



## ANNOUNCEMENTS

- Interested in the Bivalent COVID Vaccine Booster? See page 6 for more details
- The Professional Development Team would like your input. We can provide professional development courses to assist you in your professional and personal lives.

o We have created a brief 2-minute questionnaire for you to provide input on the types of courses you would like to attend and when you would like to have them scheduled. Now is your opportunity to provide input for our team. Once we know what it is you want and need, we will make those opportunities available.

o To complete this questionnaire and provide input, please go to <https://www.surveymonkey.com/r/X72ZXFF>

### External Links:

COVID-19 Information

Prevention Connection

CAT Brochure

## WHERE THE “BLEEP” DO I PARK ON UTAs???

As most of you were aware over the October UTA, vehicle parking was..... interesting. There have been several concerns brought to our attention. Attached is a slide of the APPROVED additional parking areas established by the Wing Traffic Safety Coordination Group.

### NOTES from Wing Safety:

- The additional parking along Military Hwy creates some congestion and visibility issues. Additional signage should be in place at crosswalks.
- Please pay attention (MOTORISTS and PEDESTRIANS) especially during the darker morning hours. One may not see the other, don't ASSUME.
- Additional parking along side streets has not been authorized. Most side streets are far too narrow and unable to maintain proper traffic flow when this occurs.
- There are, or at least were, unused parking spaces around the installation last UTA. Please utilize these approved parking spaces and realize that they may be further away from your usual habit patterns.
- PLEASE BE PATIENT AND COURTEOUS!

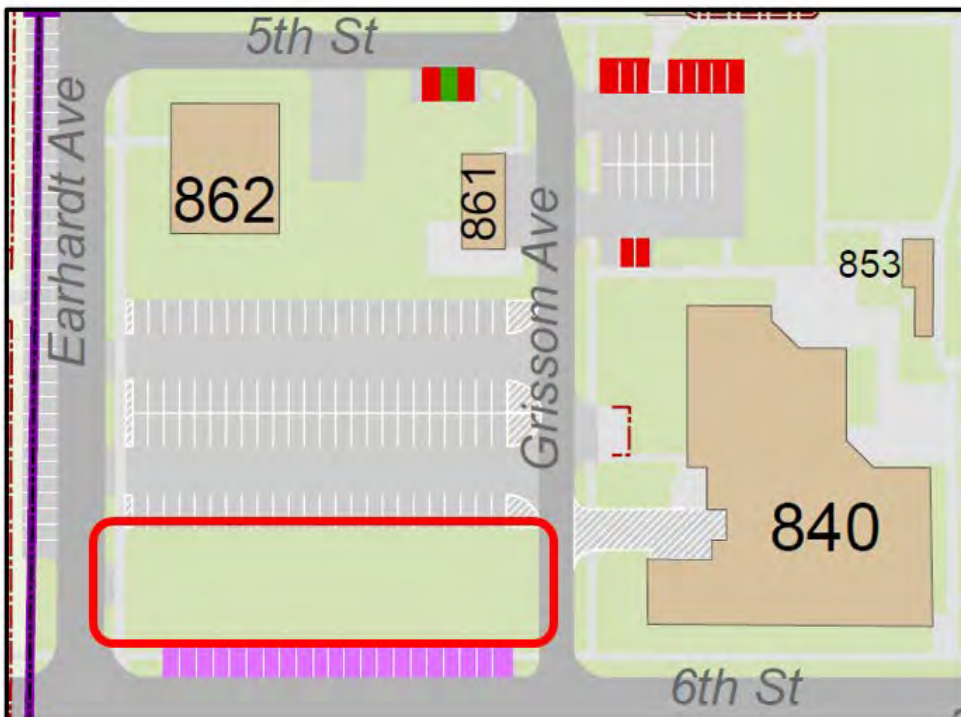
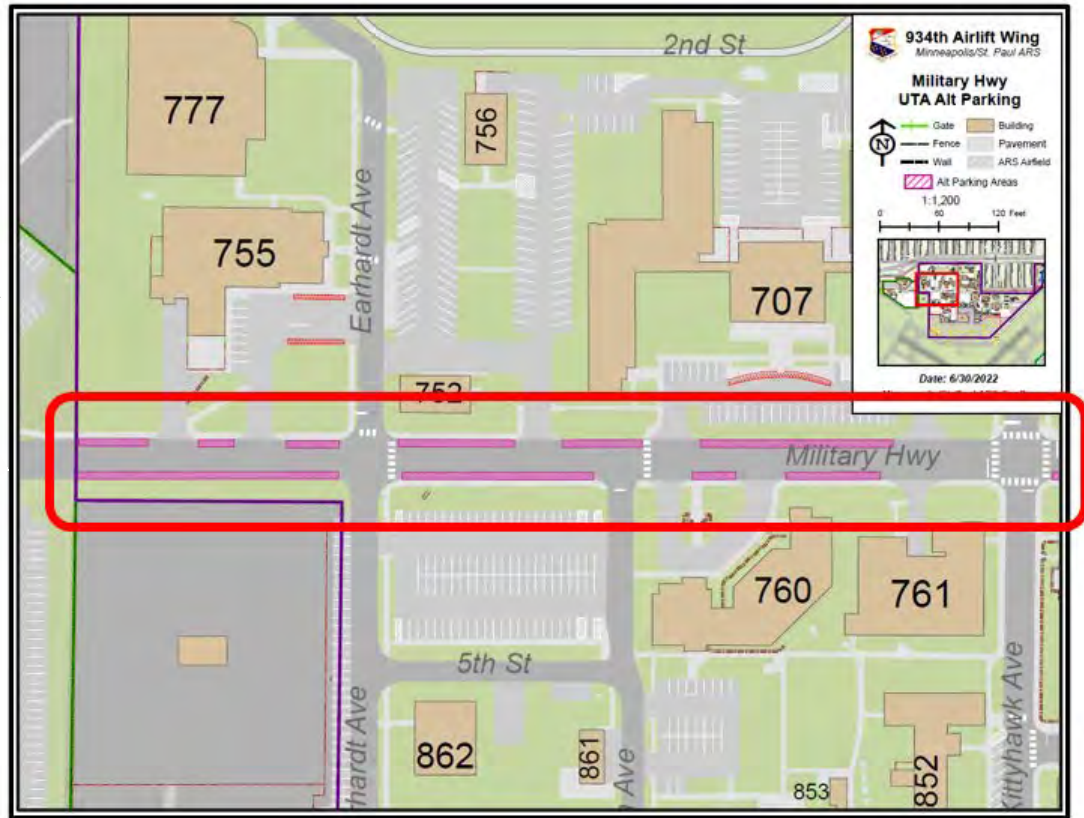
Happy parking!!

