

Global Viking Flyer

August 2021



Attention:

Facial mask coverings are now required on 934th AW & MSP ARS effective immediately.

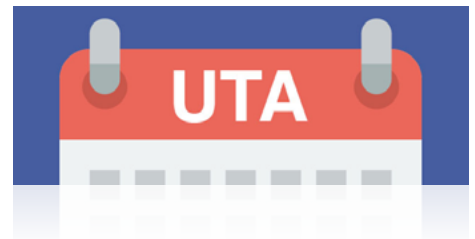
ALL Service members, Federal employees, onsite contractor employees, and visitors, regardless of vaccination status, will be required to wear a facial mask covering while indoors on our installation.

Vaccination Status and TDY

Effective immediately, the Wing will be considering a members vaccination status for TDY or off-station assignments.

Exceptions for unvaccinated members may be considered, but will be rare and require a negative COVID test prior to departure.

Inside this issue:



411

External Links:

COVID-19 Information
Prevention Connection
CAT Brochure



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

Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Primary</u>	<u>Alternate</u>
August 2021	7-8	28-29
September 2021	11-12	25-26

Fiscal Year 2022 UTA Schedule

October 2021	2-3	16-17
November 2021	6-7	20-21
December 2021	4-5	18-19
January 2022	8-9	22-23
February 2022	5-6	12-13
March 2022	5-6	19-20
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

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](#)

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 for the remaining FY 21 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 for the remaining FY 21 UTAs are David Cox at 612-713-1411 and Tami Nelson AT 612-713-1404.

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

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.



2021 Enlisted Promotions

August
Forthcoming

Welcome Newcomers!

August

Maj Hersh Andrew ASTS
1Lt Smith Andrew AS
1Lt Villeneuve Tyler CES
SMSgt Fitzgerald Paul FSS
TSgt Brown Samuel CS
TSgt Konderla Andrew FSS
TSgt Luedtke David SFS
SSgt Moffett-Smtih Shantonia AS
SSgt Mckinley David SFS
SrA Bartley Alyson SFS
SrA Johnson Connor SFS
SrA Morsette Kirah LRS
SrA Reisdorf Matthew AW
SrA Walerius Jeremy MXG
SrA Zalavarria Karla AW-FM
A1C Amenouvor Kodjo Denis MXS
A1C Anderson Cullen MXS
A1C Brantner Alexander CES
A1C Burt Benjamin APS
A1C Larson Gregory SFS
A1C Mix Logan AMXS
A1C Oladeinde Ayodeji MXS
A1C Olson David AW-FM
A1C Schwintek Cullin AS
A1C Schroder Destin MXS
A1C Serres Anna CES
A1C Welde Selam ASTS
Amn Omafuaire Oghenenyerhovwo FSS
AB Makana Joshua AW
AB Xiong Demetri MXS

Award Winners!

1st Quarter Winners

AMN: SrA Zachary Glanz AS
NCO: TSgt Hayden Lundborg CS
SNCO: SMSgt Chantell Haider AMXS
CGO: Capt Daniel Tate AS
Innovation: COVID POD Team ASTS

FEB Civilian Servant of the Year Awards

Customer Service: Tiffany Logan MXG
Excellence Beyond Expectations: Kirsten O'Brien ASTS
Unsung Hero: Bradley Mortenson ASTS
Leadership: Jonathan Polos ASTS
Innovation: Brent Voss MXS

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.

I have developed 6 videos and provided a library of information to assist you with your goals for a healthier life at <https://afrc.eim.us.af.mil/sites/934aw/934AWG/Fitness/SitePages/Home.aspx> or by visiting Air Force Connect App with 934 AW as your favorites within the Fitness Folder.

The videos Exercise 101, Nutrition 101, Sleep Optimization, and the trilogy of videos for Advanced Nutrition & Exercise 601: Calories In, Calories Out; Diets; and Exercise, Sleep, Hormones, and Homeostasis

can be found within Multimedia or Fitness Folders of 934 AW on Air Force Connect App.

The app also provides a library of information to include workouts, diets, and research articles. In addition a handout for overhead squat assessment is provided that can be used as a virtual tool to send me for Functional Movement Screening with follow up on spreadsheets that are also provided to improve muscle imbalances.

To take advantage of a functional movement screening or if you have any questions in regards to any of the videos, please contact eric.neal.4@us.af.mil

Cardiovascular intervention is now available at <https://eric-s-be-well.thinkific.com/courses/cardiovascular-intervention> and more courses will be added in the future.

Recipe of the Month

Apple Cider Vinegar Cocktail

By Eric Neil

8 oz Water
1 packet Celestial Seasonings Raspberry Tea
1 oz Apple Cider Vinegar
1 TBSP Stevia
¼ TSP Turmeric
¼ TSP Cinnamon
¼ TSP Ginger
¼ TSP Cayenne Pepper

Pour 8 oz of water in a cup and place packet of tea in water. Heat in microwave for 60-70 seconds. Then add the rest of the ingredients and stir.

