

# MSP Air Reserve Station

934th Airlift Wing

Issue 3  
29 April, 2020

## Leaders Leading from Home– Col James Wall

Finding the calm in the storm is not easy, especially when it is unpredictable. When the storm comes unexpectedly, we are often unprepared and thrust into survival mode. COVID-19 took many of us by surprise. So how do we deal with it?

Many of you have heard me talk about my 3Fs – Faith, Family and Fitness. This is the cornerstone of my resilience:

**Faith** – The leadership team of this Wing has complete faith in you to go out and execute our mission. With less than 18 hours' notice, several members of our ASTS deployed for 180 days to support COVID-19 operations. Many had just returned from 6 month deployments. Additional AES and ASTS taskings followed. Our Global Viking Airmen are out leading from the



front! We are going to get through these challenging times together.

**Family** – I love my family. It's been wonderful to have so much time with them! Shortly after school closing and move to e-learning, my boys (13 and 10) transformed our house into a giant Nerf gun urban assault course/shoot house! Armed with Rival Nerf guns and face masks, my wife Sara and I gladly suited up and joined the fun. We ran throughout the house diving behind couches, built forts from blankets and cushions, and constructed barriers around every corner of the house – It was awesome! This time together as a family focused on laugh-

ter, fun, and connectedness – not COVID-19. While my boys wished this could last all day, the reality of Thursday morning set



in. Our boys needed to get their school work done and both Sara and I needed to get our work done for our jobs. Our once "stable" lives are now being redefined. Albert Einstein said, "In the middle of every difficulty lies opportunity." I encourage you and your families to find every opportunity possible to grow out of this; do your best to have as much fun as possible! The 934 AW is part of your extended family and we are here for you! If you need support, please reach out so we can help. This is what families do!

**Fitness** – Because the gyms are closed doesn't mean you can slack off! Physical fitness but don't forget the other 3 legs of the stool – mental, emotional and spiritual fitness! You need ALL of these to maintain balance. Check out Nigel Marsh's TED Talk "How to make work-life balance." <https://youtu.be/jdpIKXLLYYM>

Here are things I've been doing to maintain my own balance:

**Mental:** One of Stephen Covey's 7 Habits of Highly Effective People is to "Sharpen the Saw." You can access hundreds of free online e-learning tools, free online courses and executive book summaries for thousands of books through AF e-Learning! <https://usafprod.skillport.com/skillportfe/main.action#whatshappening>

**Emotional:** Don't forget "at home" date nights with your significant other, Zoom with family members, etc. Stay connected – not distant!

**Spiritual:** Chaplain Cooper wrote an article stating that "Faith is the conviction that what or who I believe in, has been proven to be reliable and worthy of my confidence. Faith is a universal human experience and is increasingly being recognized as an indispensable life ingredient, especially vital in managing stress and facing hardship. Faith plays a key role in helping us find meaning in life (and in this pandemic) which increases both our physical and mental health." Strengthen your spiritual pillar. Check out our Chaplain Team's new *Global Viking Chapel* Facebook site <https://www.facebook.com/Global-Viking-Chapel-100574228290441/>

**Physical:** Don't accept the notion of gyms being closed as an excuse to not stay physically fit! As members of the military, it's part of our job! I use these free resources:

Madbarz – This app has many great bodyweight workouts & you can create your own.

<https://www.madbarz.com/>

CrossFit Hampton Roads – Great archive of workouts to choose from <https://www.crossfithamptonroads.com/>

Spartan Race: Get the Spartan Race workout of the day here: <https://www.spartan.com/en/fitness-training>

These are unprecedented times. Our Airmen and families are doing amazing things in support of this great country! It's an honor for me, Sara, Tyler and Jake to be on your team!

### Inside this issue:

<i>When Can I Stop Social Distancing?</i>	2
<i>Home Cooking</i>	2
<i>COVID and Domestic/ Sexual Violence</i>	3
<i>Continuing the Mission</i>	3
<i>Resources</i>	4
<i>Anti-Terrorism/Force Protection</i>	4
<i>COVID-19 Financial Assistance</i>	4

### AAFES Closed Weekends

ATTENTION CUSTOMERS,  
NEW BUSINESS HOURS FOR THE  
TWN CITIES EXPRESS EFFECTIVE  
APRIL 20, 2020.

