

# 934th Airlift Wing

MSP Air Reserve Base

Volume I, Issue I

April 15, 2020

## Leaders Leading at Home – Col. Chris Lay, 934 AW Commander

Last Tuesday, while trying to tele-work, my daughter, Joey, asked if I could help her with some fourth-grade schoolwork. My wife was on a telecon with her civilian employer, emailing her military boss on her iPhone, while simultaneously juggling dinner prep. Her plate seemed full. I figured I'd delegate the extremely "Hot" tasker I was working to Col. Wall and tackle Joey's elementary percentages. In retrospect, I made a poor decision. A very poor decision. I should've tasked Jim with the math problem and heroically handled the URGENT RFI on our current inventory of face-masks. I mean, have you tried deciphering Common Core math? About as easy as earning all the trophies in the Info Assurance CBT. It can't be done, no matter how many years you've spent speedily clicking through the slides. Regardless, I soldiered I discovered I'm not an elementary school teacher. I don't have the patience nor the near saint-like disposition required. We struggled for an hour: me trying the only two ways I could think of to explain percentages and Joey struggling to deal with the increasing exasperation in my voice.

Finally, it took my wife, Jennie, to holler-in and tell us "take-it-outside." I think the last time I was "told" to take-it-outside, has about 35-years ago!

We left for a short bike ride while Jennie tried roller-skiing for the first time. While we were out I asked Joey how many times she thought Oma ("Mom," in Korean, by-the-way) would fall. I figured at least three times in three miles. We talked about it as we rode and, you know what? We ended up talking about percentages...specifically the percentage chance Jennie would fall (bet you didn't see that coming). When we returned home, Joey had a better understanding of the homework, we both got some stress-free exercise, and Jennie tried a new-sport.

What did I learn? Yes, there's a lesson in here somewhere! I was recently asked how I'm coping in these trying times... and I think this little anecdote kind'a sums it up. First, I had to realize my weakness and be okay with it—be self-aware and not get frustrated. Next, we changed our venue and shifted our perspective. Finally, we thought about our task-at-hand in a new way:

we had to think "outside-the-box" and get creative in our approach.

These seemingly simple deductions, I think, are applicable in many scenarios...at home and at work. Last week, we deployed ASTS Airmen with very little notice. We had no PLANORD, no WARNORD. If we had allowed our antiquated deployment processes drive our approach, we'd have become frustrated and never quickly mobilized and deployed our Airmen. We had to understand the limitations our systems inherently had, change our perspective by looking at objective and not process, and be creative in mobilizing our Global Vikings. It seems obvious. But it isn't. It was my wife, Jennie, who noticed I was getting exceedingly impatient and frustrated, not I...

We're all in this together and, while we might not be dealing with the same situations, we're all dealing with similar frustrations, pressures, and concerns. Reach out to each other...check on each other...share with each other. We're a family...a Global family. Thanks!

Viking family. Thanks!

### Inside this issue:

<i>Bend the Curve - COVID update</i>	2
<i>Community Action Team</i>	2
<i>Staying Safe Domestic Abuse</i>	3
<i>COVID 19 Masks</i>	3
<i>Anti-Terrorism</i>	4
<i>Base Facilities</i>	4
<i>Severe Weather</i>	4

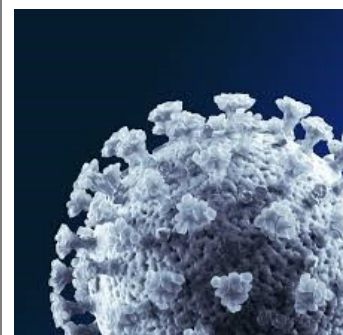
### **COVID 19 Close Contact:**

Standing approximately 6 feet within a COVID-19 infected person for longer than 10 minutes.

**Close contact** can occur while caring for, living with, visiting, or sharing a waiting area or room with a COVID-19 infected person or having direct contact with infectious secretions of sick persons (e.g., being coughed on).

## COVID 19 Guidelines:

- Wash your hand for at least 20 seconds
- Use hand sanitizer with an alcohol base of at least 60%
- Wear masks or face barriers where social distance, 6 feet, is not possible
- Adhere to Governor Walz' Stay-at-Home order
- Wear a face covering out in public among other people
- Remember: face masks help protect others



## Bend the Curve - Lt. Col. Adam Hohman

Bending the curve means “reducing the transmission of the virus to prevent a sudden and large spike of patients with COVID-19”. We will still have many cases in an out-break. However, social distancing, hand washing, and face coverings measures can spread these cases out over an extended amount of time. We can minimize a rapid surge of infections, the large spike; that can overwhelm healthcare systems and resources with sick patients.

