

# Global Viking Flyer August 2022



934th Airlift Wing Presents the:

## Air Force BALL

*Celebrating 75 Years of Airmen*

*SATURDAY,  
SEPTEMBER 10TH  
Social: 5:00PM*

Hosted at the:  
**DoubleTree by Hilton**

*Tickets & Information at:  
[www.934ball.com](http://www.934ball.com)*



### External Links:

[COVID-19 Information](#)

[Prevention Connection](#)

[CAT Brochure](#)

**Get your Air  
Force Ball  
Tickets Today!  
Scan the QR  
code or visit  
the website for  
additional  
details!**

# 934th Airlift Wing

**MWR  
Give-A-Ways**  
(Sign up at DJ Booth)



**MWR  
Give-A-Ways**  
(Sign up at DJ Booth)

Invites you to join us for some fun at this year's  
**MILITARY FAMILY DAY**  
**Saturday, August 6, 2022**

## SCHEDULE OF EVENTS

0700-1200	Employer Day
0900-1000	5k / 1 Mile Run
1000-1400	Booths / Kids Play Area
1100-1300	FREE LUNCH
1200-1300	Promotion Ceremony (Track Pavilion)
1400-1700	Johnny Holliday Band (Same location as lunch)
2030	Movie in the Park "Toy Story 4" (Lodging Grass Area / Giant Screen)



For more Information Contact:  
612-713-1660  
760 Military Hwy  
Minneapolis, MN 55450



\*934th assigned personnel and families welcome\*

For those attending the Promotion Ceremony on Saturday, 6 August at the Track Pavilion, please be sure to be in place prior to the event starting promptly at noon.



# Operation Iron Herk Deployment

by Maj Erik Anderson, MXS/CC

Six months ago, the 934th was tasked with an uncertain mission. Without knowing when or where, we raised our hands, said “SEND ME!” and we responded with purpose. By the end of the February UTA, we had aircraft and personnel ready to deploy. After a few stop-starts, we had our orders and within days of boots on ground, we had teamed up with the Savannah ANG to establish Task Force IRON HERK and generate missions for European Command.

Our momentum at the beginning of the deployment was attributable to our collective team coming together. We made an incredible pivot during the February UTA to turn our attention to the readiness of our deploying personnel and aircraft; the result was undeniable and recognized through the Air Force echelons up to the AMC Commander: *the 934th is ready!* You made that happen, and the deployed team thanks you for setting us up for success.

Our mission set was dynamic, and our schedule was subject to change on a daily basis. Whatever the task, our team absolutely kicked butt. We put up some good numbers, but our impact goes beyond. We established a precedent for IRON HERK, and I am proud of our team to have created a standard of success for those to follow.

For the past 20 years, we have had a fairly predictable battle rhythm supporting CENTCOM rotations. Not many could have anticipated our unit being tasked with a short-notice deployment to EUCOM, but as long as there are people in this world, there will be bad actors doing [questionable] things. John Stewart Mills said it a bit more eloquently:

*“As long as justice and injustice have not terminated their ever-renewing fight for ascendancy in the affairs of mankind, human beings must be willing, when need is, to do battle for the one against the other.”*

We are Reservists, but we are Ready Airmen! We need to be ready to bring the fight to do battle against future injustice: the 934th and the C-130 tactical airlift mission is at the heart of that fight. It is not a matter of if it will happen again, but when. We will get called upon again, and we will be ready!

Thank you again for supporting this tasking - whether deployed or home station, you played a critical role for a historic effort. WE were the first, and WE are the best!



## **A message from the 934 ASTS regarding medical profile**

Due to fitness testing being well under way, we have been contacted by a lot of members needing profiles and wanted to ensure everyone is aware of our policy and the proper procedures in order to obtain a profile.

If a member is in need of a profile, they must be seen by a civilian provider and request to have the medical records from that appt, and all subsequent appts, be faxed to the 934 ASTS. The member may email or hand carry the records to the ASTS as well. We

**CANNOT ACCEPT "To Whom It May Concern" letters or after visit summaries.** Every clinic has a release of information a member can fill out to request to have those records sent to us or the member can contact the ASTS and we can give them our release of information to complete and we will fax to their clinic for them.

If a member is in need of fitness restrictions due to an injury or illness and has a fitness test approaching the ASTS **MUST** receive the medical records **by the Monday prior to the UTA** in order to allow our staff time to review the record and put a profile in place. If we do not receive the records by that day then the member must speak to their Commander to receive his/hers acknowledgment they will be going 30 days past due in order to heal or allow time for the ASTS to receive the appropriate records to complete the profile.