MONDAY – FRIDAY  
9:00 am – 17:00 pm

SATURDAY – SUNDAY  
CLOSED TILL FURTHER NOTICE.  
SORRY FOR ANY INCONVENIENCE.

## WHEN CAN I STOP SOCIAL DISTANCING?

### Capt William H. Wilson IV, PHEO

COVID-19 has such a dramatic impact on daily life due to widespread implementation of social distancing and stay-at-home orders. Connecting with others is so critical for our mental well-being, most of us are feeling isolated right now. I cannot wait for the pandemic to end so I can visit my family and friends once again. However, even as businesses reopen, social (physical) distancing remains an important strategy to protect family and friends who are at risk. It will continue in some capacity until there is rapid testing, effective treatment strategies, and a means of prevention; such as vaccination.

#### Why is social distancing important?

Social distancing is a tool we can use to reduce or eliminate the transmission of this virus to protect our vulnerable loved ones. We know the severity of the virus intensifies with increasing age. Most deaths have occurred in people over the age of 60 and with underlying health risks. Everyone has parents, grandparents, coworkers, and friends who are in this high risk group. Only by practicing social distancing together do we protect those most vulnerable.

At this time, it is suspected that COVID-19 spreads primarily through respiratory droplets that land on the mucous membranes (mouth, nose, eyes). There is suspicion that it can spread through much smaller droplets and can

remain airborne for an extended period of time. Evidence supporting asymptomatic transmission of this virus within the first few days after infection and by individuals who have a mild illness have complicated our prevention measures. Rapid testing is still not available in most areas to confirm infection in these cases. This means that people are able to spread the virus without even knowing it.

#### What are some tips for social distancing?

According to the CDC, you should do the following while practicing social distancing:

- Wear a face covering, like a cloth mask, when in public (these catch respiratory droplets and help to protect both you and others from the virus) wash this covering often
- While shopping for essential items, try to stay at least 6 ft away from others
- Use delivery options when available for food, medicine, and other items

- Avoid gatherings in public place
- Work from home when able
- Avoid public transportation, rideshares, and taxis

#### Consider these other tips::

- Do the shopping for a vulnerable loved one to minimize their time in public.
- Contact older loved ones regularly to check-in, FaceTime or Zoom.
- Stay informed with the latest recommendations from the CDC and local guidance.

We are in this together. Our team is committed to keeping you and your loved ones safe through these tough times. Continue to social distance to protect your fellow airmen and their families. Additional guidance will be pushed to commanders and supervisors to guide safe work practices as we work to reopen the base.

## Home Cooking –SSgt Simon

Supporting local businesses through delivery is great; and frozen pizzas are worth more than oil, but Installation members are falling in step with the rest of America. They are channeling their inner Rachel Ray, maybe even the Gordon Ramsey, depending on how today's home schooling is going. A record high of installation members are reacquainting themselves with their kitchens.

A recent study by HUNTER found that 54% of Americans are cooking more at home and 46% are baking more; this may explain why I cannot find any flour. Of the Surveyed Americans, 75%

reported a newfound, and growing, confidence in the kitchen. Pantry cooking is no longer a foody hobby but a necessity for many Installation members. Even self-proclaimed kitchen nightmares are making oatmeal, at least. The frequency and consistency of cooking presents a tremendous public health opportunity.

This surge in cooking is meaningful, and cook have long lasting positive impacts on Installation members. A 2014 study by Johns Hopkins showed that home cooking is essential to a healthier diet. "When people cook most of their meals at

home, they consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all – even if they are not trying to lose weight," says Julia A. Wolfson, MPP, a CLF-Lerner Fellow at the Johns Hopkins Center for a Livable Future and lead author of the study.

As normalcy returns, we may go back to old habits, but with new skills minted in the kitchen and a more seasoned palate. And, if we can avoid channeling too much Gordon Ramsey, we may build stronger family relations. Cooking is best done as a group activity and can be deeply rewarding.

