

Global Viking Flyer

April 2021



Attention:

The 934th Airlift Wing is participating in an Extremism Stand Down Day conducted at the unit level during this UTA. There will be a follow-up virtual town hall meeting on Sunday, April 18th at 1300 CST via the following link:

[934th Airlift Wing YouTube page](#)

*Links work off-network

To submit questions, please visit [menti.com](https://www.menti.com) and use access code: 49403037

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COVID-19

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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

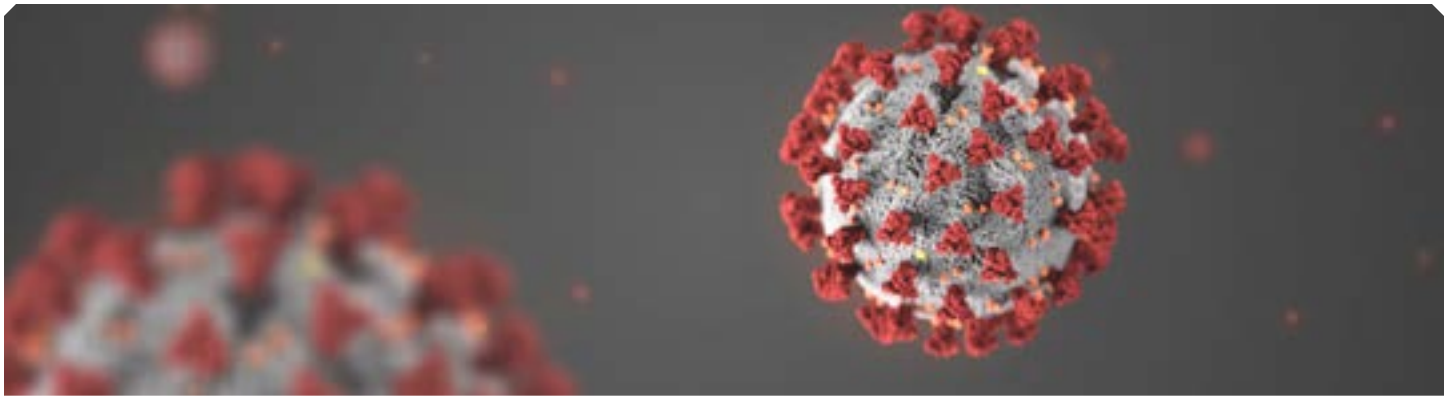
PRIORITY 3

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](#)

April is Child Abuse Prevention Month

Unfortunately, child abuse is prevalent throughout all walks of life. It does not discriminate as it affects all races, ethnicities, socio-economic status, etc. There are all types, but most fall into one of the following categories: physical abuse, sexual abuse, emotional abuse, and neglect. According to the CDC, an estimated 1 in 7 children are abused or neglected in the U.S. Likewise, in 2015, the estimated cost of child abuse and neglect was estimated to be about \$428 billion.

We can help eliminate child abuse and neglect by addressing risk factors and strengthening our protective factors. There are a number of risk factors, including child age and/or disability that may increase the burden of the caregiver, young parental age, low parental income, parental mental health issues, history of abuse, poor parental relationships, community violence, etc. Protective factors are important at the individual, family, and community levels. Protective factors include: supportive family involvement, adequate employment and housing, and access to health care and social services. For more information, please contact your VPI at 612-713-1159.

Source: <https://www.cdc.gov/violenceprevention/childabuseandneglect/>

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

Special points of interest:

For more information on Ending Child Abuse and Neglect visit:

<http://www.militaryonesource.mil/end-child-abuse>

<https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/signs-of-child-abuse/>

<https://www.militaryonesource.mil/familyrelationships/family-life/preventing-abuse-neglect/teach-your-kids-healthy-boundaries>

<http://purplecrying.info/>

Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Primary</u>	<u>Alternate</u>
April 2021	17-18	24-25
May 2021	22-23	N/A
June 2021	5-6	26-27
July 2021	15-16 April	24-25
August 2021	7-8	28-29
September 2021	11-12	25-26

A Note From the CCO

Those interested in Green Belt Academics need to complete the online training module found here:

<https://usaf.opusworks.com/cloud3/index.asp>. Airmen

having difficulty completing the math portion are invited to Building 760, Room 126 from 1600-1900 on 16 April for 1-1 assistance. Virtual assistance is also available, please reach out to James Eimers at: james.eimers@us.af.mil or 612-713-1566 to schedule a time.

