

Global Viking Flyer April 2022



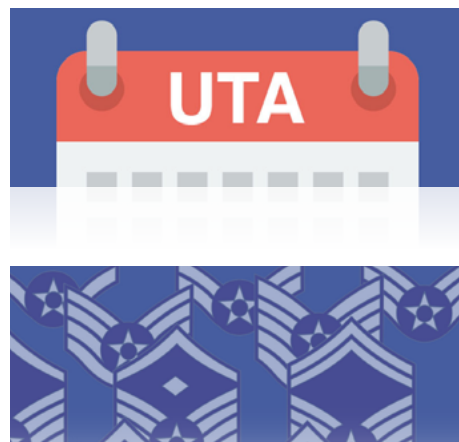
Effective 3 March 2022, the installation Health Protection Condition (HPCON) has shifted from BRAVO-PLUS to BRAVO due to a recent reduction in local transmission rates of the COVID-19 virus. See page 21 for details.

Employers Day 2022 is taking place on Saturday, 6 August. Airmen are encouraged to nominate civilian employers as an opportunity to say thank you for their continued support and to provide insight on being a Reservist. Nomination forms are available on page 3 and on-line here. Forms are due NLT Sunday 5 June.

COVID Vaccine booster doses are available at ASTS for all members and dependents 18+. See page 5 for details.

Interested in Financial Planning or Credit Management, see page 15 for details.

Inside this issue:



411

External Links:

COVID-19 Information
Prevention Connection
CAT Brochure



(ABOVE) April is Sexual Assault Awareness and Prevention month. As you enter the 934 AW main gate you will notice a new sign hand-painted by Ms. Liz Swanson, 934th Airlift Wing SARC, and will be on display for the entire month. More info to come throughout the month (U.S. Air Force Photos by Staff Sgt. Timothy Leddick).

(RIGHT) In case you missed it, Aircrew and maintainers of the 934th Airlift Wing deployed to the EUCOM area of responsibility on Feb. 16, 2022.

Their service continues to be highlighted across the globe as they conduct operations. This photo was taken at Ramstein AB, Germany and highlighted by USTRANSCOM.



(LEFT) In case you missed it, Aircrew and maintainers of the 934th Airlift Wing deployed to the EUCOM area of responsibility on Feb. 16, 2022. See page 8 for the full story. (U.S. Air Force Photo by Maj. Will Mojica)



Minneapolis St. Paul Air Reserve Station

2022 Employers' Day

SATURDAY AUG. 6, 2022

Nomination Form

Civilian employers are invited to attend Employers' Day 2022 at the 934th Airlift Wing, Minnesota's only Air Force Reserve unit. This event will be held **Saturday, August 6th with activities starting at 7 a.m. and ending around 2 p.m.** Activities include briefings with the 934th Airlift Wing commander, Employer Support of the Guard and Reserve, a flight on a 934th Airlift Wing C-130 (pending mission impact), a tour of respective Reservists work centers, and other military demonstrations. Meals will be provided for employers as they join us for lunch during **Family Day activities**. *Employers' Day is one way we can say thank you to civilian employers who support our service members.* The experience will provide some insight to employers as to what takes place during a reserve weekend.

Employers interested in attending should complete this nomination form. **Completed forms must be received by the 934 AW/PA office no later than Sunday, 5 June 2022 by e-mail (see contact information below).**

Please provide the correct spelling of all names and official titles. E-mail addresses are required as that is our main form of communication. Also, employers are required to provide a drivers license number and date of birth so a background check can be conducted prior to entering the base. Federal civil service employees of military organizations are not eligible to be nominated.

PLEASE PRINT LEGIBLY (illegible responses will NOT be considered)

SPONSORING RESERVIST INFORMATION

Rank/Name: _____ Unit: _____ Duty Phone: _____

Home Address: _____ State: _____ Zip: _____

Preferred E-mail Address (**required**, non-military address): _____

Civilian Work Phone: _____ Other Phone: _____

EMPLOYER'S INFORMATION (If inviting more than one employer indicate order of preference) _____ Primary or Secondary

Employer's Full Name: _____

Company Name: _____ Employer's job title/position: _____

Business Address: _____ City: _____ State: _____ Zip: _____

Preferred E-mail Address (**required**): _____

Business Phone: _____ Other Phone: _____

DL# (**required**): _____ State: _____ Date of Birth (**required**): _____

Emergency contact: _____ phone #: _____ **

Information provided is protected under the Privacy Act and AFI 33-332. Information above is required for entrance onto base. Participants will be denied entrance

without requested information.

DEADLINE: DUE NO LATER THAN June 5, 2022

934TH AIRLIFT WING PUBLIC AFFAIRS OFFICE 760 MILITARY HIGHWAY MINNEAPOLIS, MN

55450 PHONE (612) 713-1217 • BUILDING 760 ROOM 226 • 934AW.PA@US.AF.MIL

Fiscal Year 2022 UTA Schedule

April 2022	2-3	23-24
May 2022	7-8	21-22
June 2022	4-5	18-19
July 2022	9-10	N/A
August 2022	6-7	20-21
September 2022	10-11	24-25

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

TA 101 BRIEF

Saturdays of the PRIMARY UTA only at 1400

If you have any questions or concerns, please email the Force Development Office at 934.base.training@us.af.mil

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*

Customer Service Hours:

Testing hours:

Fridays testing will be @ 0800
Saturday of the UTA testing will be @ 0800

*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 for the remaining of FY22 UTA's will be provided from 0700-1100 and 1200-1500 on Saturdays. Customer service will be provided from 1200-1500 on Sundays of the UTA's. Sundays 0700-1200 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. Customer Service Inquiries- please call:
 - a. Military Pay customer service: 612-713-1411 or 612-713-1407
 - b. Travel Pay customer service (both RTS and DTS): 713-1404, 612-713-1405 and 612-714-1406

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 0600-0700
Lunch 1100-1230

AAFES Shoppette Customer Service hours:

0900-1500 on Sat & Sun of the UTAs

Services Club Bar & Grill hours:

1530-2200 on Fri & Sat of the UTAs

The AFI Explore App is Available

AFI Explorer for iOS and Android allows you to browse and search updated Air Force Instruction publications quickly and efficiently.

