

Global Viking Flyer

February 2021



UPDATE:

May UTA dates will now be May 22-23 in order to accomodate the UEI.

February is African American history month! Although there's more work to do, many Airmen have walked, so others may run. This month we recognize some of those trailblazers and events that have paved the way for us all.

CELEBRATING

TRAILBLAZERS

AFRICAN AMERICAN HISTORY MONTH



Inside this issue:

COVID-19

UTA

Useful Resources:

Air Force COVID-19 Resources
CAT Brochure
Prevention Connection



934TH AIRLIFT WING STRATEGIC PRIORITIES

THIS PLAN ALIGNS WITH THE DIRECTION OF 22ND AIR FORCE, AIR FORCE RESERVE COMMAND AND SECRETARY OF THE AIR FORCE PRIORITIES.

MISSION

CITIZEN AIRMEN PROVIDING WORLDWIDE TACTICAL
AIRLIFT AND COMBAT SUPPORT

VISION

GLOBAL VIKINGS- PREPARED FOR TOMORROW...READY TODAY

PRIORITY 1

PRIORITIZE TRAINING AND DEVELOPMENT

-  FOCUS ON AFSC TRAINING
-  PROVIDE PROFESSIONAL DEVELOPMENT EDUCATION ON STATION
-  DEVELOP WING-WIDE AIRMAN SPONSORSHIP PROGRAM




PRIORITY 2

MODERNIZE AND REFORM THE ORGANIZATION

-  REVAMP LOCAL INTER-AGENCY HIRING PROCESSES
-  DEVELOP UNIT MISSION BRIEFS/SCHEDULE ROADSHOW
-  MAXIMIZE WING STORAGE/SPACE

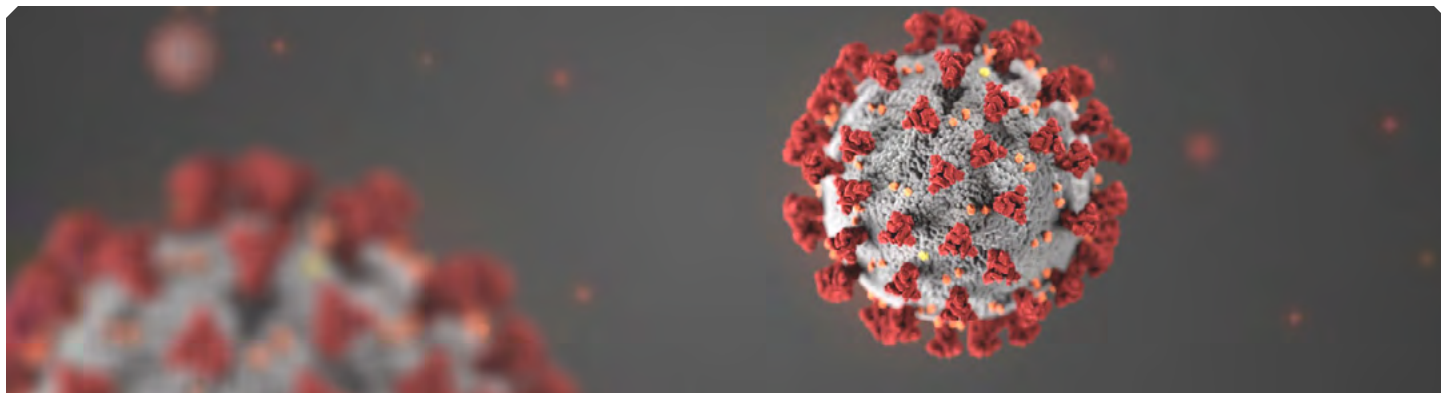
PRIORITY 3

PREPARE FOR FUTURE COMBAT CAPABILITIES/REQUIREMENTS

-  ALIGN TRAINING REQUIREMENTS WITH FUTURE/NEAR PEER CONFLICTS
-  PROVIDE VENUES FOR COMBAT CAPABILITIES SKILLS ENHANCEMENT IN CONTESTED ENVIRONMENTS
-  REVIEW ALL MASTER TRAINING PLANS

