

Global Viking Flyer

December 2020



*Happy Holidays to the
brave men and women of
the 934th Airlift Wing!*



<https://youtu.be/xaEpF6brai4>

In AF Connect, click the above image to see the Wing leadership's 2020 holiday video (note: link will not work on network computers).

Inside this issue:

COVID-19

UTA

Useful Resources:

Air Force COVID-19 Resources

CAT Brochure

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

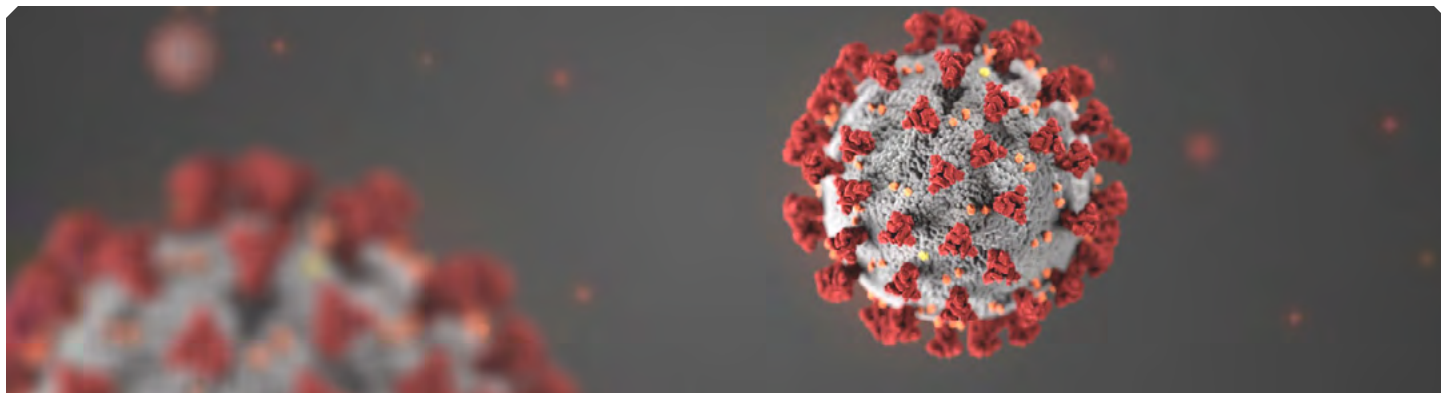
PRIORITY 3

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: eric.neal.4@us.af.mil

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](#)

December is Stress-Free Family Holiday's Month, National Drunk and Drugged Driving Prevention Month, and Safe Toys and Gifts Awareness Month

This year, we have experienced an unusual array of problems, issues and stressors; from the pandemic, to unemployment and financial concerns, to severe isolation and civil unrest, to a political divide. For many, it is a year of extreme stress and even distress. But now that 2020 is coming to a close, think about what you were able to overcome. You are more resilient than you thought you were.

December is Stress-Free Family Holiday month. The challenge is written. Ask yourself: can I live a stress-free December? Or rather: can I decrease the amount of stress during this month? It's been said the number of hospitalizations caused by stress (prior to COVID-19) is roughly 70%. Think about the amount of dollars that takes...billions and billions of dollars are at the expense of stress.

I challenge you do something for yourself to decrease the amount of stress you have right now. One simple method is to do 3-part breathing. First, inhale into your belly, then your ribs, and then into your chest and shoulders. When you exhale, do just the opposite, exhale from your chest and shoulders, then your ribs, then your belly. If you do that, congratulations, you decreased your stress.

There are other ways to decrease your stress. I encourage you to do something for yourself today, right now. Your health depends on it.

Special points of interest: For more info on stress go to:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.health.harvard.edu/topics/stress>

This was an excerpt from the [Prevention Connection Newsletter](#).

Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Alpha</u>	<u>Bravo</u>
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

Special Note:

The community Activity Center (CAC), a.k.a. building 807's barside, will not be open to service customers Friday & Saturday evening of the December UTA. This is due to the increase in COVID-19 cases in the local area and stricter social distancing guidelines.