934th AW SQ Mission Videos are live!

Would you like to know more about other units within the 934th Airlift Wing?

Check out the 27APS Mission Video [here!](#)

Check out the CES Mission Video [here!](#)

Check out the MXS Mission Video [here!](#)

*Links work off-network

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!

Community Resources Megalink!

Looking for military resources in your community?

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

2021 Enlisted Promotions

April

CMSgt Dillner, Nathan COMM
SMSgt Schleif, Luke AMXS
MSgt Baker, Jennifer LRS
MSgt Koch, Justin AES
MSgt Murphy, Mark AMXS
MSgt Rodriguez, Roberto CES
MSgt Saylor, Trevor AW
MSgt Young, Christopher FSS
TSgt Bresnahan, Jacob OPS
TSgt Erickson, Leif LRS
TSgt Graff, Breanna 27APS
TSgt Graff, Nicholas 27APS
TSgt Krueger, Hunter CES
TSgt Monson, Nicholas 27APS
TSgt Odell, Joseph MXS
TSgt Simmons, Zorin LRS
SSgt Johansen, Benjamin COMM
SSgt Laursen, Adam 27APS
SSgt Lundsted, Ethan AMXS
SSgt Moore, Carter OPS
wvSrA Boucher, Grace FSS
SrA McMullen, Isaac OPS
SrA Stahl, Nathan AMXS
A1C Kerkes, Philip AMXS

Welcome Newcomers!

April

Capt Underwood, Paul CES
2Lt Boer, Matthew AES
2Lt Kriech, Kelsey AES
2Lt Torgerson, Nicole AES
TSgt Okeefe, David AMXS
TSgt Thompson, Brandon SFS
SSgt Munsinger, Samantha OSS
SSgt Rhodes, Myriam AES
SSgt Semantel, Mickey SFS
SrA Condon, Mikaela ASTS
SrA Fedeler, Brett FSS
SrA Leddick, Timothy AW
SrA Lucht, James CES
SrA Ross, Bailey AES
SrA Timmer, Jacob AW
A1C Dismuke, Khadeja FSS
A1C Kleinschmidt, Alex SFS
A1C Goetzke, Holly AES
A1C Gustafson, Adam APS
A1C Legatt, Ava CES
A1C Safo, Alex ASTS
A1C Sturgell, Taylor AES
Amn Barry, Yamama CES
AB Karnquee, Kelvin LRS

Award Winners!

4th Quarter Winners

AMN: SrA Blake Roberts APS
NCO: TSgt Charles Foster ASTS
SNCO: MSgt Joshua Duenow AMXS
CGO: Capt Charles Bessel MXS
FGO: Maj John Lunieski AES
Team: Dining Facility FSS
Innovation: Dining Facility FSS

2020 Annual Awards

AMN: SrA Paul Heiman SFS
NCO: TSgt Gildardo Allende SFS
SNCO: SMSgt Amanda Millsap AWS
1st Sgt: MSgt Kelley Lasiewicz ASTS
CGO: Capt John Kupka 27 APS
FGO: Maj Luke Nelson AWS
Civilian Sup: Mr. Corey Scott SFS
Civilian Non Sup: Mr. Johnathan Radford SFS
Team: Command Post AWS

Social Security Payroll Tax Deferral

The Consolidated Appropriations Act, 2021 was passed and extended the period for collecting deferred 2020 Social Security taxes. The period for collection is now January 1 through December 31, 2021 (instead of January 1, 2021 to April 30, 2021).

