

Global Viking Flyer

February 2022

22



Inside this issue:

We continue to operate in HPCON BRAVOPLUS - See page 16 for additional details. Please continue to wipe down common areas as a safety measure against COVID.

When entering the installation during drill weekend, please keep in mind that both the 934 AW gate and the 133 AW gate are open.

COVID Vaccine booster doses are available at ASTS for all members and dependents 18+. See page 4 for additional details.

Several events initially scheduled to take place during the Jan UTA have been postponed:

- Silent Auction will now be in March. See page 7 for additional details.
- Additionally Duty First Sergeant Symposium will now be in March.
- Promotion Recognition Ceremony will now be in May.

Interested in Financial Readiness Training Opportunities? See page 13 for details during the Feb and Mar UTAs



411

External Links:

COVID-19 Information
Prevention Connection
CAT Brochure

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:

- AFOEA**
- 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
EW J 1139535797
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
EW J 1139535797
MATTHEW J. BURGER
Major General, USAF
Deputy Commander

Fiscal Year 2022 UTA Schedule

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

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~~

*DUE to COVID Restrictions, the BAR & GRILL during the UTA Weekend, Friday & Saturday, February 4th & 5th will BE CLOSED

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](#).

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 in the Wing Training Room.

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.astm.medical@us.af.mil

2022 Enlisted Promotions

February 2022

MSgt – BELLEMARE, BRADLEY – 934 CES
MSgt – LAUBY, NICOLE – 934 SFS
TSgt – ANDERSON, CLAYTON – 934 ASTS
SSgt – CHAMBERS, DANIEL – 934 MXS
SSgt – COPELAND, ALLISON – 934 AMXS
SSgt – KUFOR, LONGCHI – 934 FSS
SSgt – RYAN, LUCAS – 934 MXS
SSgt – WALERIUS, JEREMY – 934 MXS
SrA – KIM, KYOUNG – 934 ASTS
SrA – MUEHLHAUSER, BLAIR – 934 CES
SrA – SILVIS, RYAN – 934 MXS
A1C – ESTRADA, ISAAK – 934 ASTS
AMN – LATHAN, KEAZIA – 934 ASTS
AMN – ORSCH, RILEY – 934 AMXS
AMN – SCHUMACHER, ASHLEY – 934 ASTS
AMN – TESSNESS, CHASE – 934 ASTS
AMN – TIETGE, AZRAELY – 934 ASTS

Welcome Newcomers!

February

2LT – ROSENOW, LINDSAY – ASTS
SRA – MCCONNELL, BRADLEY – CES
A1C – ANDERSON, SAMUAL – SFS
A1C – GARBACZ, HUNTER – MXS
A1C – HOLZERSMITH, VAUGHN – CES
A1C – STEENERSON, EVAN – CES
A1C – THOMPSON, ZACHARY – AMXS
AMN – ESCRIBANO, NATALIA – ASTS
AB – DEMING, ANDREW – MXS

AWARDS

3rd Quarter Winners

AMN: SrA Diana Morales-Carlson – AS
NCO: TSgt Rueben Morneau – LRS
SNCO: SMSgt Ronald Blackledge – SFS
CGO: Capt Joseph Fruhman – ASTS
Civilian Supervisor: Officer Cory Scott - SFS
Civilian Non Supervisor: Kristen O'Brien – ASTS
Innovation Award: 934 MXS Fuel Shop

Air Force Association Winners

SrA Paul Heiman – SFS
TSgt Gildardo Allende – SFS
SMSgt David Peterson – AW/CP
MSgt Kelley Lasiewicz – AMXS
Capt John Kupka – APS

CMSAF Leadership Library: February 2022

By Secretary of the Air Force Public Affairs

WASHINGTON (AFNS) --

Teammates,

As our Air Force accelerates change, and evolves, so must we evolve as lifelong learners. And as I constantly look for new ways to help me grow into the best version of myself, I'm excited to share two new books that I believe will help you grow into your best version.

Our people remain our most competitive advantage, and I couldn't be more proud to serve alongside you.

Aim High -

JOANNE S. BASS

Chief Master Sergeant of the Air Force

Recommendations

-Limitless - The amount of information we are exposed to all day every day is not reducing, or slowing down. But, even with this "digital deluge," Jim Kwik finds a way to teach us how to improve our memory and apply what we learn to really improve ourselves.

