

Global Viking Flyer June 2022

22



Employers Day 2022 is taking place on Saturday, 6 August. Airmen are encouraged to nominate civilian employers as an opportunity to say thank you for their continued support and to provide insight on being a Reservist. Nomination forms are available on page 3 and on-line here. Forms are due NLT COB Sunday 5 June.

External Links:

[COVID-19 Information](#)

[Prevention Connection](#)

[CAT Brochure](#)

934th Airlift Wing Presents the

AIR FORCE *Ball*

Celebrating 75 Years of Airmen!

934th Airlift Wing Presents the:

Air Force BALL

Celebrating 75 Years of Airmen

*SATURDAY,
SEPTEMBER 10TH
Social: 5:00PM*

Hosted at the:
DoubleTree by Hilton

Tickets & Information at:
www.934ball.com





Minneapolis St. Paul Air Reserve Station

2022 Employers' Day

SATURDAY AUG. 6, 2022

Nomination Form

Civilian employers are invited to attend Employers' Day 2022 at the 934th Airlift Wing, Minnesota's only Air Force Reserve unit. This event will be held **Saturday, August 6th with activities starting at 7 a.m. and ending around 2 p.m.** Activities include briefings with the 934th Airlift Wing commander, Employer Support of the Guard and Reserve, a flight on a 934th Airlift Wing C-130 (pending mission impact), a tour of respective Reservists work centers, and other military demonstrations. Meals will be provided for employers as they join us for lunch during **Family Day activities**. *Employers' Day is one way we can say thank you to civilian employers who support our service members.* The experience will provide some insight to employers as to what takes place during a reserve weekend.

Employers interested in attending should complete this nomination form. **Completed forms must be received by the 934 AW/PA office no later than Sunday, 5 June 2022 by e-mail (see contact information below).**

Please provide the correct spelling of all names and official titles. E-mail addresses are required as that is our main form of communication. Also, employers are required to provide a drivers license number and date of birth so a background check can be conducted prior to entering the base. Federal civil service employees of military organizations are not eligible to be nominated.

PLEASE PRINT LEGIBLY (illegible responses will NOT be considered)

SPONSORING RESERVIST INFORMATION

Rank/Name: _____ Unit: _____ Duty Phone: _____

Home Address: _____ State: _____ Zip: _____

Preferred E-mail Address (**required**, non-military address): _____

Civilian Work Phone: _____ Other Phone: _____

EMPLOYER'S INFORMATION (If inviting more than one employer indicate order of preference) _____ Primary or Secondary

Employer's Full Name: _____

Company Name: _____ Employer's job title/position: _____

Business Address: _____ City: _____ State: _____ Zip: _____

Preferred E-mail Address (**required**): _____

Business Phone: _____ Other Phone: _____

DL# (**required**): _____ State: _____ Date of Birth (**required**): _____

Emergency contact: _____ phone #: _____ **

Information provided is protected under the Privacy Act and AFI 33-332. Information above is required for entrance onto base. Participants will be denied entrance

without requested information.

DEADLINE: DUE NO LATER THAN June 5, 2022

934th Airlift Wing Public Affairs Office 760 Military Highway Minneapolis, MN 55450 Phone (612)

713-1217 Building 760 room 226 934aw.pa@US.AF.MIL

Fiscal Year 2022 UTA Schedule

June 2022	4-5	18-19
July 2022	9-10	N/A
August 2022	6-7	20-21
September 2022	10-11	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

**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***

GIRLS IN AVIATION DAY 2022

***Seeking Volunteers from the wing**

Well it is that time to start looking for volunteers to help plan this year's Girls in Aviation Event.

This year it will be held on September 24th.

SMSgt Amanda Millsap will be the 934 AW POC this year and can be reached by email (amanda.millsap.1@us.af.mil) for those interested.

