

Global Viking Flyer

June 2021



Attention:

Employers Day and Family Day will happen concurrently on Saturday, August 7th of the August UTA weekend.

For those wanting to nominate their employer, the nomination form is available [here](#), and nominations are due NLT July 16th.

Main Gate Access:

The main gate will be open during the June UTA (5-6 June) from 0600-0800, and the outbound lane will be open starting at 1600 on those dates as well. The 133rd ANG gate will remain open 24/7 and motorists are still encouraged to utilize that gate.

If you have any questions or concerns please contact MSgt Randy Barker at (612)713-1008.

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

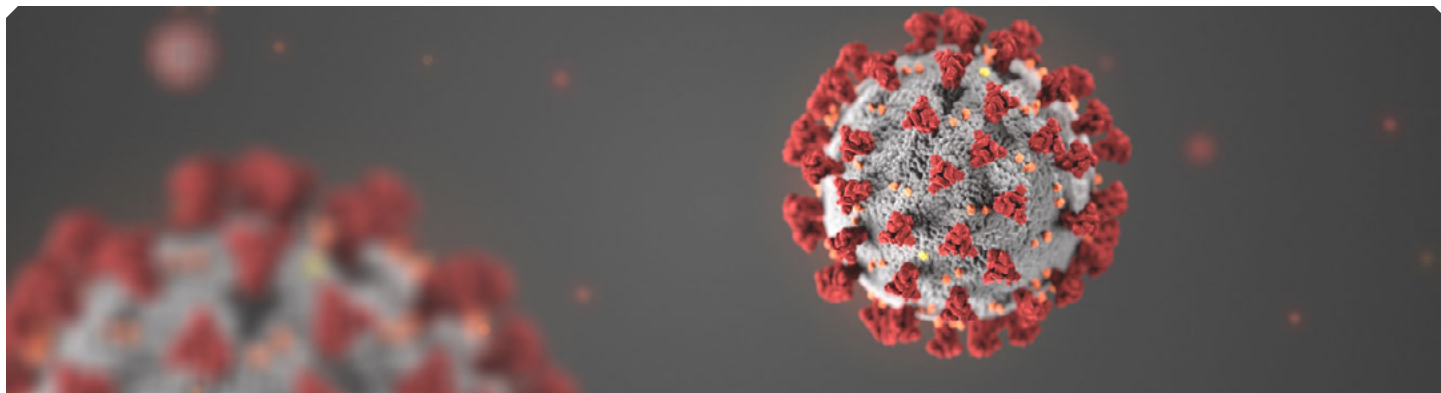
PRIORITY 3

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](#)

Race Perspective

Race: One Person's Perspective by Michael Sanford, VPI

It's been over a year since the death of George Floyd, a death that put racism and equality on the forefront of America's mind. As a nation, we have made some attempts to address these concerns. Yet after a year, the question still remains: how do we help our communities that have been devastated by racism? According to Merriam-Webster, one definition of racism is "[the] unfair treatment of people of a particular race in a society especially to the benefit of people of another race" [1]. This type of racism comes in the form of the Klan, or blatantly avoiding sitting next to someone based on the color of their skin, or making derogatory comments. Although this type of racism still exists, it's not as prevalent as systemic or institutional racism. Institutional racism is defined as "the systemic oppression of a racial group to the social, economic, and political advantage of another" [1].

Institutional racism is a form of racism that is embedded in society. It usually comes in the form of laws and regulations that prevents people of color from thriving. It is more covert than interpersonal forms of racism. Systemic racism affects areas such as employment, housing, education, criminal justice, health care, political influence, etc. According to Glenn Harris, president of Race Forward and publisher of Colorlines, systemic racism that impacts African Americans that has a direct correlation with their overall wealth [2] as well as their physical and mental wellness.

In 2016, the net worth of a typical white family was \$171,000, nearly 10 times more than a black family (Federal Reserve's 2016 Survey of Consumer Finances) [3]. Likewise, African Americans make up approximately 13% of the US population, yet make up nearly 50% of those who are homeless (Department of Housing and Urban Development) [4]. It doesn't stop there... within the criminal justice system, approximately 475,900 blacks are in federal and state prisons compared to 436,500 whites (Bureau of Justice Statistics) [5]. African Americans are less likely to have adequate health insurance coverage, twice that as white Americans (US Bureau of Labor Statistics) [6]. I could go on.

