

Global Viking Flyer June 2023



**Commander's Call will be taking place on
Saturday, 3 June @ 0800 in Hangar 821
No Hats
No Guidons**

External Links:

[COVID-19 Information](#)

[Prevention Connection](#)

[CAT Brochure](#)

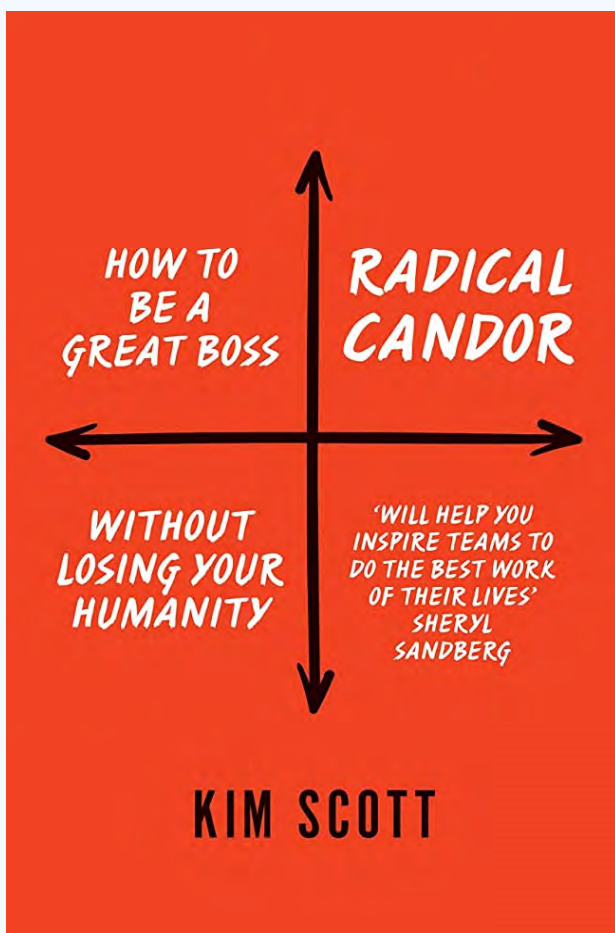


Employers Day is taking place on Sat, 5 Aug! Nominate your Employer by 4 June! Visit our Public Web Page (934th resources section) or contact 934 AW/PA for more details at (934aw.pa@gmail.com)



934 Airlift Wing Professional Development

Radical Candor®: How to be a Great Boss Without Losing Your Humanity



Come for a discussion on how to be a great boss! Radical Candor is a business leadership book written by Kim Malone Scott, former Apple and Google exec. In simple terms, radical candor is essentially providing feedback that incorporates both praise and criticism, meaning “caring personally while challenging directly”.

From the time we learn to talk, we’re told to be nice and if you don’t have anything nice to say, don’t say anything at all. This doesn’t hold true when we become managers and supervisors. It is the manager’s obligation to provide clear and honest feedback. According to Scott, when you challenge without caring it’s obnoxious aggression; when you care without challenging it’s ruinous empathy. When you do neither it’s manipulative insincerity.

This simple framework can help you build better relationships at work, and fulfill your three key responsibilities as a leader: creating a culture of feedback (praise and criticism), building a cohesive team, and achieving results you’re all proud of.

Come and learn what it takes to be a caring, yet responsible leader!

Course Time and Location:

Building 801, LRS Conference Room

Date: Sunday, June 4th 2023

Time: 1100-1200

All military and civilian employees are encouraged to attend!!! Bring a friend and join in on the discussion.

Announcement #1

Text, Email, or Tweet - How Do You Communicate?

How do you want to get communication from your unit and leadership?

Before you sign out this UTA, use the link below to complete the anonymous “Where Reserve Airmen Get Information” survey to tell your leaders how to communication with you better.

Link: <https://survey.forsmarshgroup.com/SE/1/AFReserveComs/>

Completion time: 7-10 minutes

Device: Desktop (Chrome recommended) or mobile device

Thank you for helping us meet your communication needs.