Customer Service Hours:

Testing hours:

Fridays testing will be @ 0800

Saturday of the UTA testing will be @ 0800

*If you have any questions or concerns please get with SMSgt Amber Knight or Mrs. Gina Johnson at ext. 1600

Finance Customer Service hours:

1. FM customer service for the remaining of FY22 UTA's will be provided from 0700-1100 and 1200-1500 on Saturdays. Customer service will be provided from 1200-1500 on Sundays of the UTA's. Sundays 0700-1200 will be closed for unit training (white space).

2. Org boxes for MilPay and Travel Pay are:

- a. 934AW.FM.MILITARY_PAY@US.AF.MIL
- b. 934AW.FM.TRAVEL_PAY@US.AF.MIL

3. Customer Service Inquiries- please call:

- a. Military Pay customer service: 612-713-1411 or 612-713-1407
- b. Travel Pay customer service (both RTS and DTS): 713-1404, 612-713-1405 and 612-714-1406

MPF & ID Section hours:

Primary UTA only

Sat 0800-1100 & 1200-1500

Sun 1300-1500

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

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

DFAC Food hours:

Breakfast 0600-0700

Lunch 1100-1230

AAFES Shoppette Customer Service hours:

0900-1500 on Sat & Sun of the UTAs

Services Club Bar & Grill hours:

1530-2200 on Fri & Sat of the UTAs

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

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 BOOSTERDOSES

COVID Vaccine booster doses are available at ASTS for all members and eligible dependents. Important note: members are authorized to receive either type of mRNA vaccine as the booster dose, regardless of which type was administered as the initial full series.

To maximize our vaccine supply, vaccinations/boosters will occur on TUESDAYS and on UTAs (availability upon request).

Email 934.ASTS.Medical@us.af.mil with:

-Name

-Availability

Phone Number

Preferred E-mail

NOTE: Please bring your original vaccination card with you to the ASTS so we can add the booster dose. If receiving a vaccine/booster from the community, Airmen must report vaccinations to ASTS. Bring your vaccination card to ASTS or send a copy to the ASTS Org Box. If you have any questions please contact the ASTS Medical Org Box at 934.ast.medical@us.af.mil

In case you missed it, on 19 May, several members throughout the wing returned home after a three-month deployment to the EUCOM area of responsibility. While deployed, these Airmen performed tactical airlifts and aeromedical evacuations in support of U.S. European Command to assure commitment to allies and partners in the region and deter any future aggression. (U.S. Air Force photos by Chris Farley)