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

Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Primary</u>	<u>Alternate</u>
June 2021	5-6	26-27
July 2021	15-16 April	24-25
August 2021	7-8	28-29
*September 2021	11-12	25-26

See note below

The Reserve Command has a funding shortfall that impacts our ability to fund AT, AFTPs and IDTs through the rest of the FY. In order to continue funding our flying mission and our annual tour requirements for the near term, The September UTA has been de-obligated. The hope is that AFRC/FM will procure additional funds for the command and at that time we will re-obligate money for the Sept UTA.

For Airmen with an R&R date after the June UTA, that risk a non-participation year due to the de-obligation of Sept UTA, *please work with your CSS for additional guidance.*

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!

2021 Enlisted Promotions

June

SMsGt Bellmore, Corey MXS
MSgt Gavin, Jonathan AW
MSgt Schulz, Becky 27APS
MSgt Volkman, Christopher 27APS
TSgt Hassel, Ariana CES
TSgt Seefeld, Zachary 27APS
SSgt Kota, Henneh CES
SSgt Moody, Jordan OPS
SSgt Nyamweya, Joshua CES
SSgt Obrien, Brandon CES
SSgt Reynolds, Ian SFS
SSgt Roberts, Blake 27APS
SSgt Shepard, Ashlyn MXS
SSgt Spande, Kayla AES
SrA Bryant, Joko FSS
SrA Hannan, Mitchell ASTS
SrA Lochner, Joesph AMXS
SrA Martin, Douglas AMXS
SrA Meyer, Bryant 27APS
SrA Odeay, Sean 27APS
SrA Vanbeckum, Zachary FSS

Welcome Newcomers!

June

2Lt Boer Matthew AES
2Lt Sampson Adam AS
SSgt Blommel Christopher CES
A1C Amenouvov Kodjo Denis MXS
A1C Kamara Terrance LRS
A1C Yang Ji Hun ASTS
AB Taylor Peaches ASTS

Award Winners!

1st Quarter Winners

AMN: SrA Zachary G. Glanz - 96 AS
NCO: TSgt Hayden S. Lundborg - 934 CS
SNCO: SMSgt Chantell Haider - 934 AMXS
CGO: Capt. Daniel J. Tate - 96 AS
Civ Supervisory: Ofc. John P. Rowe - 934 SFS
Civ Non-Supervisory: Ofc. Brandon M. Thompson - 934 SFS
Innovation: 934 ASTS-COVID POD Team

FEB Civilian Servant of the Year Awards

Customer Service: Tiffany Logan MXG
Excellence Beyond Expectations: Kirsten O'Brien ASTS
Unsung Hero: Bradley Mortenson ASTS
Leadership: Jonathan Polos ASTS
Innovation: Brent Voss MXS

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.

DISCUSSION:

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

Force Management – Currently Vacant, but monitored

Phone: 713-1502

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

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

Career Development – Section Chief SSgt Ridley

Phone: 713-1503 or 713-1486

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

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

Personnel Systems Management – Section Chief TSgt Carlson

Phone: 713-1557

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

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

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

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

Learn more here:

<http://MinnesotaVeteran.org/CovidRelief>

Customer Service Hours:

Testing hours:

Fridays testing will be @ 0800

(no more than 12 people at a time)

Saturday of the UTA testing will be @ 0800

(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 Mrs. Gina Johnson at ext. 1600

Finance Customer Service hours:

1. FM customer service will be provided from 0700-1100 and 1200-1600 on Saturdays for the remaining FY 21 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 for the remaining FY 21 UTAs are David Cox at 612-713-1411 and Tami Nelson AT 612-713-1404.

MPF & ID Section hours:

Primary UTA only

Sat 0800-1100 & 1200-1500

Sun 1300-1500

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

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

DFAC Food hours:

Breakfast 0615-0715

Lunch 1030-1130

AAFES Shoppette Customer Service hours:

0900-1700 on Sat & Sun of the UTAs

Royal Hot Plate hours:

0700-1400 on Sat & Sun of the UTAs

Services Club Bar & Grill hours:

1530-2200 on Fri & Sat of the UTAs

The Fitness Center is Open for Business!