Many public health experts believe 70-80% of the population will contract COVID-19 and will

recover or may not know they have the disease (i.e. asymptomatic carrier). Based on these predictions, people question why the MN governor is taking the precautions we are as a state.

The most concise answer: social distancing and stay home orders are not about “the healthy people”; these measures are about protecting vulnerable, at risk patients, to take care of our family friends, neighbors, communities and our nation by doing our part.

This chart illustrates that you are most likely to contract COVID-19 infection through traveling to other communities and community transmission; either

Likely Exposure	% of Cases
Travel	25%
Congregate Living Setting (staff or resident)	20%
Health Care (staff)	13%
Community (known contact with confirmed case)	9%
Community (no known contact with con-	16%
Unknown/missing	17%

through known or unknown exposure to an infected individual.

By practicing sound social distance, good hand hygiene, and staying home, we can bend the curve.

## Community Action Team

### Mike Sanford

Imagine if this virus took place before the internet. What would physical distancing look like? How would we interact with our neighbors, friends, and children? We'd do things the “old-fashioned” way, by phone, mail, and playing without electronic devices.

There's something to be said about using those tools today. The good thing is, we have our internet connection, we have social media, and we have smartphones. In times of social distancing, or what I prefer, physical distancing, we have several tools at our disposal. Here are some tips to help cope:

#1: Everyone is in the same predicament. Don't be afraid to reach out to family, friends, neighbors and coworkers. We have several methods to do so; video-conferencing, social media, email, and yes, a phone call. Nothing

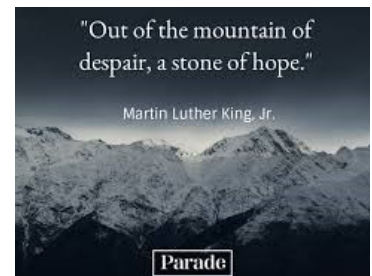
more soothing than to hear laughter on the other end of the line.

Tip #2: Take care of yourself. Yes, you have other demands, but you must not ignore your own needs. Everyone needs “me time”, whatever that means for you. If you don't take time, your stress levels will increase.

Tip #3: Learn something new. Have you always wanted learning a musical instrument, or a new craft? Now is the time to do it. Rather than binge watching the latest Netflix show, acquire some skills! Use the creative part of your brain to learn a new craft.

Tip #4: Go easy on yourself. These are difficult times and there are a lot of uncertainties. That alone is stressful. Be kind to yourself. Allow yourself to make a mistake, or to cry, or to feel those feelings. Give yourself the compassion

you would give to others. Don't isolate yourself more than what is already placed upon us. Use those tools at your disposal. Call someone you haven't spoken with in a while, you both will be glad you did.



## Staying Safe

Stay-at-home orders for COVID-19 are inconvenient restrictions for all of us. Our patience is tested. Telework poses its own challenges; we make our homes into offices, into classrooms, as well as a place to relax. There is little to no break from the constant computer blue light, information saturation from the media and the barrage of messaging is almost too much to bear. For those in safe relationships, this is taxing enough. For many in an unsafe or abusive environment, the stay-at-home order is a sentence to perpetuate a cycle of maltreatment.

For those who cannot work from home and cannot report to work, the financial stress and pressure is a breaking point. Even if couples are working from home, the entire family is in the same space, the lack of privacy can be unnerving. Compounded by fear and lack of social interaction, an already volatile environment becomes explosive.

The 934th Airlift Wing is fortunate to have a full-time Sexual Assault Response Coordinator position here on at the 934th Airlift Wing. Elizabeth Swanson, (elizabeth.swanson@us.af.mil), is a Licensed Independent Clinical Social Worker. We are also fortunate to have full-time alternate SARC who is Chayo Smith, (chayo.smith.1@us.af.mil), our Public Health Officer and DSAACP certified. Our SAPR hotline is available 24/7; confidential calls, messages and texts can be taken at 612-386-8128.

The DoD has their own application and a 24/7 hotline (Safe Helpline) @ 877-995-5247. The application is easy to use and includes tips for self-care, meditation, and a search by zip code or city for area resources anywhere in the world.