2022 Enlisted Promotions

June

SMSgt – KELLY, RYAN – 934 MXS

TSgt – BISEL, TANNER – 934 AW

MSgt – THACHER, RUSSELL – 934 LRS

SSgt – IMSDAHL, NICHOLAS – 934 SFS

MSgt – THAYER, BRYAN – 934 SFS

SSgt – NEHRING, CIRA – 934 MXG

MSgt – TREMAIN, BRIAN – 934 AES

SSgt – VENJOHN, SAMUEL – 96 AS

MSgt – COLBETH, JASON – 27 APS

SrA – KARNQUEE, KELVIN – 934 LRS

MSgt – REUTER, MATTHEW – 27 APS

SrA – LANGFREUND, JORDAN – 934 AMXS

MSgt – VELASCO, PHILIP – 27 APS

A1C – ESCRIBANO, NATALIA – 934 ASTS

MSgt – MCGINNIS, LAUREN – 934 FSS

WELCOME NEWCOMERS

June

2d Lt – SHIRK, STEVEN – AS

SSgt – FABIANO, JOSEPH – CES

SSgt – GORMAN, BRENDAN – CES

SSgt – HANSON, ERIN – AES

SSgt – MARTINO, NICHOLAS – MXS

SSgt – MILLER, BENJAMIN – CES

SrA – CROATT, HUNTER – ASTS

SrA – SIMONSON, JONAH – AS

A1C – HAWTHORNE, ANSON – MXS

A1C – MCGOWAN, OLIVIA – AW

A1C – RASSIER, CHRISTOPHER – CES

A1C – SANCHEZ-AYALA, GUSTAVO – MXS

A1C – TINNEY, JARED – MXG

A1C – UNRUH, ETHAN – AS

Amn – TIETGE, AZRAEL – ASTS

Amn – HAYES, HEATHER – ASTS

AWARDS

1st Quarter 2022 Winners

Amn: SrA Jasmine Jayasundara / ASTS

NCO: SSgt Brian Lucey / CE/EOD

SNCO: MSgt Tracee Lucey / OSS

CGO: 1Lt Sean Rudin

Civ Sup: Cory Scott / SFS

Civ Non-Sup: Edward O'Brian / OG

2021 Annual Award Winners

Amn: SrA Karissa Danielson / MSG

NCO: SSgt Sydney Whiteis / SFS

SNCO: SMSgt Keith Haselton / APS

CGO: Capt Theodore Persing / AS

FGO: Maj Christine Schrader / OSS

Civilian Sup: Mr. John Rowe / SFS

Civilian Non Sup: Mr. James Eimers / AW

Team: SFS Training & Education / SFS

First Blood: moulage brings life to training

By Chris Farley

934th Airlift Wing Public Affairs

VOLK FIELD AIR NATIONAL GUARD BASE, Wis. -- Staff Sgt. Sara Syverhus', 934th Aeromedical Staging Squadron medical technician, right leg has a compound fracture.

Instead of her pain level climaxing at a solid 10 on the pain scale, which is symbolic of a person enduring an absurd amount of pain, she smiles and feels nothing.

Maj. Deanna Jensen, a clinical nurse with the 934 ASTS, is tending to and is the cause of Syverhus' compound fracture. Instead of applying lifesaving care, Jensen uses white clay to cast an imitation fragment of cracked bone breaking through the skin of Syverhus' right shin. Jensen also dabs a paintbrush into different hues of light and dark red colors to simulate blood on Syverhus' wound. The wound needs to look as real as possible for a mass casualty exercise occurring shortly after she's done.

Jensen is the full-time moulage artist at exercise Viking Shield, the newest flyaway mission for the 934th Airlift Wing Airmen. This week-long exercise led by the 934 AW started at the beginning of April with the focus of testing 934 AW Airmen's combat and related skills in an austere environment.

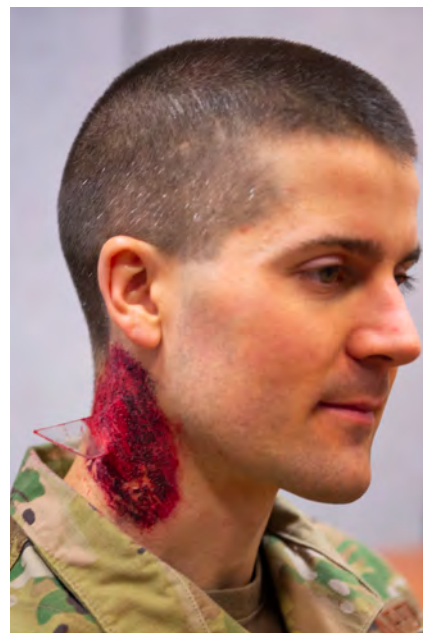
Additionally, the exercise took these Citizen Airmen out of their normal routine unit training assembly and placed them into an environment with a wealth of training space and opportunities that are not available at Minneapolis-Air Reserve Station, Minn.

*This story can be continued at <https://www.minneapolis.afrc.af.mil/News/Article-Display/Article/3010242/first-blood-moulage-brings-life-to-training/>



(LEFT) Maj. Deanna Jensen, a clinical nurse with the 934th Aeromedical Staging Squadron, touches up a simulated compound fracture on Staff Sgt. Sara Syverhus's, 934 ASTS medical technician, leg on April 7, 2022, at Volk Field Air National Guard Base, Wis. Syverhus and other Airmen had moulage applied to them for a simulated mass casualty training exercise supporting Viking Shield. (U.S. Air Force photo by Chris Farley)

(RIGHT) Capt. Kyle Wall, a clinical nurse with the 934th Aeromedical Staging Squadron, has a mockup of a penetrating glass wound on his neck on April 7, 2022, at Volk Field Air National Guard Base, Wis. Wall and other Airmen had moulage applied to them for a simulated mass casualty training exercise supporting Viking Shield. (U.S. Air Force photo by Chris Farley)