Effective 3 May 2021, Reservations to utilize the 934th AW Fitness Center are NO LONGER REQUIRED. For Racquetball Court reservations, please contact the Fitness Center front desk at 612- 713-1496 on the process to reserve the court.

Also, Individual equipment still will NOT be issued (Example: basketballs, racquetball equipment, etc).

Effective 1 April number increase:

- Cardio/weight-15 people
- Gym Cardio-17 people
- Group fitness room-6 people
- Group Classes will be starting back up soon, allowing 25 per class, classes will be held on the Basketball court
- Playing basketball- Must wear mask at all times and players waiting to play must stay at least 6-ft apart, again with mask on. (must use own basketball, basketballs still will not be issues) Reservation required
- Racquetball-2 (must use own equipment and wear masks) Reservation required
- Locker rooms are available for showers and changing: Max in each Locker room at a time: Male-8, Female-4 (must wear masks unless in a shower) Lockers still closed at this time.

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.

I have developed 6 videos and provided a library of information to assist you with your goals for a healthier life at <https://afrc.eim.us.af.mil/sites/934aw/934AWG/Fitness/SitePages/Home.aspx> or by visiting Air Force Connect App with 934 AW as your favorites within the Fitness Folder.

The videos Exercise 101, Nutrition 101, Sleep Optimization, and the trilogy of videos for Advanced Nutrition & Exercise 601: Calories In, Calories Out; Diets; and Exercise, Sleep, Hormones, and Homeostasis

can be found within Multimedia or Fitness Folders of 934 AW on Air Force Connect App.

The app also provides a library of information to include workouts, diets, and research articles. In addition a handout

for overhead squat assessment is provided that can be used as a virtual tool to send me for Functional Movement Screening with follow up on spreadsheets that are also provided to improve muscle imbalances.

To take advantage of a functional movement screening or if you have any questions in regards to any of the videos, please contact eric.neal.4@us.af.mil

Cardiovascular intervention is now available at <https://eric-s-be-well.thinkific.com/courses/cardiovascular-intervention> and more courses will be added in the future.

Exercise of the Month

Cross Thigh Reverse Crunch

By Eric Neil



Starting Position



Bring knees toward chest while reaching left elbow to right thigh while keeping lower back on the ground.



Return to starting position completing rep number 1



Bring knees toward chest while reaching right elbow to left thigh while keeping lower back on the ground.



Return to starting position completing rep number 2

In the diagrams above are directions and visuals of the cross thigh reverse crunch. I designed this exercise to test for feasibility as an alternate for muscular endurance component of fitness assessment. Issues some people may have with current Air Force sit-up are lumbar flexion for those with back problems, determining if shoulder blades touched the ground, and it works hip flexors just as much or more than abdominals. We were originally testing extended cross knee crunch, but it was found to be unfeasible due to increased lumbar flexion with rotation, difficulty with assessing due to metronome, and coordination required to perform the activity.

I was originally a fan of the extended cross knee crunch at first glance followed by trying prior to full instruction. After learning the feet couldn't come off the ground and a metronome was required my opinion changed immediately. I was then on a mission to modify an exercise I saw with potential to be great. My first attempt failed as it required placing feet against wall bringing elbows to opposite thigh, but there was a problem as I had trouble staying in place. My second attempt was the solution to all of the issues discussed earlier. The cross thigh reverse crunch is a combination of the Air Force sit-up and extended cross knee crunch. The cross thigh reverse crunch has no lumbar flexion making it safe, no metronome and little subjectivity making it easy to assess, and allows member to rest on the ground as long as they like. Goal is to complete as many reps as possible in 2 minutes. The only complaint so far is neck gets tired in forward position, but resting on the ground is authorized; therefore, if neck needs some rest member can relax the neck and go into rest. This component was just recently approved for feasibility testing and if approved for fitness testing it could potentially reduce profiles due to its increased safety requiring no lumbar flexion. Most people who have tried this like it and claim their abs were sore later. This exercise along with 3 minute burpees is not part of a fitness challenge incentive program that displays the top 10 on base for each gender.