934th Airlift Wing Safety Office

See further below for more details

"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   |
|---------------|---------|-------|
| January 2023  | 3-4     | 17-18 |
| February 2023 | 7-8     | 21-22 |
| March 2023    | *2-5    | N/A   |
| April 2023    | 1-2     | 22-23 |

\*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

## **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 your thoughts, suggestions, and concerns.

You can also email me at: [w\\_walker@icloud.com](mailto:w_walker@icloud.com)

Built in partnership with William Walker

[Android Download Link](#)

[iOS Download Link](#)

## **Top 3 Meeting**

\*Meetings are scheduled on Sundays of the UTAs from 1100-1200 in the AES building.

## **Important Forms:**

Air Force Physical Fitness Screening Questionnaire (FSQ) available [here](#).

## **934th AW SQ Mission Videos are live!**

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

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

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

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

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

\*Links work off-network

## **Scholarship Resources Megalink!**

Are you or a family member going back to school?

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

## **Community Resources Megalink!**

Looking for military resources in your community?

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

## **COVID VACCINE BOOSTER DOSES**

The Bivalent COVID Vaccine Booster will be available on a first come first served basis Sunday from 1000-1100 at ASTS in the immunizations section.

NOTE: If possible, please bring your original vaccination card with you to ASTS so we can add the booster dose. If receiving a vaccine/booster from the community, Airmen must report vaccinations to ASTS 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.ast.medical@us.af.mil](mailto:934.ast.medical@us.af.mil)