June 2023 Enlisted Promotions

MSgt GUEST, JESSE - 934 AES
MSgt HANSEN, EDD - 934 CS
MSgt HUNTER, TIMOTHY - 934 AMXS

TSgt ANDERSON, DARRELL - 934 MXS
TSgt HALLSTROM, KENT - 934 SFS
TSgt -VELARDI, VERNADETTE - 934 MXG
TSgt VIeregge, SACIA - 934 AES
TSgt WERNER, WILBERT - 934 AMXS

SSgt GUENTHER, TYLER - 934 LRS
SSgt JACKSON, JAQUOIN - 934 LRS
SSgt PEVERILL, CY - 934 MXG
SSgt RETTIG, JACOB - 934 CS
SSgt SHAFER, VERONICA - 934 MXS

SrA AL SHIHMANI, RIYADH - 934 FSS
SrA COOK, DAQUIA - 96 AS
SrA OMAFUAIRE, OGHENENYERHOVWO
- 934 FSS
SrA PLASS, BRODY - 934 SFS

A1C ADOMAYI, GLORY - 934 ASTS
A1C ELAM, TRAVIS - 934 SFS
A1C GOMEZ, SARA - 934 ASTS
A1C NEAL, ANDRES - 934 MXS
A1C PRICE, ALINA - 934 SFS

Welcome Newcomers

A1C Best, Jasmine - AMXS
A1C Middleman, Samantha - AMXS
Amn Terrazas Hernandez, Mario - ASTS

Fiscal Year 2023 UTA Schedule

	Primary	Alt
June 2023	3-4	24-25
July 2023	N/A	15-16
August 2023	5-6	19-20
September 2023	9-10	23-24

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*

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

Finance Announcements:

Submit orders, vouchers, questions, etc. to our Comptroller Services Portal (CSP):

<https://usaf.dps.mil/teams/SAFFMCSP/portal/SitePages/Home.aspx> (gov computer only)

Please visit our SharePoint page for up to date information, announcements, and forms: <https://usaf.dps.mil/sites/934AW/934AWG/FM/SitePages/default.aspx> (gov computer only)

SGLI is being upgraded for all military members starting 1 March. Please update your SGLI coverage after 1 March if you do not want maximum coverage

Customer Service Hours:

Education and Training 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

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

DFAC Food hours:

Breakfast 0600-0700 Lunch 1100-1230

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 available as "Walk-Ins"

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!

Ask The Expert: How Can I Exercise Around Pain

Chaplain Len Brokenshire and Eric Neal

Chaplain Brokenshire: What do you recommend that I can do prevent pain in my shoulder for upper body exercises? Would it be acceptable to just use less weight that does not challenge me 100% that doesn't cause me to have pain if I want to maintain my current strength?

Eric: That's a good two-part question. There are a few answers that I can provide that could be very helpful. If cleared by physician to start exercising after an injury or if you are just dealing with pain, it might be a good idea to adjust position of your body differently to prevent the pain. A couple examples that I will provide is changing the seating position to a higher slot and using a neutral or supinated grip rather than pronated grip could position your body differently to prevent pain.

Another strategy would be to apply the technique of pre-exhaustion. Let's say you are strong enough to work out on bench press with 185 lbs, but that amount of weight hurts your shoulder while working out with 135 lbs doesn't hurt your shoulder. You could tire your chest doing an isolated exercise like pectoral fly first pre-exhausting the chest while keeping the shoulders and triceps fresh, your chest will get blasted with a lot less weight performing the bench press.

One more strategy to add is applying the technique known as time under tension. This style of training was made famous by Air Force veteran IFBB pro bodybuilder Mike Mentzer. His technique was 4 seconds of eccentric contraction followed by a 1 second pause and 4 seconds of concentric contraction performing one set of 6-10 reps for all exercises using around 60-90 seconds of time under tension using less weight than amount used for 6-10 reps at normal speed. This technique causes muscle growth, but also allows you to focus on perfecting form and can be less stressful to your joints while still blasting the muscles. There are different speed ratios that can be used for this philosophy and decrease of about 20% of the normal weight used should be applied.

The strategies I've provided cover that it would be acceptable work out with less weight, but now I want to answer the part of your question regarding challenge. I fear that if your workout is not challenging, you will begin to see regression in your strength. The reason for this hypothesis is because when you get to a peak strength sometimes it can be challenging to maintain that strength when you are really pushing yourself. The lack of challenge most likely would not allow you to maintain, but if the strategies I've provided do not help prevent pain and working out with less of challenge is preventing you from having pain then that might be your best option to prevent your condition from getting worse. I hope this guidance was helpful to you and others reading that are dealing with exercising around pain.

