

VIKING FLYER

934th Airlift Wing (AFRC) Minneapolis-St. Paul IAP Air Reserve Station, Minn. August 2010 Vol. 32, No. 8



Semper fit
Security Forces train like Marines

Prepare to notice stressed Wingmen



By Col. Sherry Hemby
934th Aeromedical Evacuation
Squadron commander

Preparing for inspections = stress. Generally, people want to do a good job and satisfy their leaders. Finding time to accomplish the mission in today's high operations tempo and review every checklist in preparation for inspections can be a challenge. With every challenge comes the stress of wanting to do whatever it takes to be successful in reaching your goals.

Ready to alleviate or decrease stress? The answer is to prepare. Let's take a few minutes to look back over the past year at what we have done as a wing to be successful and prepare for the upcoming inspections. The goal was made clear "to pass all inspections, be a great team and excel when possible." Securing commitment was the key to attaining the cooperation needed to complete the work and reach the goal. Leaders stepped forward with clear direction and tasking. Roles and responsibilities were assigned. Milestones were set. Results and progress were the expectation.

Each evaluation (SAV, FAV or internal audit) gave us information on what we needed to fine tune our programs. Know-

ing how our programs scored may or may not have added to our stress level. "Red" findings indicated the program did not meet standards, added the challenge of "how did we miss the mark in getting this 'green' and what is our plan to get this 'green'?" High expectations and not reaching those goals in a timely manner equals stress. As the inspections draw closer, anticipation and performance anxiety will raise stress levels.

Potentially, everyone deals with stress in different ways depending on coping skills they have developed during their life experiences. Air Force culture trains us to be good wingmen and watch for signs of stress in our fellow airmen.

- A** few ways to beat stress is to:
- Lend an ear: Listen and allow someone to vent their frustrations.
 - Be healthy: Eat healthy food, regularly exercise and get adequate sleep.
 - Tune in: If someone is not acting like their usual jovial self, take a few minutes to ask them if everything is okay. Make sure your questions come across as being sincere and take the time to listen to the answers.
 - Help out: Is there something you can do to help this individual with whatever is causing them stress?
 - Speak up: Is their supervisor aware of the roadblocks they are facing? Some folks do not like to admit that they are having a hard time accomplishing a task. They feel this makes them look like a failure.
 - Teamwork: Remember, we are a team. Whatever our role, working together achieves results.

Recently I read an article that emphasized the importance of attitude during inspections. Being positive regardless of

the situation goes a long way in presenting a "can do" attitude. Looking sharp in and out of uniform and being professional regarding customs and courtesies presents a positive attitude. Look for that positive attitude in your wingman. It is contagious. Know your job and be prepared to verbalize how well you accomplish your mission in a safe manner. Pride in yourself, your unit, your mission and your base will be evident.

Eloquently, my mother gave me good advice years ago when faced with any situation. She told me to put my best foot forward and dazzle the world. So, put your best uniform on, stand by your wingman, show off your programs and processes and dazzle the inspectors.



I am a Flying Viking

Master Sgt.
Robert M. Knight
934th Aeromedical
Staging Squadron

Town: Eagan Minn.
Civilian job: Medical
support assistant at the
Minneapolis VA Medi-
cal Center

**"I was a volunteer
fire rescue mem-
ber before I joined
the Air Force, so
becoming a medic
was just the next
step for me."**

Editorial staff

934th Airlift Wing Commander
Col. Darrell G. Young

Chief of Public Affairs
Capt. S.J. Brown

PA Specialists
Master Sgt. Paul Zadach
Master Sgt. Kerry Bartlett
Tech. Sgt. Jeffrey Williams
Staff Sgt. Kimberly Hickey

Photographers
Tech. Sgt. Robert Sommer
Senior Airman Noah Johnson

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 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.

Wing commander's hotline: (612)-713-1555

The hotline provides wing members with a direct link to the wing commander to relay kudos, concerns or suggestions on wing matters.

IG/Fraud, Waste and Abuse hotline

The primary responsibility of the IG is to sustain a credible Air Force IG system by ensuring the existence of responsive complaint investigations, and Fraud, Waste, and Abuse programs characterized by objectivity, integrity and impartiality.

934th AW FWA Hotline

(612) 713-1180

AFRC FWA Hotline

(800) 223-1784 extension 7-1513

SAF/IGQ FWA Hotline

(800) 538-8429

DoD FWA Hotline

(800) 424-9098

On the cover

Capt. Judd Citrowske, 934th Security Forces Squadron operations officer, carries Senior Airman Nathan Rinehart during the 934 SFS Marine Comat Fitness Training July 10. See story on page 6. (Air Force Photo/Master Sgt. Kerry Bartlett)

934th to stand up EOD flight

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



After a decade of discussions, plans have been finalized for the 934th Civil Engineer Squadron to stand up an explosives and ordnance disposal flight.

