

Global Viking Flyer August 2020



A Message From the Vice Commander

Vikings,

Over the past 6 months, your Diversity and Inclusion (D&I) Team has solidified its Charter in accordance with AFRC guidance and we are looking for highly motivated individuals throughout the Wing to serve on this executive council. The purpose of the D&I Executive Council is to advise and make recommendations to the Commander, 934th Airlift Wing as well as the subordinate commanders, on any and all matters pertaining to diversity and inclusion throughout the wing. The Council will focus on retaining, attracting, recruiting, and developing a high-quality, diverse Reserve Force, ensuring a culture of inclusion in order to leverage the diversity and expertise of the nation for the strategic advantage of the Air Force.

If you would like to join us or just find out more information, please join us on 1 Aug at 1300 in the Wing Conference Room.

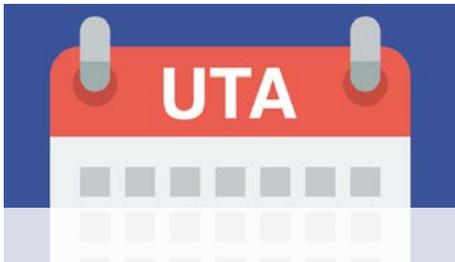
Thanks you!

Col Jim Wall, Vice Commander, 934th Airlift Wing

Inside this issue:



COVID-19



UTA



Useful Resources:

[Air Force COVID-19 Resources](#)
[CAT Brochure](#)
[August Prevention Connection](#)



934TH AIRLIFT WING STRATEGIC PRIORITIES

THIS PLAN ALIGNS WITH THE DIRECTION OF 22ND AIR FORCE, AIR FORCE RESERVE COMMAND AND SECRETARY OF THE AIR FORCE PRIORITIES.

MISSION

CITIZEN AIRMEN PROVIDING WORLDWIDE TACTICAL
AIRLIFT AND COMBAT SUPPORT

VISION

GLOBAL VIKINGS- PREPARED FOR TOMORROW...READY TODAY

PRIORITY 1

PRIORITIZE TRAINING AND DEVELOPMENT

-  FOCUS ON AFSC TRAINING
-  PROVIDE PROFESSIONAL DEVELOPMENT EDUCATION ON STATION
-  DEVELOP WING-WIDE AIRMAN SPONSORSHIP PROGRAM

PRIORITY 2

MODERNIZE AND REFORM THE ORGANIZATION

-  REVAMP LOCAL INTER-AGENCY HIRING PROCESSES
-  DEVELOP UNIT MISSION BRIEFS/SCHEDULE ROADSHOW
-  MAXIMIZE WING STORAGE/SPACE