If you would like to contribute to Ask The Expert, please send your questions to eric.neal.4@us.af.mil and if you need some help with your Exercise or Nutrition, ask your full-time UFAC or UFPM to sign you up for Best Self Module 5 on Saturday at 0900-1100 and Better Body Better Life at 0800-1100 on Sunday of June UTA at Fitness Center Classroom.

BODY COMPOSITION ASSESSMENTS began 1 April 2023

Are you ready for the new Body Composition Assessment (BCA)? Do you know the requirements associated with the new BCA? Here are a few FAQs from Eric Neal to get you up to speed:

Q1 – When will members be due for their Body Composition Assessment (BCA)?

A1 – Members will be required to take BCA during their birth month. If preferred, members are authorized to take a BCA one month in advance or one month late with Commander's authorization, but they will not be current until BCA completion regardless of Commander approval.

Q2 – Can members take their Physical Fitness Assessment (PFA) and BCA during the same month?

A2 – Yes. Members can take both PFA and BCA in the same month, however, they cannot be directed by the Commander to do so. This policy is in place for safety reasons to prevent members from trying to perform at their highest standards when taking a PFA, without being well-fueled or well-hydrated while trying to meet standards for the BCA.

Q3 – What is the difference between BCA and the old PFA abdominal circumference requirement besides being decoupled from the PFA?

A3 – The BCA is measured in a different location and scored based on a ratio of the recorded measurement and the members height. The location of the BCA measurement is the mid-point between the lowest rib, and the iliac crest, compared to the previous AC measurement that was taken with the bottom part of the tape measure contacting the top portion of the iliac crest aligned with the arm pit. This measurement divided by the previous height taken at PFA will be the recorded ratio. Anyone with a ratio of 0.55 or greater will be considered high risk.

Q4 – What happens when a person is measured to be at high risk?

A4 – Members who receive a high-risk ratio will have to be seen by medical for a review if they are high risk, and at a minimum review the HeRO slides (more information to follow later). In addition to this I am offering much more to help the members aside from reviewing slides, seeing how majority of what I am offering within the Health Promotion Program are weight management courses.

Q5 – What is your opinion on the new program?

A5 – I believe the PFA is a strong indicator indirectly of weight management as it is a weight-based assessment of components, but it is required by Department of Defense to provide a body composition component or assessment. That being said, I agree the Air Force is doing the right thing separating the BCA from the PFA for safety reasons, and although I don't like how it takes an advantage away from short statured members compared to the previous AC, it is much fairer to tall members and puts both males and females at the same standard removing a 4 inch disadvantage previously placed on females.

Military & Family Readiness Center
Building 729, Room 202

Director:

Kelly Wilkinson
612-713-1567

Office Hours:

M-F: 0900-1500

June UTA: Sat: 0900-1530
 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 Military & 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 1 of 2
Saturday, 3 June, 0900-1100
Bldg. 852, Room 235, FSS

Block 2 of 2
Saturday, 5 August,
0900-1100 Bldg. 852, Room
235, FSS

****Required for all new enlistees,
recommended for anyone
experiencing financial hardships or**

Jay Brunkhorst, CFP®
Minneapolis St Paul ARS
Personal Financial Counselor (PFC)
Cell Phone: 612.297.2826
E-mail: pfc.mn.usnr@zeiders.com

NEED Financial Help!
Craig Hovland, AFC®
Fort Snelling, MN
Personal Financial Counselor (PFC)
Cell Phone: 612.297.0295
Email: pfc.fortsnelling.usar@zeiders.com

Hosted by
Community Activity Center

FATHER
(GRANDPA'S, UNCLES, ETC.)
Daughter
DANCE



JOIN US

SATURDAY, JUNE 3, 2023

1730 - 2030

**Enjoy an enchanted evening with photo
backdrop, dinner, dessert and dancing!**

Making Memories

PRE-SALE TICKETS Now thru May 7, 2023

\$25.00 Per Father Daughter Couple

\$8.00 for additional Child

TICKET SALES From May 8 thru May 22, 2023 will be

\$30.00 Per Father Daughter Couple

\$10.00 for additional Child

Please email junalyn.lowry@us.af.mil to SIGN-UP and reserve your tickets with
the following information:

Family name, child/ren name(s) & age(s), phone number and email address.