Use the advanced search function to find the specific AFI you are looking for. Favorite your most frequently referenced publications and manuals.

By syncing with the e-publishing website for the latest version of each publication, AFI Explorer provides the most recent guidance updates as soon as they become available. This application currently provides access to all departmental publications for the Air Force and to all publicly releasable MAJCOM supplements.

As I continue to update the application with additional features, please use the built-in feedback option in the app to share you thoughts, suggestions, and concerns

You can also email me at: w_walker@icloud.com

Built in partnership with William Walker

[Android Download Link](#)

[iOS Download Link](#)

Top 3 Meeting

*Meetings are scheduled on Sundays of the UTAs from 1100-1200 in the AES building.

Important Forms:

Air Force Physical Fitness Screening Questionnaire (FSQ) available [here](#).

934th AW SQ Mission Videos are live!

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

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

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!

COVID VACCINE BOOSTER DOSES

COVID Vaccine booster doses are available at ASTS for all members and eligible dependents. Important note: members are authorized to receive either type of mRNA vaccine as the booster dose, regardless of which type was administered as the initial full series.

To maximize our vaccine supply, vaccinations/boosters will occur on TUESDAYS and on UTAs (availability upon request).

Email 934.ASTS.Medical@us.af.mil with:

- Name
- Availability
- Phone number
- Preferred email

NOTE: Please bring your original vaccination card with you to the ASTS so we can add the booster dose. If receiving a vaccine/booster from the community, Airmen must report vaccinations to ASTS. Bring your vaccination card to ASTS or send a copy to the ASTS Org Box. If you have any questions please contact the ASTS Medical Org Box at 934.ast.s.medical@us.af.mil

2022 Enlisted Promotions

April 2022

MSgt – MUNOZ, GEOVANNY – 934 AES

MSgt – STOLL, KATHERINE – 934 OSS

TSgt – BERGAN, NOAH – 934 CES

TSgt – BRINZA, ANDREW – 934 CES

TSgt – KERKHOFF, SARA – 934 SFS

SSgt – KNAEBLE, LISETTE – 934 AMXS

SSgt – LESSARD, ISAAC – 934 CES

SSgt – SADLOWSKI, ALESSIA – 934 MXS

SSgt – TIEMANN, HEATHER – 934 FSS

SSgt – WEBSTER, STEPHEN – 27 APS

SrA – BJELLUM, NICHOLAS – 934 AMXS

SrA – JACOBS, LANCE – 934 AMXS

SrA – STIMPEL, ORION – AMXS

SrA – THOMPSON, ZACHARY – 934 AMXS

A1C – CARNEY, PIERCE – 934 AMXS

Amn – PLASS, BRODY – 934 SFS

AWARDS

4th Quarter Winners

Amn: SrA Nancy Poole / AES

NCO: SSgt Nicholas Vinson / AS

SNCO: MSgt Robert Less / LRS

Annual Award Winners

Amn: SrA Karissa Danielson / MSG

NCO: SSgt Sydney Whiteis / SFS

SNCO: SMSgt Keith Haselton / APS

CGO: Capt Theodore Persing / AS

FGO: Maj Christine Schrader / OSS

Civilian Sup: Mr. John Rowe / SFS

Civilian Non Sup: Mr. James Eimers / AW

Team: SFS Training & Education / SFS

Civil Servant of the Year Winners

Customer Service: Mr. Walter Cornelius

Innovation: Mr. Evan Strand

Unsung Hero: Ms. Hannah Mercer

Excellence Beyond Expectations: Mr. Paul Oven

Leadership: Mr. Doug Tikalsky

Team: Maintenance Plans, Scheduling and
Documentation

Welcome Newcomers!

April

Lt Col – TONTZ, RUSSELL – ASTS

Capt – FITZGERALD, MICHAEL – AW-FM

SRA – COX, JESSICA – MSG

A1C – XIONG, LAHLEI – MSG

Amn – GAPP, AMELIA – ASTS

AB – PLASS, BRODY – SFS

AB – TESSNESS, CHASE – ASTS



(LEFT) Senior Airman Karissa Danielson, 27th Aerial Port Squadron member, is presented her 2021 Airman of the Year award with Col. Lay and Chief Lord (U.S. Air Force photo by Airman First Class Colten Tessness).

(RIGHT) Senior Master Sgt. Keith Haselton, 27th Aerial Port Squadron member, is presented his 2021 SNCO of the Year award with Col. Lay and Chief Lord (U.S. Air Force photo by Airman First Class Colten Tessness).



(LEFT) Members of the 934 Security Forces Squadron Training and Education Team are presented the 2021 Team of the Year award with Col. Lay and Chief Lord (U.S. Air Force photo by Airman First Class Colten Tessness).

(RIGHT) Staff Sgt. Nicholas Vinson, 96th Airlift Squadron member, is presented his NCO of the 4th Quarter award with Col. Lay and Chief Lord (U.S. Air Force photo by Airman First Class Colten Tessness).



CONGRATS to the Federal Executive Board Civilian Servant of the Year Award Winners!

The 934 MXG nearly swept for the 934AW this year! Congrats to our winners.



(LEFT) Evan Strand won for the Innovation category. He was lauded for his vision and follow-through to creation of a trailblazing device that increases maintenance efficiency.



(LEFT) Paul Oven won for Excellence Beyond Expectations category. His exceptional management of the Support Section exceeded standards and crushed the timeline for the section to be initially operationally capable.