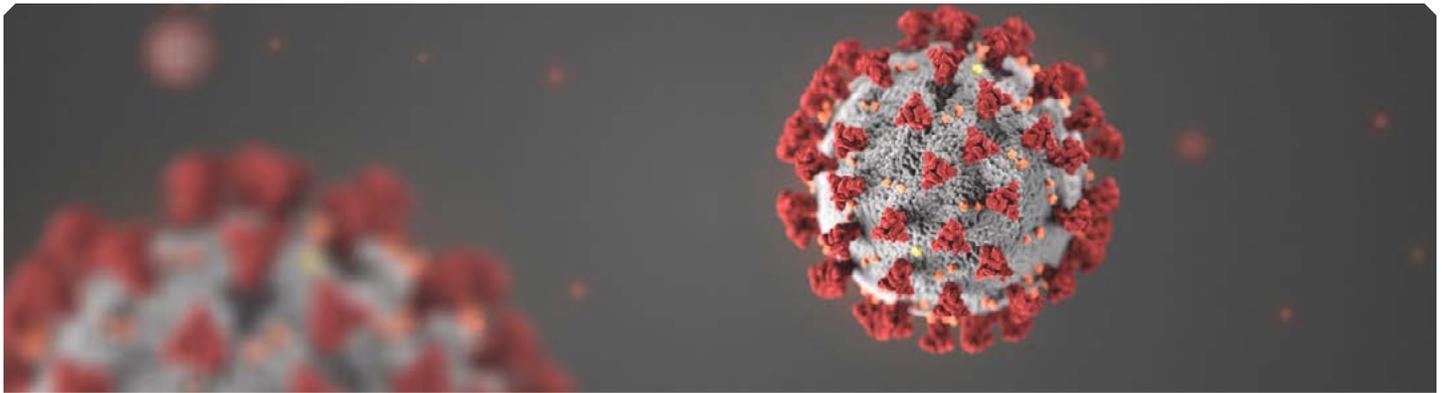
PRIORITY 3

PREPARE FOR FUTURE COMBAT CAPABILITIES/REQUIREMENTS

-  ALIGN TRAINING REQUIREMENTS WITH FUTURE/NEAR PEER CONFLICTS
-  PROVIDE VENUES FOR COMBAT CAPABILITIES SKILLS ENHANCEMENT IN CONTESTED ENVIRONMENTS
-  REVIEW ALL MASTER TRAINING PLANS

TAKING CARE OF RESILIENT AIRMEN

934TH AIRLIFT WING COMMANDER'S TENETS
BE PROFICIENT IN YOUR SKILLS
BE DEPLOYABLE IN YOUR MISSION SET
BE FLEXIBLE TO RESPOND TO TOMORROW'S FIGHT



934th Airlift Wing COVID-19 Resources

Exercise and Physical Health

Need assistance with physical fitness ideas and nutrition?
Or needing resources regarding online classes?

Exercise Physiologist: 612-713-1472

Financial

Request financial assistance and/or counseling.

Airman & Family Readiness: 612-713-1516 or
Personal Financial Counselor: 612-297-2826

Mental Health

Anything related to mental well-being, such as anxiety
and depression.

Director of Psychological Health: 612-713-1224
Veterans Center: 877-WAR-VETS (927-8387)

Sexual Assault Prevention and Response

For questions regarding sexual violence and sexual assault,
or reporting options.

Sexual Assault Response Coordinator: 612-713-1315
934 SAPR Hotline: 612-386-8128
DOD Safe Helpline: 1-877-995-5247

Spiritual Well-Being

Have questions about spirituality and what does this mean
on a spiritual level? Or maybe questions about religion?
Or moral injury?

Chaplain Corps: 612-300-7064 or 612-713-1227

Violence Prevention

Concerns regarding any form of personal violence (i.e.
domestic violence, sexual violence, workplace violence,
stalking, suicide (violence towards oneself)).

Violence Prevention Integrator: 612-713-1159

General Information for Military and Family

24/7 support for military personnel, spouses, family
members and survivors on a variety of topics.

Military One Source: 1-800-342-9647

Emergency and Crisis Hotlines

Suicide Prevention Lifeline: 1-800-273-8255
National Domestic Violence Hotline: 1-800-799-7233
National Human Trafficking Resource Center:
1-888-373-7888
Crisis Text Line: 24/7 crisis response via text:
Text HOME to 741741

Helpful Links:

[CDC Covid-19 Website](#)

[Symptoms of Coronavirus](#)

[Testing for COVID-19](#)

[Cloth face coverings](#)

[Social Distancing](#)

[What to do if you are sick](#)



**Resilience Training
Assistant (RTA) Course
14-16 September 2020
Location: Virtual**



This virtual RTA training is a 3-day course that focuses on the Comprehensive Airman Fitness (CAF) resilience modules. The course objective is designed to develop skills pertaining to the CAF resiliency program. Students are taught Air Force platform instructor skills and are assessed on their ability to execute and facilitate resilience training. Upon course completion, members will be certified as an RTA and qualify to attend the Master Resilience Training course from Air University. We look for individuals who have an enthusiasm to develop resiliency in oneself as well as to provide future training to others in this resiliency program. This is a unit funded training.

Topics include:

- Values and Strengths—Gratitude, Values Based Goals, Bring Your Strengths
- Resilient Thinking—Reframe, Balance Your Thinking, Celebrate Good News
- Focus and Attention—Mindfulness, Physical Resilience: Strengthening Attention and Focus

Your RSVP indicates your interest in attending this course using unit funding. Limited spaces are available. You will be notified by the course POC upon selection to attend.