934th Community Activity Center Bldg. 807

Phone 612.713.1655





MILITARY FAMILY BASEBALL NIGHT

HOSTED BY
WOUNDED WARRIOR PROJECT

June 17, 2023 @ 6:30pm

Mayo Field- 403 East Center Street, Rochester, MN 55904

Come watch the Rochester Honkers take on the Minot Hot Tots in a private event space. Food will be provided. Open to current service member and their direct dependents. All branches. Limited tickets available.

Register @

<https://mnarngfamilyprograms.wufoo.com/forms/rochester-honkers-baseball-tickets/>



POC: Charlie Burns - Wounded Warrior Project
M: 904.914.1545 cburns@woundedwarriorproject.org



DATE: Thursday June 22nd, 2023
TIME: 6:00pm – 7:00pm
LOCATION: St Thomas Academy,
Mendota Heights, MN
OPEN TO: Boys and Girls ages 8-16

Background:

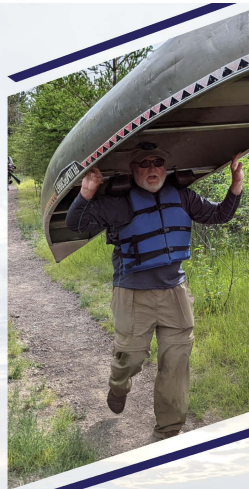
United Heroes League and Premier Rugby have an exciting sports clinic at no charge for military kids ages 8-16 with professional coaches and players from the league. This is a beginner's clinic to spread knowledge and the fun of this sport! No experience necessary, [This is a NO contact clinic](#), great opportunity to try out the sport and learn more about it.

What is Rugby Sevens?

Rugby Sevens is the electric, fast format version of rugby union. This game features seven players per side instead of the traditional rugby fifteen players but played on the same size field. As a result, plenty of space is created for players, amplifying the speed, scoring, and excitement of the game. Given the intense, physical demands of players, the games only last fourteen minutes with seven-minute halves. Games are played in a tournament-style format, with multiple matches taking place throughout the day.

Click Here to Apply

JULY 10 – 16
2023



VETERANS TO THE BWCA

FREE TRIP FOR VETERANS

Peace & Reflection in the Boundary Waters Canoe Area

7 Days in Northern Minnesota
Canoeing | Fishing | Camping | Relaxing



JOIN US FOR A NIGHT OF RC CAR AND TRUCK RACING



Who: Military Families with youth in 1st-8th Grade

What: Party Crashers RC Racing will provide trucks and tracks. Youth will learn more about RC Cars and then get to race them around a track. A light supper will be provided.

Where: Drill Hall Floor, Hamline Building, Arden Hills Armory
4761 Hamline Ave N, Arden Hills, MN 55112

When: Wednesday July, 12th 5pm-7:30pm

POC: Laura Groeneweg 651-268-8695

Laura.l.Groeneweg.ctr@army.mil



Sign-up Today



<https://mnarngfamilyprograms.wufoo.com/forms/party-crashers-rc-racing-july/>



SUMMER CAMPS FOR MILITARY YOUTH

National Guard Youth/Teen Camp

Who: Youth Ages 10-12 & Youth Ages 13-16

Where: Little Falls, MN (Camp Ripley)

When: July/August

Cost: \$165

About: The Minnesota National Guard Youth/Teen Camp is for children of active and retired Minnesota National Guard service members. Activities include archery, hiking, biking, canoeing and camping . Exploring a training site at Camp Ripley, seeing various military vehicles to help youth better understand the military their parents serve in.

Link: www.mngyc.org

Project New Hope

Who: Family

Where: Various Locations

When: May/September/December

Cost: No Cost

About: Project New Hope exists to provide veteran family retreats. Including the whole family (even the kids!) is unique to Project New Hope and fosters family togetherness through a wilderness getaway. It is our goal to provide combat veterans and their families with the education, training, and skills necessary to manage their lives after wartime service; repair of relationships is a primary goal. And of course, have fun in the process!

Link: <http://www.projectnewhope.net/>

Camp Gratitude

Who: Family

Where: Veteran's Camp Ground, Marine on St. Croix, MN

When: June

Cost: No Fee

About: Week long camping experience for military and veteran families to relax and reconnect while building strength and resilience.

Link: www.campgratitude.org

T.U.N.E Camp

Who: Youth Ages 11-16

Where: Lanesboro, MN

When: July

Cost: 6 Military scholarships available

About: To encourage and support students in becoming passionate steward of the land through conversation and ecology.