Vacant Positions

***If you have vacant positions you would like to post, please contact the Public Affairs office.**

IGI is recruiting interested individuals

Develop and curate the Wing Commanders Inspection Program (CCIP). Train Wing Inspection Team members (WITs) and Self -Assessment Program Managers (SAPMs) on AFIS, role and responsibilities. Provide SAPMs tools and insight to develop/execute individualized Unit Self-Assessment Programs (USAP). Assist in the preparation, coordination and execution of the Wing's annual exercise plan. Conduct horizontal, vertical and By-Law inspections as outlined in the IOD and AFI 90-201. Draft Inspection summaries and deficiency findings into IGEMS. Manage MICT, notify units of POA updates, overdue observations/communicator dates, and other items as applicable. Brief Wing, Group and Squadron Commanders on the status of their self-assessment program.

*****Please submit last 3 EPR's and a vMPF record review RIP to SMSgt Amanda Millsap NLT 6 Aug 2022.**

MXG is recruiting for the Career Assistance Advisor position Applicants must meet the eligibility criteria set forth in this guide as well as any eligibility criteria defined in AFECD. It is on the applicant to ensure all their military records are up to date and reflect all earned degrees, decorations, etc. Members should anticipate meeting the selecting official in person if their package meets the basic eligibility criteria.

*****Package should include last 3 EPR's, fitness report, and vMPF record review RIP. Please submit all supporting documentation to MSgt Desormey, david.desormey@us.af.mil, NLT 6 Aug 2022. Interviews of qualified candidates will occur on 7 Aug 2022.**



(Left) Congratulations Chief Heldman on your promotion to Chief Master Sergeant!

(Below) Congratulations on your retirements Capt Stangler (left) and MSgt Heinz (right). Thank you for service to country and we wish you the best!



Help Wanted

Do you have experience with graphic design? Would you like to have your work showcased on the nose of an Air Force aircraft? We are looking for someone willing to work with 934th Aircraft Maintenance Dedicated Crew Chiefs to help create new nose art for some of our Wing's C-130H3 aircraft. If you would like to help and have skills in creating artwork in Vector format and/or know your way around Illustrator or Photoshop, please contact 934th AMXS Production Superintendent SMSgt Josh Duenow at 713-1329.



Calories In vs Calories Out: Calories Out - Non-Exercise Activity Thermogenesis

By Eric Neal, Wing Exercise Physiologist

I hope you enjoyed the last article regarding Exercise Activity Thermogenesis (EAT). Today we will discuss Non-Exercise Activity Thermogenesis (NEAT). NEAT encompasses energy expenditure of occupation, leisure, basic activities of daily living, unconscious/spontaneous activity such as fidgeting. NEAT comprises of 15% of Total Daily Energy Expenditure (TDEE) for sedentary individuals and perhaps 50% or more in highly active individuals. NEAT can vary as much as 2000 calories between individuals of the same size. Now that we know what NEAT is, we might ask what effects NEAT? NEAT can be effected by various factors, but the factor I will be discussing today is Exercise.

Exercise can play a negative role to NEAT. On a YouTube by Dr. Layne Norton he discusses how exercise can decrease Basal Metabolic Rate (BMR) especially in the obese population based on study titled Energy Compensation and Adiposity in Humans (1). He also goes into detail about NEAT and wearables near the end of the video. He speaks of compensation as people increase their purposeful exercise they are likely to experience decreased NEAT. He gives a great example of when he was in contest prep training very hard for 2 hours per day exercising followed by just lying on the couch being too lazy to get up and walk 10 feet to get his remote to change the channel from a show he hated on his television. He also makes the recommendation to track your steps, he states he states that wearables are not accurate for calculation of calories, but are accurate for calculation of steps. He states that tracking your steps before adding additional exercise like resistance training to know number of steps you are taking before adding to the program will help you figure out if you are doing less spontaneous activity and if that is the case to start walking more to prevent this compensation. He also makes a very good point in his takeaway that exercise has many benefits aside from weight loss, but may not be enough on its own to hit goals (2).