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](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CHICKEN CURRY	2 TUNA MELT	3 RAVIOLI WITH LEMON PEAS AND BACON	4 FRIED FISH BAR & GRILL 1530-2130	5 UTA BAR & GRILL 1530-2130
6 UTA CLOSED	7 BBQ PULLED PORK SANDWICH	8 SPICY PEACH-GLAZED GRILLED CHICKEN	9 CHILI STEAK WITH HAWAIIAN RICE	10 CHICKEN CORDON BLEU	11 FISH TACOS	12 CLOSED
13 CLOSED	14 ROAST PORK LOIN	15 LASAGNA ROLL-UP	16 ORIENTAL SPECIAL	17 CHICKEN MARSALA	18 FRIED FISH	19 CLOSED
20 HAPPY Father's DAY CLOSED	21 CHEESEBURGER MACARONI CASSEROLE	22 CHICKEN ENCHILADA	23 BLACK BEAN VEGETARIAN BURGER	24 STUFFED PORK CHOP	25 BAKED FISH	26 CLOSED
27 CLOSED	28 TACO SALAD	29 CHIPOTLE-MANGO GRILLED CHICKEN	30 SHRIMP SCAMPI	<p><u>Hours of Operation</u> <u>Monday to Friday</u> Lunch 1100-1300 Holidays Closed</p>		



COMING SOON

JUNE

- Emotional Intelligence**, Saturday June 5, 4 hrs, Time/Location TBD, hosted by Master Custom Homes (30 attendees)
- EPR Bullet Writing**, 1 hr, Sunday June 6, 12-1300 SFS Auditorium, hosted by First Sergeant Erica Mathisen (All welcome)

JULY

- Conflict Resolution**, Thur July 22, 4 hrs, Time/Location TBD, hosted by Lantec (30-50 attendees)

AUG

- Conducting Difficult Conversations**, Friday Aug 6, 4 hrs, Time/Location TBD, hosted by Master Custom Home (30 Attendees)
- Base AFSC Tour**, Sat Aug 7, time TBD, hosted by Chiefs Group (All welcome)
- Coaching For Transformational Leadership**, Aug 19, 2 hrs, Time/Location TBD, hosted by Experience Leadership, (30-50 attendees)

SEP

- Compounding Power of Teamwork**, Thur Sat Sep 11, 2 hrs, Time/Location TBD, hosted by Experience Leadership (30-50 attendees)
- Possible Additional Course**

First Sergeant will gather attendee names for courses with limited (30-50) attendees.

Designed by PoweredTemplate

Interested in utilizing Tuition Assistance? Want to learn more about Education Benefits available?

TA 101 BRIEF

Wednesdays at 1400 and
Primary UTA Saturdays at 1400

May- 1, 5, 12, 19, 26
June- 2, 5, 9, 16, 23, 20
July- 7, 14, 21, 28
August- 4, 7, 11, 18, 25
Sept- 1, 8, 11, 15, 22, 29

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*

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 (except July) 0900-1000

Wing Training Room

Important Forms:

2021 OCONUS Deployed Program Grant Application is available for download [here](#).

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

From the Base Chapel

The celebration of Catholic Mass and the Sacrament of Reconciliation will start on Sunday, June 6 at 1000hrs, Base Chapel, Bldg. 725.

Middle River Veterans Outdoors is organized for the sole purpose of providing no cost outdoor recreation opportunities for any and all veterans. <http://mrveteransoutdoors.com/>. To participate in one of Middle

River Veterans Outdoors events all you need is the appropriate fishing or hunting license, seasonal outdoor clothing and the desire to have a great time in the company of other veterans. Food, ammunition, bait, blinds and other supplies are furnished. They also have guns and fishing gear for those that need them.

