.

Entrants must provide an essay of 500 words or less on "What Freedom Means to Me."

They must also provide a one-page summary of their long-term career and life goals as well as previous accomplishments. The summary may include civic, athletic and academic awards and accomplishments.

Entries must be submitted to the 934th Services Squadron office at Bldg. 852, Room 213, by July 15.

Applications can be obtained at the Officers' or Enlisted Clubs. Call (612) 713-1662 for additional details.

Fun run/walk

A fun run/walk will be held May 2 at 5 p.m. The starting point is at the beach house on Lake Nokomis.

Call the fitness center at (612) 713-1496 for more information.

Lodging

Space-available reservations are offered two weeks prior to the following upcoming holidays: Memorial Day, Fourth of July, Labor Day, Thanksgiving, Christmas and New Year. For more details, call the North County Lodge at (612) 713-1983 or 1984.

Viking Flyer Reader Survey



To ensure that the Viking Flyer continues to meet the needs of the wing, the Air Force and its readers, the Viking Flyer would like to hear from you. Complete the enclosed survey at your convenience. You can use the survey to comment about any editions of the Viking Flyer.

Completed surveys can be dropped off at the Public Affairs office, faxed to (612) 713-1229 or e-mailed to cristina.oxtra@minneapolis.af.mil.

Thank you for your readership and survey participation.

Viking Flyer's mission: To provide an effective avenue for the 934th Airlift Wing commander and Air Force leadership to inform the base population of policies, highlight the wing's mission and build morale through information, entertainment and comment.

Issue date: _____

* Are you satisfied with the Viking Flyer?

Yes ___ No ___

* Is the Viking Flyer meeting its mission as stated above?

Yes ___ No ___

* If you answered no to the previous question, which part of the mission does the Viking Flyer not meet? _____

Did you get information you can use or are interested in?

Yes ___ No ___

* What type of information do you look for (local news, command information, health and fitness, etc.)? _____

* Did you find enough of it in this month's edition?

Yes ___ No ___

* Was the information in this month's Viking Flyer easy-to-read?

Yes ___ No ___

* Did the front page grab your attention?

Yes ___ No ___

Why or why not? _____

* If you could edit the Viking Flyer for the month, what would you change?

* What errors, if any, did you notice in this edition? _____

* Comments:

Fit to Fight: Air Force fitness test accomplished at wing for first time

By Staff Sgt. Jennifer A. Johnson
934th Airlift Wing
Public Affairs

After the commands of "On your mark. Get set. Go," 934th Airlift Wing commanders and first sergeants led a group of Airmen on a 1.5-mile run April 4 as they became the first from the wing to complete the new Air Force fitness test.

The new standards, which came online for reservists April 1, are designed to gauge the overall health of Airmen and include a 1.5-mile run, muscular fitness test and body composition test, said Ronna Puck, 934th AW fitness coordinator.

The program, which enables Airmen to become more aware of their lifestyles and make changes where needed, categorizes the Airmen in four different groups based on the number of points they receive for each event, Ms. Puck added.

Airmen who have 90 or more points will be in the excellent category. Those with 75 to 89.9 points are placed in the good category, while those who earn 70 to 74.9 points will be in the marginal category. Less than



Photo by Staff Sgt. Nick Olson

Senior Airman Andrew Schneider, 27th Aerial Port Squadron, performs push-ups at the 934th Airlift Wing's first fitness test April 4. He performed 63 push-ups during the one-minute test. Test participants also performed sit-ups and ran 1.5 mile.

70 points is considered poor.

Airmen can earn 100 points total, with 50 points coming from the run, 30 points from the body composition and 20 points from the muscular fitness portion.

Ms. Puck said the new standards will not only help people assess their health, but will also be helpful if they get tasked to deploy. She said it is much better to become fit stateside than it would be overseas during a

real-world deployment.

Tech. Sgt. Jody Knight, 934th Mission Support Flight, has been preparing for the new standards. She said it is critical for Reservists to have the same fitness program as the active-duty Airmen.

"We are active duty," she said. "In a real-world situation, we have to perform like active duty, so it only makes sense we be just as fit."

Ms. Puck said that for the most part, the new standards are attainable. However, those who may need extra help can find it at the base fitness center.

She said the biggest key for individuals who must take the fitness test is to just train for the run, push-ups and sit-ups.

"They should get out and get moving," she said. "But they need to be safe, which means they may have to start out slow."

The fitness center offers free Fit to Fight classes to help military members prepare for the fitness test. For more details, call (612) 713-1496.

Military members who want to learn more about the new Air Force fitness standards can go online to www.af.mil/news/usaf_fitness_charts.pdf.

Why exercise?

It is an easy way to help you look good and shape up your heart and health. Here are some health benefits of exercise.