I can identify with what he is saying, but I can provide an example of my own when I was in contest prep that helped increase my NEAT. I had to make two trips to school and back to recreation center where I parked for free. I had a choice, I can take 4 walks at 35 minutes each per day and burn calories or I can take the personal rapid transit and spend 20 minutes when you add the waiting to get to school. I chose to walk. It was such a great time management choice as my goal was to do 3 hours of low intensity cardio per day. The 140 minutes of walking per day left me only having to complete 40 more minutes of cardio at the gym in addition to my weight lifting. 3 hours of cardio in the gym plus 80 minutes using personal rapid transit is 4 hours and 20 minutes rather than the 3 hours of cardiovascular machines and walking combined.

I think the advice he provides in regards to not consuming extra calories to make up for calorie deficit identified by wearables is good advice, but I'm not sure how accurate he is when he claims wearables are not accurate. He claims on another video that wearables overestimate caloric expenditure by 30-100%. Based on my own analysis of the Apple Watch Series 6 I disagree with him. The calories listed are less than what the treadmill and other cardiovascular machines show for me. I do think there is a chance they could overestimate a little, but that is hard to say as caloric intake can also be underestimated by label being off by up to 20% or underestimations when food isn't being measured and snacks here and there that might have been missed on tracking. In addition to my theory, there is a study that was produced on validity of the Apple Watch 3 stating high accuracy for moderate to vigorous physical activity (MVPA), but lesser accuracy for active energy expenditure for school age children. The study suggests Apple Watch 3 has potential to be a good physical activity assessment tool for MVPA in school age children (3). My advice when it comes to comparing the caloric intake logged vs the caloric expenditure the wearable is claiming is to see how your weight is moving. If you are staying put at a certain weight when you are wanting to lose it try eating 500 calories less, increase activity to burn 500 calories more, or a combination of both to try to have a 500 calorie deficit to lose 1 lb a week. I would also advise to take this information as a motivational tool to increase your caloric expenditure from NEAT if strenuous exercise has caused a balance in your TDEE from compensating with less caloric expenditure from NEAT rather than being discouraged by the information and decreasing your purposeful exercise.

1. Careau, V., Halsey, L.G., Pontzer, H., Yamada, Y., Speakman, J.R. Energy Compensation and Adiposity in Humans. *Current Biology* 31, 4659–4666.e2; October 25, 2021

2. Norton, L. Exercise Doesn't Help You Burn Fat? YouTube BioLayne

3. Kwon S, Kim Y, Bai Y, Burns RD, Brusseau TA, Byun W. Validation of the Apple Watch for Estimating Moderate-to-Vigorous Physical Activity and Activity Energy Expenditure in School-Aged Children. *Sensors (Basel)*. 2021 Sep 25;21(19):6413. doi: 10.3390/s21196413. PMID: 34640733; PMCID: PMC8512453.

CTIP: Know it, Recognize it, Report it

by the 934 Legal office

In July 2019, 16 U.S. Marines were arrested for offenses ranging from human trafficking to drug related charges. Trafficking in persons exists and the military is not immune. Department of Defense Instruction 2200.1 requires that each service formulate a policy for Combatting Trafficking in Persons (CTIP). The instruction requires that service members are educated and informed so that they may play a role in identifying and reporting suspected trafficking.

Many Airmen believe that trafficking in persons occurs primarily outside of the United States. That is an incorrect assumption, as illustrated by the example above. Trafficking in persons is the use of force, fraud, or coercion to compel a person to provide labor, services, or commercial sex. The most common forms are labor trafficking and sex trafficking. Forced labor is one of the most widespread violations. Unscrupulous employers may exploit workers who are vulnerable due to a variety of factors, including language, age, and immigration status. Although immigrants are frequently targeted, U.S. Citizens and Permanent Residents may exhibit risk factors as well.

Victims can be found in any location or industry: factories, farms, construction, restaurants, mines, or personal homes. In fact, some companies performing government contracts have been found to be engaging in labor trafficking. This prompted legislation prohibiting this practice in government contracts as well as the implementation of additional screening actions such as requiring contractors to allow employees to maintain control of their passports.