(LEFT) Jeffrey Benson won for the Leadership category. Despite the restrictions of the hiring freeze, he continues to step up and push beyond the expectations of a first-time flight chief. Your management style and execution is praised by subordinates, peers and supervisors alike.



(LEFT) Hannah Mercer won for the Unsung Hero category. She planned, organized, and executed various projects directly contributing to mission success. Her ability to accomplish so much in the background is what makes her our Unsung Hero and an exemplary leader.

(RIGHT) Plans and Scheduling won the Team category. Their perseverance and problem-solving skills kept an already challenging flying schedule on track despite aircraft and manning availability.

***Not Pictured due to deployment - Walter Cornelius won for the Customer Service category. His swift deliverance of support equipment was critical to the success of the flying schedule.*



“My belly’s just a little big”

*With the new fitness alternate component options, many Airmen have had some questions/concerns regarding these new components. To help alleviate some concerns, please read the following transcript set in an interview fashion with Maj. Will Mojica asking the 934th Airlift Wing Exercise Physiologist, Eric Neal, questions highlighting some areas to consider.

Cross-Leg Reverse Crunch

Maj. Mojica: “So Eric, tell me about the results you’ve seen from the cross-leg reverse crunch thus far?”

Eric: “So far those who have chosen this component have done very well, but based on my own experience and feasibility testing of the exercise the results have advantages and disadvantages.

Maj. Mojica: “Please tell me more!”

Eric: “To start off one of the advantages goes along with the reason I designed this exercise; this exercise is a much safer exercise to perform due to the fact that there is no lumbar flexion which makes it a much better abdominal component for people with back issues.

Maj. Mojica: “Oofta talk about snap crackle and pop!”

Eric: “Exactly! Another area of consideration that can be an advantage and/or a disadvantage is the member’s body type. I can tell you from experience when I first designed and recommended this exercise as a replacement for the traditional sit-ups, I was weighing 170 pounds and it appeared pretty easy to do until I about the 90 second mark. At that point I would start having issues reaching my elbow to my opposite leg and I would rest for a few seconds and then do fine while completing 58 reps. On the contrary, as I gained some weight from being sick and bad eating while visiting family during the holidays I started to identify with a really great speech given by the late great “The American Dream” Dusty Rhodes in 1985 called “Hard Times” when he said, “I admit, I may not look like the athlete of the day supposed to look, my belly’s just a little big, my heiny’s just a little big, but brother, I am bad. And they know I’m bad.”

Maj. Mojica: (while chuckling) “Interesting, so how did the weight gain make you identify with that part of his speech?”

Eric: “Despite the fact, I could max out the sit-ups and push-ups for the under 25 year male standards, at my heavier weight, my short arms couldn’t reach it to my legs because my belly was just a little big”

Maj. Mojica: (still chuckling) “Do you think if “The American Dream” Dusty Rhodes was still living back in his prime when he was champion, he would do well on cross-leg reverse crunch?”

Eric: “Despite having the ability to get funky like a monkey in the squared circle, I don’t think he would’ve been able to reach his bionic elbow to his opposite thigh due to the belly being in the way”

Maj. Mojica: (chuckling harder) “After a little bit of weight loss, can you perform this exercise with no problem again and do the tall thin body types do well with the cross leg reverse crunch?”

Eric: “Fortunately I can do this exercise again with no problems and those with long arms and no belly in the way are having really great results. Some people that had problems passing the traditional Air Force sit-up are finding this exercise very easy to do as lack of muscular endurance in the hip flexors hasn’t played a part in hindering their performance and max out for this component.”

Maj. Mojica: “What do you think about the new Hand Release Push-ups?”

Eric: “The Hand Release P...”

Maj. Mojica: “It doesn’t matter what you think because we’ll continue this next time.”

934th Airlift Wing Presents the

AIR FORCE *Ball*

Celebrating 75 Years of Airmen!

*Save the Date: September 10th, 2022
Tickets available in May*

Additional information available at <https://www.934ball.com/>

Your committee is looking for volunteers!

Band/DJ

Ushers

Airman's Creed Video Participants

Volunteer at: 934thafball@gmail.com

934th AW 5 on 5 Basketball Tournament

**Saturday April 2nd
@1630**

**Sign up by 1400
Day of Tournament!**



934 AW Fitness Center Bldg. 777

612.713.1496

POC SSgt Gause

quinton.gause.1@us.af.mil



April 2022



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Hours of Operation</u> Mon to Fri 1100-1300 Holidays Closed		Call Ahead! 612-713-1655 Check US out On-line @ 934thservices.com/services-club		EASTER Dinner & Music 2 for 1 Special FRIDAY, APRIL 1, 2022		1 FRIED COD BAR&GRILL 1530-2100
						2 UTA BAR&GRILL 1530-2100
3 UTA	4 CHEF'S CHOICE	5 TEX MEX STEAK BOWL	6 TARRAGON CHICKEN NOODLE	7 BACON TOMATO LINGUINE	8 BAKED COD	9 CLOSED
10 CLOSED	11 CHEF'S CHOICE	12 ITALIAN SKIRT STEAK SANDWICH	13 WHITE CHEESE CHICKEN LASAGNA	14 EASTER BRUNCH SPECIAL	15 COCONUT SHRIMP GOOD FRIDAY	16 CLOSED
17 	18 CHEF'S CHOICE	19 SESAME BEEF	20 CHIPOLTE MANGO CHICKEN	21 GERMAN BUFFET	22 FISH TACO W/CHIPOTLE CREAM	23 CLOSED
24 CLOSED	25 CHEF'S CHOICE	26 SWISS STEAK	27 BOURBON CHICKEN	28 CREAMY PAPRIKA PORK	29 FRIED COD	30 CLOSED

ROCK CLIMB WITH US @

VERTICAL  ENDEAVORS
Indoor Rock Climbing Facility

FREE **SATURDAY**
APRIL 2, 2022
1700-1930

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

ONLY 30 participants

BLOOMINGTON LOCATION:

9601 James Avenue S
Minneapolis, MN 55431

www.verticalendeavors.com/visit-us/hours-locations/Bloomington-mn

TRAIN. CLIMB. REPEAT.



