

# Global Viking Flyer February 2023



Enhanced physicals are taking place this UTA. If you didn't know, in April 2016, the 934th Airlift Wing began streamlining the PHA process setting the standard for numerous wings in AFRC to follow.



## External Links:

[COVID-19 Information](#)

[Prevention Connection](#)

[CAT Brochure](#)

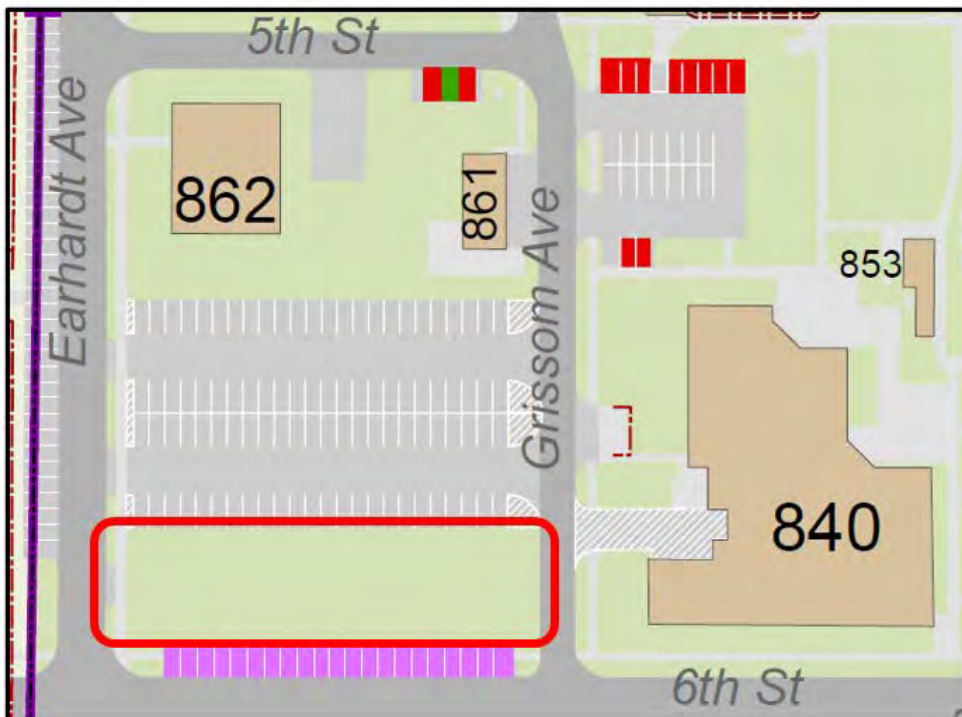
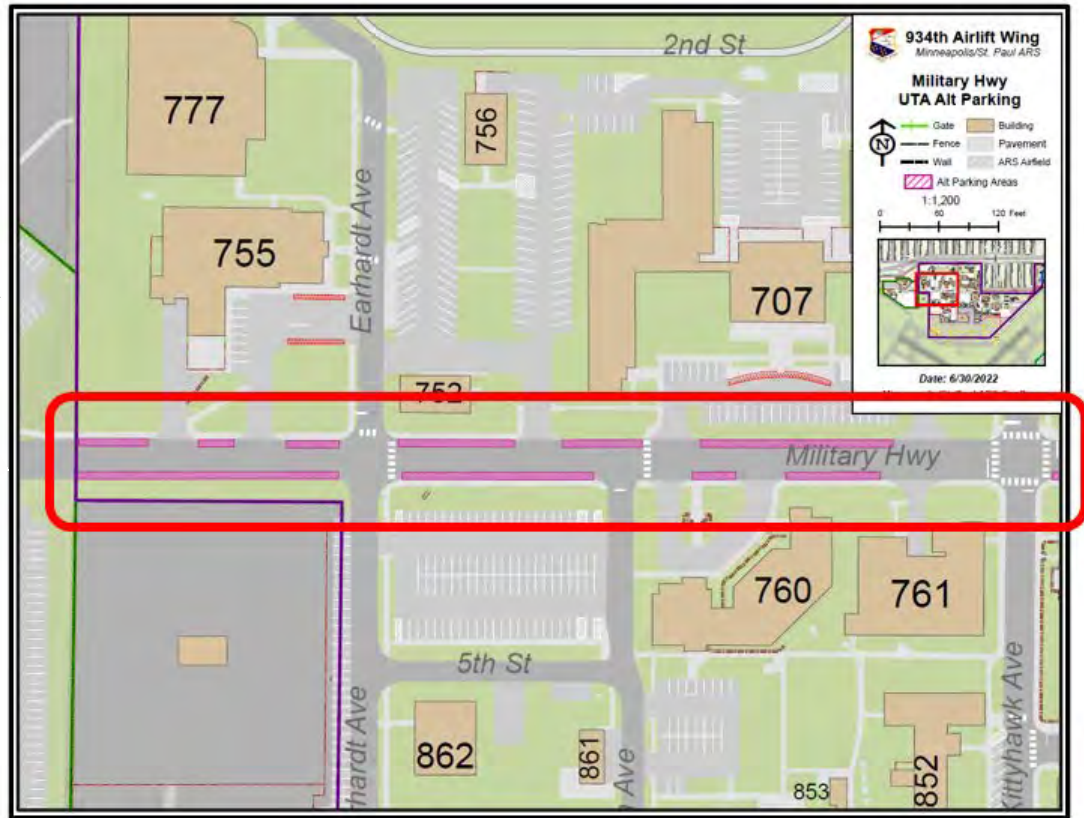