**Also as a reminder for all members, if you receive care with a civilian provider then you must request to have the records sent to the ASTS as they are required to ensure your medical readiness.**

**ASTS Fax # 612-713-1149**

Please share this information with all of your members!

## Fiscal Year 2022 UTA Schedule

	Primary	Alt
August 2022	6-7	20-21
September 2022	10-11	24-25
October 2022	15-16	1-2
November 2022	5-6	19-20
December 2022	3-4	17-18

**\*Fiscal Year 2023 UTA Schedule is available on the last page or by clicking here.**

**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](mailto: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](mailto:934.base.training@us.af.mil)**

***\*Attendance Mandatory Prior to using Tuition Assistance***

## **GIRLS IN AVIATION DAY 2022**

**\*Seeking Volunteers from the wing**

**Well it is that time to start looking for volunteers to help plan this year's Girls in Aviation Event.**

**This year it will be held on September 24th.**

**SMSgt Amanda Millsap will be the 934 AW POC this year and can be reached by email ([amanda.millsap.1@us.af.mil](mailto:amanda.millsap.1@us.af.mil)) for those interested.**

## **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](mailto:934AW.FM.MILITARY_PAY@US.AF.MIL)
- b. [934AW.FM.TRAVEL\\_PAY@US.AF.MIL](mailto: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 BOOSTERDOSES**

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 E-mail

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.astm.medical@us.af.mil

# 2022 Enlisted Promotions

## July

SMSgt – BRYANT, TONYA – 934 ASTS  
MSgt – BORGELT, IAN – 934 MXS  
MSgt – LETOURNEAU, JEFFREY – 934 CES  
MSgt – HAMBLY, DAVID – 27 AS  
TSgt – MILLER, FAITH – 934 AMXS  
SSgt – DICKEY, TESS – 934 MXS  
SSgt – BERGNER-DENGEL, SYDNEY – 934 AW SrA  
– STEENERSON, EVAN – 934 CES  
SrA – BARRY, YAMAMA – 934 CES  
SrA – MILLER, JOSHUA – 934 CES  
SrA – ROSENBERGER, SAMANTHA – 934 FSS A1C  
– HAYES, HEATHER – 934 ASTS  
A1C – GAPP, AMELIA – 934 ASTS  
A1C – YANKEE EDWARDS, SUSANNA – 934 ASTS  
A1C – HICKEY, CAMRYN – 934 SFS  
A1C – MOTSCHENBACHER, JACK – 934 AW Amn  
– ZEHMS, SARAH – 934 MXS  
Amn – TUNMBI, OLUWATAMILORE – 934 LRS  
Amn – MBAKA, IRENE – 934 ASTS

## August

SMSgt – BENSON, JEFFREY – 934 AMXS  
MSgt – FITKIN, MATTHEW – 934 MXS  
MSgt – SIMONSON, LUCAS – 934 AMXS  
MSgt – COX, JOSHUA – 934 CES  
TSgt – PORTER, ANDREW – 934 MXS  
TSgt – MORRISON, MIKHAIL – 934 SFS  
TSgt – NUNEZ, RUDDY – 934 SFS  
SSgt – ONSONGO, HENRY – 934 CES  
SSgt – CLARK, ADAM – 934 MXS  
SSgt – CAMPOS, CHRISTOPHER – 934 SFS  
SrA – BLACKMON, JAYMES – 934 SFS  
SrA – YANG, JULES – 934 SFS  
SrA – XIONG, LAHLEI – 934 MSG  
SrA – TINNEY, JARED – 934 MXG  
SrA – MELTON, MATTHEW – 96 AS  
SrA – UNRUH, ETHAN – 96 AS  
SrA – HAWTHORNE, ANSON – 934 MXS  
A1C – COOK, DAQUIA – 96 AS  
A1C – ORSCH, RILEY – 934 AMXS  
A1C – TIETGE, AZRAEL – 934 ASTS  
A1C – SCHUMACHER, ASHLEY – 934 ASTS  
A1C – TESSNESS, CHASE – 934 ASTS  
A1C – LATHAN, KEAZIA – 934 ASTS  
Amn – JOYCE, EAMONN – 934 CES  
Amn – JOSEPH, MICHEAL – 934 AMXS  
Amn – CARVER, FRANKIE – 934 ASTS  
Amn – TUTTLE, MCKENZIE – 934 ASTS

