

Global Viking Flyer March 2022

22



Effective 3 March 2022, the installation Health Protection Condition (HPCON) has shifted from BRAVO-PLUS to BRAVO due to a recent reduction in local transmission rates of the COVID-19 virus. See page 20 for details.

When entering the installation during drill weekend, please keep in mind that both the 934 AW gate and the 133 AW gate are open.

COVID Vaccine booster doses are available at ASTS for all members and dependents 18+. See page 5 for details.

There will be a Career Fair on Saturday, 5 March 2022 at the Navy Bldg. See page 2 for details.

Interested in Financial Planning or Credit Management, see page 13 for details.

Inside this issue:



External Links:

COVID-19 Information
Prevention Connection
CAT Brochure



The Inaugural All Services Group

Joint Services Career Fair

Fort Snelling, MN

Saturday, March 5, 2022

Time: 1400-1800

NAVY OPERATIONAL SUPPORT CENTER AUDITORIUM
5905 S. 34TH AVE, MINNEAPOLIS, MN 55450
(1st building inside 34th St. Gate)

Who: All Service Members (Traditional Reserve and Transitioning Service Members)

Why: Connect employers and career planners, directly to the best talent pool of candidates in the region; Reserve and Transitioning Soldiers, Sailors, Airmen, Marines, Coast Guard and National Guardsmen in the local area.

PARTICIPATING EMPLOYERS:

- ★ Beyond the Yellow Ribbon trusted employers
- ★ Minnesota State Agencies
- ★ Department of Corrections
- ★ Apprenticeship Program Employers
- ★ Minnesota Police Departments
- ★ And other major Minnesota employers

Great Benefits | Family Sustaining Wages | Career Growth



CareerForce™

Minnesota's Career Resource

In Partnership with MN Veterans Affairs, MN Department of Employment and Economic Development (DEED)

CareerForce locations are an equal opportunity employer/program provider and a proud partner of the American Job Center Network. Individuals needing accommodations for any CareerForce services should call 651-259-7500 at least 3 days prior to the event.



(LEFT) In case you missed it, Aircrew and maintainers of the 934th Airlift Wing deployed to the EUCOM area of responsibility on Feb. 16, 2022. See page 8 for the full story. (U.S. Air Force Photo by Maj. Will Mojica)

(RIGHT) On Feb. 9 2022, Senior Airman Lukas Dean, 934th Aircraft Maintenance Squadron specialist, marshaled the plane carrying First Lady Jill Biden during her visit to the local area. (U.S. Air Force Photo by Chris Farley)



(LEFT) During the Feb UTA, the 934 AW conducted an active shooter exercise. Police Officer Zachary Strand, left, Tech Sgt. Bryan Thayer, middle, and Staff Sgt. Connor Bennett, right, 934th Security Forces Squadron defenders, sweep the hallway during the exercise which was geared toward maintaining proficiency in the event of a real-world situation. (U.S. Air Force photo by Airman 1st Class Colten Tessness)

(RIGHT) During the Feb UTA, the 934 AW conducted an active shooter exercise. Staff Sgt. Connor Bennett, front, and Tech. Sgt. Andrew Prusaczyk, back, 934th Security Forces Squadron defenders, clear a room during an active shooter exercise which was focused on quickly and efficiently clearing the scene of an active shooter. (U.S. Air Force photo by Airman 1st Class Colten Tessness)



Fiscal Year 2022 UTA Schedule

| | | |
|----------------|-------|-------|
| March 2022 | 5-6 | 19-20 |
| April 2022 | 2-3 | 23-24 |
| May 2022 | 7-8 | 21-22 |
| June 2022 | 4-5 | 18-19 |
| July 2022 | 9-10 | N/A |
| August 2022 | 6-7 | 20-21 |
| September 2022 | 10-11 | 24-25 |

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*

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 you 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](#).

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 0900-1000 in the Wing Training Room.

934th AW SQ Mission Videos are live!

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

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

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

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

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

*Links work off-network

Scholarship Resources Megalink!

Are you or a family member going back to school?

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

Community Resources Megalink!

Looking for military resources in your community?

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

COVID VACCINE BOOSTER DOSES

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 email

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.s.medical@us.af.mil

2022 Enlisted Promotions

March 2022

SMSgt – DAVIS, KYLE – 934 MXS

MSgt – GILMER, JILLIANNE – 934 ASTS

MSgt – NORSANG, TENZING – 96 AS

MSgt – WHITE, BRIAN – 934 MXS

TSgt – JONES, CAMERON – 934 CES

TSgt – LARSON, KEVIN – 934 MXS

TSgt – SCHROEDER, MEYGAN – 27 APS

TSgt – STRAIT, BRANDON – 934 AMXS

TSgt – ZLOCK, JACOB – 934 AMXS

SSgt – ANAGO, CHRISTIAN – 934 CES

SSgt – BROWN, AARON – 934 MXS

SSgt – FRANSEEN, KIM – 934 AW

SSgt – GUSTIN, BENJAMIN – 27 APS

SSgt – KRAUS, TALBOT – 934 MXS

SSgt – MOORE, ROBIN – 27 APS

SSgt – MORRISSETTE, JESSE – 934 AMXS

Welcome Newcomers!