TAKING CARE OF RESILIENT AIRMEN

934TH AIRLIFT WING COMMANDER'S TENETS
BE PROFICIENT IN YOUR SKILLS
BE DEPLOYABLE IN YOUR MISSION SET
BE FLEXIBLE TO RESPOND TO TOMORROW'S FIGHT



934th Airlift Wing COVID-19 Resources

Exercise and Physical Health

Need assistance with physical fitness ideas and nutrition?
Or needing resources regarding online classes?

Exercise Physiologist: eric.neal.4@us.af.mil

Financial

Request financial assistance and/or counseling.

Airman & Family Readiness: 612-713-1516 or
Personal Financial Counselor: 612-297-2826

Mental Health

Anything related to mental well-being, such as anxiety
and depression.

Director of Psychological Health: 612-713-1224
Veterans Center: 877-WAR-VETS (927-8387)

Sexual Assault Prevention and Response

For questions regarding sexual violence and sexual assault,
or reporting options.

Sexual Assault Response Coordinator: 612-713-1315
934 SAPR Hotline: 612-386-8128
DOD Safe Helpline: 1-877-995-5247

Spiritual Well-Being

Have questions about spirituality and what does this mean
on a spiritual level? Or maybe questions about religion?
Or moral injury?

Chaplain Corps: 612-300-7064 or 612-713-1227

Violence Prevention

Concerns regarding any form of personal violence (i.e.
domestic violence, sexual violence, workplace violence,
stalking, suicide (violence towards oneself)).

Violence Prevention Integrator: 612-713-1159

General Information for Military and Family

24/7 support for military personnel, spouses, family
members and survivors on a variety of topics.

Military One Source: 1-800-342-9647

Emergency and Crisis Hotlines

Suicide Prevention Lifeline: 1-800-273-8255
National Domestic Violence Hotline: 1-800-799-7233
National Human Trafficking Resource Center:
1-888-373-7888
Crisis Text Line: 24/7 crisis response via text:
Text HOME to 741741

Helpful Links:

[CDC Covid-19 Website](#)

[Symptoms of Coronavirus](#)

[Testing for COVID-19](#)

[Cloth face coverings](#)

[Social Distancing](#)

[What to do if you are sick](#)

Language Makes a Difference

By Mike Sanford, VPI

I read an article recently about language, specifically ditching some of the negative words we use. We all know these times are challenging. But when we use words like “difficult” or “hard”, those are words that instills more negativity or that we aren’t able to overcome the challenges. For example, the word “hard” resembles something solid like a rock or concrete, essentially something that’s unbreakable or insurmountable. Let’s ditch that word and use something that will get us to persevere and overcome, such as “messy”. When we say words like “messy”, it shows that we are empowered to clean it up. It focuses on a growth mindset vs. a fixed mindset.

Another example are words that are extreme, such as “always” or “never”. If you have adolescents, you get this. Adolescents use these words a lot. When we use extreme words, we are taking it to impossibilities. Think about it, have you heard someone say, “You never...” or “You always...” It sounds rather silly, but extreme words damage relationships and instills that fixed mindset.

When you meet or see someone who shows positivity, pay close attention to the words they use. They often see things as a “challenge” or “messy” not “difficult” or “hard”. They also look at ways to learn from the experience rather than dwell on the negative.

For more information on Positive Language go to:

https://www.healthline.com/health/positive-selftalk#_noHeaderPrefixedContent

<https://multilingual.com/positive-language/>

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

Fiscal Year 2021 UTA Schedule

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

934th AW SQ Mission Videos are live!

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

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

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

*Links work off-network

Scholarship Resources Megalink!

Are you or a family member going back to school?

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

Community Resources Megalink!

Looking for military resources in your community?

