



Commander's Call

On Saturday, 9 January 2021 at 09:34 am CST, Col. Chris Lay, will be hosting a Commander's Call (Town Hall) via YouTube Live. The commander will provide various updates to the wing before opening a Question and Answer period. ALL questions submitted will be anonymous and the commander's intent is to answer every question either during the Commander's Call or by following-up afterwards. *To submit questions, go to www.menti.com and enter the code 98 32 64 8.

Members will need to be on an off-network computer, smart phone/mobile device, tablet or other YouTube accessible platform to watch the Commander's Call.

Link to Commander's Call:

https://www.youtube.com/watch?v=n_VgKVEbLzU

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

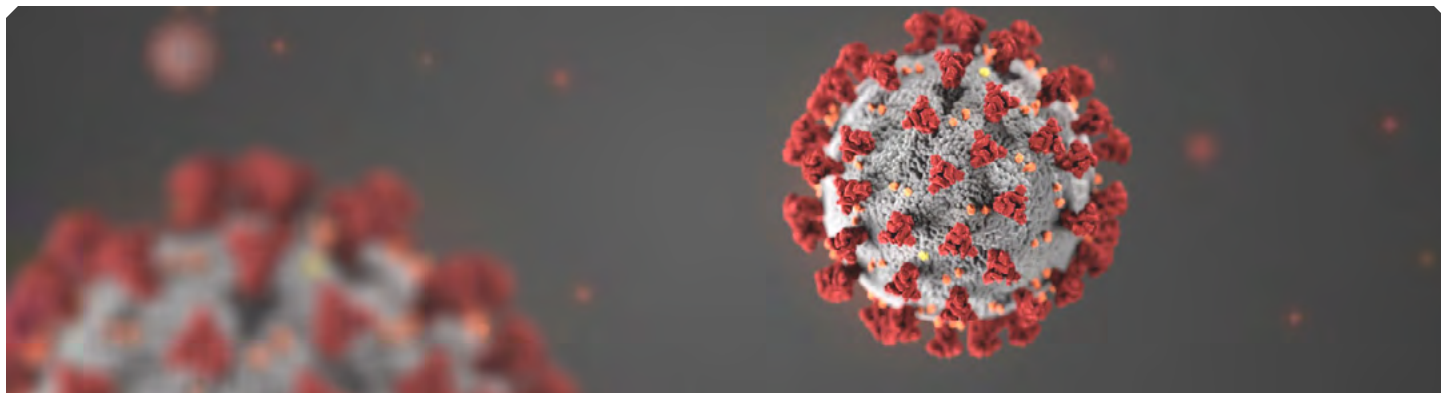
PRIORITY 3

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](#)

January is Stalking Awareness Month, Mental Wellness Month, Slavery and Human Trafficking Month, and National Mentoring Month

The new year is upon us... new year, new beginnings. Maybe those new beginnings includes seeing the light at the end of a dark tunnel. Think about what you were doing at this time last year before COVID-19. Were there things available that you took for granted, not knowing the virus would take them away? Things or places like going to your favorite restaurant, or being able to see a sporting event in person. Maybe the virus took away your job. Or worse yet, maybe the virus took a loved one from you. Let's reflect a little and think back to 1 Jan 2020... did you think we would be where we are today?

Very few of us predicted the virus would overtake our country like it has. Just like us not knowing what was coming back on 1 Jan 2020, we don't know what is coming our way beyond today. That in and of itself can cause anxiety for some. However, we can change that mindset. Let's flip that switch and look at it this way: the vaccine is in full force. People are getting vaccinated every day. It's been said that if roughly 70% of the population receives the vaccination, we will beat COVID-19.

January is Mental Wellness month. The World Health Organization (WHO) describes mental wellness as "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community". Let's not get bogged down in the negativity that the virus has brought upon us. Rather, let's flip the switch and look at the positivity of what the vaccination will bring us. The light is coming. We will beat this virus.

Let us be grateful for the people in our lives, for things we have. If you do, your mental well-being will improve and you will continue thrive.