## NEWCOMERS

### June

MAJ – HANSEN, CHRISTOPHER – AS  
MAJ – WHISLER, GEORGE – AS  
TSG – BADER, CHRISTOF – AMXS  
TSG – MCCORD, MARK – MXS  
TSG – SOWKA, TYLER – MXS  
SSG – BAH, ABDOULIE – MXG  
SSG – MEAUX, SAMUEL – SFS  
SSG – WOESSNER, GERALD – APS  
SRA – FIRLE, SAMANTHA – SFS  
SRA – LEMMERMAN, TUCKER – SFS  
SRA – MCGILL, BENJAMIN – AES  
SRA – MCINTYRE, TAVARIS – MXS  
SRA – NYAKUNDI, INNOCENT – ASTS  
SRA – STRAUB, RYAN – AMXS  
A1C – ABDI, MOHAMED – ASTS  
A1C – APPS, JONAE – ASTS  
A1C – DORPAT, JOSEPH – CES  
A1C – FULTON, CHRISTOPHER – FSS  
A1C – KEOSAY, YOHAUM – ASTS  
A1C – LAMA, TENZING – AS  
A1C – MELTON, MATTHEW – AS  
A1C – SMITH, NATHAN – CES

## AWARDS

### 1st Quarter 2022 Winners

Amn: SrA Jasmine Jayasundara / ASTS  
NCO: SSgt Brian Lucey / CE/EOD  
SNCO: MSgt Tracee Lucey / OSS  
CGO: 1Lt Sean Rudin  
Civ Sup: Cory Scott / SFS  
Civ Non-Sup: Edward O'Brian / OG

### 2021 Annual Award Winners

Congratulations to the 934th  
Airman and Family Readiness  
Office on being selected as the  
AFRC 2021 Airman and Family  
Readiness Office of the Year!



Last month, several of our Global Vikings attended the first in-person AFRC Enlisted Symposium since pandemic restrictions began in 2020. Hosted in the National Capital Region, the attendees gained global insight regarding what/where AFRC is currently positioned, to what/where the command is moving towards in the future. Aside from gaining valuable information, attendees met other Airmen from around the command enabling increased connections and enhanced camaraderie across the force.

If interested in attending something like this in the future please reach out to your Squadron/Group Chiefs and/or your fellow Airmen who were selected to attend:

- CMSgt Kristen Maloney (Interim Command Chief)
- SMSgt Michelle Jensen (ASTS)
- TSgt Erik Hannigan (96 AS)
- SrA Carter Brooks (CS)
- SrA Branen Pace (AMXS)





## **Vacant Positions**

**\*If you have vacant positions you would like to post, please contact the Public Affairs office.**

### **IGI is recruiting interested individuals**

Develop and curate the Wing Commanders Inspection Program (CCIP). Train Wing Inspection Team members (WITs) and Self -Assessment Program Managers (SAPMs) on AFIS, role and responsibilities. Provide SAPMs tools and insight to develop/execute individualized Unit Self-Assessment Programs (USAP). Assist in the preparation, coordination and execution of the Wing's annual exercise plan. Conduct horizontal, vertical and By-Law inspections as outlined in the IOD and AFI 90-201. Draft Inspection summaries and deficiency findings into IGEMS. Manage MICT, notify units of POA updates, overdue observations/communicator dates, and other items as applicable. Brief Wing, Group and Squadron Commanders on the status of their self-assessment program.

\*\*\*Please submit last 3 EPR's and a vMPF record review RIP to SMSgt Amanda Millsap NLT 6 Aug 2022.

**MXG is recruiting for the Career Assistance Advisor position** Applicants must meet the eligibility criteria set forth in this guide as well as any eligibility criteria defined in AFECD. It is on the applicant to ensure all their military records are up to date and reflect all earned degrees, decorations, etc. Members should anticipate meeting the selecting official in person if their package meets the basic eligibility criteria.

\*\*\*Package should include last 3 EPR's, fitness report, and vMPF record review RIP. Please submit all supporting documentation to MSgt Desormey, david.desormey@us.af.mil, NLT 6 Aug 2022. Interviews of qualified candidates will occur on 7 Aug 2022.

### **Spark Tank Nominations for 2023 are open and can be submitted on the GAIN platform**

Spark Tank is for innovation ideas that can be fielded within 2 years and replicated at other locations. Please contact Captain James Eimers or TSgt Liela Brown if you wish to submit and they will assist you in refining and pitching your idea.

Link to submit ideas and see what other ideas are in work:

<https://gain.apps.dso.mil/daf/spark-tank-2023>

# THC IS LEAGAL IN MINNESOTA!?

A new Minnesota law that took effect Friday July 8th 2022 allows people 21 and older to buy edibles and beverages that contain a limited amount of THC, the ingredient in marijuana that creates a high.