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

2021 Enlisted Promotions

February

CMSgt Bergum, Jason MXS
CMSgt Dusterhoft, Scott AW
SMSgt Mai, Hoa MXS
MSgt Blake, Andrew OSS
MSgt Ferry, Nicholas LRS
MSgt Miller, Jason 27APS
MSgt Wiemiller, Jacob OPS
MSgt Williams, Bernard AW
TSgt Avery, Andrew 27APS
TSgt Christenson, Carsonlee AW
TSgt Hipp, Oscar CES
TSgt Kunnari, Keith AW
SSgt Cole, Vorshon LRS
SSgt Dalbec, Chance OSS
SSgt Patchen, Seth CES
SSgt Syhre, Mandi LRS
SrA Foley, Adrienne MXS
SrA Neupane, Jayesh COMM
SrA Vernon, Crystle ASTS
A1C Brown, Danielle ASTS
A1C Gowell, Johnathan ASTS

Welcome Newcomers!

February

Maj Axtman Michelle MSG
2Lt Boer Matthew AES
SSgt Van Houdt Brandon LRS
SSgt Watson Calvin AW
SSgt Zlock Jacob AMXS
SrA Lynch Madeline AES
SrA Moore Carter OSS
A1C Bryant Joko FSS
A1C Chadwick Miranda CES
A1C Cloutier Samuel CS
A1C Hannan Mitchell ASTS
A1C Ngaima Martin CES
A1C Vanbeckum Zachary FSS
AB Makana Joshua AW-FM

Award Winners!

3rd Quarter Winners

Airman of the Quarter – SrA Paul Heiman – SFS
NCO of the Quarter – TSgt Benjamin Vinson – AMXS
SNCO of the Quarter – MSgt David Stein – AS
CGO of the Quarter – Capt Andrew Britton – AS
FGO of the Quarter – Maj Luke Nelson – AW
Civ Sup of the Quarter - Cory Scott – SFS
Team of the Quarter – Combat Arms Team – SFS
Innovation – Aircraft Structural Maintenance Team – MXS

Social Security Payroll Tax Deferral

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

Key Points:

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

Background:

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

For additional information to include Frequently Asked Questions, visit:

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

IRS information:

- Tax Deferral Implementation:

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

- W-2 Reporting:

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

934th Development Team News:

934 Airlift Wing now has a Development Team that will be coordinating numerous types of learning opportunities.

If you want to lead a discussion or if there is something you are interested in learning please contact:

MSgt Daphnee Powellbills - daphnee.powellbills@us.af.mil

SSgt Mathew Chalupa - mathew.chalupa@us.af.mil

SSgt Phillip Hanson - phillip.hanson.3@us.af.mil

SSgt Casey Lindsey - casey.lindsey.1@us.af.mil

A Message from Rita Shedd, DPH

Rita Shedd, LICSW, Director of Psychological Health

Office Phone: 612-713-1224

Air Force Cell Phone: 612-919-2683

Email: rita.shedd@us.af.mil

Rita is available full time and all UTA days, to provide individual confidential counseling, stress management and referral for all Airmen and their spouses. Rita provides crisis intervention, command consultation and training for all psychological health issues.

[DPH Overview Video](#)

DISCUSSION:

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

Force Management – Currently Vacant, but monitored

Phone: 713-1502

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

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

Career Development – Section Chief SSgt Ridley

Phone: 713-1503 or 713-1486

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

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

Personnel Systems Management – Section Chief TSgt Carlson

Phone: 713-1557

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

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

COVID-19 K-12 Distance Learning Support Grant (DLSG) Overview

The purpose of the COVID-19 K-12 Distance Learning Support Grant is to mitigate the negative financial impact a family experiences by implementing their school district's distance learning or hybrid learning plans by providing a one-time grant in the amount of \$3,000.