Register at the following:

<https://einvitations.afit.edu/inv/index.cfm?i=561128&k=07674308795F>

Fiscal Year 2020 UTA Schedule Update

1. In accordance with AFMAN 36-2136, the FY20 Unit Training Assembly schedule for all assigned units of the 934 AW is provided below. Any rescheduled UTAs will provide the same type and quality of training as the originally scheduled UTA.
2. April UTA periods 3-4 are allowed to be rescheduled at the discretion of the member and supervisor.
3. Please contact TSgt Christopher Young at DSN 783-1486, with any questions regarding this schedule.

<u>Month</u>	<u>Alpha</u>	<u>Bravo</u>
August 2020	1-2	15-16
September 2020	12-13	26-27

Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Alpha</u>	<u>Bravo</u>
October 2020	10-11	24-25
November 2020	7-8	21-22
December 2020	5-6	12-13
January 2021	9-10	23-24
February 2021	6-7	20-21
March 2021	6-7	20-21
April 2021	17-18	24-25
May 2021	1-2	15-16
June 2021	5-6	26-27
July 2021	15-16 April	10-11
August 2021	7-8	21-22
September 2021	11-12	25-26

2020 Enlisted Promotions

July

Kelly, Ryan 934 Maintenance Gp Master Sergeant
Cox, Joshua 934 Civil Engineer Sq Technical Sergeant
Ditommaso, Antonio 934 Civil Engineer Sq Technical Sergeant
Jaspersen, Sara 27 Aerial Port Sq Technical Sergeant
Hambly, David 27 Aerial Port Sq Technical Sergeant
Millsap, Jason 934 Maintenance Sq Technical Sergeant
Oconnor, Levi Erland 934 Communications Sq Technical Sergeant
Rolen, Vincent 934 Maintenance Gp Technical Sergeant
Schaaf, Samuel 96 Airlift Sq Technical Sergeant
Thompson, John 27 Aerial Port Sq Technical Sergeant
Wilbright, Chelsi A. 27 Aerial Port Sq Technical Sergeant
Dahlin, Michael 934 Civil Engineer Sq Staff Sergeant
Stoykovich, Seth 934 Civil Engineer Sq Staff Sergeant
Boutsavath, Alan 934 Security Forces Sq Senior Airman
Burlacu, Daniil 934 Civil Engineer Sq Senior Airman
Milquet, Michael 934 Civil Engineer Sq Senior Airman
Noeldner, Stacey 934 Civil Engineer Sq Senior Airman
Foley, Adrienne 934 Maintenance Sq Airman First Class
Vernon, Crystle 934 Aeromed Stg Sq Airman First Class
Alonso Medel, Rosa 934 Security Forces Sq Airman
Brathol, Kali 934 Security Forces Sq Airman
Corbett, Sarah 934 Security Forces Sq Airman
Cornelius, Walter 934 Maintenance Sq Airman
Titanji, Slim 934 Civil Engineer Sq Senior Airman

Welcome Newcomers!

August

2LT Thiesse, Benjamin, AS
SSG Jackson, Jared, AMXS
SSG Bootsma, Luke, CES
AMN Cramer, James, AMXS
A1C Glanz, Zachary, AS
A1C Hakes, Eric, APS
A1C Julian, Justin, CS
A1C Rettig, Jacob, CS
A1C Shafer, Veronica, MXS
AMN Cornelius, Walter, MXS
AB Brown, Danielle, ASTS

Welcome back to the 934th Installation.

Here is what you need to know. Space is at a premium, personal space that is! Be sure to keep socially distant, 6 feet or more at all times.

Let's all wash our hands. Twenty seconds of friction with warm, soapy water, and your favorite rock anthem are what you need to be successful in this endeavor. Use a paper towel to turn off the faucet, and open the door to vacate. You can't assume the last person washed their hands, you know what assuming does.

Please wear a mask in common areas. SSgt Simon from the 934th Aeromedical Staging Squadron says, "Mask on or back off." Installation personnel are expected to passively aggressively hound each other. Remember, the masks protect your wingman. AAFES, the Barbershop, the Royal Hot Plate and all public facilities off base require masks. Keep one in your pocket, or better yet on your face.