Key Points:

- The amount of Social Security taxes deferred in 2020 will be collected in 24 installments between pay periods ending January 16 and December 4, 2021.
- Normal 6.2% Social Security tax withholdings will also be deducted from your pay, beginning January 2021.
- Beginning in January 2021, your myPay LES Remarks section will show the 2020 deferred OASDI collection amount as well as your remaining balance to be collected.
- If you separate or retire before December 4, 2021, and prior to the deferred Social Security tax being collected in full, you are still responsible for the remainder of your Social Security tax repayment. The unpaid balance will be collected from your final pay. If there are insufficient funds to collect the full amount, you may receive a debt letter with instructions for repayment.

Background:

Pursuant to IRS Notice 2020-65 and at the direction of the Office of Management and Budget and Office of Personnel Management, Social Security (Old Age, Survivors, and Disability Insurance) or "OASDI" tax withholdings were temporarily deferred from September through December 2020 and will be collected from wages paid between January 1, 2021 and December 30, 2021, for employees who had wages subject to OASDI of less than \$4,000 in any given pay period. These actions were in response to the Presidential Memorandum issued on August 8, 2020.

For additional information to include Frequently Asked Questions, visit:

<https://www.dfas.mil/taxes/Social-Security-Deferral/>

IRS information:

- Tax Deferral Implementation:

<https://www.irs.gov/newsroom/guidance-issued-to-implement-presidential-memorandum-deferring-certain-employee-social-security-tax-withholding>

- W-2 Reporting:

<https://www.irs.gov/forms-pubs/form-w-2-reporting-of-employee-social-security-tax-deferred-under-notice-2020-65>

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](#)

DISCUSSION:

All but one of the organizational email accounts for the Military Personnel Flight sections have been restored. Below is the breakdown of what each section supports and their contact info.

Force Management – Currently Vacant, but monitored

Phone: 713-1502

Email: 934.FSS.FSMPM@us.af.mil

- Awards and Decorations
- Classifications / Retraining
- Evaluations
- Gains / UPMR
- Overgrade / Overage
- Military Qualifications

Career Development – Section Chief SSgt Ridley

Phone: 713-1503 or 713-1486

Email: 934.FSS.FSMPD@us.af.mil

- DD Form 214
- Discharges / Separations
- Promotions / Demotions
- HYT / MSD Extensions
- AGR Orders
- Commissioning
- Special Duty Pay

Personnel Systems Management – Section Chief TSgt Carlson

Phone: 713-1557

Email: 934FSS.PSM.EOM@us.af.mil

- Database Integrity
- MilPDS Products
- Personnel Systems Access
- Passports

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>

Customer Service Hours:

Testing hours:

Fridays testing will be @ 0800

(no more than 12 people at a time)

Saturday of the UTA testing will be @ 0800

(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 Mrs. Gina Johnson at ext. 1600

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:

Primary UTA only

Sat 0800-1100 & 1200-1500

Sun 1300-1500

Weekdays by appointment only. Click the following link to book your appointment: <https://idco.dmdc.osd.mil/idco/#/>

PIN resets/CAC Unblocks will be "Walk-Ins".

DFAC Food hours:

Breakfast 0615-0715

Lunch 1030-1130

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

Services Club Bar & Grill hours:

1530-2200 on Fri & Sat of the UTAs

The Fitness Center is Open for Business!

Visit www.pickfit.com/934Fit to book your time. Note: Website cannot be used on government computers and the "F" in "Fit" should be capitalized.

Retirees and spouses can now use the Fitness Center to include 24 hour access. They just need to contact the fitness center (612-713-1496) for specifics (reservations still required) and to get access afterhours.

Effective 1 April number increase:

- Cardio/weight-15 people
- Gym Cardio-17 people
- Group fitness room-6 people
- Group Classes will be starting back up soon, allowing 25 per class, classes will be held on the Basketball court
- Playing basketball- Must wear mask at all times and players waiting to play must stay at least 6-ft apart, again with mask on. (must use own basketball, basketballs still will not be issues) Reservation required
- Racquetball-2 (must use own equipment and wear masks) Reservation required
- Locker rooms are available for showers and changing: Max in each Locker room at a time: Male-8, Female-4 (must wear masks unless in a shower) Lockers still closed at this time.

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. Exercise 101 and Nutrition 101 are now available for viewing.