March

TSgt – HUBBARD, ARTHUR – AMXS

SSGt – ROUB, NATHAN – LRS

SRA – BJELLUM, SAMUEL – CES

SRA – WHANG-KONG, KYUHWAN – SFS

A1C – BJELLUM, NICHOLAS – AMXS

A1C – JACOBS, LANCE – AMXS

A1C – STIMPEL, ORION – AMXS

AB – JOYCE, EAMONN – CES

SrA – FLUETTE, ERNEST – 934 CES

SrA – GARBACZ, HUNTER – 934 MXS

SrA – MOTA, MICHAEL – 27 APS

SrA – SERRES, ANNA – 934 CES

A1C – STEINER, ABIGAIL – 934 ASTS

A1C – XIONG, DEMETRI – 934 MXS

AMN – BIEDENBENDER, ABRAHAM – 934 ASTS

AMN – DEMING, ANDREW – 934 MXS

AWARDS

4th Quarter Winners

Amn: SrA Nancy Poole / AES

NCO: SSgt Nicholas Vinson / AS

SNCO: MSgt Robert Less / LRS

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

Civil Servant of the Year Winners

Customer Service: Mr. Walter Cornelius

Innovation: Mr. Evan Strand

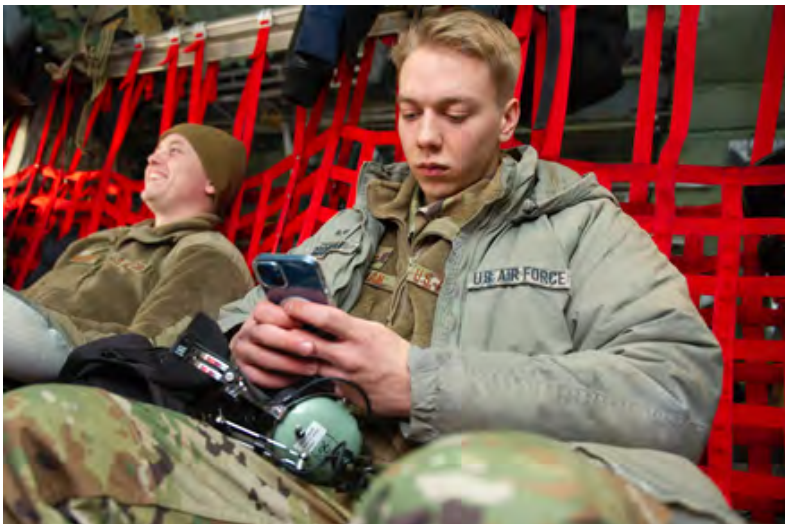
Unsung Hero: Ms. Hannah Mercer

Excellence Beyond Expectations: Mr. Paul Oven

Leadership: Mr. Doug Tikalsky

Team: Maintenance Plans, Scheduling and
Documentation

In case you missed it, Aircrew and maintainers of the 934th Airlift Wing deployed to the EUCOM area of responsibility on Feb. 16, 2022. See next page for the full story.



Far from Home: Global Vikings deploy to European Theater in support of Allies

By 934th Airlift Wing Public Affairs

MINNEAPOLIS-ST. PAUL AIR RESERVE STATION, Minn. --

Aircrew and maintainers of the 934th Airlift Wing deployed to the EUCOM area of responsibility on Feb. 16, 2022.

The Airmen were mobilized to satisfy a short-notice deployment as part of prudent steps the United States is taking to heighten the readiness of its forces at home and abroad so they are prepared to respond to a range of contingencies.

Because the wing is currently outside of its normal deployment cycle, upon notification, the wing sought volunteers to fill this current tasking.

“I’m so proud of our Airmen,” said Col. Chris Lay, 934th Airlift Wing commander. “Each one of our Airmen who just departed, volunteered for this mobilization.”

As a lethal, combat-ready force, the Air Force Reserve plays an integral role in global and national security, providing critical capabilities both at home and abroad demonstrated many times in current and past operations.

“As an ‘Organize-Train-and Equip’ Airlift Wing, our ability to project combat power largely depends on the individual readiness of each Reserve Citizen Airman; and all of our volunteers just proved that although we are a Reserve force, we stand ready to execute our mission and provide worldwide tactical airlift and combat support,” Lay said.

Maj. Erik Anderson, 934th Maintenance Squadron commander, sent a notification out to his maintainers asking for volunteers again and according to Anderson, the response was quite overwhelming.

Full Article is available at <https://www.minneapolis.afrc.af.mil/News/Article-Display/Article/294010/far-from-home-global-vikings-deploy-to-european-theater-in-support-of-allies>

Have you heard of the Air Force Wounded Warrior Program?