Clean all frequently touched surfaces in the breakroom and common areas. This is just a good practice in general. You don't know where so-and-so's fingers have been. What if they were digging for gold before they worked on your EPR? If you are digging for nose-gold, please wash your hands.

Clean your workstation once per day, at least, and in between users.

High risk activities include prolonged close contact within six feet of others for greater than fifteen minutes. Exposure to a many different people during the duty day and large gatherings of people in close proximity, close contact in confined spaces, and duties involving shared spaces or equipment are also high risk. Do your best to avoid these activities. If we can all remember to social distance, wear masks, and avoid high risk activities we can protect our Wingmen. More importantly, we can ensure our children can return to school safely in the fall.

Notify your supervisor right away if you are experiencing symptoms of COVID-19 or have close contact with a person who has COVID-19. Buy a good jigsaw puzzle of fuzzy kittens/rainbows and settle in for a fourteen-day quarantine. Of course, if you feel well enough, and you are able to work; you may telework from home.

Pay attention to the Return to Base and Strategic Manning power points. Some of the questions that are running through your mind RIGHT now can be answered.

Good luck.

Your PHEO team

From the Chaplain's Office

The base chapel will be manned each day from 0700-1600 on the UTA weekend. Due to the small confines of the chapel, and social distancing considerations, we will be providing a General Protestant Worship Service on Facebook Live on Sunday at 0900. Go to the Global Viking Facebook page to watch.

You can also see our inspirational and children story videos on Facebook, AF Connect, and SharePoint. As always, if you need to speak with anyone on the chapel team, please contact MSgt Simcox at 612-300-7064. Thanks and may you have a wonderful UTA weekend.

A Message from the Rita Shedd, DPH

Rita Shedd, LICSW, Director of Psychological Health

Office Phone: 612-713-1224

Air Force Cell Phone: 612-919-2683

Email: rita.shedd@us.af.mil.

Rita is available full time and all UTA days, to provide individual confidential counseling, stress management and referral for all Airmen and their spouses. Rita provides crisis intervention, command consultation and training for all psychological health issues.

[DPH Overview Video](#)

A Message About CBD

"In February, Acting Under Secretary of Defense for Personnel and Readiness Matthew Donovan directed the services to issue general orders or regulations by March 1 prohibiting the use of products made from hemp under Article 92 of the Uniform Code of Military Justice."

That means CBD use, in any form, is strictly prohibited by the UCMJ. In other words, even if prescribed by your doctor, CBD can get you into big trouble!

Read more about the announcement [here](#).

National Night Out

Did you know National Night Out was created in 1981. At the time it was referred to as the National Association of Town Watch. The goal was to provide community watch programs across the nation to get similar information, resources, and assets. In 1984, National Night Out was officially introduced as an event across the country to help bridge the gap and bring people together. It now involves over 38 million people in over 16,000 communities.

The purpose of National Night Out is to build strong partnerships between the police and communities and to promote crime awareness programs such as neighborhood community watch groups. Events are also meant to increase awareness about police programs, such as drug prevention and other anti-crime efforts. Events range from simple backyard barbecues to as large as a festival that includes music, entertainment, and lots of food.

Most communities, large and small, have some sort of event that's held on National Night Out. It is typically held the first Tuesday during the month of August. However, due to the pandemic, this year communities are being asked to push it back to October. You can easily find out if your community is having an event by going to the National Night Out website.

Source: <https://natw.org/>

“One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress, and perhaps help them find self-confidence and inner healing.”

- Jean Vanier, Catholic philosopher and theologian

The above is an excerpt from the [August Prevention Connection Newsletter](#)

FREE FSS Marketing Events:

Prokart Indoor Racing

September 26th, 2020 @ 1800-2000

For Military Members and Family
No transportation provided!

[Sign up now!](#)

ProKART Racing
14350 Rosemount Dr.
Burnsville, MN

<http://prokartindoor.com>

For more information contact:

Rick Pelzl at 612.713.1119,
rick.pelzl.1@us.af.mil

or

MSgt Crystalrose Heinz at 612.713.1660,
crystalrose.heinz@us.af.mil (UTA only)

Honor Guard Needs Volunteers!