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](#).

Exercise of the Month

Hand Release Push-Ups

By Eric Neal

Instructions for completing protocol can be found at <https://www.army.mil/acft/#event3>. A brief summary of these instructions include starting in the down position with index finger inside of outside portion of shoulder with feet no more than a foot apart. Then extend elbows until full extension keeping a straight line from head to heel. Rest position is a forward lean in fully extended up position keeping a straight line from head to heel. Lower body until chest and legs touch ground at same time and fully extend elbows to the side into a T position. This makes 1 repetition. Perform as many reps as possible in 2 minutes.

The hands release push-up decreases subjectivity of assessment and improves flexibility by lowering body to the ground, focuses on posterior chain by extending the arms to the side, and develops core by keeping the body in a straight line from head to heel throughout the movement.

Feedback I've received from troops that have tried this technique include it is quite a challenge, doesn't hurt their shoulders, and more emphasis on chest and triceps compared to 1 minute Air Force standard push-up.

I would advise that our troops implement this to training routine as it will be a valuable tool towards doing better on fitness assessment regardless of standard required by Air Force and will improve our skeletal health.

2021 Virtual Teen Aviation Camp

We are pleased to announce the application period for the 2021 Virtual Teen Aviation Camp is now open! The camp will be conducted 14-25 June 2021 in partnership with Air Force Aero Clubs and offers an introduction to the field of aviation and opportunities for careers and leadership roles within the Air Force. A combination of web-based presentations and discussion groups, along with self-paced course materials provide camp participants with the knowledge to complete the Private Pilot Exam and begin their journey toward earning a Private Pilot License! The [linked information sheet](#) and [application](#) provides additional details on eligibility and application process. Completed [applications](#) must be submitted by a parent or guardian no later than 14 April 2021 through the AF Camps workflow box at: AFSVC.SVPY.Camps@us.af.mil and selections will be announced no later than 23 April 2021.



APRIL 2021



LUNCH MENU
934TH COMMUNITY ACTIVITY CENTER BLDG. 807
PHONE 612.713.1655

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours of Operation Monday to Friday Lunch 1100-1300 Holidays Closed				1 Parmesan Crusted Roast Beef Sandwich	2 Baked Fish	3 CLOSED
4 CLOSED	5 Grilled Ham w/ Au Gratin Potatoes	6 Crispy Chicken Parm w/ Veggies	7 Tuna Noodle Casserole	8 Chicken Cordon Bleu	9 Fried Fish	10 CLOSED
11 CLOSED	12 Chicken Fried Steak	13 Beef and Cheese Nachos	14 Tomato and Bacon Pasta	15 Roast Pork Loin UTA Bar & Grill 1530-2130	16 Baked Fish UTA Bar & Grill 1530-2130	17 UTA Bar & Grill 1530-2130
18 CLOSED	19 Kielbasa Vegetable Stew	20 Roast Beef Dinner	21 Oriental Special	22 Meatball Sub	23 Fried Fish	24 CLOSED
25 CLOSED	26 Lemon Garlic Roasted Chicken	27 Sausage Cauliflower Casserole	28 Chicken Burrito Bowl	29 Salisbury Steak	30 Baked Fish	

Put your muscles where your mouth is

Fitness Center Brag Board

Everyone loves a little competition, why not show it off?
Participate in one or more event and have your name displayed for all to admire!

- Stair stepper
- Bench press
- Dead lift
- 2000 M Row
- Burpees
- Squat
- Push-ups
- Sit-ups
- Tank pull
- Lap run

Your Chaplain Corps team is here to serve ALL Airmen; to build meaningful community and teams, to provide for religious accommodation and spiritual care programs, and to offer 100% confidential communications (virtual or in-person counseling).

If you feel led to support our unit engagement, please use the following link or QR code to donate. 100% of your donation will be used for unit engagement ministry. Thank you!