- * the heart pumps blood and oxygen to the body with less effort
- * blood pressure is lowered
- * body fat is lost
- * blood fats improve - HDL (good cholesterol) increases and triglycerides (bad fat) decrease - and other good blood changes occur (lower blood sugar, less clotting, less adrenaline)
- * less mental stress, depression and anxiety

Courtesy of the base fitness center



Upcoming Club Events:

May 1 - A disc jockey will play tunes from 8 p.m. to midnight at the Enlisted Club
 May 5 - Cinco de Mayo lunch at the Officers' Club
 May 9 -Mother's Day Buffet at the Officers' Club
 May 15 - Dinner & Dance at the Officers' Club
 May 22 - 50s party at the Officers' Club ballroom

Enlisted Club (612) 713-1655

Call Bingo: This is held every Friday from 5 to 7 p.m.
 Bonanza Bingo: This is available during lounge hours.
 Sunday and Monday: Closed
 Lunch: Served Tuesday through Friday from 11 a.m. to 12:30 p.m. Daily specials available.
 Dining: Available at the Officers' Club Wednesday through Saturday from 5:30 to 8:30 p.m.
 Lounge: Wednesday and Thursday from 11 a.m. to 9:30 p.m.; Friday and Saturday from 4 p.m. to midnight
 Friday: The bar menu is available from 5:30 to 8:30 p.m.
 Saturday and Sunday: Navy "A" May 1 and 2; Navy "B" June 22 and 23; Open for lunch from 11 a.m. to 12:30 p.m.

Officers' Club (612) 713-3678

Sundays: Closed
 Lunch: Tuesday through Friday from 11 a.m. to 1 p.m.
 Dinner: Wednesday through Saturday 5:30 to 8:30 p.m.
 Lounge: Monday through Thursday from 4 p.m. to 11 p.m.; Friday and Saturday from 4 p.m. to midnight
 The lounge menu is available Tuesday through Saturday from 4 to 9 p.m.
 Monday: The dining room is closed. The lounge is open from 4 to 11 p.m.
 Tuesday: The dining room is closed. The lounge menu is available from 4 to 9 p.m.
 Wednesday: May 5 - Chicken primavera; May 12 - Shrimp scampi; May 19 - 2-4-1 pork chop; May 26 - Meatloaf
 Thursday: May 6 - Viennese goulash; May 13 - Stir fry; May 20 - Pork chop Milano; May 27 - Pepper steak
 Friday: (Salad bar available) May 7 - All-You-Can-Eat fish fry; May 14 -Seafood Newburg; May 21- Peel-and-eat shrimp; May 28 - Seafood market
 Saturday: (Salad bar available) May 1 - Prime rib; May 8 - Mongolian barbeque; May 15, 22 and 29 - Prime rib

Officers' Spouses' Club

May luncheon: This will be held May 20 at 11:30 a.m. at the Officers' Club. A master gardener will discuss container and patio gardening. Installation of officers will also be conducted. For reservations, call Roberta Gronemann at (763) 494-3517 or Lucille Peterson at (952) 544-1828.

Year-end board meeting: June 3 at 10:30 a.m.
 No luncheons scheduled for June, July and August.
 Tuesday bridge: This is held on the second and third Tuesday of each month at 10 a.m. Call Germaine Reuter Dahl at (952) 881-0107 for more details.
 Evening bridge: This is held on the first and third Wednesday of each month at 7 p.m. Call Diane Lerohl at (952) 935-4467 or Roberta Gronemann at (763) 494-3517.

North Country Lodge (612) 713-1983 or 1984

New cancellation number: (612) 713-1007 - This number has been added to free the reservation lines.
 Food: Effective April 19, business suites will be stocked with beverages, snacks and food items for sale.
 New check-out time: 10 to 11 a.m. (starting April 19)
 Reservations: Call (888) 235-6343 or (612) 726-9440, or go to www.afrc.af.mil/934aw/Lodgingweb/lodging.htm.

Fitness Center (612) 713-1496

Air Force Reserve Command "Fitness Event Maymentum: Revival of the Fittest:" This program encourages everyone to make fitness a part of their lifestyle during the 31 days of May and beyond. This year's Maymentum events at the 934th Airlift Wing will include competitions in horseshoes, tug-of-war, bocce ball, golf, volleyball, croquet and tennis ladder. Call the fitness center for more details.
 Self-defense: Classes are held Tuesday and Thursday from 4 to 6 p.m.
 "Gopher-A-Walk" program: Sign out a pedometer and follow the 10,000-step program.
 Co-ed softball league: This runs May 17 to July 28. Games held Mondays and Wednesdays starting at 4 p.m.
 Air Force cycling: Earn water bottles, towels, caps, T-shirts, fanny packs and patches. Register at the fitness center.

Discount Tickets (612) 713-1496

Camp Snoopy discounts: A full-day wristband costs \$17.95. One coupon is good for up to six people.
 Underwater Adventures: Tickets costs \$9 for adults and \$5 for children.
 Minnesota Zoo and IMAX: Discount cards available.

Outdoor Recreation (612) 713-1496

Spring rental: Call the fitness center for a rental list. Club members receive a 10-percent rental discount.
 Armed Forces Vacation Club: Time-share units cost \$249.99 a week. Go online at www.afvclub.com.
 Air Force Travel: Go to www.afttravelonline.com.
 Colorado R&R U.S. Air Force Academy travel service: Go to www.coloradorandr.com.