Have your sharpest Airmen who are interested
contact MSgt Mary Miller at 612.713.1647

Customer Service Hours:

Education and testing hours:

Fridays prior to the UTA testing will be @ 0800 & 1100
(no more than 5 people at a time)

Saturday of the UTA testing will be @ 0800 & 1100
(no more than 12 people at a time)

Sunday of the UTA testing will be @ 0800 & 1100
(no more than 12 people at a time)

See below requirements for testing:

1. Members are required to wear a mask
2. Members are required to wash their hands prior to entering
3. Members are required to bring their own pen to sign in
4. Members are required to use hand sanitizer (provided by the testing room) prior to touching their computer
5. Members are required to wipe down their computers before and after their test (wipes provided by the testing room)

*If you have any questions or concerns please get with SMSgt Amber Knight or Ms. Desiree Felker at ext. 1256

Finance Customer Service hours:

1. FM customer service will be provided from 0800-1100 and 1200-1500 on Saturdays of the Jul, Aug, and Sep UTAs.

Customer service will be provided from 0700-1100 on Sundays of the Jul, Aug, and Sep UTAs. Sundays 1200-1500 will be closed for unit training (white space).

2. Org boxes for MilPay and Travel Pay are:
 - a. 934AW.FM.MILITARY_PAY@US.AF.MIL
 - b. 934AW.FM.TRAVEL_PAY@US.AF.MIL

Force Development hours:

Sat and Sun 0900 – 1400

DFAC Food hours:

Breakfast 0615-0715

Lunch 1030-1130

Military Personnel Flight hours:

Sat 0800-1500

Sun 0800-1100

AAFES Shoppette Customer Service hours:

0900-1700 on Sat & Sun of the UTAs

Royal Hot Plate hours:

0700-1400 on Sat & Sun of the UTAs

New Health Promotion Courses

By Eric Neal, Wing Exercise Physiologist

Do you struggle with weight management? If you do, I understand your pain. My struggle with weight management is the reason I obtained degrees in Exercise Physiology and Human Nutrition and Foods.

Recently I discovered some new science that I have been applying for myself and it has been working very well. Since I started applying these techniques I've cut over 35 lbs and reduced my body-fat percentage by 9%. I've also improved my 1.5 mile run time to 11:25.

Based on the information collected in the Community Action Plan by the Community Action Team, people identify weight management as an area they want to improve. Well, you asked for it and here it is, as I have written 4 new courses and implemented 5 new courses to Health Promotion classes based on the latest science that I've been applying to get my results and have made it available to you.

I will be offering all 5 courses during both split UTA's in August and September. A few of the latest topics include Intermittent Fasting, Reverse Dieting, and High Intensity Interval Training. The courses are designed to not only help those who are struggling, but also advanced populations.

I recommend you take advantage of attending these courses as they will only be available during both UTA's in August and September. The courses will remain available on weekdays following this period.

For additional Health Promotion resources [click here](#).

Course Schedule: (Sign up via above link)

Aug "A" UTA

- 1 Aug 0730-0830 Exercise 101
- 1 Aug 0845-0945 Nutrition 101
- 1 Aug 1000-1115 Advanced Nutrition and Exercise 601
- 1 Aug 1230-1345 Advanced Nutrition and Exercise 602
- 2 Aug 0800-0900 Sleep Optimization

Aug "B" UTA

- 15 Aug 1000-1100 Sleep Optimization
- 15 Aug 1300-1400 Exercise 101
- 15 Aug 1500-1600 Nutrition 101
- 16 Aug 1230-1345 Advanced Nutrition and Exercise 601
- 16 Aug 1400-1515 Advanced Nutrition and Exercise 602

Sep "A" UTA

- 12 Sep 0830-0900 Sleep Optimization
- 12 Sep 0930-1030 Exercise 101
- 12 Sep 1230-1330 Nutrition 101
- 13 Sep 1230-1345 Advanced Nutrition and Exercise 601
- 13 Sep 1400-1515 Advanced Nutrition and Exercise 602

Sep "B" UTA

- 26 Sep 1000-1100 Sleep Optimization
- 26 Sep 1300-1400 Exercise 101
- 26 Sep 1500-1600 Nutrition 101
- 27 Sep 1230-1345 Advanced Nutrition and Exercise 601
- 27 Sep 1400-1515 Advanced Nutrition and Exercise 602

Virtual Spouse Resilience



You can join in any week
You can join any session each week

We're using Zoom! Participate no matter where you are
You can jump on any week!