-Leadership and the Art of Struggle - Leadership is a privilege, and at the same time, can be a struggle. The challenges, pitfalls and issues that come with leadership can take a toll on even the strongest of leaders. However, it doesn't have to. Leadership and the Art of Struggle teaches us to embrace the adversity, and let it make us stronger.

-Darkest Hour: How Churchill Brought England Back from the Brink - We either learn from the lessons of history, or we will find ourselves reliving them. How Winston Churchill managed to inspire and empower a nation in the face of such overwhelming adversity is truly a lesson we should all take to heart.

*Full Reading List is available at <https://aflink.usaf.afpims.mil/About-Us/CMSAF-Leadership-Library/>

Have you heard of the Air Force Wounded Warrior Program?

The AFPC Air Force Wounded Warrior (AFW2) program is a congressionally-mandated, federally funded program that provides personalized non-clinical care, information & resources, and advocacy to seriously or very seriously wounded, ill, or injured Total Force recovering Airmen and their families/caregivers transitioning to civilian life or returning to duty. Based out of Grand Forks AFB, ND, the Recovery Care Coordinator assists all North Dakota and Minnesota active duty, ANG, and Reserve service members identified for the Medical Evaluation Board (MEB) process and meeting program criteria.

Internally, AFW2 has additional support activities/services to include: Caregiver Support Program, Adaptive Sports & Resiliency Program, Recovering Airmen Mentorship Program (RAMP), Empowerment in Transition (EIT) Program, Community Program, Ambassador Program, Wellness & Resiliency Program, Air Reserve Component (ARC) Cell, Temporary Retired Airmen's Care (TRAC) Program, Airman for Life (A4L) Program, and Special Compensation for Assistance with Activities of Daily Living (SCAADL) determination.

For more information, please contact the Air Force Wounded Warrior Program:

701-747-6182 (office)

701-335-9505 (duty cell)

or visit <https://www.woundedwarrior.af.mil/>

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 in the Wing
Training Room.

SILENT
AUCTION

POSTPONED

MOVING
TO:
5
MARCH
2022

Squadron Reps:
Please send your
squadron's
basket theme and
estimated worth to:

934thafball@gmail.com



February 2022



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours of Operation Mon to Fri 1100-1300 Holidays Closed		1 LEMON PEPPER CHICKEN WINGS	2 SLOW COOKED GERMAN SHORT RIBS	3 BLACK BEAN BURGER	4 FISH TACOS	5 UTA WKND
6 UTA WKND	7 CHEFS CHOICE	8 CHEFS CHOICE	9 SPAGHETTI W/ MEATBALLS	10 FRIED CHICKEN	11 BUFFALO CHICKEN SLIDERS	12
13	14 COCONUT SHRIMP	15 PERSONAL PEPPERONI CALZONE	16 PORK TENDERLOIN	17 PARMESAN CRUSTED ROASTED BEEF	18 FRIED COD	19
20	21 CLOSED <small>HAPPY PRESIDENT'S DAY</small>	22 SEARED CHICKEN W/ PESTO ZUCCHINI ORZO	23 BEEF ENCHILADA	24 ORIENTAL SPECIAL	25 CHEFS CHOICE	26
27	28 CHICKEN FAJITA PASTA BAKE	Check Out Our Lunch Menu On-line @ http://934thservices.com/services-club All Items Available To Go! Ask For Details or Call Ahead! 612-713-1655			RE-ENLISTING? RETIRING? ENGAGED? GETTING MARRIED? NEED CATERING SERVICE CONTACT US TODAY FOR YOUR CATERING AND SPECIAL EVENTS	

FEBRUARY UTA MENU

Hours of Operation:
Breakfast: 0600-0700
Lunch: 1100-1230

SATURDAY, 05 FEBRUARY 2022

BREAKFAST

Scrambled Eggs
Hash Brown Patty
Pork Sausage Links
Turkey Sausage Links
Bacon
Chocolate Chip Pancakes
Creamed Beef/Biscuits

LUNCH

Chicken Breast
Pork Fritter
Wild Rice
Mac & Cheese
Mushroom Gravy
Broccoli
Side Salad
Chili
Assorted Desserts