\$20 Deposit per person is required at Signup, to lock in your spot. Money WILL BE RETURNED at event
For more information contact: Junalyn Lowry at 612.713-1660, junalyn.lowry@us.af.mil
During UTA only



Calories In vs Calories Out: Calories Out- Basal Metabolic Rate

By Eric Neal, Wing Exercise Physiologist

If you liked last month article covering Basal Metabolic Rate (BMR), you are going to love what I have to share with you this month. This month we will be starting Part 2 of our 4 part series of Calories Out AKA Total Daily Energy Expenditure (TDEE) known as Thermic Effect of Food (TEF). TEF is one of my favorite topics to cover as I'm always searching for the easiest ways to burn as many calories as I can since I wasn't blessed with genetics that allow me to eat the foods I love and not do cardio and stay ripped. TEF plays a minor role for increasing our TDEE, but it's easy to accomplish and small amounts of calories over time with consistency can result major positive changes.

TEF is the energy cost of chewing, swallowing, digesting, absorbing, and storing food. For most people, TEF makes up 8-15% of TDEE. Notice is the figure below amount of TDEE at 1600, 2600, and 3600 calories. Even at 1600 calories per day, we see a difference of 112 calories of TDEE comparing at 8 and 15% and a difference of 252 calories per day of TDEE also comparing 8 and 15%. Over a time period of 100 days, the total calorie differences are 11,200 and 25,200 when measured in fat calories at 3500 calories per lb this equals 3 and 7 lbs respectively. This is a 4 lb difference being on the high end compared to the low end for what I like to call calories burned for free. No exercise was required, just food choices that lead to a higher thermic effect. This probably leaves you wondering what type of food choices should I be making to be on the higher end? Diets that are higher in protein with lower to moderate amounts of carbohydrates that contain fiber and fats higher on the monounsaturated and medium chain triglyceride (MCT) foods limiting processed foods are what will put you on the higher end of TEF.

According to research by Jequier, the TEF of protein ranges between 25 and 35%, carbohydrates between 6-8%, and fats between 2-3%. Research by Westerterp limits protein to be as low as 20% on the lower end and Acheson's research concludes that whey has a higher TEF than casein and soy. Additional research by Westerterp states TEF of carbohydrates is 5-10% and Halton and Hu claim 5-15%. I believe Halton and Hu could be getting a higher percentage on the high end adding in the calories that don't count coming from fiber that is not digested. As far as fiber goes, you can look at it one of two ways, either TEF from what is not digested or less calories in. Either way you look at it all of your insoluble fiber counts as 4 calories per gram of carbohydrates containing insoluble fiber added to your TEF or removed from your caloric intake. It is estimated that about half of the soluble fiber consumed is not digested, while the other half is fermented to short chain fatty acids that feed gut microbiota in the colon; therefore only 2 calories per gram of carbohydrates from soluble fiber should be added as TEF or removed from caloric intake. If you ever look at a label and notice that 4 calories per gram of protein and carbohydrates and 9 calories per gram of fat aren't adding up to close to the number of total calories, fiber is most likely the reason as the calories not digested are removed from the label. Westerps research on TEF of fat is close to Jequiers range of 2-3%, listed at 0-3%, but Halton and Hu list it as subject to debate and for good reason. Research by Seaton has found that MCT's are on the higher end of TEF for fats at 12% vs 4% for long chain triglycerides, but according to Durand's article in Muscular Development, New Research on an Old Fat, he recommends for usage in cycles due to a diminishing effect over time comparing the TEF on day 7 compared to day 14 from a 28 day cycle. A study at McGill University concluded that olive oil had a higher TEF than sunflower and flaxseed oil and is preferentially incorporated to triglycerides and upregulation of uncoupling proteins. In addition, a study at Ponom College shows difference between whole foods vs processed foods was almost doubled comparing TEF at 19.9% vs 10.7%.

Research by Westerterp adds one more category to the macronutrients protein, fat, and carbohydrates. His addition of alcohol was found to have TEF of 10-30%. Foods higher in capsaicin will also increase TEF and can be a stimulant free method of increasing thermogenesis as catecholamines are counteracted. Something else to consider is drinking a lot of water as the reason a high protein diet raises TEF is due to extra step in digestion requiring deamination of nitrogen placing extra work on the kidneys. Do the math on a high protein diet vs low protein diet and you will also conclude that a calorie really is a calorie, but they aren't created equal due to TEF being increased from all of the reasons explained in this article.

*If you like this article I encourage you to watch my video Calories In vs Calories Out. It can be found on Air Force Connect app by making 934 AW one of your favorites, followed by searching the multimedia or fitness folders for video.

Components of total daily energy expenditure

Component of TDEE	Percent of TDEE	Example: 1600 kcal TDEE	Example: 2600 kcal TDEE	Example: 3600 kcal TDEE
Thermic effect of food (TEF)	8-15	128-240	208-390	288-540
Exercise activity thermogenesis (EAT)	15-30	240-480	390-780	540-1080
Non-exercise activity thermogenesis (NEAT)	15-50	240-800	390-1300	540-1800
Basal metabolic rate (BMR)	60-70	960-1120	1560-1820	2160-2520

All AFRC military personnel and their dependents regardless of status. (TR/ART/AGR/CIV)

Services include problem solving, supportive counseling, enhanced referral coordination, crisis response and expertise on mental health topics.