The AFPC Air Force Wounded Warrior (AFW2) program is a congressionally-mandated, federally funded program that provides personalized non-clinical care, information & resources, and advocacy to seriously or very seriously wounded, ill, or injured Total Force recovering Airmen and their families/caregivers transitioning to civilian life or returning to duty. Based out of Grand Forks AFB, ND, the Recovery Care Coordinator assists all North Dakota and Minnesota active duty, ANG, and Reserve service members identified for the Medical Evaluation Board (MEB) process and meeting program criteria.

Internally, AFW2 has additional support activities/services to include: Caregiver Support Program, Adaptive Sports & Resiliency Program, Recovering Airmen Mentorship Program (RAMP), Empowerment in Transition (EIT) Program, Community Program, Ambassador Program, Wellness & Resiliency Program, Air Reserve Component (ARC) Cell, Temporary Retired Airmen’s Care (TRAC) Program, Airman for Life (A4L) Program, and Special Compensation for Assistance with Activities of Daily Living (SCAADL) determination.

For more information, please contact the Air Force Wounded Warrior Program:

701-747-6182 (office)

701-335-9505 (duty cell)

or visit <https://www.woundedwarrior.af.mil/>

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 0900-1000 in the Wing
Training Room.



**SILENT
AUCTION
POSTPONED**

**MOVING
TO:
5
MARCH
2022**

**Squadron Reps:
Please send your
squadron's
basket theme and
estimated worth to:**

934thafball@gmail.com

Headshot: Facebook/Whiteman



**934th AW
5 on 5 Basketball
Tournament**

**Saturday April 2nd
@1630
Sign up by 1400
Day of Tournament!**

934 AW Fitness Center Bldg. 777 612.713.1496 POC SSgt Gause quinton.gause.1@us.af.mil



MARCH



LUNCH SPECIAL MENU
934TH COMMUNITY ACTIVITY CENTER BLDG. 807
PHONE 612.713.1655

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|------------------------------------|---|---|--|---|
| HOURS OF OPERATION MON TO FRI 1100-1300 HOLIDAYS CLOSED | | 1 ROAST BEEF DINNER | 2 SLOPPY JOE CASSEROLE | 3 BLACK PEPPER CHICKEN | 4 BAKED FISH BAR & GRILL 1530-2100 | 5 UTA BAR & GRILL 1530-2100 |
| 6 UTA | 7 CHEF'S CHOICE | 8 BRATS & SAUERKRAUT | 9 CHILI CORNBREAD BAKE | 10 CHICKEN CORDON BLUE | 11 FRIED COD | 12 CLOSED |
| 13 CLOSED <i>Daylight Saving Time Begins</i> | 14 CHEF'S CHOICE | 15 CHICKEN CACCIATORE | 16 PORK SCHNITZEL | 17 St. Patrick's CORNED BEEF AND CABBAGE | 18 BAKED FISH | 19 CLOSED |
| 20 CLOSED | 21 CHEF'S CHOICES | 22 BEEF STROGANOFF | 23 FRENCH ONION CHICKEN | 24 ZUCCHINI LASAGNA | 25 POPCORN SHRIMP | 26 CLOSED |
| 27 CLOSED | 28 HONEY MUSTARD PORK LOIN | 29 CHICKEN PARMESAN | 30 GRILLED STEAK SALAD | 31 ORIENTAL SPECIAL | CHECK OUT OUR LUNCH MENU ON-LINE @ HTTP://934THSERVICES.COM/ SERVICES-CLUB ALL ITEMS AVAILABLE TO GO! ASK FOR DETAILS OR CALL AHEAD! 612-713-1655 | |

March UTA MENU

Hours of Operation:
Breakfast: 0600-0700
Lunch: 1100-1230

SATURDAY, 05 MARCH 2022

BREAKFAST

BACON
TURKEY BACON
SAUSAGE PATTY
CREAMED BEEF/BISCUITS
PANCAKES
OATMEAL
SCRAMBLED EGGS
SCRAMBLED EGGS W/HAM

LUNCH

ASSORTED DESSERTS
CHILI
CHICKEN BREAST
BEEF FRITTERS
MASHED POTATOES
COUNTRY GRAVY
CHUCKWAGON CORN

SUNDAY, 06 MARCH 2022

BREAKFAST

BACON
TURKEY BACON
CREAMED BEEF/BISCUITS
FRENCH TOAST
OATMEAL
SAUSAGE PATTY
CROISSANT BREAKFAST SANDWICH

LUNCH

ASSORTED DESSERTS
CHILI
HAMBURGER/CHEESEBURGER
BAKE SHRIMP
CAJUN RICE
FRIES
PEAS & ONIONS
HUSH PUPPIES

Calories In vs Calories Out: Calories In- Basal Metabolic Rate

By Eric Neal, Wing Exercise Physiologist

I hope you enjoyed Calories In article last month. This month we will be starting Calories Out also known as Total Daily Energy Expenditure (TDEE) which is much harder than Calories in to accurately determine. Calories Out is a four part series covering Basal Metabolic Rate (BMR), Thermic Effect of Food, Exercise Activity Thermogenesis, and Non Exercise Activity Thermogenesis. This month we will feature Basal Metabolic Rate.