Studies have shown apple cider vinegar can be effective for weight loss and lowering blood glucose and cholesterol.

Clinical studies show curcumin, the active ingredient in turmeric acts as an anti-inflammatory and increases levels of antioxidants in the blood.

Studies indicate cinnamon might help with weight loss and lowering blood glucose and cholesterol.

Ginger is an anti-inflammatory and is loaded with antioxidants. A study has shown it helps lower LDL cholesterol while an additional study claims it may help your body use insulin better. It has been used for calming nausea and indigestion.

Cayenne pepper, which contains capsaicin can be used for pain relief by reducing amount of neuropeptide known as substance that travels to brain to signal pain. The heat released from capsaicin provides a metabolic boost acting as a stimulant free thermogenic. Based on animal studies capsaicin may help reduce blood pressure. Cayenne pepper is also loaded with antioxidants.

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](#)

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, 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*

Military Ball 2022

Do you love planning events?

Are you great with advertisements?

Do you have skills in photography or videography?

Are you a musician?

Then we need you!

Join the Military Ball Committee and let your talents shine.

Meetings are held Saturday of each UTA 0900-1000 Wing Training Room

Airman & Family Readiness Center

Director:

Kelly Wilkinson
612-713-1567

Office Hours:

M-F: 0900-1500
UTA's: 0900-1500

****HOT****

****FREE****

**Back Packs & School
Supplies Available
August UTA!!!
(Bags Provided)**

**Sat & Sun at the CAC
0600-0730, 1030-1300**

**Building 728, Door D
Sat & Sun, 1400-1530
10-12 Aug, 0930-1130**

****FREE****

**Bauer Youth
Athletic Wear**

**Building 728, Door D
Sat & Sun, 1400-1530
10-12 Aug, 0930-1130**



Save the Date!

A&FR Center Open House

3 October 2021, 1100-1400

Hot Apple Cider, Treats and More!!!

Are you facing a financial hardship?

Contact the A&FR for assistance.

FREE Meal Kits & Grants Available!

Thrift Savings Plan

Sunday Aug 8, 2021

SFS Classroom

Duration: 1200-1300

Attendance: All are welcome to attend, no sign up needed.

Our 934 AW Personal Financial Counselor, Mr. Jay Brunkhorst, will be briefing on how to make your Thrift Savings Plan (TSP) work for you.

Middle River Veterans Outdoors is organized for the sole purpose of providing no cost outdoor recreation opportunities for any and all veterans. <http://mrveteransoutdoors.com/>. To participate in one of Middle River Veterans Outdoors events all you need is the appropriate fishing or hunting license, seasonal outdoor clothing and the desire to have a great time in the company of other veterans. Food, ammunition, bait, blinds and other supplies are furnished. They also have guns and fishing gear for those that need them.

- August 17th-20th, 2021 - Charter Boat Fishing at Slims Resort on Lake of the Woods - 24 Spots Available - Proudly sponsored by "Humana Insurance"
- September, 11 2021 - Youth Waterfowl Hunt - 20 Spots Available
- September, 18 2021 - Disabled Veterans Goose Hunt - 20 Spots Available - Proudly sponsored by "MN Disabled American Veterans Chapter 7"
- October 14th-17th, 2021 - Deer Hunting - 10 Spots Available - Proudly sponsored by "MN Disabled American Veterans Chapter 41"
- November, 2021 TBA - Pheasant Hunting in South Dakota

To be considered for any of these events please complete and return the application at least 20 days prior to the event. You can find an application at <http://mrveteransoutdoors.com/wp-content/uploads/2017/04/Event-Application-1.pdf>

Call (218) 686-0889 or email mrvetsod@wiktel.com if you have any questions.

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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 CHEESE RAVIOLI	3 SLOPPY JOE	4 CHICKEN FAJITA	5 ITALIAN SKIRT STEAK SANDWICH	6 BAKED FISH BAR & GRILL 1530-2200	7 UTA BAR & GRILL 1530-2200
8 UTA CLOSED	9 ROSEMARY ROASTED PORK LOIN	10 BEEF TOTCHOS	11 BACON & SPINACH STUFFED CHICKEN	12 MEATLOAF	13 FRIED FISH	14 CLOSED
15 CLOSED	16 SWEDISH MEATBALLS	17 ORIENTAL SPECIAL	18 GREEK CHICKEN	19 PULLED PORK	20 BAKED FISH	21 CLOSED
22 CLOSED	23 CHICKEN FRIED STEAK	24 GRILLED SHRIMP KABOB	25 CREAMY TUSCAN CHICKEN	26 BBQ RIBS	27 FRIED FISH	28 CLOSED
29 CLOSED	30 GRILLED BRATS	31 TACO CASSEROLE	<p><u>Hours of Operation</u> <u>Monday to Friday</u></p> <p>Lunch 1100-1300 Holidays Closed</p>			

If you are on Title 10 or Title 32 orders, your kids may be eligible for a \$300 grant for extracurricular activities such as swimming, dance, hockey, etc. See below for more information.