<https://secure.acceptiva.com/?cst=rK9uMr>

(try on a cell phone or home computer if base network doesn't work)



ZIP LINE @ SAND CREEK ADVENTURES

THE ULTIMATE OUTDOOR CHALLENGE

5 JUN 2021 @ 1700

FREE

For Military Members and their Families
(Minimum age is 8 and 70 lbs.)
ONLY 20 participants

\$20 Deposit required to signup, per person
Money returned at Event



For more information contact
Rick Pelzl at 612.713.1119 , rick.pelzl.1@us.af.mil or
MSgt Crystal Rose Heinz at 612.713.1660 crystalrose.heinz@us.af.mil
During UTA only

3101 220th St W
Jordan, MN 55352
<https://www.sandcreekadventures.com/>



No Federal endorsement intended



FEATURE PRESENTATION

TITLE: ADOPTING A MINDSET OF CHANGE
OPENING DAY: APRIL 17
DIRECTOR: COL JIM WALL
CAST: ALL RANKS
LOCATION: SFS AUDITORIUM
TIME: 1200-1300
CONCESSIONS: BRING YOUR LUNCH OR SNACK

TRAILER: We as an Air Force are in the midst of change right now. How we react to this change matters in terms of maintaining our competitive advantage. Bring a fellow Airman and an open mind! If you are a leader, bring someone you supervise. If you have a supervisor, make sure they come with you!

Interested in utilizing Tuition Assistance? Want to learn more about Education Benefits available?

TA 101 BRIEF

Wednesdays at 1400 and
Primary UTA Saturdays at 1400

May- 1, 5, 12, 19, 26
June- 2, 5, 9, 16, 23, 30
July- 7, 14, 21, 28
August- 4, 7, 11, 18, 25
Sept- 1, 8, 11, 15, 22, 29

Held in Building 852 Rm 215. No registration required.
Contact the Force Development Office for more information at 612-713-1600 or 934.base.training@us.af.mil

*Attendance Mandatory Prior to using Tuition Assistance



Reserve Your Boat Today



Minnesota FREE Fishing Weekends

May 8 & 9

Mothers who are residents of Minnesota can fish without a license during, "Take a Mom Fishing Weekend". During the weekend, mothers can fish only for species that have open fishing seasons.

- Motorboats
- Kayaks
- Canoes
- Fishing Gear

June 11-13

On "Take a Kid Fishing Weekend" Minnesotans can fish without licenses if they take children 15 or younger fishing. Take a Kid Fishing Weekend is a way for adults and kids to fish together without the step of buying a license.



Outdoor Recreation and Fitness Center
760 Military Hwy. Bldg. 777
Minneapolis, MN 55450
Tel: 612-713-1496
Email: 934fitnesscenter@gmail.com



My MilLife Guide... Your Way to Better Health

**Tackle stress and challenges with eight weeks
of wellness texts sent directly to you.**

My MilLife Guide is a text-based program that delivers the expertise of the Military Health System, Military OneSource and other government agencies to your mobile device. Manage COVID-19 stress and day-to-day challenges with tips, tools and more.

How My MilLife Guide works

When you sign up for My MilLife Guide as a service member or spouse, you will receive text messages four times per week to help you focus on what's most important as you take care of yourself and your family. It's like having a portable health and wellness coach who will:

- Start each week by asking you to set a small goal.
- Offer reminders, tips and suggestions throughout the week for small tasks that are easy to accomplish.
- Connect you with free tools and resources developed for the military community.

How My MilLife Guide can help

My MilLife Guide connects you with proven resources that can help with:

- Self-care
- Sleep issues
- Parenting
- Personal finance
- Career goals
- Education
- Health care
- Non-medical counseling

Sign up today for My MilLife Guide!

* Service members - text **MilLife SM** to GOV311

* Spouses - text **MilLife Spouse** to GOV311

Call Military OneSource anytime, 24/7 at 800-342-9647

Sign up for My MilLife Guide. Visit www.MilitaryOneSource.mil/texts.