BMR is the energetic cost of the biological processes required for survival at rest. BMR makes up 60-70% of TDEE for most people. You might ask, what can affect these percentages? Considering on a day to day basis the number of calories burned through BMR is going to be the same other factors such as TEF, EAT, and NEAT increasing or decreasing based on amount and type of food intake, exercise, or non-exercise activity such as sedentary or non-sedentary occupations and hobbies can impact TDEE increasing or decreasing percentage of TDEE by BMR.

To get started trying to figure out how many calories you are burning each day, the first step is to determine your BMR. There are multiple ways to estimate your BMR. BMR is measured in an overnight rested state lying supine at complete rest in the post absorptive state (the condition in which the gastrointestinal tract is empty of nutrients and body stores must supply required energy. The most accurate measurement for BMR is through direct calorimetry. It measures biological heat released by an individual in a closed system. This type of measurement can be difficult and very expensive. A more common method to measure BMR is through indirect calorimetry by measuring amount of oxygen a person is consuming. There are also equations that can be used to estimate BMR. Variables such as age, gender, body composition, and race are used in equations. Fat-free mass has been found to be the best predictor of BMR, but isn't the only factor as it only makes up 22% of BMR as other organs of the body make up most of the remaining 78%.

Knowing your BMR is a great tool towards estimating your TDEE, but you might also want to know how you can increase your BMR, which will also increase your TDEE if other factors such as TEF, EAT, and NEAT are unchanged. A few ways of increasing your BMR are increasing lean mass, getting enough sleep, and eating enough calories.

If you like this article I encourage you to watch my video Calories In vs Calories Out. It can be found on Air Force Connect app by making 934 AW one of your favorites, followed by searching the multimedia or fitness folders for video.

Recipe of the Month - Since it is March National Nutrition Month, I am providing you a treat with a little something extra by providing a recipe of the month.

Pork BBQ Wrap

Ingredients (Yields 8 Servings)

- 1.5 lbs pork tenderloin
- 4 oz Apple Cider Vinegar
- No Salt Sodium Substitute as desired
- 8 High Fiber Wraps
- 16 TBSP Low Carb BBQ Sauce



Fill up crockpot about halfway full with water and add 4 oz of apple cider vinegar and place 1.5 lbs of pork tenderloin and coat with no salt sodium substitute cooking on low for 8 hours. Remove from crockpot and break apart the pork and place 3 ounces on pork on each wrap and cover with 2 TBSP low carb BBQ sauce. Listed below is nutrient information per serving based on using Guererra Carb Watch wrap and Alterna Sweets BBQ sauce. Other good alternatives are G Hughes BBQ sauce and mission high fiber wraps.

Calories: 170 Protein: 22 Fat: 6 Carbohydrates: 19 Fiber: 11 Sugar: 2

Be sure to account for shrinkage by checking the weight listed on the label followed by weighing it again after cooking. Example 24 ounces prior to cooking followed by 16 ounces after cooked. 2 ounces after the product is cooked would be equivalent to 3 ounces based on the label. Multiply the raw weight by the weight of the cooked serving and divide by the total weight of the finished product to get the accurate serving size weight for logging in your calories.

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 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](#)

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.



A Promotion Recognition Ceremony for enlisted members who promoted in May 2021 has been rescheduled for March. Additional details to come.

Airman & Family Readiness Center

Director:

Kelly Wilkinson
612-713-1567

Office Hours:

M-F: 0900-1500

UTA's:

Saturday: 0900-1500

Sunday: 1000-1400

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. 727, Saturdays: 1300-1400

Public Service Loan Forgiveness (PSLF)

<https://www.military.com/daily-news/opinions/2021/12/16/what-vets-and-service-members-need-know-about-public-student-loan-forgiveness.html>

Two key pieces of information:

- The Department has given until 31 October 2022 for federal student loans to be forgiven for those who qualify (this includes many veterans and a lot of people in public service jobs) – DO NOT DELAY!
- Anybody who has these loans should make an account to get the latest news; some people will even get loans forgiven automatically!

<https://studentaid.gov/fsa-id/create-account/launch>



Are you looking for employment? Visit or download:

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

Multiple Companies hiring Military and Veterans

First Duty Station Financial Training, Block 1 of 2

Bldg. 760, Room 117 (no cell phones allowed)

5 Mar 22, Saturday, 1230-1430

Block 2 of 2, Saturday, 2 April 2022

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

Credit Management

SFS Building, CATM Classroom

6 Mar 22, Sunday, 1130-1230

60-minute interactive lesson providing learners with the knowledge to build and protect their credit health and reduce the cost of credit.