Though it will be a five-year process before the flight becomes fully operational, according to Lt. Col. Les Canarr, 934th CES commander, the first of six active guard and reserve slots has been advertised and the eight traditional reserve slots are authorized for next fiscal year.

"It's going to be an exciting new mission. It is a high-demand, low-density career field," said Colonel Canarr. "The career field has some unique requirements for hiring so I think it's going to take time to get the right people into the right positions."

The biggest obstacle in standing up the new flight is finding enough room for them and their equipment. With specialized equipment like bomb suits, vehicles, robots, and protected bomb lockers, finding adequate space and obtaining the use of a proper training range is a logistical challenge.

"They come with a huge demand for space. We have been searching around in earnest on where we are going to put them," Colonel Canarr said.

Current approved EOD ranges exist at Camp Ripley, Minn., and Fort McCoy, Wis., but travelling to those locations round-trip each UTA may prove ineffective from a training standpoint.

Master Sgt. John Kline, 934th CES operations NCOIC, has been active in the search for the first hire, but admits it's difficult because of how small the career field is and the stringent manning requirements.

"This is a difficult career field to

get into. The training is about nine to 10 months with a year-long seasoning training. It has one of the highest wash-out rates," Sergeant Kline said. "The key to this whole thing is the first hire. We can't just hire for the sake of hiring. We have to be very careful."

Why is Air Force Reserve Command locating a flight here when there are other bomb squads present with local law enforcement?

"We do have bomb squads in the area but nobody handles military munitions," said Colonel Canarr. "If an old munition were found in the community, we will be able to offer that service locally in the community, so it will be a win-win for them."

"Military munitions are definitely different," Sergeant Kline said. "I think there will be some networking and training events with civilian law enforcement because the training is much different."

Changes will be forthcoming in the next few years, once the logistical challenges are overcome. New buildings will be constructed, new equipment will arrive and new people will be added to the CES.

"The EOD guys at headquarters are pushing us hard," said Colonel Canarr. "But it will be exciting. I'll do the best I can to give them a good home and good training."

Individuals in the ranks of airman through staff sergeant who can meet the stringent physical requirements, obtain a top secret security clearance and are interested in cross-training may be eligible for the EOD flight. Contact Sergeant Kline at (612) 713-1945 for more information.

Oooh Rah!

SFS members run Marine Corps fitness test



Staff Sgt. Ryan St. John carries two 30-pound ammunition cans during the final 300 yards of the fitness course.

Story and photos by Master Sgt. Kerry Bartlett
934th Airlift Wing Public Affairs

The afternoon heat of the July UTA arrived five hours early – just in time to greet the members of the 934th Security Forces Squadron as they ran the Marine Corps Combat Physical Fitness Test, just for the fun of it.

The test is a challenging event that measures cardio vascular endurance and physical stamina. It begins with a one half mile run. Phase two is lifting a 30-pound ammunition can overhead as many times as possible in two minutes. The last phase is a 300-yard combination of crawls, running and weaving through cones, buddy drag, fireman’s carry, hand-grenade toss and ammo can carry.

Master Sgt. Doug Ranke, 934th SFS and former Marine military policeman, organized the event that turned out to be a huge success.

No one quit, he said. In fact, many asked to do it again.

Since most of the unit just returned from deployment, the training has real application.

“This is something we can use on the battlefield,” Sergeant Ranke said. “It’s more practical than a physical fitness test and the tasks are combat related.”

It was not done to compete with the Marines.

“We hold the Marines in high esteem,” Sergeant Ranke said.

“There wasn’t an easy part,” said Tech. Sgt. Paul Trout, 934th SFS. “In Security Forces, it isn’t surprising that everyone wants to do it again,” he added.

“We eat this stuff up,” said Capt. Judd Citrowske, 934th SFS operations officer.

When Staff Sgt. Elizabeth Camacho was asked if she was ready to run it again, she said with a smile, “yes, but not today.”



Staff Sgt. Elizabeth Camacho carries Senior Airman Lindsay Hawkins as Master Sgt. Mike Ross offers words of encouragement.



Security Forces members warm up for the training by hoisting 30-pound ammunition cans over their heads in rapid succession.

Flying Vikings commemorate D-Day invasion

Story and photos By Lt. Col.

Howard S. Bell

96th Airlift Squadron

On May 10, 1940, Nazi Germany invaded France and started an occupation of its European neighbor. An occupation that would last until June 6, 1944, when allied forces from the United States, Britain, Canada and Poland executed Operation Overlord; the D-Day invasion of Normandy, France.