DPH:
Rita Shedd, LICSW
BLDG 760, RM 136
Mobile: 612-919-2683

Services are to optimize health, increase connectedness and enhance resilience to meet the unique challenges of a Reserve Citizen Airmen.

Duty hours include Unit Training Assembly (UTA) and weekday duty hours.



A

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:

*Mike Sanford - michael.sanford.4@us.af.mil

612-713-1159

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](#)

Lodging During UTA Weekends

DISCUSSION: Unit POCs will need to ensure we have Automated Lodging Reservation System (ALRS) compliance by all 934th members that require lodging while performing Military Duty. Effective immediately North Country Lodging staff are no longer allowed to make any off base lodging reservations. All calls to schedule or cancel lodging rooms on or off base will be referred to use the ALRS phone line or APP. There should not be any scheduling calls to the lodging front desk as the member will just be referred to use ALRS. Those members who fail to make their lodging reservations in time will be essentially on their own to find lodging for the UTA at their own expense. Lodging reservations can be made three months in advance. All UTA lodging reservations must be made via ALRS (use the App for IDT status only and the phone numbers for mixed statuses) NLT 2200 the Sunday prior to the primary or alternate UTA. All cancellations are the responsibility of the member, and if they do not cancel they are responsible for all charges incurred. See below for some of the language that is in the approved 934th Airlift Wing Instruction dated 6 August 2019. The POC for UTA lodging related issues will be SMSgt Joshua Jarchow.

1.4. Lodging reservations are required to be made no later than 2200 hours the Sunday before each Unit Training Assembly (UTA). If the reservist has not made lodging reservations by that time/day, they will not get lodging provided at government expense. Extenuating circumstances will be reviewed on a case-by-case basis by 934 AW/FMC and 934th Force Support Squadron (FSS) Sustainment Services Flight Chief. Any specific questions regarding entitlements associated with the local commuting area should be referred to 934 AW/FMC.

2. Responsibility. It is each member's responsibility to make and cancel reservations using ALRS

2.3. Reservist will: 2.3.1. Contact their unit lodging monitor requesting approval for lodging (initial time only). If approved, reservist will make, change and cancel all lodging reservations using ALRS by calling (612)713-5631/5632/5633/5634 or 800-872-3235 and follow instructions.

2.3.3. Know the status they will be in prior to making the reservation.

2.3.3.1. Inactive Duty for Training (IDT): 934 AW will pay lodging cost. This consists of presenting an AF Form 40A, Record of Individual Inactive Duty, when performing a rescheduled UTA/Readiness Management Period (RMP) or a 934 AW Form 2, AFTP/AGTP Lodging Certification when performing Additional Flying Training Period (AFTP) or Additional Ground Training Period (AGTP). For RMPs, AFTPs and AGTPs, the reservist is authorized lodging only if their report/release time requires them to travel between 2400-0600 hours

2.3.3.2. Active Duty for Training (ADT): Reservist on orders will pay and be reimbursed via a travel voucher.

4. Off-Base Quarters. Reservists lodged in off-base quarters will: 4.1. Be directed to off-base lodging by ALRS when making their reservation if on-base lodging is full. Reservists may go directly to the commercial hotel. Coming to base lodging is not required for either arriving or departing.

4.2. Present military ID card at check-in. 4.3. Be lodged one person per room. 4.4. Present payment for any deposits required by the hotel. A credit card is required to cover any miscellaneous costs incurred by the reservist (i.e. movie rental, room service, etc.) 4.5. Checkout and return key to hotel desk by posted hotel checkout time. Sign all forms at the hotel desk. Untimely checkout may incur additional expenses paid at time of checkout.

5. Walk-In Policy. Per AFI 34-135, Air Force Lodging Program, reservists are required to make advanced reservations. Reservists who walk-in without making reservations may still utilize government quarters, however, the unit of assignment will not pay for lodging of reservists who fail to comply with this directive. (EXCEPTIONS: New recruits, reservists returning from long deployments, etc.) It is the unit lodging monitor's responsibility to ensure that all reservists are aware of and in compliance with this policy.

Airman & Family Readiness Center

Director:

Kelly Wilkinson
612-713-1567

Office Hours:

M-F: 0900-1500

UTA's: Saturday: 1000-1530

Sunday: 1300-1530

Out-Processing call 1567 to set up appointment

All separating, retiring, transferring

Bundles for Babies!

Are you a new parent?

Stop by the Airman & Family Readiness Center to
pick up a hand knit baby blanket and supplies!

Bldg. 727, Saturdays: 1300-1400

Are you looking for employment?

Visit or download:

934th Airlift Wing, AF Connect App

Select Employment Opportunities!

Multiple Companies hiring Military and Veterans

Are you retiring or separating in the near future?

Contact the A&FR Director for information on
Transition Assistance and Veterans Resources!



First Duty Station Financial Training, Block 2 of 2

Bldg. 801, Room 206

2 April 22, Saturday, 0900-1100

Block 1 of 2, Saturday, 7 May 2022

****Required for all new enlistees,
recommended for anyone experiencing
financial hardships or wanting to gain
financial readiness education****

Emergency Financial Preparedness

SFS Building, CATM Classroom

3 April 22, Sunday, 1130-1230

60-minute interactive lesson. This lesson
provides learners with knowledge that can
help them identify the information and
resources they need to be physically and
financially ready for an emergency or natural
disaster.

May UTA: Planning for Your Financial Future

****Both classes presented by Jay Brunkhorst****

Personal Financial Counselor

Need Financial Help?

Contact the 934th Personal Financial
Counselor
FREE

Jay Brunkhorst, CFP®

Minneapolis St Paul ARS

Building 727 – Airman and Family Readiness

Personal Financial Counselor (PFC)

Cell Phone: 612.297.2826

**Military Family
Overnight
May 20th-21st, 2022**



**Sleep
under
the Sea**



Event is for service members and their direct dependent ages 5-18yrs old



Priority will be given those currently serving in the Army National Guard. All others will be put on a waiting list.