- August 17th-20th, 2021 - Charter Boat Fishing at Slims Resort on Lake of the Woods - 24 Spots Available - Proudly sponsored by "Humana Insurance"
- September, 11 2021 - Youth Waterfowl Hunt - 20 Spots Available
- September, 18 2021 - Disabled Veterans Goose Hunt - 20 Spots Available - Proudly sponsored by "MN Disabled American Veterans Chapter 7"
- October 14th-17th, 2021 - Deer Hunting - 10 Spots Available - Proudly sponsored by "MN Disabled American Veterans Chapter 41"
- November, 2021 TBA - Pheasant Hunting in South Dakota

To be considered for any of these events please complete and return the application at least 20 days prior to the event. You can find an application at <http://mrveteransoutdoors.com/wp-content/uploads/2017/04/Event-Application-1.pdf>

Call (218) 686-0889 or email mrvetsod@wiktel.com if you have any questions.

We are pleased to announce the first ever Virtual Teen Vocal Performing Arts Camp will be hosted by Air Force Entertainment in partnership with Department of the Air Force Youth Programs. Teens ages 15-18 years of age will have the opportunity to concentrate on building vocal performance skills, whether they are looking to pursue a career in entertainment or just want to improve their ability for karaoke parties with friends, this camp will be personalized to offer something for vocalists of all skill levels. A combination of web-based presentations and discussion groups, along with one-on-one training from accomplished performers and music educators will cover all phases of vocal presentation and support each camp participant to create a final master recording performing a vocal selection of their choice. Two sessions of this virtual camp will be presented for 40 attendees each on 12 - 22 July 2021 and 2 - 12 August 2021. The attached information sheet provides additional details on eligibility and application process. Completed applications must be submitted by a parent or guardian no later than 10 June 2021 through the AF Air Force Entertainment workflow box:

AFSVA.SVP.AFEntertainment@us.af.mil

Prizes are awarded to
the first and second
Finisher in each event.
Tie breakers will be
settled by a good old
fashioned Sudden
Death Shoot Out. If in
the occasion a Shoot
Out is necessary, I will
contact the partici-
pants and arrange a
date and time.

Hockey



Skills

Contest

See reverse for event details



934th Airlift Wing
Fitness Center Bldg. 777
612-713-1496



**F
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**HUMAN
ON
ASTICK**

**MINNEAPOLIS SEGWAY TOURS
11 SEPT 2021 @ 1700**

**934 AW MILITARY MEMBERS
AND THEIR FAMILIES
WELCOME! (ONLY 30 SLOTS AVAILABLE)**

SIGN-UP NOW

**\$20 PER PERSON DEPOSIT REQUIRED TO SIGNUP,
MONEY RETURNED AT EVENT**

Special Instructions:

- Must arrive 10-15 minutes before time of tour
- Wear flat, comfortable shoes
- Be prepared with weather appropriate clothing
- Lockers are available to store purses and valuables during the tour
- Helmets and Training provided
- **Minimum age is 12** (Minors must be accompanied by an adult)
- www.HumanOnAStick.com



For more information contact
Rick Pelzl at 612.713.1119, rick.pelzl.1@us.af.mil (M-F) or
MSgt Crystal Rose Heinz at 612.713.1660, crystalrose.heinz@us.af.mil (UTAs)

MLPS Tours
125 Main St. SE
Minneapolis, MN 55414



No Federal endorsement intended.

**ZIP LINE @ SAND CREEK ADVENTURES
THE ULTIMATE OUTDOOR CHALLENGE
5 JUN 2021 @ 1700**

**F
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For Military Members and their Families
(Minimum age is 8 and 70 lbs.)
ONLY 20 participants