****Both classes presented by Jay Brunkhorst****
Personal Financial Counselor

MILITARY ONE Source Tax Services

Miltax: FREE!!! Tax Services for the Military



2022 Air Force Art Contest

IMAGINE, CREATE & WIN
1-31 March 2022

- Adult Novice
- Adult Accomplished
- Youth Teen: Ages 13 to 17*
- Youth Pre-Teen: Ages 9 to 12*
- Youth Child: Ages 6 to 8*

* Art entries must be accompanied by the youth participant

portal.wwaerz.com
 @airforcearts

Full details at <https://www.minneapolis.afrc.af.mil/News/Article-Display/Article/2953119/air-force-art-contest-opens-for-submissions/>



23V RECON X 23rd Veteran is recruiting for our next Duluth-based 23V Recon group.

Applications for this group are being accepted now!

23V Recon is a unique 14-week mental wellness program that has freed veterans from isolation, anxiety, panic, and depression. We help the brain relate negative triggers from military experiences to new positive memories and emotions.

23V Recon is provided free of charge to veterans, active duty service members and members of the National Guard and reserves.

| | | |
|--|--|--|
| <p>Week 1 <i>Outdoor Wellness Adventure</i></p> <p>Big Pine Key, FL Mar. 25 - Apr. 1, 2022</p> <p>Sailing with Hurricane Island Outward Bound School.</p> | <p>Weeks 2-14 <i>Functional Fitness and Positive Psychology Training</i></p> <p>Duluth, MN Apr. 4 - Jul. 1, 2022</p> <p>M-W-F 2:00-3:15 p.m. IST CrossFit</p> | <p>Weeks 2, 4, 6, 8, 10, 12 <i>Family and Community Events</i></p> <p>Duluth, MN</p> <p>Saturday afternoons at various locations around Duluth.</p> |
|--|--|--|

For more information or to apply go to: 23rdveteran.org/23v-reconditioning/

Questions?
Contact 23V Recon Program Manager Matt Rosky.
matt.rosky@23rdveteran.org | 828-778-5445

Football ProCamp with Kyle Rudolph...

...will be in operation July 12th & 13th 2022 at Providence Academy. It will be open to Boys and Girls for Grades 1 thru 8.

The great news is that all military dependents who are in the required grades noted will receive a scholarship to attend for FREE! AND, it will be open to as many as we can register up to 80 participants.

This might be a limited time offer, so sign up as soon as possible.

*Please email Mr. Fred Crawford as soon as possible with any questions and to ensure your spot (phrederic16170@gmail.com). Registration form has been sent out via workflow.

Visit <https://www.procamps.com/rudolph22> for more information.



NEW Fitness Center
Hours of Operation
0700-1500
Monday-Friday
Effective 7 FEB 2022

24-Hour access is available.
Please call for more information.

612-713-1496



ROCK CLIMB WITH US @

VERTICAL ENDEAVORS
Indoor Rock Climbing Facility

FREE
SATURDAY
APRIL 2, 2022
1700-1930

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

ONLY 30 participants

BLOOMINGTON LOCATION:

9601 James Avenue S
Minneapolis, MN 55431

www.verticalendeavors.com/visit-us/hours-locations/Bloomington-mn



\$20 Deposit per person is required at Signup, to lock in your spot. Money WILL BE RETURNED at event
For more information contact: Junalyn Lowry at 612.713-1660, junalyn.lowry@us.af.mil
During UTA only



Upcoming Professional Development Events!

| | | |
|-------------------------|---|-----------------------|
| <p>March</p> | <p>Sat, 5 Mar – TBD 1200-1300 Wing Training Room Sun, 6 Mar – Credit Management 1130-1230 CATM Classroom</p> | <p>April</p> |
| <p>May</p> | <p>Sat, 7 May – TBD 1200-1300 Wing Training Room Sun, 8 May – Planning for Your Financial Future 1130-1230 CATM Classroom</p> | <p>June</p> |
| <p>July</p> | <p>Sat, 9 Jul – TBD 1200-1300 Wing Training Room Sun, 10 Jul – Home Sweet Home 1130-1230 CATM Classroom</p> | <p>August</p> |
| <p>September</p> | <p>Sat, 10 Sep – TBD 1200-1300 Wing Training Room Sun, 11 Sep – Financial Briefing TBD 1130-1230 CATM Classroom</p> | <p>October</p> |
| | <p>Sat, 2 Apr – TBD 1200-1300 Wing Training Room Sun, 3 Apr – Emergency Financial Preparedness 1130-1230 CATM Classroom</p> | |
| | <p>Sat, 4 Jun – TBD 1200-1300 Wing Training Room Sun, 5 Jun – Saving and Investing 1130-1230 CATM Classroom</p> | |
| | <p>Sat, 6 Aug – TBD 1200-1300 Wing Training Room Sun, 7 Aug – Raising Financially Fit Kids 1130-1230 CATM Classroom</p> | |
| | <p>Sat – TBD 1200-1300 Wing Training Room Sun – Financial Briefing TBD 1130-1230 CATM Classroom</p> | |