SUNDAY, 06 FEBRUARY 2022

BREAKFAST

Egg & Cheese Croissant Sandwich
Hash Brown Patty
Oatmeal w/Raisins
Pork Sausage Links
Bacon
Turkey Sausage Links
French Toast
Creamed Beef/Biscuits

LUNCH

Hamburgers
Baked Fish
Mashed Potatoes
French Fries
Tomato Gravy
Green Beans
Chili

Calories In vs Calories Out: Calories In- The Energy Intake

By Eric Neal, Wing Exercise Physiologist

Calculating calories in vs calories out can be a very difficult process and is often calculated inaccurately. The calculation of calories in is a little easier than calories out and you will learn why after I cover calories out over multiple articles in the future. This article will break down ways to determine how many calories you are taking in per day as close as possible to 100% accuracy. The key to estimating your calories accurately with precision is tracking your calories understanding how to read labels, using measuring tools, and databases.

It is very important that you understand how to read labels. Don't be fooled by thinking everything you are consuming is just one serving. You must check the number of servings on the label and how much of the food or drink equal a serving and measure it to ensure accuracy rather than estimate based on what you think is a serving. Unfortunately one thing that is out of our control and prevents 100% accuracy of our calculation is the FDA allows a 20% margin of error on the food labels as amounts of calories and nutrients are rounded based and due to the fact something like a can of vegetable beef soup isn't always going to have the same exact amount of beef and vegetables per can.

Measuring tools that are a must for having in your household and at work are food scales, liquid and solid measuring cups, and measuring spoons. Consider foods like meats and peanut butter for example. Would you want to measure meat with a measuring cup or peanut butter with a regular spoon? That answer is a definite no. A food scale is a must for measuring the meat accurately weighing in ounces. The peanut butter could also be used with food scale by first putting the spoon on the scale and then zeroing it. Then scoop out the peanut butter and weigh it in grams or ounces. Measuring spoons are also great for measuring peanut butter as you can level off the spoon for a pretty accurate measurement unlike a normal spoon.

What do you do when food doesn't contain a label and how do you track your calorie intake? There are nutrient databases such as fdc.nal.usda.gov and nutritiondata.self.com that you can use to search for your foods if it doesn't contain a label. I like to use myfitnesspal as a tracker. This is so much better than in the past when I would log my calories and nutrients on paper. Myfitnesspal can be used online at www.myfitnesspal.com or downloaded on app. It is a very convenient platform that allows you to save foods, recipes, and meal plans for future use and allows you to log in foods other people have already loaded to its database and scan bar codes for adding foods or drinks. Be careful though as sometimes the bar codes and what other people log are not accurate, so always double check what you scan or pull from the database with the label for accuracy.

Having the tools for success is very necessary for managing your weight. Knowledge of how to track your caloric intake and possessing the measuring tools and databases will be very helpful in this journey. Should you be discouraged from tracking your calorie intake because there is a possibility you will not get it 100% accurate? Absolutely not, my advice would be to strive to be 100% accurate by doing all that is possible for tracking caloric intake as you will be more successful this way than not tracking at all. Trust me I know, it really takes a lot for me to keep my calories low and I know if I'm not tracking and eat what I want I find myself eating 4000-6000 calories per day rather than 2000-3000 like I should for reaching my weight maintenance goals.

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.



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](#)

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.



A Promotion Recognition Ceremony for enlisted members who promoted in May 2021 has been rescheduled for March. Additional details to come.

Airman & Family Readiness Center

Director:

Kelly Wilkinson

612-713-1567

Office Hours:

M-F: 0900-1500

UTA's: 0900-1500

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

Public Service Loan Forgiveness (PSLF)

<https://www.military.com/daily-news/opinions/2021/12/16/what-vets-and-service-members-need-know-about-public-student-loan-forgiveness.html>

Two key pieces of information:

- The Department has given until 31 October 2022 for federal student loans to be forgiven for those who qualify (this includes many veterans and a lot of people in public service jobs) – DO NOT DELAY!
- Anybody who has these loans should make an account to get the latest news; some people will even get loans forgiven automatically!

<https://studentaid.gov/fsa-id/create-account/launch>



Are you looking for employment? Visit or download:

934th Airlift Wing, AF Connect App

Select Employment Opportunities!