## What does this mean for Service Members?

No matter where you are stationed, TDY/TAD or visit, possessing, distributing or using CBD or THC (recreational, medical or otherwise) is **prohibited by military regulation**. Violations may result in discharge from service and punishment under applicable codes (federal criminal code, UCMJ and/or State Codes of Military Justice).



## What do Service Members need to know?

Products similar to those pictured will begin to appear in MN stores. When trying new products or purchasing anything, please **READ THE INGREDIENTS**. Most of the time there will be something on the front saying it has either CBD or THC but sometimes you must be thorough. CBD and THC are not FDA regulated meaning the amount of the product listed may not be completely true; there may be more than what is listed.



For additional information on prohibited ingredients, please visit [www.opss.org](http://www.opss.org) or contact the 934 ASTS medical records room at 612-713-1676.

OPSS



## 934 ASTS Medical Records Room

(612) 713-1676

IAW DAFMAN 44-197, "the use of products containing or products derived from hemp, including but not limited to delta-8-tetrahydrocannabinol (delta-8-THC) and cannabidiol (CBD), is prohibited. This prohibition applies regardless of the route of administration, ingestion, or use."

If you have any questions please contact the 934 ASTS at 612-713-1676

For additional information on prohibited ingredients, please visit [www.opss.org](http://www.opss.org).

# TAAT ALTERNATIVE CIGARETTES

There is a new cigarette alternative on the market that claims to be nicotine and tobacco free however, it contains 30mg of CBD and .2% THC.



These cigarettes are being given out as free samples at gas stations when you purchase a regular pack of cigarettes. They are advertised to look, smell, and taste like traditional tobacco cigarettes. **DO NOT** smoke these as they can cause you to test positive on a urinalysis.

When trying new products or purchasing anything, please **READ THE INGREDIENTS**. These products can trick you in many ways, but they must list that CBD and or THC is in their product. Most of the time there will be something on the front saying it has either CBD or THC but sometimes you must be thorough. CBD and THC are not FDA regulated meaning the amount of the product listed may not be completely true; there may be more than what is listed.



## Help Wanted

Do you have experience with graphic design? Would you like to have your work showcased on the nose of an Air Force aircraft? We are looking for someone willing to work with 934th Aircraft Maintenance Dedicated Crew Chiefs to help create new nose art for some of our Wing's C-130H3 aircraft. If you would like to help and have skills in creating artwork in Vector format and/or know your way around Illustrator or Photoshop, please contact 934th AMXS Production Superintendent SMSgt Josh Duenow at 713-1329.



# Red Flag Alaska

Courtesy of Capt Charles Bessel



Maintainers from the 934 MXG participated in Exercise RED FLAG 22-2 at Joint Base Elmendorf-Richardson in Anchorage, Alaska. Red Flag is a realistic, ten-day air combat training exercise in a multi-service, multi-platform environment. In addition to aircrew, RF-A provides training for deployed maintenance and support personnel in sustainment of large-force deployed air operations."



## Calories In vs Calories Out: Calories Out - Excess Post-exercise Oxygen Consumption (EPOC)

By Eric Neal, Wing Exercise Physiologist

We've finished up the four categories of Total Daily Energy Expenditure (TDEE), but I have some bonus material to add to TDEE. The bonus topic is Excess Post-exercise Oxygen Consumption (EPOC). I would've liked to have included this in one of the four categories of TDEE, but I don't know and can't find the answer of where this would be classified. You might think this is included as increasing Basal Metabolic Rate (BMR), but BMR is supposed to be based on no outside variables that would impact the estimate of calories burned at rest. It could be concluded this part of Non-Exercise Activity Thermogenesis (NEAT), but NEAT is based on activity that is not from exercise and EPOC is not activity. For this reason, I feature EPOC by itself.

EPOC increases the amount of caloric expenditure at rest following exercise by increased oxygen consumption. EPOC is an oxygen debt that is being paid back following exercise. EPOC is a lot like Thermic Effect of Food (TEF). I like to think of TEF and EPOC as calories burned for free, requiring no effort. Just like making food choices like protein based foods that increase caloric expenditure through increased thermogenesis, choices of exercise like eccentric based training and high interval intensity training effect caloric expenditure following workouts. A study by Hackney recorded EPOC for 72 hours following eccentric loaded resistance training with result of a 9% increase of energy expenditure for 550 calories (see below ref). If you are not familiar with eccentric loaded resistance training a good example is performing a bench press with a training partner lifting more weight than you can handle lowering the weight to your chest with no assistance, but receiving help from your partner lifting the weight off of the chest. The purpose of this style of training is based on the fact a person can generally perform 130-160% or more of their 1 rep max on the eccentric phase (lowering of the weight to the chest) than the concentric phase (raising the weight back to starting position) of bench press. This style of training leaves the body pretty sore and is a fun way to change things up when you the luxury of a workout partner to provide spot with assistance.