It's ok if you miss a week- skills can be learned as stand alones as well

Time/Date 3 session options:

Tuesdays at 10:00am(EST)/9:00(CST)/7:00(PT) - starts 21 July for 8 weeks

Wednesdays at 3:00pm (EST)/2:00(CST)/12:00(PT)-starts 22 July for 8 weeks

Thursdays at 6:30pm(EST)/5:30(CST)/3:30(PT) starts 23 July for 8 weeks

The same skill is covered in each session so you can join the one most convenient to your schedule each week or attend more than one to reinforce the skill

21, 22, 23 July	Introduction to Resilience
28, 29, 30 July	Gratitude
4, 5, 6 August	Value Based Goals
11, 12, 13 August	Bring Your Strengths
18, 19, 20 August	Reframe/Balance your Thinking
25, 26, 27 August	Celebrate Good News
1, 2, 3 September	Mindfulness
8, 9, 10 September	Physical Resilience

Duration: 60 minutes give or take

Location: anywhere you are with a phone or laptop works!

Join Zoom Meeting

<https://us02web.zoom.us/j/2509515141?pwd=RFEwZStVMlNVZVpZMlWxZUJjOQYtjQT09>

Meeting ID: 250 951 5141

Password: 8208

All spouses are welcome to join!

For more information email AMCIntegratedResilience@gmail.com



American Red Cross Babysitter's Training

Available for all military children ages 11 – 16: Discounted American Red Cross Babysitting Courses throughout the state.

*Grants available for those needing financial assistance

Course Locations, Dates and Times (All classes are from 0900 to 1500)



August 18th – Rochester is 810 3rd Ave SE (Bethel Lutheran Church)

August 19th – Twin Cities 8400 France Ave S (St. Stephen Lutheran Church)

October 15th – Camp Ripley Town Hall– 15000 MN-115, Little Falls MN

October 16th – Duluth Armory 4015 Airpark Blvd, Duluth, MN 55811



Register at <https://www.cpr4lifemn.com/join-a-class>

Spend the day with other military kids in your area learning babysitting essentials. Once you are American Red Cross Certified you can opt in with parent/guardian approval to be on a babysitting roster for military families in your area. Point of Contact: tiffany.r.kovaleski.ctr@mail.mil

COMING SOON

FIRST SERGEANTS WILL HOST AN EPR WRITING COURSE IN OCTOBER 2020 - SFS AUDITORIUM AND VIRTUALLY (VENUE TBD)

CHAPLAINS OFFICE WILL HOST CONTAGIOUS LEADERSHIP BY JON GORDON IN NOVEMBER 2020

FIRST SERGEANTS WILL HOST A RESUME WRITING COURSE IN JANUARY 2021 (LOCATION TBD)

RISING SIX WILL HOST APR 2021 UTA: EVALUATIONS (GUIDANCE/CHANGES, PRACTICE EXAMPLES, BULLET WRITING, ETC)

CHIEFS GROUP WILL HOST PACE SPRING 2021 (MONTH TBD)

RISING SIX WILL HOST OCT 2021 UTA: ENLISTED PROMOTIONS AND STEP II (ELIGIBILITY REQUIREMENTS, CHANGES, ETC)

August is AT Awareness Month

- Terrorists can attack anywhere, anytime – the threat is real.
- DoD activities and people remain vulnerable.
- Persistent vigilance can help counter the threat and prevent a terrorist attack.
- Units must provide the best antiterrorism training and education possible.
- Individuals should know how to identify and report suspicious activities.
- Antiterrorism measures integrate security into all military operations and activities.
- Leaders must get the entire community involved in antiterrorism efforts.