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





2022 MONTH OF THE MILITARY CHILD CELEBRATION
April 15, 2022 12pm-6pm @ Mall of America

ACTIVITIES FOR MILITARY FAMILIES WITH CHILDREN OF ALL AGES (REQUIRES NO REGISTRATION) INCLUDING:

- MUSIC BY DJ HOWIE DO IT
- AIRBRUSH TATTOOS
- CHARACTER APPEARANCES
- PHOTO BOOTH
- AIR BRUSH TATTOOS
- GIVE-A-WAYS
- AND MORE....

(THE ONLY 2 ACTIVITIES THAT REQUIRE REGISTRATION ARE LISTED BELOW)

TO REGISTER FOR NICKELODEON UNIVERSE WRISTBANDS:
<https://mnarngfamilyprograms.wufoo.com/forms/nickelodeon-wrist-bands-2022/>

TO SIGN UP FOR BUILD-A-BEAR VISIT:
 Link will be released on our Facebook Page MN National Guard Youth Programs on March 16th @9am

REGISTRATION LINKS WILL OPEN MARCH 16TH @ 9am

**Event will take place
 LEVEL 2, NORTH NEAR JW MARRIOTT
 Park in North Lot and take
 escalator/elevator to 2nd floor**




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



Zip Line @ Sand Creek Adventures

ADVENTURE WITH US

MAY 7, 2022 @ 1700

FREE

THE ULTIMATE OUTDOOR CHALLENGE!

FUN FOR THE WHOLE GROUP!

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

3101 220th St W
 Jordan, MN 55352
www.sandcreekadventures.com

\$20 Deposit per person is required at Signup, to lock in your spot. Money WILL BE RETURNED at event

For more information contact: Junalyn Lowry at 612.713-1660, junalyn.lowry@us.af.mil
 During UTA only

No Federal Endorsement Intended




MARCH 2022 "PIG OUT" Olympigs Challenge



MARCH 6TH - APRIL 1ST
4 WEEKS
(New Weeks MONDAYS)



Winner of each (4) "Extra Pig" weekly challenge will get an award (TBD) for 1st, 2nd, and 3rd place.

The person with the most pigs at the end of the challenge will win the grand prize (TBD)

FOR MORE INFORMATION CALL THE FITNESS CENTER @ 612.713.1497



Weekly Workout Challenge

Earn a for each hour of exercise, up to 3 pigs/3 hours per week at the Fitness Center.

Time will be logged on the "Running Pig" Board.

Workouts must be completed during staffed hours, with staff verifying workout times - must be a minimum of 20 minutes (3-20 min workouts, 2-30 min workouts, or 1 60 minute workout will earn 1 pig; for workouts not totaling 60 minutes - pigs will be shaded in or time will be logged on board until 60 min is completed and the complete pig sticker is earned)

Extra "Getting Piggy with It" Weekly Challenge

Earn an extra each week by completing weekly challenge:

Week 1: 100 burpees (hands to floor, jump feet back, lower body to floor, raise body off floor, jump feet to hands, stand and jump clapping hands together), timed. Male/Female best times

Week 2: Longest forearm plank hold, timed. Male/Female best times

Week 3: Longest wall sit, holding 15 lb medicine ball above head, timed. Male/Female best times

Week 4: Most pull-ups in two minutes: wide grip, unassisted, chin to clear bar for 1 rep. Male/Female highest reps.

Weekly "extra pig" challenge can be completed as many times as participant wishes.

Participants will earn an extra pig for each fitness class attended (for a total of 2 extra pigs per week).
MAX TOTAL OF 6 PIGS PER WEEK



MARCH 2022

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

Hours of Operation
Monday to Friday 0700-1500
Saturday-Sunday CLOSED
24hr Access Available



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|----------------------|-----------|---|--------|---|
| TUESDAYS 1130-1230 YOGA With MIKE | THURSDAY 1130-1230 KB HIIT With JORDAN | 1 hatha yoga | 2 | 3 KETTLEBELL HIIT | 4 | 5 UTA |
| 6 Olympigs Challenge BEGINS UTA | 7 Week 1: 100 Burpees | 8 hatha yoga | 9 | 10 KETTLEBELL HIIT | 11 | 12 |
| 13 Daylight Saving Time Begins | 14 Week 2: Longest forearm plank hold | 15 hatha yoga | 16 | 17 Happy ST. PATRICK'S DAY | 18 | 19 |
| 20 | 21 Week 3: Longest wall sit | 22 hatha yoga | 23 | 24 KETTLEBELL HIIT | 25 | 26 |
| 27 | 28 Week 4: Most pull-ups in 2 minutes | 29 hatha yoga | 30 | 31 KETTLEBELL HIIT | | MARCH 2022 "PIG OUT" Olympigs Challenge MARCH 6TH - APRIL 1ST 4 WEEKS (New Weeks MONDAYS) |



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

CONGRATULATIONS! The 934 AW was awarded the 2019 Air Force Outstanding Unit Award. **If you were a member of the wing during the award period, FSS will be working to update your record accordingly.*

Additionally, AFRC announced that the 934 AW has been awarded the Global War on Terrorism Service (GWOT-S) Streamer.