This finishes up TDEE, stay tuned for learning what adaptations take place to the body during weight reduction and best ways to avoid putting weight back on following these adaptations.

Arney, B.E. et. al, EPOC: Is it Real? Does it Matter? American College of Sports Medicine July-Aug 2019

## Planking Around - Forearm Plank (Unlimited Time) – a conversation with 934th Exercise Physiologist Eric Neal

**William:** "So tell me a little about the forearm plank"

**Eric:** "For our wing, out of all of the males under the age of 25 who have attempted the forearm plank, only three have been able to max out this component suggesting that this might be a more challenging option. Reason being is the duration of time Airmen must remain in the standard position to qualify for maximum points. For example, males under the age of 25 must maintain the position for 3:35 in order to max out."

**William:** "How does this component compare to other core muscular endurance options?"

**Eric:** "Recent scores have improved however it seems to be the least favorable option based on current scoring standards that are more challenging and our Airmen are just not used to this degree of testing."

**William:** "What about you, for a middle-aged man? What has been your experience thus far with the forearm plank?"

**Eric:** "Let me tell you something junior, I can still manage to hang with the under 25 age group standards and max out. Before these standards came out, I never attempted to see how long I could hold the position but when I tried, it took everything I had to hold the position for 3:35 but I did it."

**William:** "What do you have to say about Tech. Sgt. Bergan destroying that time?"

**Eric:** "It motivates me to do better. It was a joy to watch him shatter the base record with a time of 5:34. He killed it and now I have a new goal set."

**William:** "Well I always thought you were the best but I guess I was wrong. Looks like Tech. Sgt. Bergan is the best!"

**Eric:** "I wouldn't go that far. I never do planks but I guess I'll have to start. I prefer to lift things up and put them down."

**William:** "I don't wanna hear your excuses bro. Ricky Bobby said it best, 'If you ain't first, you're last.'"

**Eric:** [deep sigh]

**William:** "JK bro! I like your competitive nature and I hope those of you reading have enjoyed our combination of presenting the facts with satire and parody for your entertainment while keeping you up to date with the newest Air Force components."

## Military & Family Readiness Center

### Director:

Kelly Wilkinson  
612-713-1567

### Office Hours:

M-F: 0900-1500

UTA's: Saturday: 1000-1530

Sunday: 1300-1530

**\*\*We have moved locations to Bldg. 729  
Second floor, Room 202\*\***

*\*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. 729, 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!



### **NO FINANCIAL BRIEFINGS IN AUGUST**

#### **First Duty Station Financial Training, Block 1 of 2**

Block 1 of 2, Saturday, 10 Sept 2022

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

#### **Home Sweet Home**

SFS Building, CATM Classroom  
11 September, Sunday, 1130-1230

Home Sweet Home is a 60-minute  
interactive lesson. This lesson is designed to  
increase the knowledge of first-time home  
buyers on the home buying process and  
financial considerations when deciding to  
buy a home.

#### **October UTA: Raising Financially Fit Kids**

**\*\*All classes presented by Jay Brunkhorst\*\***

#### **Need Financial Help?**

Contact the 934th Personal Financial  
Counselor  
**FREE**

Jay Brunkhorst, CFP®

Minneapolis St Paul ARS

Building 729 – Airman and Family Readiness  
Personal Financial Counselor (PFC)

Cell Phone: 612.297.2826

E-mail: [pfc.minneapolis.usafr@zeiders.com](mailto:pfc.minneapolis.usafr@zeiders.com)

**NOT AVAILABLE AUGUST UTA**





## 934th Airlift Wing VIRTUAL SUMMER 2022

**Monday, August 15, 2022  
THRU  
Sunday, August 21, 2022**

**REGISTRATION DATES**  
Monday, August 1 - Monday, August 15

**COST**  
**FREE**

**LOCATION**  
Virtual

**CATEGORIES**  
Crappie and Sun Fish

**MEASUREMENT**  
Tape Measure

**PRIZES**  
**The longest fish for each category will receive a \$100 ODR Certificate**  
**The runner-up for each category will receive a \$50 ODR Certificate**

**Register with [Katie.pilon@us.af.mil](mailto:Katie.pilon@us.af.mil) / 612-713-1496**




## 934th AW VIRTUAL SUMMER 2022

Welcome to the 2022 Fishing Tournament. This year we are going to continue with the virtual platform that requires participants to take a photo of their catches showing their entire length from the tip of its mouth to the tip of its tail (shown below), with the following two items:

- The retractable measuring tape that is provided by FSS.
- If you have participated in the past, still have your ruler and don't need another, please let us know when you register.