Multiple Companies hiring military and Veterans

First Duty Station Financial Training, block 2 of 2

Wing Training Room

5 Feb 22, Saturday, 0900-1100

Block 1 of 2, Saturday, 5 March 2022

****Required for all new enlistees, recommended for anyone seeking financial readiness education****

Tax Preparation for Service Members

SFS Building, CATM Classroom

6 Feb 22, Sunday, 1130-1230

60-minute interactive lesson which covers the terminology associated with federal income taxes, where the information needed to prepare IRS Form 1040 U.S. Individual Income Tax Return comes from, and where figures are entered on the form.

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

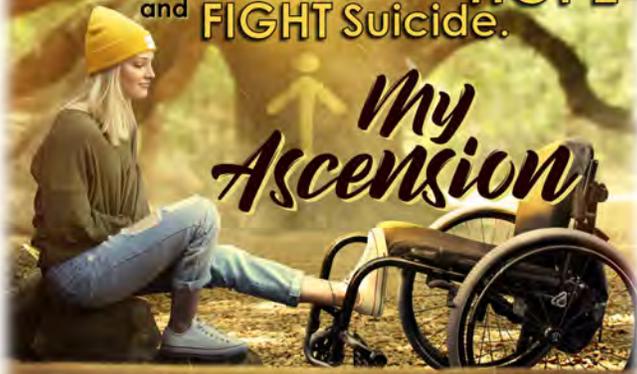
Personal Financial Counselor

MILITARY ONE Source Tax Services

Miltax: FREE!!! Tax Services for the Military



FREE COMMUNITY EVENT
A Documentary to Spread **HOPE**
and **FIGHT** Suicide.



TUESDAY, FEBRUARY 8, 6P
EAGLE'S HEALING NEST
310 US-71, SAUK CENTRE



PRESENTED IN PARTNERSHIP WITH:



Followed by a live panel discussion with **Emma Benoit**



INFO and REGISTRATION:
my-ascension-mn-tour-EHN.eventbrite.com



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

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.procamps.com/rudolph22> for more information.



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



Sunday 6 Feb, 2022 - 1130-1230

SFS Building, CATM Classroom

Tax Preparation for Service Members is a 60-minute interactive lesson. This lesson covers the terminology associated with federal income taxes, where the information needed to prepare IRS Form 1040 U.S. Individual Income Tax Return comes from, and where figures are entered on the form.

Learning Objectives At the conclusion of this lesson, learners should have the basic understanding needed to complete a 1040 Individual Tax Return using the standard deduction and where to get help, if needed.

Sunday 6 Mar, 2022 - 1130 - 1230

SFS Building, CATM Classroom

Credit Management is a 60-minute interactive lesson. This lesson provides learners with the knowledge to build and protect their credit health and reduce the cost of credit.

Learning Objectives At the conclusion of this lesson, learners should be able to make informed decisions about obtaining credit and establish good habits for using credit wisely.

Upcoming Professional Development Events!

November	Sat, 6 Nov – Military One Source 1200-1300 Wing Training Room Sun, 7 Nov – Holiday Spending 1130-1230 CATM Classroom	January
February	Sat, 5 Feb – TBD 1200-1300 Wing Training Room Sun, 6 Feb – Financial Briefing TBD 1130-1230 CATM Classroom	March
May	Sat, 7 May – TBD 1200-1300 Wing Training Room Sun, 8 May – Financial Briefing TBD 1130-1230 CATM Classroom	June
August	Sat, 6 Aug – TBD 1200-1300 Wing Training Room Sun, 7 Aug – Financial Briefing TBD 1130-1230 CATM Classroom	September
	Sat, 8 Jan – Starting a Business 1200-1300 Wing Training Room Sun, 9 Jan – Paying for College 1130-1230 CATM Classroom	
	Sat, 5 Mar – Unclassified Intel Briefing 1200-1300 Wing Training Room Sun, 6 Mar – Financial Briefing TBD 1130-1230 CATM Classroom	
	Sat, 4 Jun – Practical Leadership 1200-1300 Wing Training Room Sun, 5 Jun – Financial Briefing TBD 1130-1230 CATM Classroom	
	Sat, 10 Sep – 4 Lenses Course 1200-1300 Wing Training Room Sun, 11 Sep – Financial Briefing TBD 1130-1230 CATM Classroom	

to Classes December, April or July.
Mark Your Calendars for a Professional Development 2-day event! June 6-7, 2022