# 2022 Enlisted Promotions

## December

SMSgt - SIEBENAHLER, JUSTIN - 934 SFS

MSgt - CASE, TREY - 934 FSS

MSgt - KAUFENBERG, NICOLAS 96 AS

MSgt - ALSTEEN, JACOB - 934 ASTS

MSgt - OKEEFE, DAVID - 934 ASTS

MSgt - KUTZLER, JOSHUA - 934 AMXS

MSgt - DAVIDSON, JONATHAN - 934 CES

TSgt - PHAKONEKHAMHOLMAN, KRYSTA - 934 ASTS

TSgt - BOOTSMA, LUKE - 934 CES

TSgt - QUITTSCHREIBER, JEREMY - 934 CES

TSgt - REED, CODY - 934 MXS

TSgt - VAN DYKE, ADAM - 934 MXS

TSgt - LANGREHR, BRANDON - 934 MXS

TSgt - RIDLEY, ALEXANDRA - 934 FSS

SSgt - RINTAMAKI, KELTON - 934 CES

SSgt - DANT, MEGAN - 934 CES

SSgt - HORACEK, KENNETH - 934 MXS

A1C - NUNEMAKER, JOSIAH - 934 SFS

SrA - ZEHMS, SARAH - 934 MXS

### January Newcomers

TSG - REHBERG, AMANDA - FSS

SSG - COLE, GARRETT - OSS

SRA - CHOUINARD, CORY - AS

A1C - STEEVES NATHAN - AES

A1C TARAKANNOVA, VICTORIYA - AW

AMN - NEAL, ANDRES - AMXS

AB - ELAM, TRAVIS - SFS

### 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

Military & Family Readiness Center  
Building 729, Room 202

Director:

**Kelly Wilkinson**  
612-713-1567

Office Hours:

**M-F: 0900-1500**

**January UTA:     Sat: 0730-1500**  
**Sun: 1300-1530**

*\*Out-Processing call 1567 to set up appointment\**

*\*All separating, retiring, transferring\**

**Bundles for Babies!**

**Are you a new parent?**

Stop by the Airman & Family Readiness  
Center to pick up a hand knit baby  
blanket and supplies!  
Bldg. 729, Saturdays: 1300-1400

**Are you looking for employment?**

Visit or download:  
934th Airlift Wing, AF Connect App  
Select Employment Opportunities!  
Multiple Companies hiring Military and  
Veterans

**Are you retiring/separating soon?**

Contact the M&FR Director for  
information on Transition Assistance and  
Veterans Resources!



First Duty Station Financial Training

Block 2 of 2

Bldg. 852, Room 215, FSS  
7 January, 0900-1100

Block 1 of 2, Saturday, 4 Feb 2023

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

**Need Financial Help?**

Contact the 934<sup>th</sup> Personal Financial  
Counselors  
**FREE**

Jay Brunkhorst, CFP®

Minneapolis St Paul ARS

Personal Financial Counselor (PFC)

Cell Phone: 612.297.2826

E-mail: [pfc.mn.usnr@zeiders.com](mailto:pfc.mn.usnr@zeiders.com)

Craig Hovland, AFC®

Fort Snelling, MN

Personal Financial Counselor (PFC)

Cell Phone: 612.297.0295

Email: [pfc.fortsnelling.usar@zeiders.com](mailto:pfc.fortsnelling.usar@zeiders.com)





# Air Force Reserve Command

January 2023

## Safety Note



### A YEAR IN REVIEW

In 2022, Air Force Reserve Command experienced 235 mishaps. This was a 10 percent reduction from mishaps that occurred in 2021. Also, there were no fatal mishaps in 2022 compared to two in 2021. This is great news! We should continue to strive to maintain safety in all we do. The two fatalities in 2021 involved motor vehicles operations (a 4-wheel vehicle rolled over after it exited the road, operator was not wearing the installed seatbelts and a motorcycle operator lost control of his vehicle, exited the road and struck fixed objects). **Alcohol** was a factor in both mishaps.

### RADON SAFETY

January is National Radon Action Month. Radon is a radioactive gas that forms naturally when uranium, thorium, or radium; which are radioactive metals break down in rocks, soil and groundwater. Exposure comes from breathing radon in air that comes through cracks and gaps in buildings and homes. Because radon comes naturally from the earth, people are always exposed. Radon is the second leading cause of lung cancer, after cigarette smoking. Having your home tested is the only effective way to determine whether you and your family are exposed to high levels of radon.

### SUPERBOWL PARTY OR



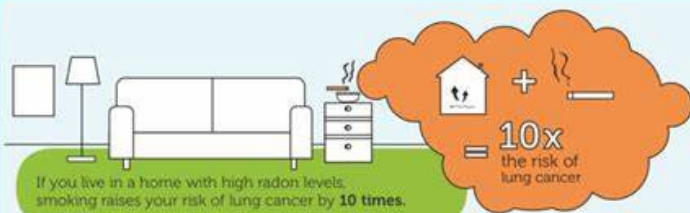
### DON'T DRINK AND DRIVE

### HAZARDOUS ENERGY CONTROL

When working on equipment that has the potential to store energy the equipment should be locked/tagged out to prevent unexpected start-up, energization, or release of stored energy. Unexpected release of stored energy could cause individuals working on or around this equipment to be injured.