ICYMI, during the January UTA Lt. Col. Brandon Schrader (left photo) assumed command of the 934th Operations Support Squadron and Maj. Ryan Buatala (right photo) assumed command of the 934th Security Forces Squadron.

Congratulations to you both!

"UTA ONLY" street side parking is approved along Military HWY.

This zone stops at each end of Military HWY where the road narrows.



An additional dirt parking lot surrounded by barricades is available behind ASTS.





## 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
March 2023	4-5	18-19
April 2023	1-2	22-23
May 2023	6-7	20-21
June 2023	3-4	24-25

\*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*

## Customer Service Hours:

### Testing hours:

Fridays testing will be @ 0800

**Sunday 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:

Primary UTA only

Sat 0800-1100 & 1200-1500

Sun 1200-1500

Military Pay: 612-713-1407, 1411

Travel Pay: 612-713-1404, 1405, 1406

Check out our new Comptroller Services Portal (CSP)!  
Submit orders, vouchers, questions, etc., with this easy to use system:

<https://usaf.dps.mil/teams/SAFFMCSP/portal/SitePages/Home.aspx>

### Finance ANNOUNCEMENTS:

-Please make sure you check the Unpaid Orders (UOO) list!  
If you're owed money, we want to get it to you!  
-BAH Recertification will take place starting 1 January 2023.  
At that time we will need a new AF 594 and supporting documentation for dependents (marriage certificate, birth certificate, etc.).