934TH VIRTUAL 2022 ICE FISHING TOURNAMENT

SATURDAY, JANUARY 1ST, 2022 – TUESDAY, FEBRUARY 28TH, 2022

LOCATION: ANY LAKE, POND, RIVER OR STREAM THAT IS SAFE FOR ICE FISHING
ENTRY FEE: \$10 FOR ADULTS / \$5 FOR CHILD (AGES 4-12)

PRIZES: 2 CATEGORIES (PER AGE GROUP)

PRIZES INCLUDE: FREE RENTALS, ICE FISHING GEAR

PRIZES WILL BE AWARDED TO THE LARGEST BY LENGTH FISH IN EACH CATEGORY



ADULT CRAPPIE	CHILD CRAPPIE
ADULT NORTHERN PIKE	CHILD NORTHERN PIKE



REGISTER NOW!!!

REGISTRATION DATES:

WEDNESDAY, DECEMBER 1, 2021 THRU WEDNESDAY, DECEMBER 15, 2021



****SEE OFFICIAL RULES AND REGULATION ON THE BACK OF THIS FLYER****



934TH 2022 ICE FISHING TOURNAMENT: OFFICIAL RULES AND REGULATIONS

THIS EVENT IS INTENDED FOR ACTIVE, RESERVE, NATIONAL GUARD, RETIREES AND DOD CIVILIAN EMPLOYEES AND THEIR DEPENDENTS ONLY. DUE TO THE NATURE OF COVID ALONG WITH THE UNPREDICTABILITY OF ICE CONDITIONS WE ARE HOSTING THIS TOURNAMENT VIRTUALLY STARTING ON SATURDAY, JANUARY 1ST, 2022 AND RUNNING THROUGH THE END OF FEBRUARY (TUESDAY, 2/28/2022). THIS TYPE OF HOSTING WILL ALLOW YOU TO FISH WHERE WHEN AND HOW YOU CHOOSE. YOU CAN FISH ANYWHERE HOWEVER, PARTICIPANTS ARE RESPONSIBLE FOR KNOWING AND FOLLOWING THE LOCAL LICENSING AND FISHING REGULATIONS. YOU CAN ACCESS ANY STATES DNR WEBSITE ONLINE. PLEASE USE THE FOLLOWING LINKS FOR MINNESOTA AND THE SURROUNDING AREA:

MINNESOTA: [FISHING | MINNESOTA DNR \(STATE.MN.US\)](#)

WISCONSIN: [FISHING | WISCONSIN DNR](#)

IOWA: [FISHING LICENSES & LAWS \(IOWADNR.GOV\)](#)

SOUTH DAKOTA: [FISHING IN SOUTH DAKOTA | SOUTH DAKOTA GAME, FISH, AND PARKS \(SD.GOV\)](#)

NORTH DAKOTA: [FISHING | NORTH DAKOTA GAME AND FISH](#)

CANADA: [RECREATIONAL FISHING REGULATIONS \(DFO-MPO.GC.CA\)](#)

REGISTRATION WILL START ON WEDNESDAY, DECEMBER 1ST – WEDNESDAY, DECEMBER 15TH. THE ENTRY FEE IS \$10 PER ADULT AND \$5 PER CHILD. WHEN YOU REGISTER YOU WILL BE SENT A CONFIRMATION EMAIL WITH ADDITIONAL INSTRUCTIONS FOR COLLECTING YOUR PARTICIPANT PACKAGE. IN AN EFFORT TO PROMOTE FAIR PLAY, EACH PARTICIPANT WILL RECEIVE A RETRACTABLE TAPE MEASURE THAT MUST BE USED FOR MEASURING THE LENGTH OF YOUR CATCH AND A NAME TAG.

CRAPPIE AND NORTHERN PIKE ARE THE ONLY SPECIE CATEGORIES. TO SUBMIT YOUR CATCH, YOU MUST PROVIDE A PHOTO WITH; YOUR CATCH, YOUR NAME TAG, AND YOUR TAPE MEASURE SHOWING THE LENGTH TO THE NEAREST 1/2 INCH, FROM THE TIP OF THE NOSE TO THE TIP OF THE TAIL. YOU MAY ENTER AS MANY FISH AS YOU CATCH. THE PHOTOS WILL BE SENT TO KATIE, EMAIL WILL BE THE OFFICIAL MEANS OF COMMUNICATION. PLEASE DIRECT QUESTIONS AND CONCERNS TO KATIE.PILON@US.AF.MIL. EVERY FRIDAY AFTERNOON, 1/11/2022–2/28/2022, STANDINGS WILL BE UPDATED AND SENT TO THE EMAIL ADDRESS PROVIDED AT REGISTRATION.