Cost is \$80 per adult/ Children are Free

For more information & to register go to

mnarmgfamilyprograms.wufoo.com/forms/family-overnightsea-life-aquarium/

Please Register by April 29th

POC Laura Groeneweg
Laura.L.Groeneweg.ctr@army.mil
651.268.8695



23V RECON X 23rd Veteran is recruiting for our next Duluth-based 23V Recon group.

Applications for this group are being accepted now!

23V Recon is a unique 14-week mental wellness program that has freed veterans from isolation, anxiety, panic, and depression. We help the brain relate negative triggers from military experiences to new positive memories and emotions.

23V Recon is provided free of charge to veterans, active duty service members and members of the National Guard and reserves.



**Week 1
Outdoor Wellness
Adventure**

Big Pine Key, FL
Mar. 25 - Apr. 1, 2022
Sailing with
Hurricane Island
Outward Bound School.



**Weeks 2-14
Functional Fitness and
Positive Psychology
Training**

Duluth, MN
Apr. 4 - Jul. 1, 2022
M-W-F | 2:00-3:15 p.m.
IST CrossFit



**Weeks 2, 4, 6, 8, 10, 12
Family and Community
Events**

Duluth, MN
Saturday afternoons
at various locations
around Duluth.

For more information or to apply go to: 23rdveteran.org/23v-reconditioning/

Questions?

Contact 23V Recon Program Manager Matt Rosky.
matt.rosky@23rdveteran.org | 828-778-5445



NEW Fitness Center
Hours of Operation
0700-1500
Monday-Friday
Effective 7 FEB 2022

24-Hour access is available.
Please call for more information.

612-713-1496



Football ProCamp with Kyle Rudolph...

...will be in operation July 12th & 13th 2022 at Providence Academy. It will be open to Boys and Girls for Grades 1 thru 8.

The great news is that all military dependents who are in the required grades noted will receive a scholarship to attend for FREE! AND, it will be open to as many as we can register up to 80 participants.

This might be a limited time offer, so sign up as soon as possible.

*Please email Mr. Fred Crawford as soon as possible with any questions and to ensure your spot (phrederic16170@gmail.com). Registration form has been sent out via workflow.

Visit <https://www.procamp.com/rudolph22> for more information.



TEEN SUMMIT

MN MILITARY TEEN SUMMIT

June 15-17th, 2022
 Bay Lake Retreat Center, Deerwood, MN
 Open to military connected youth age 13-18

Youth Workshop

Service Project

Team Building

Leadership Skills

 child & youth program
 minnesota national guard

For more information and to register visit
<https://mnarnfamilyprograms.wufoo.com/forms/2022-teen-summit/>

POC Laura Groeneweg- Lead Child and Youth Program Coordinator
laura.l.groeneweg.ctr@army.mil | 651-268-8695

Upcoming Professional Development Events!

March	Sat, 5 Mar – TBD 1200-1300 Wing Training Room Sun, 6 Mar – Credit Management 1130-1230 CATM Classroom	Sat, 2 Apr – TBD 1200-1300 Wing Training Room Sun, 3 Apr – Emergency Financial Preparedness 1130-1230 CATM Classroom	April
May	Sat, 7 May – TBD 1200-1300 Wing Training Room Sun, 8 May – Planning for Your Financial Future 1130-1230 CATM Classroom	Sat, 4 Jun – TBD 1200-1300 Wing Training Room Sun, 5 Jun – Saving and Investing 1130-1230 CATM Classroom	June
July	Sat, 9 Jul – TBD 1200-1300 Wing Training Room Sun, 10 Jul – Home Sweet Home 1130-1230 CATM Classroom	Sat, 6 Aug – TBD 1200-1300 Wing Training Room Sun, 7 Aug – Raising Financially Fit Kids 1130-1230 CATM Classroom	August
September	Sat, 10 Sep – TBD 1200-1300 Wing Training Room Sun, 11 Sep – Financial Briefing TBD 1130-1230 CATM Classroom	Sat – TBD 1200-1300 Wing Training Room Sun – Financial Briefing TBD 1130-1230 CATM Classroom	October

We are currently reorganizing our events. Stay tuned for more info. Also, if you are a subject matter expert and would like to present, please email our team at: 934AW.Development.Team@us.af.mil





2022 MONTH OF THE MILITARY CHILD CELEBRATION

April 15, 2022 12pm-6pm
@ Mall of America



ACTIVITIES FOR MILITARY FAMILIES WITH CHILDREN OF ALL AGES (REQUIRES NO REGISTRATION) INCLUDING:

- MUSIC BY DJ HOWIE DO IT
- AIRBRUSH TATTOOS
- CHARACTER APPEARANCES
- PHOTO BOOTH
- AIR BRUSH TATTOOS
- GIVE-A-WAYS
- AND MORE....

(THE ONLY 2 ACTIVITIES THAT REQUIRE REGISTRATION ARE LISTED BELOW)

TO REGISTER FOR NICKELODEON UNIVERSE WRISTBANDS:

<https://mnarngfamilyprograms.wufoo.com/forms/nickelodeon-wrist-bands-2022/>

TO SIGN UP FOR BUILD-A-BEAR VISIT:

Link will be released on our Facebook Page MN National Guard Youth Programs on March 16th @9am

REGISTRATION LINKS WILL OPEN MARCH 16TH @ 9am

Event will take place
LEVEL 2, NORTH NEAR JW MARRIOTT
Park in North Lot and take
escalator/elevator to 2nd floor



WALL BALLS

STRAIGHT BARS

ADJUSTABLE TRICEP DIP BAR

FLAT BENCH

J-HOOKS FOR STRAIGHT BAR RACKS

KETTLEBELLS

ADDITIONAL EQUIPMENT (COLLARS, CHALK BALLS, DEEP TISSUE ROLLER ETC.)