### 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:

0800-1500 on Sat & Sun of the UTAs

### Services Club Bar & Grill hours:

1530-2200 on Fri & Sat of the UTAs

## February 2023 Enlisted Promotions

CMSgt – DAGESTAD, KYLE – 27 APS

SMSgt – SODERMAN, JORDAN – 934 CES

MSgt – SCHEELE, ERICH – 934 OSS

TSgt – ALES, JORDAN – 27 APS

TSgt – LOVETT, COLIN – 934 OSS

TSgt – NELSON, JEREMY – 27 APS

SSgt – CLARK, KIM – 27 APS

SSgt – MILQUET, MICHAEL – 934 CES

SSgt – WEBB, AARON – 934 CES

SrA – HAMILTON, ADAM – 27 APS

SrA – TARAKANOVA, VICTORIYA – 934 AW

A1C – JOHNSON, GRACE – 934 MXS

A1C – JOSEPH, MICHAEL – 934 MXS

A1C – JOYCE, EAMONN – 934 CES

### Welcome Newcomers

Lt Col – EICHERS, BRIAN – 934 AW/IGI

MAJ – BACKES, JONATHAN – 934 OSS

CAPT – BIANCHI, DONALD - 934 ASTS

CAPT – SWEAT, JASON - 96 AS

CAPT – TRAN, TAM – 934 AES

1LT – PARKER, RYAN – 934 AES

1LT – SIMS, ANDREW – 96 AS

SRA – JACKSON, JAQUOIN – 934 LRS

SRA – RAMOS, FRANKY – 934 FSS

SRA – SAYLES, DEVRICK – 27 APS

SRA – SHAPPELL, LUCAS – 934 CES

A1C – DAVIS, CHANDLER – 934 CE

AMN – PRICE, ALINA – 934 SFS

AB – LYNCH, GUINEVERE – 934 FSS

AB – YANG, ARIANA – 934 FSS

### 3rd Quarter 2022 Winners

Amn: SrA Zachary Thompson / AMXS

NCO: SSgt Laura Sachwitz/ AMXS

SNCO: SMSgt Catherine Lammers / APS

CGO: Capt Alexander Hennen / APS

FGO: N/A

Civ Sup: N/A

Civ Non-Sup:N/A

# Ask The Expert: Cardiovascular Training Intensity

By Eric Neal in response to a question from Maj. Will Mojica

Maj Mojica: What intensity for cardiovascular training do you think is best? High, Low, or Moderate? Why?

Eric: That's a great question and is dependent on your goal and factors that can affect your choice. If your goal is to burn fat during the exercise, need low impact activity, restricting carbohydrates, and have the time to spend 2 to 3 times longer duration of cardiovascular training then low intensity would be optimal. If you do not have much time to spend exercising and you want an efficient workout that focuses on improving your cardiovascular conditioning, then high intensity would be the optimal choice. Another great aspect of higher intensity training is the Excess Post-exercise Oxygen Consumption following the workout that increases your metabolism above the normal resting state and at a higher rate of fat burning due to increased oxygen consumption. If you are looking to increase number of calories and duration of your cardiovascular routine, then moderate would be the way to go because the level of intensity is much easier tolerated than high intensity while being more rigorous than low intensity training would expend much greater calories.

Under normal circumstances it is a good idea to do all three intensities listed. A good example of applying all three is through monitoring how much you are training in zones 1 through 5. Zone 1 – 50-60%, Zone 2 – 60-70%, Zone 3 – 70-80%, Zone 4 – 80-90%, and Zone 5 – 90-100% of maximum heart rate ([www.polar.com](http://www.polar.com)). The maximum heart rate can be calculated through maximal intensity exercise or estimated at 220 minus the age. Zone 1 is typically for warm-up and cool-down. Zone 2 is great for fat burning as the percentage of carbon dioxide exhaled divided by oxygen consumed tends to be lowest. Zone 3 is great for circulation of blood from the heart and skeletal muscles. Zone 4 focuses on training for endurance at a higher intensity. Zone 5 is at a maximal effort that can't be obtained for long periods of time. Training at the upper end of zone 4 and lower end of zone 5 would be optimal for specificity of the 1.5-mile run, training at zone 3 would be optimal for training for a marathon, and zone 2 would be optimal for a person that is on a carb restricted diet, training for a body-building competition, or has limitations to what they can do for fitness.

As I reflect on my cardiovascular activity, I think I do a very good job at ensuring that I'm burning a lot of calories most of the time, but I could be better at focusing on my cardiovascular conditioning. My limiting factors of being on a carbohydrate restricted diet are legit for limiting my high-intensity training to 1-2 days per week while being in zone 2 the rest of the time but I'm guilty of not training in zones when my diet has no restrictions at times because I don't enjoy my lungs hurting. To ensure I'm meeting the cardiovascular training goals that I reflect are being unfulfilled, I will set a goal to beat my best 1.5 mile run once I'm finished with my restrictive diet, and I will keep in mind the more calories I burn from high intensity training, the more calories I can eat and maintain weight rather than gain weight, while also being more efficient with my time. Now I would like for you to take the time to think about how you are doing on your cardiovascular training assess where you are doing well and where you can do better.