Sex trafficking cases can be some of the worst examples of human rights violations in the world. Young people seeking travel or employment may find themselves in a country without their passport forced into providing sexual services. They have no free time, live in squalid conditions, and may face violence and potentially death.

CTIP awareness, education, and training can help you prevent someone from ending up in the nightmare scenarios described above. Know what it is, how to recognize the signs, and most importantly to report it.

All AFRC military personnel and their dependents regardless of status. (TR/ART/AGR/CIV)

Services include problem solving, supportive counseling, enhanced referral coordination, crisis response and expertise on mental health topics.

DPH:
Rita Shedd, LICSW
BLDG 760, RM 136
Mobile: 612-919-2683

Services are to optimize health, increase connectedness and enhance resilience to meet the unique challenges of a Reserve Citizen Airmen.

Duty hours include Unit Training Assembly (UTA) and weekday duty hours.



A

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:

*Mike Sanford - michael.sanford.4@us.af.mil
612-713-1159

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 UT A days, to provide individual confidential counseling, stress management and referral for all Airmen and their spouses. Rita provides crisis intervention, command consultation and training for all psychological health issues. DPH Overview Video

Lodging During UTA Weekends

DISCUSSION: Unit POCs will need to ensure we have Automated Lodging Reservation System (ALRS) compliance by all 934th members that require lodging while performing Military Duty. Effective immediately North Country Lodging staff are no longer allowed to make any off base lodging reservations. All calls to schedule or cancel lodging rooms on or off base will be referred to use the ALRS phone line or APP. There should not be any scheduling calls to the lodging front desk as the member will just be referred to use ALRS. Those members who fail to make their lodging reservations in time will be essentially on their own to find lodging for the UT A at their own expense. Lodging reservations can be made three months in advance. All UT A 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 UT A. 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 UT A 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 (UT A). 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 UT A/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.



President Joe Biden visited the 934th Airlift Wing during his attendance of Vice President Walter Mondale's memorial service at Minneapolis-St. Paul Air Reserve Station, Minn., May 1, 2022. (U.S. Air Force photo by Chris Farley)

Airman & Family Readiness Center

Director:

Kelly Wilkinson
612-713-1567

Office Hours:

M-F: 0900-1500

UTA's: Saturday: 1000-1530

Sunday: 1300-1530

****We have moved locations to Bldg. 729
Second floor, Room 202****

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?

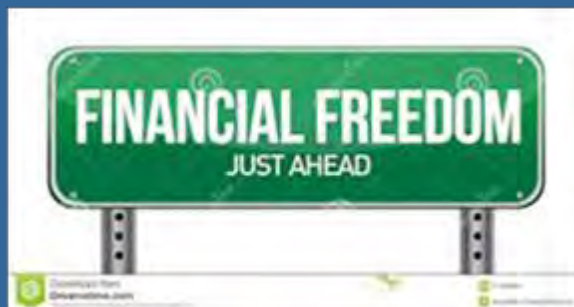
Visit or download:

934th Airlift Wing, AF Connect App
Select Employment Opportunities!

Multiple Companies hiring Military and Veterans

Are you retiring or separating in the near future?

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



First Duty Station Financial Training Block 2 of 2

Bldg. 801, Room 206

4 June 2022, Saturday, 0900-1100

No July UTA

No Financial Briefs in August

Block 1 of 2, Saturday, 10 Sept 2022

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

Saving and Investing

SFS Building, CATM Classroom

5 June 2022, Sunday, 1130-1230

60-minute interactive lesson. This lesson
provides learners with knowledge and skills
necessary to know the difference between
saving and investing to include the difference
between a Traditional IRA and Roth IRA.

September UTA: Home Sweet Home

October UTA: Raising Financially Fit Kids

****All classes presented by Jay Brunkhorst****

Personal Financial Counselor

Need Financial Help?