The official 2022 934th Airlift Wing Fishing Tournament tag. This will be issued with the Welcome Bag for each contestant.

FISH MEASURING PIC GOES HERE

Participants are able to fish anywhere that state and local regulations allow, additionally, participants are required to adhere to all state licensing and boating regulations.  
Minnesota DNR: <https://www.dnr.state.mn.us/>  
Wisconsin DNR: <https://dnr.wisconsin.gov/>

Participants may submit as many fish in either category as they can catch; submissions must be sent to and the official means of communication will also be via email, both using the address: [katie.pilon@us.af.mil](mailto:katie.pilon@us.af.mil). Please send all questions, concerns and comments to the email address provided.

This is the wording for the tags, I normally don't make them until I know the names (obviously)

Front Side  
2022 934th Airlift Wing Fishing Tournament  
FIRSTNAME LASTNAME  
Back Side  
Submit a photo of your catch to [katie.pilon@us.af.mil](mailto:katie.pilon@us.af.mil) showing the entire length from the tip of its mouth to the tip of its tail with the following two items in view:

1. The retractable measuring tape that is provided by FSS.
2. This official 2022 934th Airlift Wing Fishing Tournament tag.

\*\*\*\*This event is intended for members of Active, Reserve, National Guard of the United States Military and their family members, Veterans or Retirees of US Military Service and DoD Civilian employees only.\*\*\*\*



PROFESSIONAL DEVELOPMENT WORKSHOPS

DRONE CAGE & RACING

VEX ROBOTICS SIGNATURE EVENT

ADVANCED TECHNOLOGY DEMOS

STUDENT CAMPS

VIRTUAL REALITY & SIMULATORS

STEAM CARNIVAL

CYBER SECURITY

STEM GUITAR BUILD

MOBILE LEARNING LABS

ELECTRIC SCOOTER BUILD

HAND-SCIENCE EXPERIMENTS

# EXPERIENCE STEAM

[ advanced technological education ]

**AUGUST 10-14, 2022 | MALL OF AMERICA**

## JOIN US & EXPERIENCE STEAM

Experience STEAM is a 5-day event set to spark interest and excitement in science, technology, engineering, arts, and math by featuring a collection of progressive co-located educational opportunities. The primary goal is to demonstrate and facilitate clear education and career pathways to the skilled technical workforce through hands-on, technology-driven experiences.

Educational opportunities will progress from broad engagement and education to highly specialized technical certification.

**There is no charge to participate in any activities. To register for camps and workshops, or to learn more about the event and how you can be involved, visit:**

**[ncatech.org/experience-steam](http://ncatech.org/experience-steam)**

This material is based in part upon work supported by the National Science Foundation (DUE 1902574).

14 CAMPS

17 WORKSHOPS

34 PARTNERS

# The STEM Guitar Project

Supported through National Science Foundation (# 1700531 #1304405)

Design. Build. Play. Learn.

**STEM Guitar**  
guitarbuilding.org

The National Science Foundation supported STEM Guitar Project has provided 15 years of innovative professional development to over 850 faculty instructing from middle school to college. Our efforts focus at high school and community college levels. This project has impacted over 10,000 of students and faculty over the years.

Our goal is to make learning an immersive opportunity bringing the Hands on, tactile learning to the forefront to help engage students in applied instruction. We have developed extensive curriculum for both online, remote and face to face learning which includes fabricating a guitar through any delivery medium.

**Getting started with STEM guitar:**  
Sign up for a institute or workshop. Participants (faculty and veteran) will build his/her own custom electric guitar and engage in student centered learning activities that relate the guitar design to specific math, science and engineering topics that are linked to national / state standards.

### Mall of America Educator Workshop

- Offering of a **Electric Guitar Workshop**: Learn how to integrate guitars into STEM curriculum while you assemble your custom guitar.
- This is a 3 day build event (must commit to all 3 days to participate) **There is no fee to attend the workshop!**
- Our workshops have a flipped classroom through video and webinar instruction. We provide **Online instructional media** through our Canvas portal prior to the event.