If you would like to contribute to Ask The Expert, please send your questions to [eric.neal.4@us.af.mil](mailto:eric.neal.4@us.af.mil) and if you need some help with your Cardiovascular Training, ask your UFAC, UFPM, or PTL to sign you up for Cardiovascular Intervention on Sunday of January UTA from 0930-1100 at Fitness Center Classroom.





## HEALTH PROMOTION COURSES

Are **NOW** being OFFERED at the  
FITNESS CENTER CLASSROOM in **BLDG. 777**



COURSE NAME	DATE	TIME	FOR WHO
BEST SELF MODULE 1	Saturday February 4, 2023	0900-1100	ALL AIR FORCE PERSONNEL INCLUDING CIVILIANS
CARDIOVASCULAR INTERVENTION	Sunday, February 5, 2023	0930-1100	ALL AIR FORCE PERSONNEL INCLUDING CIVILIANS
BEST SELF MODULE 1	Tuesday February 21, 2023	0900-1100	ANYONE WITH ACCESS TO BASE
BEST SELF MODULE 2	Saturday, March 4, 2023	0900-1100	ALL AIR FORCE PERSONNEL INCLUDING CIVILIANS
BETTER BODY BETTER LIFE	Sunday, March 5, 2023	0800-1100	ALL AIR FORCE PERSONNEL INCLUDING CIVILIANS
SLEEP OPTIMIZATION	Tuesday, March 14, 2023	0900-1000	ANYONE WITH ACCESS TO BASE
BEST SELF MODULE 2	Tuesday, March 21, 2023	0900-1100	ANYONE WITH ACCESS TO BASE
NUTRITION 101	Tuesday, March 28, 2023	0900-1000	ANYONE WITH ACCESS TO BASE

Air Force Members can sign up through their Unit Fitness Assessment Cell (UFAC), Unit Fitness Program Managers (UFPM), Physical Training Leaders (PTL) on Teams, Body Composition Managers (BCM) or Health Promotion Working Group (HPWG). If you don't know who your Unit Reps are you can contact Eric:

For other branch of services, civilians, veterans, retirees and any one with access to the base can sign up, or if you have any questions you can contact:

Eric Neal—Exercise Physiologist (Instructor)  
Health Promotion and Fitness Program Manager  
eric.neal.4@us.af.mil  
612-713-1472



# February 2023

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> <b>0700-1500</b> <b>Monday-Friday</b> <b>24Hour Access Available</b>			1	2 <b>UTA</b> Hatha Yoga 1130-1230	3 <b>UTA</b>	4 <b>UTA</b> Best Self Module 1 Course 0900-1100
5 <b>UTA</b> Cardiovascular Intervention Course 0930-1100	6		7 Hatha Yoga 1130-1230	8	9 Hatha Yoga 1130-1230	10
12	13	14 Hatha Yoga 1130-1230	15	16 Hatha Yoga 1130-1230	17	18
19	20 HAPPY President's DAY CLOSED	21 Best Self Module 1 Course 0900-1100 Hatha Yoga 1130-1230	22	23 Hatha Yoga 1130-1230	24	25
26	27	28 Hatha Yoga 1130-1230	<b>SIGN UP NOW</b> 		To Reserve Spaces at the Fitness Center for Group Fitness Sessions, Classroom or Racquetball Court go to our PICKTIME RESERVATION System! QR CODE:	





# UTA SUNDAY WORSHIP SERVICE SCHEDULE

**0900 GENERAL PROTESTANT SERVICE**

**1000 ROMAN CATHOLIC MASS**  
(Confession available upon request)

**1100 LATTER DAY SAINTS SERVICE**

\*All worship services are located at Base Chapel, Bldg. 725

\*\*Chapel located directly behind C.E., parallel to Perimeter Road



**SUNDAY UTA WEEKENDS ONLY**



RALPH K. SIMCOX, MSgt, USAF  
Superintendent, Religious Affairs  
ralph.simcox@us.af.mil  
Comm: 612-713-1227  
DSN: 783-1227