SECRETARY OF THE AIR FORCE
WASHINGTON

16 FEB 2021

MEMORANDUM FOR ALL MAJCOM-FCOM-FOA-DRU/CC
DISTRIBUTION C

SUBJECT: Department of the Air Force Guidance on Use of Masks

References: (a) Executive Order on Protecting the Federal Workforce and Requiring Mask-Wearing, January 20, 2021
(b) Executive Associate Director Office of Management and Budget Memorandum, "COVID-19 Safe Federal Workplace: Agency Model Safety Principles," 24 January, 2021
(c) Secretary of Defense Memorandum, "Use of Masks and Other Public Health Measures," 4 February 2021
(d) Air Force Surgeon General Memorandum, "Medical Guidance on 3D Printed N-95 Respirators, Face Masks, and N-95 Mask Shields/Covers," 1 April 2020
(e) Department of the Air Force memorandum, "Department of the Air Force Guidance on Use of Cloth Face Coverings," 5 April 2020, *hereby rescinded*
(f) AFI 36-2903, *Dress and Personal Appearance of Air Force Personnel*, 7 February 2020
(g) AFI 10-2519, *Public Health Emergencies and Incidents of Public Health Concern*, 10 December 2019
(h) US Centers for Disease Control and Prevention CDC Face Covering:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

This memorandum is issued pursuant to References (a), (b), (c) and (d) relating to the use of masks to prevent the spread of illness. This memorandum rescinds and replaces reference (e).

The Department of the Air Force (DAF) is committed to taking every precaution to ensure the health and well-being of our military members, civilian employees, and their families in response to the Coronavirus Disease 2019 (COVID-19) pandemic. The DAF supports, and will continue to implement, all measures necessary to mitigate risks of the spread of the disease.

In accordance with references (a), (b) and (c), and except as provided below, effective immediately all individuals on Department property and all individuals performing official duties on behalf of the Department from any location other than the individual's home, including those who have been vaccinated, will wear masks and maintain six feet of physical distancing.

In addition to identified Department of Defense exceptions for mask wear, the DAF-wide exceptions are as follows:

- (1) when necessary to reasonably accommodate a religious belief;
- (2) when underlying health conditions that prohibit the wear of a face covering exist and the individual is in possession of medical documentation from a health care provider outlining such a condition and the restrictions the condition places on wear of a face covering;
- (3) when outdoors and proper physical distancing can be maintained;
- (4) when actively participating in physical fitness activities either indoors or outdoors and either proper physical distancing is maintained or additional measures are implemented to mitigate the threat of transmission;

- (8) when clear or unrestricted visualization of verbal communication are essential to safe and effective operations

Per reference (c), I hereby delegate categorical or case-by-case exception authority to the requirement to wear a mask, when implementation will significantly impede mission accomplishment, to officials at a level no lower than a general officer in the grade of O-7, Senior Executive Service member (or equivalent), or, for installations that do not have an official at these levels in command, O-6 installation commanders. Upon approval of exceptions, commanders will share information up the chain of command for situational awareness.

This guidance applies to all:

- Total Force Military Personnel
- DoD Civilian Employees (including Non-Appropriated Funded Civilians)
- Family Members
- DoD Contractors
- All other individuals on DoD property, installations, and facilities

Additionally, I hereby delegate authority to The Judge Advocate General, Air and Space Forces, to issue additional categorical and case-by-case exceptions for modifications to the requirements contained in reference (c) pertaining to wear of masks, distancing, and other public health measures as necessary to conduct military justice-related proceedings and other legal representational activities.

I expect all individuals possessing delegated exception authorities pursuant to this memo to review references (a), (b), and (c) and remain consistent with the intent of the documents as they evaluate categorical and case-by-case exceptions. Our charge is to defend the nation, both with the execution of our duties and through our collective public health measures, to include the wear of masks. When making an exception decision, all individuals possessing delegated authority must weigh the operational, readiness or safety necessity of conducting a mission or task without a mask against the risk of allowing the spread of COVID-19.

We expect installation commanders to coordinate their actions with mission and installation partners. Commanders at a DAF-led joint base should refer to their Joint Basing Memorandum of Agreement for details on installation support function responsibilities and ensure proper coordination with their supported component for mask exceptions. Installation commanders at non-joint bases will coordinate the mask exceptions with mission partners. If installation commanders cannot resolve the conflict, refer the issue to the next level of command.