Our Military Kids, Inc. (OMK) is a non-profit organization that supports military children (ages 3 - 18) by funding sports, arts, and other extracurricular activities while a parent is deployed overseas with the

National Guard (or Reserve) or recovering from severe injuries sustained in a post-9/11 overseas mission. Participation in these activities helps military children cope with stress and build self-confidence during an

otherwise difficult time in their lives. In coordination with NGB-J1, effective 27 July 2021, Our Military Kids, Inc, has expanded National Guard and Reserve eligibility for activity grants to Title 10 and Title 32

deployments/activations, made the required active duty time for eligibility cumulative within the prior 12 month period, and increased maximum grants awards under their Severely Injured Program. AGR orders, and Title 10/Title 32 orders for active duty training or inactive duty for training (schools, drill, annual training, etc.) are not eligible. See the press release here - <https://www.ourmilitarykids.org/community2021/>

DEPLOYED AND MOBILIZED NATIONAL GUARD OR RESERVE PROGRAM

OMK is now accepting applications for children of stateside activated National Guard or Reserve service members with Title 10 and/or Title 32 orders. This does not include AGR assignments or active or inactive duty for training.

For overseas or stateside missions of 90-179 days (cumulative within 12 months), each child (ages 3-18) is eligible for ONE (1) grant up to \$300 for one extracurricular activity.

For overseas or stateside missions of 180+ days (cumulative within 12 months), each child (ages 3-18) is eligible for TWO (2) grants up to \$300 each for the same or different activities. Each grant requires a separate application.

SEVERELY INJURED PROGRAM

Children of severely injured service members and Veterans in treatment are eligible to apply for a \$300 activity grant every six months for a maximum of FIVE (5) grants per eligible child, which includes one FLEX grant that may be used at any point during the military parent's recovery. Each grant may be used for the same or different activities.

For more information, please visit www.ourmilitarykids.org or contact Michelle Criqui at mccriqui@ourmilitarykids.org

>> Conducting Difficult Conversations

Friday Aug 6, 2021
Bldg 760, Wing Training Room 110
Duration: 1130-1530
Attendance: 30 Members (Civilians are Welcome to Attend)
Sign up by e-mailing SMSgt Millsap or SrA Metcalf



In this course, participants learn how to take plan for and deliver difficult conversations. The following topics will be discussed: assessing person skills in conducting difficult conversations, planning skills for difficult conversations, language and non-verbal tools to use in conducting difficult conversations and follow-up skills for difficult conversations.

Sponsored By: 934 AW Development Team
Presented By: Master Custom Homes

>> Coaching For Transformational Leadership

Sunday Aug 8, 2021
Bldg 760, Wing Training Room 110
Duration: 1130-1330
Attendance: 30 Members
Sign up by e-mailing SMSgt Millsap or SrA Metcalf



Participants in this workshop will first identify their personal communication style, workplace characteristics, and sphere of influence. Once the initial self-discovery phase is complete, participants will be shown innovative tools for deepening teamwork and collaboration and understand how they can maximize one another's strengths.

Everyone is encouraged to attend however the content is vectored more toward the CGO and SNCO level.

Sponsored By: 934 AW Development Team
Presented By: Experience Leadership

>> Thrift Savings Plan

Sunday Aug 8, 2021
SFS CATM Classroom (Rm 102)
Duration: 1200-1300
Attendance: All are welcome to attend, no sign up needed



Our 934 AW Personal Financial Readiness Counselor, Mr. Jay Brunkhorst, will be briefing how to make your Thrift Savings Plan (TSP) work for you.

Sponsored By: 934 AW Development Team
Presented By: 934 AW Airman and Family Readiness

FREE



HUMAN ON A STICK

**MINNEAPOLIS SEGWAY TOURS
11 SEPT 2021 @ 1700**

**934 AW MILITARY MEMBERS
AND THEIR FAMILIES
WELCOME! (ONLY 30 SLOTS AVAILABLE)**

SIGN-UP NOW

**\$20 PER PERSON DEPOSIT REQUIRED TO SIGNUP,
MONEY RETURNED AT EVENT**

Special Instructions:

- Must arrive 10-15 minutes before time of tour
- Wear flat, comfortable shoes
- Be prepared with weather appropriate clothing
- Lockers are available to store purses and valuables during the tour
- Helmets and Training provided
- **Minimum age is 12** (Minors must be accompanied by an adult)
- www.HumanOnAStick.com



For more information contact
Rick Pelzl at 612.713.1119, rick.pelzl.1@us.af.mil (M-F) or
MSgt Crystal Rose Heinz at 612.713.1660, crystalrose.heinz@us.af.mil (UTAs)

MLPS Tours
125 Main St. SE
Minneapolis, MN 55414



No Federal endorsement intended.