## PICKLEBALL COURT IS NOW AVAILABLE!



**RESERVATIONS MAY BE MADE ON PICKTIME.  
PADDLES AND BALLS ARE AVAILABLE AT THE  
FITNESS CENTER FRONT DESK.**



## FITNESS CENTER Picktime Reservation System



Reservations are Mandatory for:

- Group Fitness Sessions
- Gym
- Track
- Small Group Exercise Room
- Classroom
- Racquetball Court
- Pickle Ball Court

### Scan The QR Code Above and Follow These Instructions:

1. Select "sign up" to create an account or, "login" to sign into an existing account.  
(We only need a name, phone number and email address when creating an account)
2. Select the resource:  
Classroom, Outdoor Track, Racquetball Court, Pickle Ball Court
3. Group X Room
4. Gym East/West (specify activity in the booking notes)



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



**\*\*Please ensure you read the opening message as you are responsible for knowing the information provided\*\***







# February 2023

## LUNCH Special MENU

934th Community Activity Center Bldg. 807  
Phone 612.713.1655



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hours of Operations</b> <b>Monday–Friday 1100-1300</b> <b>Closed on Holidays</b> <b>UTA Weekends ONLY</b> <b>Bar &amp; Grill Open Friday &amp; Saturday</b>			<b>1</b> <b>BBQ RIBS</b>	<b>2</b> <b>TACO</b> <b>BUFFET</b> <b>BAR &amp; GRILL</b> <small>OPEN</small> <b>1530-2100</b>	<b>3</b> <b>CHICKEN</b> <b>BUFFET</b> <b>BAR &amp; GRILL</b> <small>OPEN</small> <b>1530-2100</b>	<b>4</b> <b>UTA</b> <b>BAR &amp; GRILL</b> <small>OPEN</small> <b>1530-2100</b>
<b>5</b> <b>UTA</b>	<b>6</b> <b>CHEF'S</b> <b>CHOICE</b>	<b>7</b> <b>BEFF</b> <b>ENCHILADA</b>	<b>8</b> <b>STEAK AND</b> <b>EGG FRIED</b> <b>RICE</b>	<b>9</b> <b>CHICKEN</b> <b>CORDON</b> <b>BLEU</b>	<b>10</b> <b>BAKED COD</b>	<b>11</b>
<b>12</b>	<b>13</b> <b>GRILLED</b> <b>CLUB</b>	<b>14</b> <b>BOURBON</b> <b>CHICKEN</b>	<b>15</b> <b>POT ROAST</b>	<b>16</b> <b>CHICKEN</b> <b>SALAD</b> <b>SANDWICH</b>	<b>17</b> <b>CLOSED</b>	<b>18</b>
<b>19</b>	<b>20</b>  <b>CLOSED</b>	<b>21</b> <b>LEMON</b> <b>PEPPER</b> <b>WINGS</b>	<b>22</b> <b>ORIENTAL</b> <b>SPECIAL</b>	<b>23</b> <b>TARRAGON</b> <b>CHICKEN</b> <b>NOODLE</b> <b>CASSEROLE</b>	<b>24</b> <b>COCONUT</b> <b>SHRIMP</b>	<b>25</b>
<b>26</b>	<b>27</b> <b>CHEF'S</b> <b>CHOICE</b>	<b>28</b> <b>BUFFALO</b> <b>CHICKEN</b> <b>MAC &amp;</b> <b>CHEESE</b>	<b>Friday, FEBRUARY 3rd, 2023</b> <b>1700-2100</b> <b>JOIN US FOR</b> <b>CLUB MEMBER 2 FOR 1</b> <b>DINNER SPECIAL!!</b>		 <b>ST. PATRICK'S DAY</b> <b>COCKTAILS</b> <b>Join us at the BAR &amp; GRILL</b> <b>March 3 &amp; 4, 2023</b>	

# 4-5 FEBRUARY 2023

## UTA CAC Menu

### Saturday, 4 FEB 23

#### Breakfast (0600 – 0700)

- BACON
- SAUSAGE PATTY
- TRUKEY SAUSAGE LINKS
- HASHBROWN PATTY
- CHOCOLATE CHIP PANCAKES
- BISCUIT & CREAM BEEF
- OATMEAL