Additional Mask Guidance:

Masks are not required when Occupational Personal Protective Equipment (PPE) is being used (e.g., PPE used by personnel on the Respiratory Protection Program, surgical masks in the healthcare setting, fire fighters wearing supplied air respirators, Airmen or Guardians wearing CBRN masks, etc.)

Commanders will ensure masks worn by uniformed military members are conservative, professional, and in keeping with dignity and respect. Any cloth items worn as face coverings (i.e., neck gaiters, neck warmers, balaclavas, etc.) should be functional, clean, and should cover the mouth and nose.

For civilian employees, commanders must either furnish masks or provide a uniform allowance per AFI 36-128, *Pay Setting and Allowances*, 17 May 2019.

Commanders will ensure compliance with applicable labor relations obligations to the extent such obligations do not conflict with the agency's ability to conduct operations during this emergency.

Surgical N-95 respirators should be reserved for health care workers but may be worn by others when required. Commanders may authorize the optional wear of other types of N-95 masks, surgical-style masks and protective gloves in consultation with local medical professionals.



JOHN P. ROTH
Acting

cc:
AF/CV
AF/CC
SF/CV
SF/CC



Have a question? An idea? Submit your thoughts to "Ask the Chief/Commander" located on the AF Connect App

the Chief's Corner

April 2021

Command Chief, 934th Airlift Wing

Hello All,

It has been a couple of months since we have published a Chiefs Corner so I wanted to drop a line to say hello and give you some development course updates. I hope you are doing well. I have been in the 934 AW for a whole year! I have enjoyed visiting with you at newcomers, in your squadrons and our lunch discussions. I look forward to the next year and getting to know more about you.

As you have seen in the Global Viking Flyer we have a development team that is working hard to provide monthly courses during the hours of 1100-1300 each month. The course options and opportunities are beginning to pick up. In April Col Wall is speaking and will share with us How to Adopt a Mindset of Change. In May we have two courses. One is Coaching for Performance Improvement brought to us by the Dale Carnegie Institute and the other is led by Lt Col Hesser, a discussion on How to Maximize Your Credit Score. In June there will be a guest speaker from Master Custom Homes and he/she will lead an Emotional Intelligence course. If you have any questions please contact your First Sergeant or any member of the Development Team listed in this Chiefs Corner.

I am aware there are obstacles for some people to attend courses so I decided this month's Chiefs Corner will give you an alternative or additional option for some development opportunities. Below are three short youtube videos. Feel free to view at your convenience or use as squadron discussion topics.

#1 Leadership

https://www.youtube.com/watch?v=zp1Q-2hGO_A

Medal of Honor Recipient Capt Robert Foley

Mission: Get troops to safety

As you watch this video thoughts for you to consider:

Know how far to get into the weeds: When to jump in and when to lead, support and get out of the way?

What motivates your members?

Notice his "aha" moment?

#2 Feedback

<https://www.youtube.com/watch?v=wtl5UrrgU8c>

How do you plan to give feedback or do you make a plan for feedback?

How do you create the buy-in?

Do you create commitment or compliance?

#3 Stress is the enemy? Stress can make you healthier?

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Seek to recognize how you think and how you act during stress.

Do you connect with others?

Do you trust yourself?

April Fun Facts:

- America's first astronauts were announced by NASA on April 9, 1959.
- The Titanic sank on April 15, 1912.
- The Revolutionary War in America began on April 19, 1775.
- Our first President George Washington was inaugurated on April 30, 1789.

Important Dates:

- Apr 15th, National High Five Day!
- Apr 17th, National Husband Appreciation Day! (It does exist)
- Apr 18th, National Velociraptor Awareness Day!

VOLUNTEERS NEEDED!

If you want to lead a discussion or if there is something you are interested in learning please contact a member from the development team:

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What's Irish and comes out in Spring?

Paddy O'Furniture!



**Every morning you have two choices,
Continue to sleep with your dreams
or get up and live them.**

20 YEARS AGO....

Movie in theaters April 17, 2001: Spy Kids

#1 Song April 17, 2001 All For You by Janet Jackson