PRIZES ARE UNDETERMINED AT THIS TIME, BUT COULD INCLUDE ANY COMBINATION OF ICE FISHING GEAR OR FREE RENTALS. YOU WILL BE UPDATED ON PRIZES AT THE TIME YOUR PARTICIPANT PACKAGE IS READY; AS MUCH OF THIS DEPENDS ON THE AMOUNT OF REGISTRATIONS. WINNERS WILL BE ANNOUNCED ON THE MORNING OF WEDNESDAY, MARCH 1ST VIA EMAIL WITH INFORMATION FOR RECEIVING THEIR PRIZE.

FOR MORE INFORMATION, QUESTIONS AND/OR CONCERNS PLEASE CONTACT
KATIE PILON AT 612-713-1496 / KATIE.PILON@US.AF.MIL





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

28 SEP 2021

MEMORANDUM FOR RECORD

FROM: 934 AW/CC

SUBJECT: HPCON BRAVOPLUS Additional Measures for the Minn-St Paul ARS

1. Effective 28 Sep 2021, I am updating the installation Health Protection Condition (HPCON) BRAVOPLUS measures IAW AFI 10-2519, *Public Health Emergencies and Incidents of Public Health Concern*. This is due to a recent increase in local transmission rates caused by spread of the Delta variant of the COVID-19 virus. This variant has increased transmissibility among both unvaccinated and vaccinated persons. The following instructions will be followed by 934th Airlift Wing service members, DoD civilians, contractors, families, and other individuals while on base.

2. Personal Precautions

- a) IAW SECDEF guidance *Updated Mask Guidelines for ALL DoD Installations and Other Facilities* (28 Jul 2021), **all personnel, regardless of vaccination status, must wear a mask indoors around others**, as community rates exceed substantial (50 cases per week per 100k population). When rates drop below substantial, persons who have been fully vaccinated against COVID-19 (14 or more days from final dose of approved vaccine) are not required to wear a mask around others and are not required to maintain social/physical distance when working with others. All personnel will comply with DAF Guidance on Use of Masks, date 28 Jul 2021, or subsequent published guidance.
- 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.

3. Base Access and Attendance

- a) Base access is not restricted due to HPCON measures, except during UTAs. Base access during UTAs is limited to personnel on-duty.
- b) Common areas and shared base facilities will remain open, but must ensure social distancing of all occupants.
- c) Gym facilities will remain open. When masks are required on the installation, personal indoor fitness may be conducted without a mask with appropriate distancing of >6 feet. Indoor team fitness is not permitted. Outdoor personal or team fitness may be conducted without a mask.
- d) Food facilities will be open for indoor or outdoor dining with 6 ft physical distancing and takeout. Personnel should eat in areas on base where 6 ft of distance can be maintained between others.
- e) UTAs will occur in-person, but social distancing should be maintained by all present. Commanders are strongly encouraged to divide their personnel and utilize telework as required to maintain social/physical distancing of personnel in crowded areas.
- f) Personnel will complete the pre-UTA screening questionnaire prior to arriving for a UTA.

- g) Group events/meetings are limited to less than 50 persons without Grp/CC approval and will not exceed 100 persons without Wing/CC approval. All present must adhere to social/physical distancing regardless of vaccination status. Commander's Call may occur for groups up to 100 persons that can maintain social distancing. Larger social events may occur with Wing/CC approval.
 - h) Commanders are highly encouraged to use modified shift schedules to limit crowding of personnel.
 - i) Telework may be allowed by Commanders when there is no degradation to training or mission requirements.
 - j) Unvaccinated vulnerable individuals and those living with unvaccinated 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.).
4. 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.
5. 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.
6. 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).
7. The installation Public Health Officer (PHO) Ms. Chayo Smith can be contacted at 612-713-1608 (office) or chayo.smith.1@us.af.mil.
8. 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