#### Lunch (1100 – 1230)

- PORK FRITTER
- MASHED POTATOES
- GRAVY
- CALIFORNIA MIX VEGETABLES
- CHEESE BURGER
- FRIES
- CHILI

### Sunday, 5 FEB 23

#### Breakfast (0600 – 0700)

- BACON
- SAUSAGE PATTY
- TRUKEY SAUSAGE LINKS
- HASHBROWN PATTY
- FRENCH TOAST
- BISCUIT & CREAM BEEF

#### Lunch (1100 – 1230)

- Box Lunch – Grab and Go Only**
- Sandwich or Salad Option
- Chips
- Fruit
- Rice Krispy Bar
- Bottled Water



**934th COMMUNITY ACTIVITY CENTER**

**UTA WEEKEND**

**FEBRUARY 2-4, 2023**

(THURSDAY, FRIDAY & SATURDAY)

**MINI BAR & GRILL OPEN**

**1530-2130**

**NEW**



**BUCKET OF BEER**

Your Choose of 6 Beers for

**\$18.00**



934th Community Activity Center Bldg. 807  
Phone 612.713.1655



**Friday, FEBRUARY 3rd, 2023**

**1700-2100**

**JOIN US FOR  
CLUB MEMBER 2 FOR 1  
DINNER SPECIAL!!**

*Chicken Picatta with Cranberry Orzo,  
Green Bean Almondine &  
Chocolate Cherry Mousse*

**\$30.00**

Hosted by the 934th Community Activity Center

Club Members 2 for 1 is \$30. Non-Club Members \$30/Plate. Place your order and sign up by February 1st and receive a special Valentine's Day Gift. Email Junalyn Lowry to get on the List: [junalyn.lowry@us.af.mil](mailto:junalyn.lowry@us.af.mil)



**934th COMMUNITY ACTIVITY CENTER**

**UTA WEEKENDS ONLY**

**MINI BAR & GRILL OPEN**

**1530-2100**



**BAR SPECIAL  
Leinenkugel's  
\$1.00**

ALSO, Leinenkugel's Juicy Peach



934th Community Activity Center Bldg. 807  
Phone 612.713.1655







# March 2023



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Hours of Operations</b> 0700—1500 Monday—Friday 24Hour Access Available		<b>ULTIMATE STRONGMAN CHALLENGE</b> APRIL 17 & 19, 2023	1	2 <b>UTA</b> Hatha Yoga 1130-1230	3 <b>UTA</b>	4 <b>UTA</b> Best Self Module 2 Course 0900-1100
			5 <b>UTA</b> BETTER BODY BETTER LIFE 0900-1100	6  1100-1300	7 Hatha Yoga 1130-1230	8  1100-1300
12	13  1100-1300	14 SLEEP OPTIMIZATION 0900-1100 Hatha Yoga 1130-1230	15  1100-1300	16 Hatha Yoga 1130-1230	17 	18
19	20  1100-1300	21 Best Self Module 2 Course 0900-1100 Hatha Yoga 1130-1230	22  1100-1300	23 Hatha Yoga 1130-1230	24	25
26	27  1100-1300	28 NUTRITION 101 0900-1100 Hatha Yoga 1130-1230	29  1100-1300	30 Hatha Yoga 1130-1230	31	<b>UTA</b>