Contact the 934th Personal Financial
Counselor
FREE

Jay Brunkhorst, CFP®

Minneapolis St Paul ARS

Building 729 – Airman and Family Readiness

Personal Financial Counselor (PFC)

Cell Phone: 612.297.2826

E-mail: pfc.minneapolis.usafr@zeiders.com

VOLLEYBALL TOURNAMENT

UTA WEEKEND
SATURDAY, JUNE 4, 2022 @ 1630

934TH FITNESS CENTER

SIGN UP BY 1400—Day of Tournament (minimum 4 Players)

POC: SSgt SALU

Mofekunola.salu.1@us.af.mil / 612-713-1496

VOLLEY BALL GUIDELINES

Safety

- Be careful not to run into each other going after the ball, calling the ball is advised
- Must wear tennis shoes
- Make sure shoes are not wet to avoid slips
- Be careful when diving or reaching for the ball
- Stay hydrated
- Report any injuries to Fitness Center Staff

Rules

- Two games will be played at a time
- Up to 6 players will be on the court at a time
- We will be playing one game to 25 points win by 2 and championship will be best 2 out of 3, first 2 games to 25 and if a third is needed it will be played to 21 win by 2
- Each side will get 3 hits to send the ball over the net
- Serving team will be decided by a volley
- Serving will be done from behind the marked line
- If ball hits ceiling while going over the net it is a dead ball and the opposite team gets the point
- Players will be allowed to play ball off the ceiling on their own side and if they have not used their 3 hits
- Players will not be allowed to touch or go under the net

FREE



HUMAN ON A STICK



MINNEAPOLIS SEGWAY TOURS
"ST PAUL HISTORY TOUR"
SATURDAY, JUNE 4, 2022 @ 1700

SIGN-UP NOW

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)
- Parking is available in the Saint Paul Curling Club
- Parking is free for all of our guests.
- www.HumanOnAStick.com

St. Paul History Tour
470 Selby Ave
St. Paul, MN 55102

934 AW Military Members and their Families Welcome!
(Only 30 Slots Available)

\$20 per person Deposit required to sign up. Money returned at Event



For more information contact:
Junalyn Lowry at 612.713.1660, junalyn.lowry@us.af.mil (M-F)
Or SrA Perera During UTA Weekends at the CAC, gerrard.perera@us.af.mil



MILITARY YOUTH AMERICAN RED CROSS BABYSITTER CERTIFICATION COURSE

Ages 11- 17 (must be 11 years old)

This course provides military and veteran youth dependents with the knowledge, skills, and information necessary to provide safe and confident care for infants to school-age children.



REGISTER:

WWW.CPR4LIFEMN.COM

Click "Join A Class" to Register/Play

After attendees receive their certificate, you may opt in with parent approval to be on a military certified babysitting roster that will be housed with Soldier Family Readiness Specialists

- All classes are 0900 - 1500
- Cost: \$70 (Costs available through STVR, Courtesy POC Below)
- Max 10 per class, minimum of 6 (Sessions) without minimum registry will not be completed)
- Youth will be certified in Babysitting, First Aid & Hands Only CPR
- Participants Bring: Lunch, snack, and water

Mankato - 6JUN
Pipestone - 7JUN
Detroit Lakes - 8JUN
Camp Ripley - 9JUN
St. Cloud - 10JUN
Arden Hills - 13JUN
Bloomington - 14JUN
Brooklyn Park - 15JUN
Cambridge - 16JUN
Duluth - 17JUN
Rosemount - 20JUN
Minneapolis - 23JUN



QUESTIONS? CONTACT TIFFANY.R.KOVALESKI.CTR@MAIL.MIL



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)713-1496





MN MILITARY TEEN SUMMIT

June 15-17th, 2022

Bay Lake Retreat Center, Deerwood, MN

Open to military connected youth age 13-18

Service Project
Youth Workshop
Team Building
Leadership Skills



For more information and to register visit
<https://mnarngfamilyprograms.wufoo.com/forms/2022-teen-summit/>

POC Laura Groeneweg- Lead Child and Youth Program Coordinator
laura.l.groeneweg.ctr@army.mil | 651-268-8695