Scholarship Resources Megalink!

Are you or a family member going back to school?

[Click here](#) to check out this amazing list of scholarship opportunities for active duty, reservists and veterans!

2020 Enlisted Promotions

December

MSgt Dulzo, Patrick OSS
MSgt Gutierrez, Armando AMXS
MSgt Olson, Tyler LRS
MSgt Scharn, Patrick MXG
MSgt Smith, Sandy FSS
TSgt Hamilton, Jade OPS
TSgt Hannam, Brandon AES
TSgt Hyde, Branham SFS
TSgt Pekarek, Matthew MXG
TSgt Swanstrom, Seth SFS
SSgt Felix, Dustin SFS
SSgt Freelund, Jeremy CE
SSgt Krause, Rebecca OSS
SSgt Koenig, Mitchell SFS
SrA Brooks, Carter COMM
SrA Cramer, James AMXS
SrA Streit, Christina AMXS
A1C Alonso Medel, Rosa SFS
A1C Brathol, Kali SFS
A1C Corbett, Sarah SFS
A1C Cornelius, Walter MXG
A1C Poole, Nancy AES

Welcome Newcomers!

December

Maj Lombardo, Monica AMXS
SSgt Curphy, Ian ASTS
SSgt Gartmann, Audtin CS
SSgt Jenkins, Benjamin CES
SSgt Vincent, Stephen CES
A1C O'Deay, Sean APS
SrA Noetzelman, Eric CES
A1C Bryant, Joko FSS
A1C Kammuehler, August ASTS

Award Winners!

2nd Quarter Winners

Airman of the Quarter – SrA Lukas Dean – AMXS
NCO of the Quarter – TSgt Scheress Hendricks – AW/EO
SNCO of the Quarter – SMSgt James Chadwick – SFS
CGO of the Quarter – Capt Andrew Glover – MXS
FGO of the Quarter – Maj Greg Stewart – APS
Civ Sup of the Quarter - Chayo Smith – CES
Team of the Quarter – AFE Team – OSS
Innovation – MXG CSS – MXG

What is PII?

It is information about an individual that identifies or describes them, e.g., a social security number, age, rank/grade, marital status, race, home/office phone numbers and other demographic, biometric, personal, medical, and financial information.

The release of PII to unauthorized individuals place members at risk for identity theft and potential cybercrimes. This can also threaten the operational integrity of our government networks through phishing schemes and other malicious activity. In the past couple months alone, there have been several breaches affecting hundreds of personnel across Air Force Reserve Command. The SSN is the most misused piece of personal information in these violations. As with all PII, it should only be used when necessary, and if so, properly protected when storing or sending.

One of the most prevalent ways a PII breach occurs is through the use of email. Sending PII to a personal e-mail account is strictly prohibited. All emails containing PII or other sensitive information must be encrypted. When encryption is not used, there is always the potential for compromise and possible targeting by hackers and identity thieves. The unnecessary compromise of PII exposes risk to individuals and Air Force.

If you are needing to send PII via email and are unable to encrypt, send in the DoD SAFE. This is a secure way to send to PII, please ensure that all PII sent is for official need to know only. DoD SAFE: <https://safe.apps.mil/>

Safeguarding Personally Identifiable Information (PII):
Protective Measures

TYPES OF SAFEGUARDS

- Administrative Safeguards: Procedures implemented at the administrative level to protect private information such as training personnel on information handling best practices.
- Physical Safeguards: Physical protections implemented for protecting private information such as ensuring paper records and servers are secured and access-controlled.
- Technical Safeguards: Technology-based instruments and procedures used to protect private information such as requiring Common Access Cards for System Access and encrypting computers and emails.