# March 2023

LUNCH Special MENU

934th Community Activity Center Bldg. 807  
Phone 612.713.1655



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Hours of Operations</b> Monday—Friday 1100-1300 Closed on Holidays UTA Weekends ONLY Bar & Grill Open Friday & Saturday	<b>APRIL 2023 UTA</b> GARLIC BUTTER STEAK BITES \$10.00 Bar & Grill SPECIAL March 31, 2023		1 BLACK PEPPER CHICKEN	2 CHICKEN CURRY	3 MINNESOTA BUFFET <b>BAR &amp; GRILL OPEN</b> 1530-2100	4 <b>UTA BAR &amp; GRILL OPEN</b> 1530-2100
	5 <b>UTA</b>	6 CHEF'S CHOICE	7 FRENCH ONION CHICKEN	8 FIRED PHILLY WRAP	9 CHICKEN KIEV	10 FRIED COD
12	13 CREAMY PAPRIKA PORK	14 ORIENTAL SPECIAL	15 CHICKEN ENCHILADA	16 BEEF STROGANOF	17 CORN BEEF & CABBAGE 	18
19	20 CHEF'S CHOICE	21 CHILI CORNBREAD BAKE	22 BBQ RIBS	23 ROSEMARY BAKED CHICKEN	24 BAKED COD	25
26	27 CHEF'S CHOICE	28 CHICKEN PARMESAN	29 TACO SALAD	30 BALSAMIC STEAK SALAD	31 COCONUT SHRIMP	<b>ST. PATRICK'S DAY COCKTAILS</b> BAR & GRILL



# SIGN UP NOW

# MARCH MADNESS

# Tournament!

Sign UP your 5 to 8 MAN Team By **MARCH 1, 2023 DEADLINE!!**

Games Will Be Mondays & Wednesdays

Each Week in March

1100 -1300

starting

March 6 & 8th

March 13 & 15

March 20 & 22

A game will consist of two 15-minute halves (running clock).

Rankings for the tournament will be based off the wins and losses during games played from March 6th -March 22

**MARCH MADNESS PLAY OFFS: March 27th & 28th**

**1st & 2nd Place Awards!!**

Sign UP at the Fitness Center or Contact Keith Pulliam II, MS  
612-713-1497 For more details.



## MARCH 2023 UTA



Join us at the BAR & GRILL  
March 3 & 4, 2023



934th Community Activity Center Bldg. 807  
Phone 612.713.1655





# ULTIMATE STRONGMAN CHALLENGE

APRIL 17 & 19, 2023



- SANDBAG TOSS
- TIRE FLIP
- OVERHEAD PRESS
- SINGLE ARM DUMBBELL PRESS
- LOADING RACE
- BACK SQUAT
- TUG OF WAR
- FRONT HOLD
- BENCH PRESS
- DEADLIFT
- FARMER WALKS



*\*The competition will be held over a period of 2 days, with 6 events on the first day and the remaining 5 on the 2nd day. Each event will be ranked 1st-3rd place with a point system of 1st (15-points) 2nd (10-points) 3rd (5-points). 1st place will be determined by the competitor who scores the most points overall across all events 2nd and 3rd place will also be determined by overall scores.*

*\*In the event of a tie for any place 1st-3rd a tug of war event will take place to determine the winner.*

*\*Only weight belts and knee wraps can be used for any event.*

Sign UP at the Fitness Center or Contact Keith Pulliam II, MS  
612-713-1497 For more details.



Interested in Volunteering?

The Hennepin County Office of Multi Culture is seeking volunteers for events coming up in the near future.

It is the policy of the Minnesota Government Data Practices Act for volunteers to register in the link below (Library Adult Application) to ensure that all those who volunteer for the county are screened for safety measures.

Members interested in volunteering can contact:

- Jason Roman - Office of Multi-Cultural Services/Navigation and Information Services
- Office Phone: 612-348-2578/  
Mobile:763-647-8556
- Jason.Roman@hennepin.us

MyImpactPage - Library - Adult Application  
(betterimpact.com)

**934th Maintenance Group**

**2023 BASS FISHING TOURNAMENT**

**SATURDAY  
JULY 15  
6:30 AM - 12:30 PM**

**AT CLEARWATER LAKE,  
CLEARWATER, MN**

- MAX OF 25 BOATS / KAYAKS
- SOLO OR TEAMS OF TWO
- \$10 ENTRY FEE PER PERSON
- \$5 OPTIONAL BIG FISH POT
- 3 BIGGEST FISH IN LENGTH PER PERSON OR TEAM WINS
- \$100 CASH PRIZE
- FOOD AND DRINKS PROVIDED AFTER TOURNAMENT

CALL, TEXT, SIGNAL CAPT BESSEL AT 314-606-5145 OR EMAIL CHARLES.BESSEL@US.AF.MIL TO SIGN UP OR FOR MORE INFORMATION





# 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.

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Commander