PIKE DALE LODGE

DATES THE OFFER IS VALID:

JUNE 18TH TO JUNE 25TH

AUGUST 27TH TO SEPTEMBER 3RD

SEPTEMBER 24TH TO OCTOBER 1ST

Pikedale Lodge offers many activities for the entire family, such as fishing, paddle boat, kayaking, swimming, horseshoes, or basketball. You can stop in our lodge to catch up on fishing reports, news, watch the game or for breakfast, lunch or dinner. While our location is secluded, the towns of Walker and Longville are close by for additional entertainment. Within a short distance are golf courses, hiking trails, bike paths, horseback riding, casino, shopping and much more.

PIKE DALE LODGE

7995 Partridge Point Drive NE Longville, MN 56655

218-836-2232 / tmyers@pikedale.com



Military Salute

We want to say THANK YOU for all that you do and have done!

Cabins, Boat rentals, and Harbor slips

50% off

Don't miss out on a great family vacation!

Upcoming Professional Development Events!

March

Sat, 5 Mar – TBD
1200-1300 Wing Training Room
Sun, 6 Mar – Credit Management
1130-1230 CATM Classroom

May

Sat, 7 May – TBD
1200-1300 Wing Training Room
Sun, 8 May – Planning for Your Financial Future
1130-1230 CATM Classroom

July

Sat, 9 Jul – TBD
1200-1300 Wing Training Room
Sun, 10 Jul – Home Sweet Home
1130-1230 CATM Classroom

September

Sat, 10 Sep – TBD
1200-1300 Wing Training Room
Sun, 11 Sep – Financial Briefing TBD
1130-1230 CATM Classroom

April

Sat, 2 Apr – TBD
1200-1300 Wing Training Room
Sun, 3 Apr – Emergency Financial Preparedness
1130-1230 CATM Classroom

June

Sat, 4 Jun – TBD
1200-1300 Wing Training Room
Sun, 5 Jun – Saving and Investing
1130-1230 CATM Classroom

August

Sat, 6 Aug – TBD
1200-1300 Wing Training Room
Sun, 7 Aug – Raising Financially Fit Kids
1130-1230 CATM Classroom

October

Sat – TBD
1200-1300 Wing Training Room
Sun – Financial Briefing TBD
1130-1230 CATM Classroom

We are currently reorganizing our events. Stay tuned for more info. Also, if you are a subject matter expert and would like to present, please email our team at: 934AW.Development.Team@us.af.mil



934TH AIRLIFT WING STRATEGIC PRIORITIES

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

Apr. 2021

MISSION

CITIZEN AIRMEN PROVIDING WORLDWIDE TACTICAL
AIRLIFT AND COMBAT SUPPORT

VISION

GLOBAL VIKINGS- PREPARED FOR TOMORROW...READY TODAY

PRIORITIZE TRAINING

✈️ FOCUS ON AFSC
TRAINING &
COMBAT
SKILLS
TRAINING

✈️ PROVIDE
PROFESSIONAL
DEVELOPMENT &
EDUCATION
OPPORTUNITIES

✈️ DEVELOP
WING-WIDE
SPONSORSHIP
PROGRAM

1

MODERNIZE & REFORM

✈️ ADDRESS LOCAL
UNIT MANPOWER
PROCESS

✈️ DEVELOP UNIT
MISSION BRIEFS

✈️ MAXIMIZE WING
STORAGE & SPACE

✈️ STREAMLINE UNIT
ADMINISTRATIVE
PROCESS

2

PREPARE FOR FUTURE COMBAT

✈️ ALIGN TRAINING
REQUIREMENTS FOR
FUTURE
CONFLICTS

✈️ PROVIDED
OPPORTUNITIES
TO EXERCISE FOR
TOMORROW'S FIGHT

✈️ ALIGN ALL MASTER
TRAINING PLANS

3

TAKING CARE OF RESILIENT AIRMEN

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



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

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
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Date: 2022.05.06 17:57:20
-05'00'

CHRISTOPHER T. LAY, Colonel, USAF
Commander