As we grow and learn during this pandemic, we would be wise not to forget our time in the kitchen. This newfound proficiency may not end up on your EPR, but it will better your future.



## COVID and Domestic/Sexual Violence

-Liz Swanson

Social distancing can help stop the spread of COVID 19 yet it may also have a negative impact on other public health concerns such as domestic and/or sexual violence.



That is why helping agencies are finding creative ways to meet with those in need. The 934<sup>th</sup> SAPR 24hr hotline (612-386-8128) and DoD Safe Helpline (877-995-5247 or safehelpline.org) are still active and ready to serve during this pandemic.

In addition, DoD SAPR has adapted by allowing SAPR reports to be made telephonically and making SAPR reporting forms available online. This process is still safe and confidential. Some individuals may find reporting to be easier and less anxious.

Rape Help MN (rapehelpmn.org) and Minnesota Day One (Call: 1-866-223-1111 • Text: 612-399-9995) connects individuals with support agencies based on their address.

For those who have experienced domestic and/or domestic violence, social distancing can result in feeling alone and like help is far away. However, know that is not true, you are not alone and help is only a call away.



Many local MN helping agencies have seen a drop in calls suggesting the pandemic has added barriers to reaching out. Despite this, help for domestic and/or sexual violence is considered essential and has remained open despite restrictions from the stay at home order.



Check out <https://www.mncasa.org/advocacy-support/victim-survivor-support-during-covid-19/> for more information and support during COVID 19.



This Tuesday, Chad Kent and Tim Nguyen of the Bioenvironmental Engineering/ Public Health (BEE/ PH) Flight masked up and met up with TSgt Brent Voss at Building 870 where he was tasked with painting the nose of the C-130 static display. The existing paint booth is not equipped to handle the size of that part.

But, the job needs to be done and Maintenance is very resourceful. Why not just build a portable booth to accommodate and execute the mission? And that's what they did. They built a makeshift for the mock up. Plastic was secured along the structure to ensure the paint didn't contaminate the rest of the workshop.



Chad Kent performs all of the ventilation surveys for the 934 AW. He already ensured the Tent Vent pulled enough air to keep TSgt Voss safe from chemicals in the paint while inside the makeshift paint booth. The Tent vent provides convenient ventilation for other processes on base that are not in fixed or predictable settings.

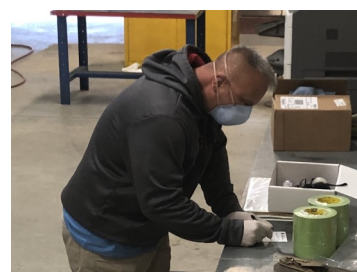
While painting, TSgt Voss wore a air sampling pump so the BEE/PH office could collect air sampling for the paint process.

Each sample mission is approached as a scientific experiment unto itself. All sample missions require documentation and controls. Tim Nguyen, not pictured and Chad Kent, calibrate the pumps before and after each sampling process, control cartridges are not exposed to any environmental variables, and the air breathing samples themselves.

The samples are then sent to the lab at Wright Patterson to be analyzed. The BEE/PH office is very appreciative of these sam-

pling opportunities; we able to update the data in the casefiles, we observe shop processes, and we can accomplish our primary mission of keeping people safe. It also enables us to get to know and gain an appreciation for our people on the base.

"He (TSgt Voss) is a good painter. He is really good at his job." Chad stated.



## Continuing the Mission —Chayo Smith



**Customer Service Hours:** 0730-1430 M-F

Call 613-713-1085

- ♦ **934th EOC** Jon Pieters

Call 612-713-5911

- ♦ **934th Public Health Officer:** Chayo Smith, 612-713-1608

- ♦ **934th ATPM:** Robet 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

- ♦ **Barber Shop** hours: 09:00-13:00

- ♦ **Royal Hot Plate:** 09:00-13:00

## COVID-19 FINANCIAL ASSISTANCE

**The COVID-19 Disaster Relief Grant:** is a one-time financial relief grant of \$1,000 for Veterans and their families. There is currently no close-out date for the relief grant. Close-out will depend on the length of the peacetime emergency declared by Gov Walz and the availability of funding.