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

Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Primary</u>	<u>Alternate</u>
January 2021	9-10	23-24
February 2021	6-7	20-21
March 2021	6-7	20-21
April 2021	17-18	24-25
May 2021	1-2	15-16
June 2021	5-6	26-27
July 2021	15-16 April	10-11
August 2021	7-8	21-22
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

January

Not Available

Welcome Newcomers!

January

Maj Lombardo Monica AMXS
SSgt Curphy Ian ASTS
SSgt Gartmann Austin CS
SSgt Jenkins Benjamin CES
SSgt Rodriguez Elizabeth APS
SSgt Van Houdt Brandon LRS
SSgt Vincent Stephen CES
A1C Ford Ivy FSS
SrA Hatzenbeller Raymond ASTS
SrA Moody Jordan OSS
SrA Noetzelman Eric CES
SrA Peverill Cy MXG
A1C Betcher Kyle AMXS
A1C KammueLLer August ASTS
A1C O Deay Sean APS

Award Winners!

2nd Quarter Winners

Airman of the Quarter – SrA Lukas Dean – AMXS
NCO of the Quarter – TSgt Scheress Hendricks – AW/EO
SNCO of the Quarter – SMSgt James Chadwick – SFS
CGO of the Quarter – Capt Andrew Glover – MXS
FGO of the Quarter – Maj Greg Stewart – APS
Civ Sup of the Quarter - Chayo Smith – CES
Team of the Quarter – AFE Team – OSS
Innovation – MXG CSS – MXG

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](#)

<div>  <div> <h1>JANUARY 2021</h1> <p>LUNCH MENU 934th Community Activity Center Bldg. 807 Phone 612-713-1655</p> </div>  </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours of Operation Monday to Friday Lunch 1100-1300 Holidays Closed						2 CLOSED
3 CLOSED	4 Cordon Blue	5 Swedish Meatball	6 Oriental Special	7 Chicken Alfredo	8 Fried Cod Bar 6 Grill CLOSED	9 UTA Bar 6 Grill CLOSED
10 UTA CLOSED	11 Baked Chicken	12 BBQ Pulled Pork	13 Taco Bowl	14 Cuban Pork	15 Fried Cod	16 CLOSED
17 CLOSED	18 MLK CLOSED	19 Spaghetti	20 Pork Chops	21 Fried Chicken	22 Fried Cod	23 CLOSED
24/31 CLOSED	25 Roast Pork loin	26 Sloppy Joe	27 Chicken Piccata	28 Cornbread Beef Cake	29 Fried Cod	30 CLOSED

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:

UTA A

Sat 0800-1100 & 1200-1500

Sun 1300-1500

UTA B

Sat 1000-1400 (ID section only)

Force Development hours:

Sat and Sun 0900 – 1400

DFAC Food hours:

Breakfast 0615-0715

Lunch 1030-1130

Military Personnel Flight hours:

Sat 0800-1500

Sun 0800-1100

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

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)

Jan "A" UTA

9 Jan 0730-0845 Advanced Nutrition and Exercise 601
9 Jan 0900-1015 Advanced Nutrition and Exercise 602
9 Jan 1030-1130 Sleep Optimization

Jan "B" UTA

23 Jan 0730-0845 Advanced Nutrition and Exercise 601
23 Jan 0900-1015 Advanced Nutrition and Exercise 602
23 Jan 1030-1130 Sleep Optimization

Recipe of the Month

Turkey Chili

Ingredients

1 lb. of Jenny O 99/1 Ground Turkey
3 Cups of Dry Kidney Beans
46 oz. V8 Low Sodium Tomato Juice
3.25 Cups of Tomato Sauce

Add the following ingredients to your liking Onion Powder, Chili Powder, Louisiana Hot Sauce, Crushed Red Pepper, Turmeric, Garlic Powder, Celery Seed, Cumin, and Stevia Put 6 cups of water in slow cooker. Add No Salt Sodium Free Alternative, Baking Soda, and Dry Beans. Cook on high for 2 hours stirring occasionally. Cook an additional 4 hours on low. After 6 hours of cooking start browning the ground turkey. While ground turkey is browning, drain the pot and wash over the beans, add beans back to pot and start adding tomato juice and sauce followed by the seasonings. Once ground turkey has completely browned, add to the soup. Cook on low until hot enough to serve and continue to cook on low an additional 2 hours.