Link: tunecampmn.com

Warrior Camp

Who: Youth Ages 10-12

Where: Little Falls, MN (Camp Ripley)

When: August

Cost: No Fee

About: check the United Heroes League website for more info on this camp and different sports clinics they offer throughout the summer,

Link: www.unitedheroesleague.org



MN NATIONAL GUARD
CHILD AND YOUTH
PROGRAM

DAY

CAMP

AUG 21, 2023

STARTS 10AM- ENDS 3PM

YMCA CAMP MILLER

89382 E Frontage Rd, Sturgeon
Lake, MN 55783



ACTIVITIES INCLUDE:



LOW /HIGH ROPES. ARCHERY . ROCK CLIMBING. SLING
SHOT.SWIMMING. HATCHET THROWING.FAMILY FUN.FOOD

FAMILIES ARE WELCOME TO STAY AND SWIM FROM 3PM-5PM
POC: LAURA GROENEWEG, 651.268.8695

<https://mnarngfamilyprograms.wufoo.com/forms/family-day-camp-camp-miller-ymca/>

934th Maintenance Group



2023 BASS FISHING TOURNAMENT

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

AT CLEARWATER LAKE,
CLEARWATER, MN

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

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

There's a new barber on base! Hours of operation are 0900 - 1630 M-F & UTAs



MN MILITARY TEEN SUMMIT

June 14-16th, 2023

Camp Koronis, Paynesville, MN

Open to military connected youth ages 13-18

Service Project
Youth Workshop
Team Building
Leadership Skills



For more information and to register visit <https://mnmnrgfamilyprograms.wufoo.com/forms/2023-teen-summit/>

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

Military Family Summer
Family Camp
July 29-Aug 1, 2023
Saturday, 5pm—Tuesday 11am

Operation Welcome Home



Spend 4 days with us this summer! Serving military members and families, all branches, Ironwood's Operation Welcome Home program is a series of retreats for active military, veterans and their families. Retreats are provided free of charge, providing a place for the military community to come together, strengthen their faith, build relationships and support each other.

Our summer camp includes faith-building lessons and chapels, fun activities like zip line, archery, shooting sports, laser tag, crafts, and swimming, and great food while staying in a private hotel-style room in our beautiful Miracle Lodge. During final registration (not the initial waitlist signup-see below), you pay a \$50 deposit that is refunded after you attend. Cost: A \$50 deposit to hold y our family's place will be paid on completion of registration. This is refunded after arrival or if cancellation occurs no later than 3 weeks prior to the event.

Due to high demand for our military retreats, our registration process has changed. We are prioritizing first-timers over people who have attended a retreat before at Ironwood. When you go into to register, it will indicate that you will be put on the waiting list. We will have this phase of the registration open for up to two weeks. Once the waiting list fills up with enough people, we will then prioritize the list based on prior attendance and then invite people to do the full registration via a special link. You will then have a certain number of days to register before we give more people a chance. If there are more people than can attend, we will also prioritize the list to allow you to register for our fall retreat.

You can use the link below to get more information and to start the registration process.
<https://www.ironwoodsprings.com/military-retreat#FamilySummerCampRegister3>

POC: Tracy Bashore
Executive Director
tracy@ironwoodsprings.com
507.533.4315 (w)





Awarding Scholarships to Honor the Sacrifices of Military Spouses

Seeking Military & Veteran Spouses Pursuing Your Educational Goals

We are awarding

\$100,000
in Scholarships



Apply Here
by Aug. 5th,
2023!

- *Simple Online Application - Easy to Qualify*
- *Not Income-Based*
- *For currently serving military spouses or veteran spouses*
- *Open to spouses from all branches of the Armed Services*
- *Accepting Applications from around the world*
- *Minimal Docs: Marriage Certificate/Active Duty Orders or DD214*



You will be notified of your status within three weeks!

The Think GREAT Foundation was started by a military veteran!



UTA SUNDAY WORSHIP SERVICE SCHEDULE

0900 GENERAL PROTESTANT SERVICE

1000 ROMAN CATHOLIC MASS
(Confession available upon request)

1100 LATTER DAY SAINTS SERVICE

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

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



SUNDAY UTA WEEKENDS ONLY



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

PICKLEBALL COURT IS NOW AVAILABLE!



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



FITNESS CENTER Picktime Reservation System



Reservations are Mandatory for:

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

Scan The QR Code Above and Follow These Instructions:

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



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



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