WORKING WITH PII

- Be aware of local physical and technical procedures for safeguarding PII.
- Cover or place PII documents in an out-of-sight location when those without an official need to know enter the work space.
- Remove DoD Common Access Cards (CAC) from your computer before stepping away from the work area, even for brief periods, to ensure protection of PII.
- Store PII to ensure no unauthorized access during duty and non-duty hours.
- PII should be stored in a locked desk, file cabinet, or office that is not accessible, etc.

- Password protect electronic files containing PII when maintained within the boundaries of the agency network.
- Report any suspicious activity to your Information Assurance Security Officer (IASO).

SOCIAL SECURITY NUMBER (SSN) USE

SSN Reduction-DoD 1000.30, 1 August 2012, Reduction of Social Security Number (SSN) Use within DoD. Limit the use of the SSN, in any form (including the last four digits), substituting the DoD ID number or other unique identifier whenever possible. Continued collection of the SSN must meet one of the acceptable use criteria and be formally justified in writing.

- Never include the SSN in a personnel roster.
- Use only officially issued forms. Those that collect PII should also have a Privacy Act Statement (PAS).
- The SSN must not be posted on any public websites.

If you have any questions or need to report suspected loss, theft or compromise of PII, immediately contact your unit Privacy Monitor and or the Command Privacy Manager, Karen Frey at karen.frey@us.af.mil, or Comm 478-327-1500/DSN 497

934th Development Team News:

934 Airlift Wing now has a Development Team that will be coordinating numerous types of learning opportunities.

If you want to lead a discussion or if there is something you are interested in learning please contact:

MSgt Daphnee Powellbills - daphnee.powellbills@us.af.mil

SSgt Mathew Chalupa - mathew.chalupa@us.af.mil

SSgt Phillip Hanson - phillip.hanson.3@us.af.mil

SSgt Casey Lindsey - casey.lindsey.1@us.af.mil

A Message from 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](#)

COVID-19 K-12 Distance Learning Support Grant (DLSG) Overview

The purpose of the COVID-19 K-12 Distance Learning Support Grant is to mitigate the negative financial impact a family experiences by implementing their school district's distance learning or hybrid learning plans by providing a one-time grant in the amount of \$3,000.

Learn more here:

<http://MinnesotaVeteran.org/CovidRelief>

Employer Support Freedom Award

On behalf of Employer Support of the Guard and Reserve, I'm pleased to share with you the opening announcement of the Secretary of Defense Employer Support Freedom Award Nomination Season, which runs from October 1 through December 31. I'd be most appreciative if you could help spread the word among your ranks and encourage your Service members to nominate their employer via <https://www.FreedomAward.mil>

The Freedom Award is the Department of Defense and U.S. Government's highest honor presented to civilian employers in recognition of their outstanding support to National Guard and Reserve employees. Strong employer support is critical to the success of the Reserve Components, and this award represents a tremendous opportunity for Service members to recognize their employer at the highest level of the Department of Defense. Last year ESGR received 2,623 nominations, a great testament to the strong support employers have for their Guard and Reserve members' military service.

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 0700-1100 and 1200-1600 on Saturdays of the Oct, Nov and Dec UTAs. Customer service will be provided from 1130-1530 on Sundays of the UTAs. Sundays 0700-1130 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
3. POCs for MilPay and Travel Pay customer service inquiries

during the "Team A - UTAs" of October, November, and December will be Allison Whitbeck at 612-713-1411 and Brian Ching at 612-713-1406.

4. POCs for MilPay and Travel Pay customer service inquiries during the "Team B - UTAs" of October, November, and December will be TSgt Ruggles at 612-713-1411 and Brian Ching at 612-713-1406.

MPF & ID Section hours:

UTA A
Sat 0800-1100 & 1200-1500
Sun 1300-1500

UTA B
Sat 1000-1400 (ID section only)

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 courses during the UTA's until Fitness Testing resumes while currently working on videos of the courses for your availability at any time of your choosing that you may follow up with question and answers by contacting me at eric.neal.4@us.af.mil. First video Exercise 101 is expected to be released this month.