*See below for the official announcements for both.



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

MEMORANDUM FOR AFRC NAF, WING, GROUP/CCs
RIO/CC
ARPC/CC
HQ AFRC LIMITED STAFF

FROM: AFRC/CD
155 Richard Roy Blvd
Robins AFB GA 31098-1635

SUBJECT: 2019 Air Force Outstanding Unit Award (AFOUA) and Air Force Organizational Excellence Award (AFOEA)

I am proud to announce the Reserve units selected as recipients of the below awards for 2019:

- AFOEA**
- 10th Air Force, Naval Air Station Fort Worth Joint Reserve Base, Texas
 - 301st Fighter Wing, Naval Air Station Fort Worth Joint Reserve Base, Texas
 - 302d Airlift Wing, Peterson Air Force Base, Colorado
 - 340th Flying Training Group, Joint Base San Antonio-Randolph, Texas
 - 349th Air Mobility Wing, Travis Air Force Base, California
 - 439th Aeromedical Evacuation Squadron, Westover Air Reserve Base, Massachusetts
 - 442d Fighter Wing, Whiteman Air Force Base, Missouri
 - 446th Airlift Wing, Joint Base Lewis-McChord, Washington
 - 513th Air Control Group, Tinker Air Force Base, Oklahoma
 - 610th Command and Control Squadron, Davis-Monthan Air Force Base, Arizona
 - 624th Regional Support Group, Joint Base Pearl Harbor-Hickam, HI
 - 910th Airlift Wing, Youngstown Air Reserve Station, Ohio
 - 913th Airlift Group, Little Rock Air Force Base, Arkansas
 - 919th Special Operations Wing, Eglin Air Force Base, Florida
 - 926th Wing, Nellis Air Force Base, Nevada
 - 932d Airlift Wing, Scott Air Force Base, Illinois
 - 934th Airlift Wing, Minneapolis St. Paul Air Reserve Station, Minnesota
 - 940th Air Refueling Wing, Beale Air Force Base, California
 - 944th Fighter Wing, Luke Air Force Base, Arizona
 - 953d Reserve Support Squadron, Naval Air Station Norfolk, Virginia
 - 960th Cyberspace Wing, Lackland Air Force Base, Texas

AFOEA
Force Generation Center, Robins Air Force Base, Georgia
Headquarters Air Reserve Personnel Center, Buckley Air Force Base, Colorado

The members of these organizations should be extremely proud of their many achievements and contributions resulting in these prestigious awards. HQ AFRC/A1KK is finalizing the award elements and information on the presentation of awards will be forthcoming. My sincere congratulations on this outstanding achievement!

BURGER MATTH
EW J 1139535797
MATTHEW J. BURGER
Major General, USAF
Deputy Commander



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

MEMORANDUM FOR HQ AFRC NAF, WING, GROUP/CCs
RIO/CC
ARPC/CC
HQ AFRC LIMITED STAFF

FROM: AFRC/CD
555 Robins Parkway Suite 250
Robins AFB GA 31098-2005

SUBJECT: Global War on Terrorism Service (GWOT-S) Streamer

1. For more than 20 years, our Reserve Citizen Airmen have supported the Global War on Terror both home and abroad. For this reason, I am extremely proud to announce the award of the GWOT-S streamer to Air Force Reserve Command and subordinate organizations for mission support offered outside the location to the following operations:

| OPERATION | INCLUSIVE PERIOD |
|-----------------------------|-------------------------------------|
| Airport Security Operations | 27 September 2001 - 31 May 2002 |
| Operation NOBLE EAGLE | 11 September 2001 - TBD |
| Operation ENDURING FREEDOM | 11 September 2001 - TBD |
| Operation IRAQI FREEDOM | 19 March 2003 - 31 August 2010 |
| Operation NEW DAWN | 1 September 2010 - 31 December 2011 |
| Operation INHERENT RESOLVE | 15 June 2014 - TBD |

2. Our Airmen should be extremely proud of their collective achievements and contributions. Unit commanders may procure the appropriate GWOT-S service streamer through local supply channels. Service streamers will be displayed in accordance with AFI 34-1201, Protocol.

3. If you have any questions, please contact HQ AFRC/A1KK at afrc.a1kk@us.af.mil. My sincere congratulations on this outstanding achievement!