Yields approximately 10 servings

Serving Size 2 Cups

Calories 194, Protein 22.4 grams

Carbohydrates 40.7 grams

Fat .6 grams

Turkey Chili is a very healthy choice of food with many great benefits. Tomato juice contains lycopene, which is great for the prostate. Beans are a great choice of fiber and protein. Ground turkey is also loaded with protein. Garlic helps lower cortisol. Celery seed reduces blood pressure. The spices increase metabolism through thermogenesis. Beans, onions, and turkey help increase testosterone. For greater testosterone response replace turkey with lean grass-fed ground beef. Overall, turkey chili is an extremely healthy choice of food that is also pretty tasty.

COMING SOON

FIRST SERGEANTS WILL HOST A RESUME WRITING COURSE IN JANUARY 2021 (LOCATION TBD)

RISING SIX WILL HOST APR 2021 UTA: EVALUATIONS
(GUIDANCE/CHANGES, PRACTICE EXAMPLES, BULLET WRITING, ETC)

CHIEFS GROUP WILL HOST PACE SPRING 2021
(MONTH TBD)

**RISING SIX WILL HOST OCT 2021 UTA:
ENLISTED PROMOTIONS AND STEP II**
(ELIGIBILITY REQUIREMENTS, CHANGES, ETC)



For over a century, Dale Carnegie has been improving individual and business performance around the world through in-person and live online courses from leadership to public training

Coaching for Improved Performance

- Are you interested in improving performance for **FREE**?
 - Then sign up today for Dale Carnegie's "**Coaching for Improved Performance**"
 - The course will be held on **Saturday, 6 Feb from 1100 – 1300** as a lunch and learn opportunity
 - Limited 25 seats available → sign up through your **First Sergeant**
 - There are no rank requirements but a computer, laptop, iPad or mobile device will be required as this will be conducted via WebEx for those selected
 - You can attend from home, office or in the reserved training space (bldg. 760 Training Room)
 - A connectivity test will take place in advanced and coordinated with this those selected
- [Click here for additional information.](#)

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.



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

25 September 2020

MEMORANDUM FOR ALL 934TH AIRLIFT WING PERSONNEL

FROM: 934 AW/CC

SUBJECT: Use of Cloth Face Coverings

1. In an effort to decrease the risk of COVID-19 outbreaks among unit personnel, Air Force leadership has reinforced Department of Defense guidance regarding the use of cloth face coverings and physical distancing. Wearing a mask and physical distancing of at least six feet will aid in minimizing the spread of COVID-19 and will protect others.
2. As a reminder, Air Force guidance reads: "To the extent practical, without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers." This guidance applies to Total Force military personnel, DoD civilian employees and contractors, family members and all individuals on Department of the Air Force property, installations and facilities.
3. While indoors, Airmen are required to wear a cloth face covering, unless they are isolated within their own personal office. As such, the intent for our Airmen (civilian and military alike) is for the use of a cloth face covering to be the default with few exceptions, based on mission impact and as determined by commanders. Commanders will consider exceptions based on safety, health, and mission considerations.
4. All cloth face coverings should cover the mouth and nose while providing a snug fit, following CDC guidance. Face coverings should be conservative, professional and in keeping with the dignity and respect due our military lineage. In military uniform or civilian work attire, face coverings will NOT include political statements or controversial messages, as we seek to unite, not divide our force. Furthermore, the collar of a shirt, a sleeve, and uniform covers/hats are not suitable substitutions for not wearing a mask. Additionally, masks with valves are prohibited. For additional information, visit <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.
5. In all cases, please remember to maintain proper health guidelines, a professional appearance, and common courtesies towards each other as we collectively continue to combat COVID-19.

LAY.CHRISTOPH
ER.T.1133232105
CHRISTOPHER T. LAY, Colonel, USAF

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