\$20 Deposit required to signup, per person
Money returned at Event

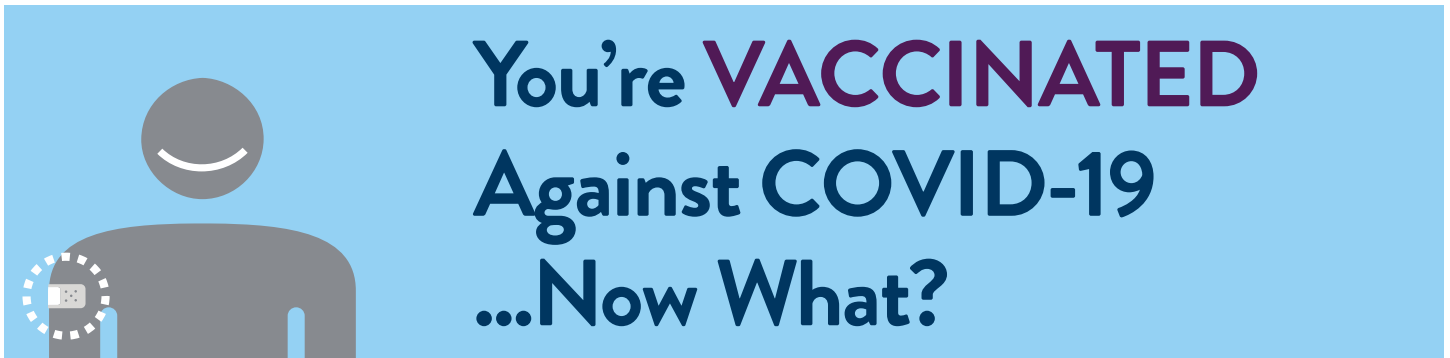


For more information contact
Rick Pelzl at 612.713.1119, rick.pelzl.1@us.af.mil or
MSgt Crystal Rose Heinz at 612.713.1660 crystalrose.heinz@us.af.mil
During UTA only

3101 220th St W
Jordan, MN 55352
<https://www.sandcreekadventures.com/>

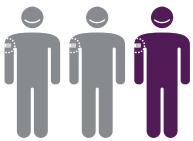


No Federal endorsement intended



You are considered fully vaccinated **two weeks** after your final COVID-19 vaccine dose. It takes this long for your body to build up protection against COVID-19. When you are fully vaccinated...

You can:



- Gather outdoors with smaller groups of fully vaccinated people without wearing masks, unless you are in a crowded place, like a sporting event or outdoor concert.
- Gather indoors with smaller groups of fully vaccinated people without wearing masks.
- Gather indoors with unvaccinated people from one other household without wearing masks – if no one in that household, or anyone they live with, has an increased risk of severe illness from COVID-19.



You should still:

- Wear a mask and stay at least 6 feet apart in crowded settings, even when outdoors.
- Avoid medium and large indoor gatherings with unvaccinated people.
- Get tested and stay home if you feel sick.
- Follow any additional guidance at your workplace.



You do not need to:

- Stay home if you have been close to someone with COVID-19, if you got your final dose at least 14 days ago and you do not have any symptoms.

Learn more: [About COVID-19 Vaccine](https://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html)
(www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html)



mn.gov/vaccine

Minnesota Department of Health | health.mn.gov | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975
Contact health.communications@state.mn.us to request an alternate format.

5/3/2021



Children of the National Guard and Reserves

Supporting the children of deployed National Guard and Reserve personnel who are serving our country overseas.

Our Military Kids awards up to \$300 per child for the activity of their choice, which will help military children relieve stress and gain self-confidence while their parents serve our nation overseas. This grant program is made possible by the generosity of foundations, corporations and individual donations.

FUNDED PROGRAMS



Sports



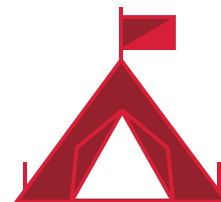
Fine Arts



Enrichment Programs



Tutoring



Camp

Activities help children cope with stress, anxiety, and additional challenges that may arise while a parent is absent during deployment. The grants also serve to honor the sacrifices that children make during this time.



SARAH, 11 YRS. OLD

"[Our Military Kids] was a major factor in helping me overcome my depression," Sarah said. "I look back on it and can't help but think how extraordinary it was that dance had such a major impact on my life. I learned to survive and believe in myself, have confidence to go after my dreams, and not to give up."



TREY, 11 YRS. OLD

Trey was diagnosed with dyslexia just weeks before his father was scheduled to deploy. While he needed tutoring, he had tested too high to receive any assistance from the school. A grant from Our Military Kids gave him the help he needed and allowed him to focus on his studies while his dad served our country. Because of the grant for tutoring, Trey's reading comprehension is on par with his grade level.



OURMILITARYKIDS.ORG