Learn more here:

<http://MinnesotaVeteran.org/CovidRelief>

Customer Service Hours:

Education and Testing hours:

Fridays prior to the UTA testing will be @ 0800 & 1100

(no more than 5 people at a time)

Saturday of the UTA testing will be @ 0800 & 1100

(no more than 12 people at a time)

Sunday of the UTA testing will be @ 0800 & 1100

(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 Ms. Desiree Felker at ext. 1256

Finance Customer Service hours:

1. FM customer service will be provided from 0700-1100 and 1200-1600 on Saturdays of the Oct, Nov and Dec UTAs. Customer service will be provided from 1130-1530 on Sundays of the UTAs. Sundays 0700-1130 will be closed for unit training (white space).
2. Org boxes for MilPay and Travel Pay are:
 - a. 934AW.FM.MILITARY_PAY@US.AF.MIL
 - b. 934AW.FM.TRAVEL_PAY@US.AF.MIL

3. POCs for MilPay and Travel Pay customer service inquiries during the "Team A - UTAs" of October, November, and December will be Allison Whitbeck at 612-713-1411 and Brian Ching at 612-713-1406.

4. POCs for MilPay and Travel Pay customer service inquiries during the "Team B - UTAs" of October, November, and December will be TSgt Ruggles at 612-713-1411 and Brian Ching at 612-713-1406.

MPF & ID Section hours:

Primary UTA only

Sat 0800-1100 & 1200-1500

Sun 1300-1500

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

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

DFAC Food hours:

Breakfast 0615-0715

Lunch 1030-1130

AAFES Shoppette Customer Service hours:

0900-1700 on Sat & Sun of the UTAs

Royal Hot Plate hours:

0700-1400 on Sat & Sun of the UTAs

The Fitness Center is Open for Business!

Visit www.pickfit.com/934Fit to book your time. Note:

Website cannot be used on government computers and the "F" in "Fit" should be capitalized.

Make an account to start signing up for a slot.

Members may only sign up for ONE slot per day.

Members must use their gym issued card to scan in at the front desk.

Members must have their temperature taken upon entry.

Locker rooms are not open, you may use the bathrooms to change.

Members must have their facemask on AT ALL TIMES (subject to change)

No, we are not allowing basketball nor floor hockey games until further notice.

Work out times start on the hour and end at the 45 minute mark. ABSOLUTELY NO ACCEPTIONS

If you're early you may be asked to wait to allow for our sanitation procedures to be finished.

If you're still in the gym past the 45 minute mark you will be asked to leave.

Drinking fountains are currently unavailable, we have bottled water for \$1.00, cash only please.

New Health Promotion Courses

By Eric Neal, Wing Exercise Physiologist

Do you struggle with weight management? If you do, I understand your pain. My struggle with weight management is the reason I obtained degrees in Exercise Physiology and Human Nutrition and Foods.

Recently I discovered some new science that I have been applying for myself and it has been working very well. Since I started applying these techniques I've cut over 35 lbs and reduced my body-fat percentage by 9%. I've also improved my 1.5 mile run time to 11:25.

Based on the information collected in the Community Action Plan by the Community Action Team, people identify weight management as an area they want to improve. Well, you asked for it and here it is, as I have written 4 new courses and implemented 5 new courses to Health Promotion classes based on the latest science that I've been applying to get my results and have made it available to you.

I will be offering courses during the UTA's until Fitness Testing resumes while currently working on videos of the courses for your availability at any time of your choosing that you may follow up with question and answers by contacting me at eric.neal.4@us.af.mil. First video Exercise 101 is expected to be released this month.

I recommend you take advantage of attending these courses as they will only be available during both until resumption of fitness testing. The courses will remain available on weekdays following this period.

For additional Health Promotion resources [click here](#).