Here in the Twin Cities, Minnesota Day One, is a domestic abuse crisis line operated by Cornerstone, 24/7. The calls to their hotline have increased by 25% since the stay-at-home order began. These professionals are considered to be mission essential and are eager to help. Call: 1-866-223-1111 Text: 612-399-9995.

Please use these resources, get educated and ask questions. The more we know the more we can help each other.

## COVID-19 MASKS

### PLEASE CALL 612-713-1608 WITH QUESTIONS

**Medical N-95:** Masks reserved for medical personnel and those in direct contact with positive contacts and those conducting disinfection procedures. Protect the wearer. Fit tested, Bio approved.

**Industrial N-95:** Used for industrial processes like painting with latex, protect against larger droplets.. For COVID19 , protects others from the wearer. Not fitted.

**Surgical Masks:** Protect others, used in medical settings. Not fitted.

**Cloth Masks and Face Barriers:** Protect **others** from droplets, bad breath, coughs and sneezes.



# Anti-Terrorism

## Force Protection – Robert Doyle

There is an increased potential for child online sexual exploitation due to school closings and increased time online. The FBI advises:

- Discuss Internet safety with children of all ages.
- Review and approve games and apps before downloading.
- Set privacy settings to strictest level possible.
- Monitor your children’s use of the Internet.
- Check your children’s profiles and posts, and pictures.
- Ensure children know to report being asked to send sexually explicit images to someone.

Scammers are leveraging the pandemic to steal money and PII. Be on the lookout for the following:

- Fake CDC Emails.
- Phishing emails may also claim to be related to:
  - Charitable contributions/financial relief
  - Airline carrier refunds
  - Fake cures and vaccines
  - Fake testing kits
- Counterfeit Treatments or Equipment.

Be cautious of anyone selling products that claim to prevent, treat, diagnose, or cure COVID-19.

## Weather Warning and Alerts Information - Jon Pieters

The National Weather Service uses words like “advisory”, “watch” and “warning” to alert you top potentially dangerous weather. Understanding these terms and knowing how to react accordingly can be a life-saver.

An **advisory** is issued for less serious conditions than warnings that cause significant inconvenience and if caution is not exercised, could lead to situations that may threaten life or property.

A **watch** means weather conditions are favorable for dangerous weather to occur. In other words, a “watch” means watch out for what the weather could do, and be ready to act accordingly. You

may wish to alter or have a back-up plan for any outdoor activities or travel. For events that come and go quickly, such as severe thunderstorms, tornadoes or flash floods, a watch means that the odds are good for the dangerous weather, but it’s not yet happening.

When a severe thunderstorm, tornado, flood or flash flood “watch” is in effect, it means you should look for signs of dangerous weather and maintain access to the latest information. Sometimes a severe thunderstorm, tornado or flash flood can happen so quickly that warnings cannot be issued.

For severe thunderstorms, tornadoes, floods and flash

### Base Facilities and Resources

#### MUST HAVE MASKS

- ♦ **934 FSS Customer Service Hours:**  
M-F 07:30-14:30 / Call 613-713-1085  
ID card, DEERS, SGLI, etc.
- ♦ **934th Emergency Operations Center:**  
Jon Pieters - Call 612-713-5911
- ♦ **934th Public Health Emergency Officer:**  
Lt. Col. Hohman - Call 701-306-1851
- ♦ **934th Public Health Officer:** 612-713-1608
- ♦ **934 ATPM:** Robert Doyle, 612-713-1371
- ♦ **Communication Squadron:**  
Open by appointment only  
Call 612-713-1262 or email [934cf.cfp@us.af.mil](mailto:934cf.cfp@us.af.mil)
- ♦ **AAFES Hours:** M-F 09:00-17:00 , Sat 12:00-15:00  
\*Face cloth covering required
- ♦ **Barber Shop Hours:** 09:00-13:00
- ♦ **Royal Hot Plate Hours:** 09:00-13:00



There are three types of emergency alerts that can be broadcasted:

- Presidential Alerts—issued by POTUS for a nationwide emergency.
- Amber Alerts—issued by the BCA, they share information about a child abduction.
- Imminent Threat Alerts—Typically issued by the National Weather Service: tornado, flash flood and blizzard warning are just a few they issue.

floods, **warnings** mean the weather event is imminent or occurring somewhere in the defined warning area and that people need to take shelter as soon as possible. Outdoor sirens provide warnings for threats within your county. People should go indoors and listen to radios, TVs or Weather Radio warnings to find out the latest information.

Depending on local policy, other types of warnings may also broadcast via sirens. Check with local emergency management officials to learn about local siren activation.