Located in front of Outdoor Recreation Bldg. across from Fitness Center

- ♦ External bars may be used at any time.
- ♦ For access to the internal equipment, users will be required to sign out the key at the Fitness Center during normal operating hours: M-F 0700-1500.
- ♦ When user is finished, it is mandatory that equipment used is placed in it's designated space.
- ♦ Those who fail to comply with these rules will be revoked of their privileges.



For more information, contact the
Fitness Center at (612)713-1496



Zip Line @ Sand Creek Adventures

ADVENTURE WITH US

MAY 7, 2022 @ 1700



THE
ULTIMATE
OUTDOOR
CHALLENGE!

FREE

FUN FOR THE WHOLE GROUP!

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

\$20 Deposit per person is required at Signup, to lock in your spot. Money WILL BE RETURNED at event

For more information contact: Junalyn Lowry at 612.713-1660, junalyn.lowry@us.af.mil
During UTA only



No Federal Endorsement Intended



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.

Apr. 2021

MISSION

CITIZEN AIRMEN PROVIDING WORLDWIDE TACTICAL
AIRLIFT AND COMBAT SUPPORT

VISION

GLOBAL VIKINGS- PREPARED FOR TOMORROW...READY TODAY

PRIORITIZE TRAINING

✈️ FOCUS ON AFSC
TRAINING &
COMBAT
SKILLS
TRAINING

✈️ PROVIDE
PROFESSIONAL
DEVELOPMENT &
EDUCATION
OPPORTUNITIES

✈️ DEVELOP
WING-WIDE
SPONSORSHIP
PROGRAM

1

MODERNIZE & REFORM

✈️ ADDRESS LOCAL
UNIT MANPOWER
PROCESS

✈️ DEVELOP UNIT
MISSION BRIEFS

✈️ MAXIMIZE WING
STORAGE & SPACE

✈️ STREAMLINE UNIT
ADMINISTRATIVE
PROCESS

2

PREPARE FOR FUTURE COMBAT

✈️ ALIGN TRAINING
REQUIREMENTS FOR
FUTURE
CONFLICTS

✈️ PROVIDED
OPPORTUNITIES
TO EXERCISE FOR
TOMORROW'S FIGHT

✈️ ALIGN ALL MASTER
TRAINING PLANS

3

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

CONGRATULATIONS! The 934 AW was awarded the 2019 Air Force Outstanding Unit Award. **If you were a member of the wing during the award period, FSS will be working to update your record accordingly.*

Additionally, AFRC announced that the 934 AW has been awarded the Global War on Terrorism Service (GWOT-S) Streamer.

*See below for the official announcements for both.



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

MEMORANDUM FOR AFRC NAF, WING, GROUP/CCs
RIO/CC
ARPC/CC
HQ AFRC LIMITED STAFF

FROM: AFRC/CD
155 Richard Ray Blvd
Robins AFB GA 31098-1635

SUBJECT: 2019 Air Force Outstanding Unit Award (AFOUA) and Air Force Organizational Excellence Award (AFOEA)

I am proud to announce the Reserve units selected as recipients of the below awards for 2019:

AFOUA
10th Air Force, Naval Air Station Fort Worth Joint Reserve Base, Texas
301st Fighter Wing, Naval Air Station Fort Worth Joint Reserve Base, Texas
302d Airlift Wing, Peterson Air Force Base, Colorado
340th Flying Training Group, Joint Base San Antonio-Randolph, Texas
349th Air Mobility Wing, Travis Air Force Base, California
439th Aeromedical Evacuation Squadron, Westover Air Reserve Base, Massachusetts
442d Fighter Wing, Whiteman Air Force Base, Missouri
446th Airlift Wing, Joint Base Lewis-McChord, Washington
513th Air Control Group, Tinker Air Force Base, Oklahoma
610th Command and Control Squadron, Davis-Monthan Air Force Base, Arizona
624th Regional Support Group, Joint Base Pearl Harbor-Hickam, HI
910th Airlift Wing, Youngstown Air Reserve Station, Ohio
913th Airlift Group, Little Rock Air Force Base, Arkansas
919th Special Operations Wing, Eglin Air Force Base, Florida
926th Wing, Nellis Air Force Base, Nevada
932d Airlift Wing, Scott Air Force Base, Illinois
934th Airlift Wing, Minneapolis-St. Paul Air Reserve Station, Minnesota
940th Air Refueling Wing, Beale Air Force Base, California
944th Fighter Wing, Luke Air Force Base, Arizona
953d Reserve Support Squadron, Naval Air Station Norfolk, Virginia
960th Cyberspace Wing, Lackland Air Force Base, Texas

AFOEA

Force Generation Center, Robins Air Force Base, Georgia
Headquarters Air Reserve Personnel Center, Buckley Air Force Base, Colorado

The members of these organizations should be extremely proud of their many achievements and contributions resulting in these prestigious awards. HQ AFRC/A1KK is finalizing the award elements and information on the presentation of awards will be forthcoming. My sincere congratulations on this outstanding achievement!

BURGER MATTH
EWJ1139535797
MATTHEW J. BURGER
Major General, USAF
Deputy Commander



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

MEMORANDUM FOR HQ AFRC NAF, WING, GROUP/CCs

RIO/CC
ARPC/CC
HQ AFRC LIMITED STAFF

FROM: AFRC/CD
555 Robins Parkway Suite 250
Robins AFB GA 31098-2005

SUBJECT: Global War on Terrorism Service (GWOT-S) Streamer

1. For more than 20 years, our Reserve Citizen Airmen have supported the Global War on Terror both home and abroad. For this reason, I am extremely proud to announce the award of the GWOT-S streamer to Air Force Reserve Command and subordinate organizations for mission support offered outside the location to the following operations:

OPERATION	INCLUSIVE PERIOD
Airport Security Operations	27 September 2001 - 31 May 2002
Operation NOBLE EAGLE	11 September 2001 - TBD
Operation ENDURING FREEDOM	11 September 2001 - TBD
Operation IRAQI FREEDOM	19 March 2003 - 31 August 2010
Operation NEW DAWN	1 September 2010 - 31 December 2011
Operation INHERENT RESOLVE	15 June 2014 - TBD

2. Our Airmen should be extremely proud of their collective achievements and contributions. Unit commanders may procure the appropriate GWOT-S service streamer through local supply channels. Service streamers will be displayed in accordance with AFI 34-1201, Protocol.