Course Schedule: (Sign up link 934 AW Health Promotions Reservations is within above link on the right hand side)

February Primary UTA

6 Feb 0730-0845 Advanced Nutrition and Exercise 601

6 Feb 0900-1015 Advanced Nutrition and Exercise 602

6 Feb 1030-1130 Sleep Optimization

Exercise of the Month

Steep Incline Treadmill Training

By Eric Neil

Do you suffer from heel pain? I have in the past, but I think I've put that problem to rest. A little background of my problem is I'm a heel striker. Recently, I made great strides in my 1.5 mile run time accomplishing a personal best of 11:07, but a problem arose as my time continued to become faster that set me back keeping me from running and my time went up to 13:39. The problem was over-striding rather than a shorter faster stride. Over-striding causes heel striking. This became a problem as I started getting extreme pain in my heels. I couldn't even perform low-impact training such as walking 3.0 mph for a decent amount of time. I also tried getting shoes with more padding, but nothing seemed to work. I was about to give up on running or walking and see about trading in my treadmill for an elliptical. Prior to attempting a trade, I decided I would try one more thing. I knew that landing on my forefoot rather than heel striking could solve the problem, but didn't want to deal with a progression of running this way or trying to walk this way, but this led me to thinking of what I could try as one last attempt.

What did I try? I placed the incline of the treadmill as high as it would go to 15%. I started walking at 1.7 mph on the treadmill and my heel was not striking. Lowering the speed allowed me to train with my heart rate low enough to be in the fat burning zone and no longer feeling pain while training or after training. I also incorporated interval sessions starting with a 5 minute warm-up, 10 cycles of 30 second jogs and 90 second slow walks and a 5 minute cool-down. I also incorporated a progression of focusing running on the forefoot rather than heel striking at flat level, starting at 10 minutes at a very slow pace of 4.5 mph to work up to 60 minutes, followed by speed progressions while also performing a lot of steep incline training. An additional great benefit of steep incline training is how it targets the hamstrings, which is a muscle that is commonly neglected.

I would not recommend this program if you have achilles tendonitis, as it could exacerbate the injury. I would also recommend to use a progression to make it to 15%. For me it required raising the treadmill to 5.5% to avoid a heel strike while landing with my natural gait, but felt more natural with a higher incline. 15% incline worked well for me from the beginning as long as the speed wasn't too high. Once reaching speed of 5.5 mph on intervals, I did feel a little irritation in the achilles tendon, but found lowering the incline while raising the speed higher caused no irritation. Based on my experience, I would suggest making slow progressions and necessary adjustments for pain free training.

In conclusion, I really like the steep incline training because it forces you to land on forefoot rather than heel strike without thinking about it and allows you to train without heel pain. If you are suffering from the same symptoms, looking to change your running form, or put emphasis on your hamstrings, I recommend giving this a try.



Video gets it done!

Did you know that the 934th Airlift Wing Public Affairs Office can help you create exciting video products to enhance your messaging!

If you are interested in utilizing this service, contact the Public Affairs office with a brief synopsis of the project and desired timeline, and the PA team will help guide you through the pre-production process and bring your ideas to life!

Video services can be used for official training, awareness campaigns, documentation, or information campaigns

If you'd like to utilize the 939th Airlift Wing's video capabilities, email

keith.langsdorf@us.af.mil

to begin the pre-production process!

Fitness Brag Program!

The Fitness Center is starting a new fitness program on 1 February 21, where members working out can be on top of the board and bragging rights in multiple categories.

Please see attached for additional information and if you have any questions please contact the Fitness Center at ext: 1496.

More info [here](#).



Additional Duty First Sgt. Course (ADFS).

WHO: Any enlisted E-6 or higher (E-5 who is E-6 eligible can also attend the course with First Sgt permission).

WHAT: The ADFS course is designed for those considering a possible First Sgt position in the future, or who want to challenge themselves with a leadership position. Members who successfully complete the course are eligible to assist the First Sgt with various tasks, and also fill in the position when the First Sgt is unavailable.

WHERE: At the 934th Wing training Room

WHEN: February 8-9, following the FEB UTA. 0800-1630.

HOW: Interested members should speak with their First Sgt. To register for the course. Registration will be complete COB Saturday, Feb 6th.

Members with questions should reach out to their First Sgt. For more information.

My MilLife Guide... Your Way to Better Health

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

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

How My MilLife Guide works

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

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

How My MilLife Guide can help

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

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

Sign up today for My MilLife Guide!

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

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

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