I recommend you take advantage of attending these courses as they will only be available during both until resumption of fitness testing. The courses will remain available on weekdays following this period

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

Course Schedule: (Sign up link 934 AW Health Promotions Reservations is within above link on the right hand side)

Dec "A" UTA

5 Dec 0730-0845 Advanced Nutrition and Exercise 601

5 Dec 0900-1015 Advanced Nutrition and Exercise 602

5 Dec 1030-1130 Sleep Optimization

Dec "B" UTA

12 Dec 0730-0845 Advanced Nutrition and Exercise 601

12 Dec 0900-1015 Advanced Nutrition and Exercise 602

12 Dec 1030-1130 Sleep Optimization

Exercise of the Month



Centuries Leg Press

Are you ready for a challenge? If so, give Centuries Leg Press a try. Pictured left is the man who taught me the routine, IFBB Pro Erik Fankouser. During our discussion at the 2009 Fankouser WV State/Mid Atlantic Grand Prix Bodybuilding competition, he told me he made it through the 8th level and has never seen anyone reach all 10 levels to complete the challenge, but heard Tom Platz did it in the 1970's.

Centuries Leg Presses are performed starting with 1 plate on each side completing 10 reps, followed by 2 plates on each side for 20 reps, then 3 plates on each side for 30 reps. The goal is to make it up to 10 plates on each side for 100 reps with rest break between sets being the amount of time it takes to add plates to each side. An alternate method if you lack the strength to do

many reps is to only add 1 plate to 1 side for each set. My personal best was completing 6 full sets, followed by tapping out at 14 reps on the 7th set at my local fitness center. I have yet to make it through 6 complete sets on the leg press at the Fitness Center on base, as I find the angle a little harder. I welcome anyone to a friendly challenge on this exercise as long as given time in advance to be ready. This 1 exercise alone can be a complete leg day workout if looking for something fast to do when strapped for time. I hope you give it a try and let me know what you think.

Pictured above: Erik Fankouser performing leg press.

COMING SOON

**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)**



PERSONNEL AND
READINESS

UNDER SECRETARY OF DEFENSE
4000 DEFENSE PENTAGON
WASHINGTON, D.C. 20301-4000

NOV 16 2020

MEMORANDUM FOR SENIOR PENTAGON LEADERSHIP (SEE DISTRIBUTION)
DEFENSE AGENCY AND DOD FIELD ACTIVITY DIRECTORS

SUBJECT: Holiday Season Guidance to Minimize Spread of the Coronavirus Disease 2019

This memorandum provides guidance to help protect individuals within the DoD community from coronavirus disease 2019 (COVID-19) for gatherings and activities during the November to January holiday season. It supplements existing guidance in DoD Force Health Protection Supplements, military installation orders, and Combatant Command disease prevention guidelines, as well as other state, local, territorial, or tribal health and safety laws, rules, and regulations.

When deciding whether to host or attend a holiday celebration or gathering, individuals should also follow recommendations from the Centers for Disease Control and Prevention (CDC) to minimize the spread of COVID-19 during the holiday season. This guidance is found at: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>. Relevant CDC recommendations include, but are not limited to, the following:

- Gatherings can contribute to the spread of other infectious diseases, thus getting an influenza vaccination is an essential part of protecting your health and family.
- Do not travel or attend gatherings if recently diagnosed with COVID-19 and not yet met the criteria for when it is safe to be around others; have symptoms of COVID-19; are awaiting test results; may have been exposed to someone who has contracted COVID-19 within the last 14 days; or are at increased risk of severe illness from COVID-19.
- During travel and during gatherings, wear a face covering, avoid close contact, wash your hands, avoid contact with sick individuals, and avoid touching your eyes, nose, and mouth.
- Limit the duration and the number of people at gatherings as much as possible.
- Outdoor activities are safer than indoor activities. If you attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that it is safe and feasible based on the weather.
- Check with the event host, organizer, or event venue for updated information about any COVID-19 safety guidelines that will be in place to prevent the spread of the virus.