#### STEM Guitar Institutes Details for Teachers

- Typical workshop sessions include the following: STEM Learning Activities in the following disciplines: Physical Sciences, Math, Engineering and applied Technology topics (CAD/CAM, manufacturing, Reverse Engineering etc.)
- Next gen and common core tagged projects
- Online evaluation tools for your classroom
- Custom headstock designs
- Fretting and setup and intonation of instrument
- Guitar Electronics installation
- Neck installation
- Guitar setup techniques
- Project implementation discussions

Event support provided by the Next Gen Manufacturing Center

Use the QR code to register

Visit [www.guitarbuilding.org](http://www.guitarbuilding.org) for more information and curriculum information about

Further Information and Questions?  
Email: [Thomas.singer@sinclair.edu](mailto:Thomas.singer@sinclair.edu)

## PIKEDALE LODGE

**DATES THE OFFER IS VALID:**

**JUNE 18<sup>TH</sup> TO JUNE 25<sup>TH</sup>**

**AUGUST 27<sup>TH</sup> TO SEPTEMBER 3<sup>RD</sup>**

**SEPTEMBER 24<sup>TH</sup> TO OCTOBER 1<sup>ST</sup>**

Pikedale Lodge offers many activities for the entire family, such as fishing, paddle boat, kayaking, swimming, horseshoes, or basketball. You can stop in our lodge to catch up on fishing reports, news, watch the game or for breakfast, lunch or dinner. While our location is secluded, the towns of Walker and Longville are close by for additional entertainment. Within a short distance are golf courses, hiking trails, bike paths, horseback riding, casino, shopping and much more.

**PIKEDALE LODGE**

7995 Partridge Point Drive NE Longville, MN 56655

218-836-2232 / [tsmyers@pikedale.com](mailto:tsmyers@pikedale.com)

## Military Salute

We want to say **THANK YOU** for all that you do and have done!

Cabins, Boat rentals, and Harbor slips

**50% off**

Don't miss out on a great family vacation!

# BEAVER FIT™

**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

15



# Saturday, September 10th UTA **KICKBALL** @1630

Sign up by 1400  
on Day of Event  
Minimum 8  
players per team

934 Fitness Center Bldg. 777 612.713.1496 POC SSgt Gause [quinton.gause.1@us.af.mil](mailto:quinton.gause.1@us.af.mil)

## 934<sup>TH</sup> NORTH COUNTRY LODGE CAREER OPPORTUNITIES

### **Positions Available NOW**

- 1) Guest Services Representative (NF-1) – 2 slots
- 2) Laborer (NA-02) – 2 slot
- 3) Maintenance Worker (NA-05) – 1 slot

*All positions are Regular  
full time (RFT) or part time (RPT)  
with benefits*

Apply online @ [usajobs.gov](https://usajobs.gov) – type in Lodging in the  
keywords section and 55450 in the locations section.

**Any questions please contact**  
**Mr Nelson Jellison @**  
**612-713-1978 or Ms Teri**  
**Rhodes @ 612-713-1963**



934<sup>th</sup> North Country Lodge  
Bldg. 707 612.424.7885



## **Military Appreciation Day at Hidden Greens Golf Course!**

**Free Golf for Service Members  
and Veterans!**

**Labor Day Weekend  
September 2-5, 2022**

Tee Time Reservations Required

  
**Hidden Greens**  
GOLF COURSE

12977 200th Street E  
Hastings, MN 55033  
**651-437-3085**

HOSTED BY:  
Hidden Greens Golf Course  
and Foss and Swanson,  
The People's Center





# MEXICAN BUFFET SPECIAL

**FRIDAY**  
**AUGUST, 5, 2022**  
**1100 - 1300**

Soft / Hard Shells, Taco Meat,  
Cheese Sauce, Chicken Enchilada,  
Soup, Salad, Taco Fixings  
& a Drink

**\$13.00**

**\$12.00 for AF Club Members**



934th Community Activity Center Bldg. 807  
Phone 612.713.1655



## AUGUST UTA 2022 — CAC MENU

### Saturday, 06 AUG 2022

#### Breakfast (0600 – 0700)

Bacon and Sausage  
Scrambled Eggs  
Pancakes  
Sausage Gravy and Biscuits  
Oatmeal  
Hashbrowns

#### Family Day Lunch (1100 – 1300)

Hotdogs  
Hamburgers  
Potato Salad  
Pasta Salad  
Dessert

### Sunday, 07 AUG 2022

#### Breakfast (0600 – 0700)

Bacon and Sausage  
Scrambled Eggs  
Sausage Gravy and Biscuits  
Oatmeal  
Hashbrowns