**The Special Needs Grant:** is a one-time financial assistance to a Veteran or surviving spouse in need of assistance due to COVID-19. The goal of this grant is to promote stability and prevent homelessness. Funding awarded by this grant would go directly to a vendor or creditor of the applicant, no money awarded goes directly to an applicant or their family members.

To qualify for a Special Needs Grant or Disaster Relief Grant, applicants must be:

A Veteran of the surviving spouse (who has not remarried) of a deceased veteran as defined by MN Statute 197.447, and A Minnesota Resident, and have been negatively financial impact by COVID-19 Two Veterans married to each other can both apply for and receive the disaster relief grant.

Application Statuses:

The Minnesota Department of Veteran Affairs team has received more than 3,000 applications as of April 23, 2020. Current estimated processing time is approximately 33 business days. To submit an application visit: <http://MinnesotaVeteran.org/CovidRelief>.



Recently, I reviewed the FBI report on active shooter incidents in the United States in 2019. Twenty-eight incidents occurred on government property resulting in 17 killed and 13 wounded. This drives home the point of realism during active shooter exercises instead of simulation or claims that a particular unit(s) is too busy to participate.

I attended a Mass Shooting training that included a guest speaker and survivor of the mass shooting at Red Lake High School, MN in 2005. She was one of the teachers at the school then. The instructors believe in the reduction of violence through research, analysis and early interdiction. The presenters study mass shootings since the 1966 University of Texas (Austin) tower shooting, pour over interviews of shooters, victims, family members, and produced a database ([www.theviolenceproject.org](http://www.theviolenceproject.org)). In almost every case indicators were present. The action taken

## ANTI-TERRORISM/FORCE PROTECTION

- Mr. Robert Doyle

on these indicators could have prevented the shooting. The current process in mass shooting prevention includes hardening facilities and restricting access (cameras, locks, doors, badges etc.). However, most shooters have authorized access to the facility; they are students, employees and family members, voiding the countermeasures. The training seeks to interrupt the cycle of violence earlier through awareness, training, and encouraging people to speak up when something's wrong.

A 2019 U.S. Secret Service report about mass attacks (2013-2018) found similar themes in the behaviors and circumstances of the perpetrators, regardless of motive. Most utilized firearms, and half departed the site on their own or committed suicide. Half were motivated by grievances related to domestic situations, workplace, or other personal issues. Two-thirds had mental health symptoms; depressive, suicidal, or psychotic symptoms. Nearly all had one significant stressor within the last five years; and over half had indications of financial instability. More

than three-quarters elicited concern from others prior to executing attacks in the form of threatening or concerning communications.

Findings support the Violence Projects' conclusions: there are identifiable warning signs prior to an act of violence, targeted violence may be preventable, if appropriate systems are in place to mitigate the risk.

The follow on investigation of the Red Lake shooting found 30+ people had information that would have prevented the shooting. People have their reasons for not speaking up (not sure if they should, don't want to get someone in trouble, don't want to be a target, not my problem, someone else will do it etc.). Sound familiar? Green Dot, Resiliency, Suicide Awareness Training is crucial to prevention.

The training encouraged the use of "threat working groups" to review information. They recommended the group be made up of the individuals commander, supervisor and representatives from mental health, medical, HR, security forces etc., even an advocate for the person. Reporting persons displaying crisis indicators is not to get

them into trouble, but to get them help before they hit crisis mode.

4.5.1. Commanders/supervisors may request a threat assessment to assist in evaluating reports of workplace violence. Call 911 immediately if someone is in danger of harming themselves or others. A threat assessment should be completed before disciplinary action is taken; removing a potentially dangerous person from observation may bring on a violent act instead of preventing one.

4.5.2. The 934 AW/CC directs the forming of a threat assessment team. Team composition should include a representative from the member's supervision, SFS, AFOSI, ASTS, CPO and SJA. Other offices and organizations may be added as the situation dictates.

The Integrated Defense Plan is currently under rewrite. I'm looking to partner with applicable agencies/individuals to build upon this tool for the benefit of the entire base populace.



**U.S. AIR FORCE**  
**EagleEyes**  
WATCH.REPORT.PROTECT.