3. If you have any questions, please contact HQ AFRC/A1KK at afrc.a1kk@us.af.mil. My sincere congratulations on this outstanding achievement!

BURGER MATTH
EWJ1139535797
MATTHEW J. BURGER
Major General, USAF
Deputy Commander



**DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND**

3 March 2022

MEMORANDUM FOR RECORD

FROM: 934 AW/CC

SUBJECT: Change to HPCON BRAVO for the Minn-St Paul ARS

1. Effective 3 March 2022, I am changing the installation Health Protection Condition (HPCON) from BRAVO-PLUS to BRAVO IAW AFI 10-2519, *Public Health Emergencies and Incidents of Public Health Concern*. This is due to a recent reduction in local transmission rates of the COVID-19 virus. The following instructions will be followed by 934th Airlift Wing service members, DoD civilians, contractors, families, and other individuals while on base.

2. Changes from previous measures (see full list of instructions below):

- a) Mask wear on installation is optional per SECDEF guidance dated 1 MAR 22.**
- b) Base access during UTAs open to all CAC holders.**
- c) UTAs will occur in-person for all personnel.**
- d) Group events/meetings are permitted up to 50 persons with social/physical distancing of at least 6 ft between attendees. Commander's Calls may occur in person. Gatherings over 50 attendees requires AFRC/DS approval.**
- e) Gym facilities will be open during the week and UTAs. PT testing will resume with social/physical distancing of participants.**
- f) Food facilities will be open during the week and UTAs to include bar services.**
- g) Training exercises are permitted, but should minimize crowding where possible.**

3. Personal Precautions

- a) Personnel may wear masks if they so choose, but no longer mandatory. If masks become required due to local case rates, a separate notification will be sent to units.
- b) All personnel must maintain social/physical distancing of 6 feet between others to the maximum extent possible regardless of vaccination status.
- c) All personnel will continue to practice good respiratory etiquette and hand hygiene practices. Hand sanitizer stations will be utilized at entrances to buildings. Units may choose to sanitize commonly touched surfaces following the US Center for Disease Control (CDC) guidance.
- d) Customer facing facilities may continue to install/utilize physical barriers between staff and customers.
- e) Units will continue to use CDC recommended personal protective equipment where applicable.

4. Base Access and Attendance

- a) Base access is not restricted due to HPCON measures. All CAC holders may access the base even during UTAs.
- b) Common areas and shared base facilities will remain open, occupants should maintain social distancing of at least 6 feet.
- c) Gym facilities will remain open during the week and during UTAs. Personal fitness, team sports, and group fitness is permitted, mask wear is optional, social/physical distancing of 6 ft should be utilized when possible. PT testing is permitted, sufficient distance of at least 6 ft should be maintained between service members.

- d) Food facilities will be open for indoor or outdoor dining with 6 ft physical distancing. Takeout options will also be made available. Personnel should only eat in areas on base where 6 ft of distance can be maintained between others. Base personnel may eat at off base restaurants. The CAC bar will be open.
- e) UTAs will occur in-person for all personnel. Participants will practice social distancing.
- f) Personnel will complete the pre-UTA screening questionnaire prior to arriving for a UTA.
- g) Group events/meetings are permitted with social/physical distancing of attendees. Attendance up to 50 persons does not require approval. AFRC/DS approval is required for group sizes over 50.
- h) Vulnerable individuals and those living with vulnerable individuals as defined by the CDC may be at increased risk during a UTA. Commanders are encouraged to explore alternative options that meet mission requirements (telework, rescheduled UTA, etc.).
- i) Exercises are permitted, but should limit crowding to the maximum extent possible.

5. Illness reporting and COVID-19 exposures

- a) 934 AW personnel must report an acute COVID-19 illness to Public Health at 612-713-1608/1609 or ASTS at 612-713-1676.
- b) Individuals diagnosed with COVID-19, whether vaccinated or unvaccinated, will not present to the installation until isolation is completed IAW recommendations from Public Health or their local health department.
- c) Individuals with an influenza-like illness will not come to the installation unless they have a negative COVID-19 test, whether vaccinated or unvaccinated, and will contact Public Health or ASTS.
- d) Unvaccinated individuals who have a known exposure to someone with COVID-19 or an influenza-like illness within 10 days will contact Public Health or ASTS prior to coming to the installation.

6. Installation partners may follow their Major Command's (MAJCOM) HPCON guidance for operations within their facilities as required, but are encouraged to align with 934th Airlift Wing guidance.

7. The installation Public Health Emergency Officer (PHEO) Maj William Wilson can be contacted at 612-713-1691 (office), william.wilson.76@us.af.mil (email), or during emergencies at 513-253-7542 (cell).

8. The installation Public Health Officer (PHO) Ms. Chayo Smith can be contacted at 612-713-1608 (office) or chayo.smith.1@us.af.mil.

9. The health and safety of installation personnel is my top priority. Public Health will continue to monitor disease trends, to include new COVID-19 variants, and will continue to make recommendations to change HPCON levels as required throughout the duration of the pandemic.

CHRISTOPHER T. LAY, Col, USAF
Commander, 934th Airlift Wing