#### Lunch (1100 – 1230)

**Box Lunch—Grab and Go Only**  
Turkey or Ham Sandwich or Salad Option  
Chips and Fruit  
Dessert  
Bottled Water






# August 2022



**LUNCH Special MENU**  
**934th Community Activity Center Bldg. 807**  
**Phone 612.713.1655**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Hours of Operation</b> M - F 1100-1300 Holidays Closed	<b>1</b> Chicken Fried Steak	<b>2</b> Black Pepper Chicken	<b>3</b> Sloppy Joe	<b>4</b> Cheesy Ham Potato Bake	<b>5</b> Mexican Buffet BAR & GRILL OPEN 1530-2100	<b>6</b> UTA BAR & GRILL OPEN 1530-2100 FAMILY DAY—0700-2030
<b>7</b> UTA	<b>8</b> Chef's Choice	<b>9</b> Oriental Special	<b>10</b> Balsamic Steak Salad	<b>11</b> Chicken Kiev	<b>12</b> Fried Cod	<b>13</b>
<b>14</b>	<b>15</b> Swiss Steak	<b>16</b> Chicken Fajitas	<b>17</b> Creamy Steak Fettuccine	<b>18</b> Ginger-Honey Pork Loin	<b>19</b> Baked Cod	<b>20</b>
<b>21</b>	<b>22</b> Chef's Choice	<b>23</b> Chicken Parmesan	<b>24</b> Tex Mex Steak Bowl	<b>25</b> Pork Chops	<b>26</b> Fried Cod	<b>27</b>
<b>28</b>	<b>29</b> Chicken Piccata	<b>30</b> Bourbon Chicken	<b>31</b> Chili Cheese Casserole	 		



# August 2022



**GROUP FITNESS CLASSES**  
**934TH FITNESS CENTER, BLDG 777**  
**PHONE NUMBER 612-713-1496**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Fitness Hours of Operations</b> 0700-1500 Monday-Friday 24-Hour Access Available	<b>1</b>	<b>2</b> Hatha Yoga 1130-1230	<b>3</b> Kettlebell HIIT 1130-1230	<b>4</b>	<b>5</b> Yin Yoga 1130-1230	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Hatha Yoga 1130-1230	<b>10</b> Kettlebell HIIT 1130-1230	<b>11</b>	<b>12</b> Yin Yoga 1130-1230	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> Hatha Yoga 1130-1230	<b>17</b> Kettlebell HIIT 1130-1230	<b>18</b>	<b>19</b> Yin Yoga 1130-1230	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> Hatha Yoga 1130-1230	<b>24</b> Kettlebell HIIT 1130-1230	<b>25</b>	<b>26</b> Yin Yoga 1130-1230	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> Hatha Yoga 1130-1230	<b>31</b> Kettlebell HIIT 1130-1230	<b>FITNESS CLASSES: 1130-1230</b> <b>Tuesdays — Hatha Yoga</b> <b>Wednesdays — Kettlebell HIIT</b> <b>Fridays — Ying Yang Yoga</b>		



# 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



DEPARTMENT OF THE AIR FORCE  
AIR FORCE RESERVE COMMAND

1 May 2022

MEMORANDUM FOR ALL 934TH AIRLIFT WING PERSONNEL

FROM: 934 AW/CC

SUBJECT: FY23 UTA Schedule, 934th Airlift Wing

1. In accordance with AFMAN 36-2136, the FY23 Unit Training Assembly schedule for all assigned units of the 934 AW is provided below. Any rescheduled UTAs will provide the same type and quality of training as the originally scheduled UTA.

<u>MONTH</u>	<u>PRIMARY</u>	<u>ALTERNATE</u>
Oct-22	15-16	1-2
Nov-22	5-6	19-20
Dec-22	3-4	17-18
Jan-23	7-8	21-22
Feb-23	2-5*	NA
Mar-23	4-5	18-19
Apr-23	1-2	22-23
May-23	6-7	20-21
Jun-23	3-4	24-25
Jul-23	N/A	15-16
Aug-23	5-6	19-20
Sep-23	9-10	23-24

2. Please contact SMSgt Danielle Carcieri at DSN 783-1501, with any questions regarding this schedule.

LAY.CHRISTOPHE  
R.T.1133232105

Digitally signed by  
LAY.CHRISTOPHER.T.113323210  
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Date: 2022.05.06 17:57:20  
-05'00'

CHRISTOPHER T. LAY, Colonel, USAF  
Commander