Fast forward 66 years to May 25, 2010. A C-130 from the 934th Airlift Wing departed Minneapolis for Great Britain and France to participate in Operation Airdrop Warrior, an operation commemorating the 66th anniversary of the D-Day invasion of Nazi occupied France. It was the first time an aircraft from the 96th AS had performed an airdrop over Normandy, France, since World War II when the 96th Troop Carrier squadron was part of the 440th Troop Carrier Group.

The C-130 from here met up with an aircraft from the 700th Air Refueling Squadron at Dobbins Air Reserve Base, Ga., and the 328th AS from Niagara Falls, N.Y. Together the three aircraft flew to Royal Air Force Lyneham in Great Britain where they joined up with members of the 30th and 47th squadrons of the RAF. After executing a joint coalition airdrop near Swindon, England the formation made its way across the English Channel to Cherbourg, France.

For many Americans, the events of WW II are little more than footnotes in history books or fodder for a good movie.

The anniversary of the D-Day invasion is a day of solemn ceremony and remembrance in France. The countryside in Normandy is dotted with monuments and museums from that period in their country's history; the beaches of Omaha and Utah, the towns of Picauville, Carentan and Sainte Mere Eglise and Big Mike drop zone, the target of the largest airdrop of the war.

On June 5, C-130s from the 37th AS led aircraft from Dobbins, Niagara



Members of the 96th AS pose in front of a C-47, once part of the 440th Troop Carrier Group; the Group the 96th AS was a part of. (Air Force Photo/Lt. Col. Howard Bell)

and Minneapolis as well as C-160s from France and Germany across Big Mike Drop Zone in Normandy, France, and 500 paratroopers from four nations



A 934th Airlift Wing C-130 performs an airdrop over Big Mike Drop Zone, Normandy, France, June 5.

filled the skies with "silk" in commemoration of the D-Day invasion.

Residents from France as well as spectators and dignitaries from various parts of the world filled the local towns in order to view the spectacle. Following the airdrop, the formation of airlifters flew low over the French countryside, the beaches of Normandy and the cemeteries along its shores in tribute to those who fought and died there more than 60 years ago.

Later in the day, and for several days afterward, the members of the

Flying Vikings participated in numerous ceremonies and parades paying respect to the thousands of people who gave their lives during the campaign. There were many opportunities for those who participated in the commemoration to meet with the people of France, hear their stories and share experiences. There is no question that the gratitude expressed by the residents of Normandy, 66 years after the D-Day invasion, was heartfelt and sincere.

One of the more poignant expressions of gratitude is etched in the sands of Omaha Beach. There, on a beautiful sunny day, near the water's edge of this expansive beach, a person wrote these unsolicited words of thanks to the thousands of people who selflessly gave their lives so many years ago.



A message left in the sand at Omaha Beach.

First sergeant

The ultimate wingman

By Master Sgt. Kerry Bartlett
934th Airlift Wing Public Affairs

Anyone can manage people, parts or projects. The real question is, 'can you lead?'

Leadership is not a talent bestowed at birth. Much like technical skills, leadership is developed over time. The best leaders make it to the top, (aka first sergeant, a key position in any unit and often the gateway to senior NCO ranks).

Simply said, the first sergeant is the eyes, ears, and sometimes the voice, of the commander. Working directly with the commander, the first sergeant performs a variety of tasks that positively impact the lives and careers of the unit members.

First sergeant selectees attend a three-week school and receive mentoring from other first sergeants. Through training and experience, leadership skills are groomed and polished. The skills developed as a first sergeant have universal application and are enhancing to civilian and military careers. For those seeking career-enhancing opportunities, contact any first sergeant to check out the possibilities. Be the ultimate wingman, a leader at the top.

Medical records: What you need to know

By Senior Airman Kelly Newport
934th Aeromedical Staging Squadron

Your medical records are stored in the 934th Aeromedical Staging Squadron because your privacy is important. The medical records room in the squadron is a secure area with only select personnel allowed to enter. Having a room with controlled access keeps personal information as protected as possible.

Your medical records are the property of the United States government. However, per the Privacy Act of 1974 and Health Insurance Portability and Accountability Act of 1996, the patient has the right to the information in their record. In other words, the patient always has access to their own medical information and even copies in most cases, but the original documents and record itself belongs to the U.S. government.

Also, there is a legal requirement for 934th ASTS staff to routinely review medical records for completeness, accuracy, and ensure the records are compliant with the applicable AFIs. Lack of medical records or lack of medical documentation in records can negatively impact your worldwide duty qualifications.

As always, you are welcome to ask any questions by stopping at the 934th ASTS or by calling them at (612) 713-1676.