#### Radon and Smoking: A Dangerous Combination



Learn more by calling the National Radon Hotline:  
**1-800-SOS-RADON (1-800-767-7236)**



Source: U.S. Environmental Protection Agency

# Reflection

By Eric Neal, Wing Exercise Physiologist

It's 2023 now, and I would like to start off the year with reflection. Some of my articles this year will be around this theme. One of the definitions of reflection is serious thought or consideration. I know of a few areas that I want to reflect on and share with you are revolved around physical activity, nutrition, and sleep.

The ways I want to reflect is to ask myself how can I be better? Am I being the example of what I am teaching? Will I be able to influence others to follow the example I am trying to be? What will I do to ensure I am meeting the needs of my reflection that currently aren't being fulfilled? Think about this what will you do this year to not only continue improving upon your achievements, but also to improve in areas you are not quite meeting your goals?

If you are not meeting your goals for enough fruits and dairy try this recipe below.

## **Mixed Berry Sorbet**

### Ingredients

10 oz Plain non-fat Greek Yogurt

1 scoop of Isopure Infusions Mixed Berry Whey Protein

2 cups Frozen Mixed Berries

Place ingredients into blender (Vitamix if you have access) and blend until mixed evenly and eat with a spoon.

Calories: 397 Protein: 52 grams Carbohydrates: 46 grams Fat: 0 grams

## 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:

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

MyImpactPage - Library - Adult Application  
(betterimpact.com)



## BEAVER FIT™

Located in front of Outdoor Recreation Bldg.  
across from Fitness Center

- ✦ External bars may be used at any time.
- ✦ For access to the internal equipment, users will be required to sign out the key at the Fitness Center during normal operating hours: M-F 0700-1500.
- ✦ When user is finished, it is mandatory that equipment used is placed in it's designated space.
- ✦ Those who fail to comply with these rules will be revoked of their privileges.

For more information, contact the  
Fitness Center at (612)713-1474

## THC IS LEAGAL IN MINNESOTA!?

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

### What does this mean for Service Members?

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



### What do Service Members need to know?

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



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

OPSS



### 934 ASTS Medical Records Room

(612) 713-1676

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

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

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

## TAAT ALTERNATIVE CIGARETTES

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



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

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





# 934TH AIRLIFT WING STRATEGIC PRIORITIES

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

Apr. 2021

## MISSION

CITIZEN AIRMEN PROVIDING WORLDWIDE TACTICAL AIRLIFT AND COMBAT SUPPORT

## VISION

GLOBAL VIKINGS- PREPARED FOR TOMORROW...READY TODAY

### PRIORITIZE TRAINING

FOCUS ON AFSC TRAINING & COMBAT SKILLS TRAINING

PROVIDE PROFESSIONAL DEVELOPMENT & EDUCATION OPPORTUNITIES

DEVELOP WING-WIDE SPONSORSHIP PROGRAM

1

### MODERNIZE & REFORM

ADDRESS LOCAL UNIT MANPOWER PROCESS

DEVELOP UNIT MISSION BRIEFS

MAXIMIZE WING STORAGE & SPACE

STREAMLINE UNIT ADMINISTRATIVE PROCESS

2

### PREPARE FOR FUTURE COMBAT

ALIGN TRAINING REQUIREMENTS FOR FUTURE CONFLICTS

PROVIDED OPPORTUNITIES TO EXERCISE FOR TOMORROW'S FIGHT

ALIGN ALL MASTER TRAINING PLANS

3

## TAKING CARE OF RESILIENT AIRMEN

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



**DEPARTMENT OF THE AIR FORCE  
AIR FORCE RESERVE COMMAND**

1 May 2022

MEMORANDUM FOR ALL 934TH AIRLIFT WING PERSONNEL

FROM: 934 AW/CC

SUBJECT: FY23 UTA Schedule, 934th Airlift Wing

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

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

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

LAY.CHRISTOPHE  
R.T.1133232105

Digitally signed by  
LAY.CHRISTOPHER.T.113323210  
5  
Date: 2022.05.06 17:57:20  
-05'00'

CHRISTOPHER T. LAY, Colonel, USAF  
Commander