BURGER MATTH
EW J 1139535797
MATTHEW J. BURGER
Major General, USAF
Deputy Commander



DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND

3 March 2022

MEMORANDUM FOR RECORD

FROM: 934 AW/CC

SUBJECT: Change to HPCON BRAVO for the Minn-St Paul ARS

1. Effective 3 March 2022, I am changing the installation Health Protection Condition (HPCON) from BRAVO-PLUS to BRAVO IAW AFI 10-2519, *Public Health Emergencies and Incidents of Public Health Concern*. This is due to a recent reduction in local transmission rates of the COVID-19 virus. The following instructions will be followed by 934th Airlift Wing service members, DoD civilians, contractors, families, and other individuals while on base.

2. Changes from previous measures (see full list of instructions below):

- a) **Mask wear on installation is optional per SECDEF guidance dated 1 MAR 22.**
- b) **Base access during UTAs open to all CAC holders.**
- c) **UTAs will occur in-person for all personnel.**
- d) **Group events/meetings are permitted up to 50 persons with social/physical distancing of at least 6 ft between attendees. Commander's Calls may occur in person. Gatherings over 50 attendees requires AFRC/DS approval.**
- e) **Gym facilities will be open during the week and UTAs. PT testing will resume with social/physical distancing of participants.**
- f) **Food facilities will be open during the week and UTAs to include bar services.**
- g) **Training exercises are permitted, but should minimize crowding where possible.**

3. Personal Precautions

- a) Personnel may wear masks if they so choose, but no longer mandatory. If masks become required due to local case rates, a separate notification will be sent to units.
- b) All personnel must maintain social/physical distancing of 6 feet between others to the maximum extent possible regardless of vaccination status.
- c) All personnel will continue to practice good respiratory etiquette and hand hygiene practices. Hand sanitizer stations will be utilized at entrances to buildings. Units may choose to sanitize commonly touched surfaces following the US Center for Disease Control (CDC) guidance.
- d) Customer facing facilities may continue to install/utilize physical barriers between staff and customers.
- e) Units will continue to use CDC recommended personal protective equipment where applicable.

4. Base Access and Attendance

- a) Base access is not restricted due to HPCON measures. All CAC holders may access the base even during UTAs.
- b) Common areas and shared base facilities will remain open, occupants should maintain social distancing of at least 6 feet.
- c) Gym facilities will remain open during the week and during UTAs. Personal fitness, team sports, and group fitness is permitted, mask wear is optional, social/physical distancing of 6 ft should be utilized when possible. PT testing is permitted, sufficient distance of at least 6 ft should be maintained between service members.

- d) Food facilities will be open for indoor or outdoor dining with 6 ft physical distancing. Takeout options will also be made available. Personnel should only eat in areas on base where 6 ft of distance can be maintained between others. Base personnel may eat at off base restaurants. The CAC bar will be open.
- e) UTAs will occur in-person for all personnel. Participants will practice social distancing.
- f) Personnel will complete the pre-UTA screening questionnaire prior to arriving for a UTA.
- g) Group events/meetings are permitted with social/physical distancing of attendees. Attendance up to 50 persons does not require approval. AFRC/DS approval is required for group sizes over 50.
- h) Vulnerable individuals and those living with vulnerable individuals as defined by the CDC may be at increased risk during a UTA. Commanders are encouraged to explore alternative options that meet mission requirements (telework, rescheduled UTA, etc.).
- i) Exercises are permitted, but should limit crowding to the maximum extent possible.

5. Illness reporting and COVID-19 exposures

- a) 934 AW personnel must report an acute COVID-19 illness to Public Health at 612-713-1608/1609 or ASTS at 612-713-1676.
- b) Individuals diagnosed with COVID-19, whether vaccinated or unvaccinated, will not present to the installation until isolation is completed IAW recommendations from Public Health or their local health department.
- c) Individuals with an influenza-like illness will not come to the installation unless they have a negative COVID-19 test, whether vaccinated or unvaccinated, and will contact Public Health or ASTS.
- d) Unvaccinated individuals who have a known exposure to someone with COVID-19 or an influenza-like illness within 10 days will contact Public Health or ASTS prior to coming to the installation.

6. Installation partners may follow their Major Command's (MAJCOM) HPCON guidance for operations within their facilities as required, but are encouraged to align with 934th Airlift Wing guidance.

7. The installation Public Health Emergency Officer (PHEO) Maj William Wilson can be contacted at 612-713-1691 (office), william.wilson.76@us.af.mil (email), or during emergencies at 513-253-7542 (cell).

8. The installation Public Health Officer (PHO) Ms. Chayo Smith can be contacted at 612-713-1608 (office) or chayo.smith.1@us.af.mil.

9. The health and safety of installation personnel is my top priority. Public Health will continue to monitor disease trends, to include new COVID-19 variants, and will continue to make recommendations to change HPCON levels as required throughout the duration of the pandemic.

CHRISTOPHER T. LAY, Col, USAF
Commander, 934th Airlift Wing