Promotions

Senior Master Sgt. Orin Johnson	934th OG
Master Sgt. Stacey Parker	934th ASTS
Master Sgt. Danielle Romero	934th ASTS
Master Sgt. Daniel Roth	934th AMXS
Tech. Sgt. Benjamin Bunnell	934th CES
Tech. Sgt. Stacy Davis	934th ASTS
Tech. Sgt. Darren Evink	934th CES
Tech. Sgt. Jordan Gerlofs	934th MXS
Tech. Sgt. Angela Hermanson	934th SFS
Tech. Sgt. Justin Kevelin	934th CES
Tech. Sgt. Michael O'Brien	934th CF
Tech. Sgt. Elizabeth Santoro	934th ASTS
Staff Sgt. Robert Beidler	934th SFS
Staff Sgt. Danielle Hermans	934th CES
Staff Sgt. Seukhwan Ko	934th ASTS
Staff Sgt. Jacob Larson	934th SFS
Staff Sgt. Jason Millsap	934th MXS
Staff Sgt. Kyle Sunne	934th CES
Senior Airman Nicholas Carlstrom	934th AMXS
Senior Airman Matthew Fors	934th MXS
Senior Airman Joshua Jarchow	934th SVS
Senior Airman Nicolas Kaufenberg	96th AS
Senior Airman Christopher Krinkie	96th AS
Senior Airman Faith Krueger	934th ASTS
Senior Airman Ashley Michels	27th APS
Senior Airman Quantrell Morgan	934th ASTS
Senior Airman Erik Pfarr	934th CES
Senior Airman Jacob Rylander	934th SFS
Senior Airman Jonathan Wilson	27th APS
Airman 1st Class Zachary Allen	27th APS
Airman 1st Class Steven Birch	934th SFS
Airman 1st Class Lauren Depatto	934th SVS
Airman 1st Class Taurian Monegan	934th SFS
Airman 1st Class Derrick Quinlan	934th SFS
Airman 1st Class Regann Sanchez	934th AES
Airman 1st Class Matthew Satterlie	934th CES
Airman 1st Class Tyus Williams	934th SVS
Airman Jessica Coffin	934th ASTS
Airman Jesse Sunde	934th ASTS
Airman Ebonye Williams	934th ASTS
Airman Matthew Zervos	934th AMXS

UTA Dates

MONTH	934th	Navy/Marines
Aug.	7-8	14-15/28-29
Sept.	18-19	11-12/18-19
Oct.	2-3	2-3/16-17
Nov.	6-7	6-7/20-21
Dec.	4-5	4-5/11-12
Jan. 2011	8-9	8-9/22-23
Feb.	5-6	12-13/26-27
March	5-6	12-13/19-20
April	2-3	2-3/16-17
May	14-15	14-15/21-22
June	4-5	11-12
July	9-10	9-10/23/24
Aug.	6-7	13-14/27-28
Sept.	10-11	10-11/17-18



Major General visits MSP

Maj. Gen. Martin M. Mazick, (right) Air Force Reserve vice commander, talks with Master Sgt. Gary Scheff and Tech. Sgt. Jessica Kosmosky, 27th Aerial Port Squadron, during his visit July 20. The general toured 934th Airlift Wing facilities while he was in town speaking at the AFR Public Affairs conference. (Air Force Photo/Master Sgt. Paul Zadach)



Kudos to Kimble

Senior Master Sgt. Brad Kimble (right) accepts his retirement certificate from Col. Mike Ochs, 934th Mission Support Group commander, July 10. Sergeant Kimble retired with more than 29 years of service. (Air Force Photo/Tech.Sgt. Jeff Williams)

Communications Flight

Provided by Tech. Sgt. Christian Krug

Members assisted with the base computer network and e-mail system migration to the new Air Force Network.

Welcome newcomer Tech. Sgt. Ronald Shumate from the Air National Guard.

Logistics Readiness

Provided by Staff Sgt. Suzan Stone

Congratulations to Staff Sgt. Eric Swan for passing 5-level Career Development Courses.

Welcome back Master Sgt. Barbara Arwood.

Welcome newcomers Tech. Sgt. Vincent Hendrick (fuels), Airman 1st Class Stacy Handschke (vehicle operations) and Airman Basic Matthew Konz (fuels).

TRESPASS NOTICE

The 934th Airlift Wing firing range located at historic Fort Snelling is strictly off-limits to unauthorized people. Trespassing is illegal and dangerous due to gunfire.

If there is a valid need for entry, contact Master Sgt. Anthony Gamboni, 934th Security Forces Squadron, at (612) 713-1815.

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

PRST STANDARD
U.S. POSTAGE
PAID

POSTMASTER: TIME SENSITIVE MATERIAL, DO NOT DELAY
DELIVER IN HOME BY August 6
To the family of:



Signs of inflation

Inflatable play areas dominated the landscape at the sports field during the 934th Airlift Wing Family Day July 11. More than 2,200 people attended the event which featured, food, information booths, games, crafts and a car show. (Air Force photo/Master Sgt. Kerry Bartlett)