

Global Viking Flyer March 2023



A Friendly Face in a Familiar Place See page 2

Need Profile? See a message from ASTS on page 4

2022 Civil Servant of the Year Winners! See page 8

April is the Month of the Military Child! See page 14

934 Chapel Services are available every UTA. See page 13

Do you have old boots you wanna get rid of? Check page 12

Wanna go Rock Climbing on Sat, 4 March...for FREE? See page 12

Have you heard of the new Health Promotions Courses? See page 10

Interested in Laser Tag at the Mall of America...for FREE? See page 14

Congratulations to all of our March Promotees & Welcome Newcomers! See Page 8

The Flying Viking Chapter of Reserves of America (ROA) will be meeting on Sunday, 5 March at 1100 hrs in Building 760 Room 110. All are welcome to attend.

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

External Links:

[COVID-19 Information](#)

[Prevention Connection](#)

[CAT Brochure](#)

A Friendly Face in a Familiar Place

By Master Sgt. Trevor Saylor

934th Airlift Wing Public Affairs Office

MINNEAPOLIS-ST. PAUL AIR RESERVE STATION, Minn. -- Change can be hard for any organization, and a change in leadership can be particularly trying. However, sometimes a team can be fortunate to not only have the best-qualified person for a position, but also a familiar face.



Colonel Gia Wilson-Mackey, the incoming 934th Maintenance Group commander, has spent time at the 934th Airlift Wing previously. She was the 934 MXG deputy commander from 2019-2020 and as a civilian, was assigned as the wing process manager from 2017 to 2020. Her experience at the Minneapolis-St. Paul Air Reserve Station was overwhelmingly positive, and she is excited to be back.

*Continue the story here

Education: hitting the books is a military bonus

By Senior Airman Matthew Reisdorf

934th Airlift Wing Public Affairs Office

MINNEAPOLIS-ST. PAUL AIR RESERVE STATION, Minn. -- Hitting the books, staying up late studying for an exam, and moving on to exciting new things in life is something that Senior Master Sgt. Amber Knight, 934th Force Support Squadron force development superintendent, here, enjoys helping ambitious Airmen accomplish.

“I’m from Minnesota so I was looking for opportunities to come back here and they had an opening in the education and training department,” Knight said. “So, I came up here and did some annual tour to learn what they do. I really liked the career field and the opportunity to have, what I feel like, is an impact on every Airman’s training.”

*Continue the story here



Reservists help pack 13,824 meals for hungry children

By Senior Airman Victoriya Tarakanova
934th Airlift Wing Public Affairs Office

MINNEAPOLIS-ST. PAUL AIR RESERVE STATION, Minn. -- Continuing a tradition of selfless service, Airmen of the 934th Airlift Wing volunteered with the nonprofit organization Feed My Starving Children on February 2, 2023.

Several members of the wing met at the FMSC facility in Eagan, Minn., where they joined other volunteers from the local community to pack 64 boxes of food with 13,824 meals. These meals were estimated to be able to feed 38 children for a year.

*Continue the story here



(Below) C-130s from the 934th Airlift Wing prepare for takeoff from Minneapolis-St. Paul Air Reserve Station on February 25, 2023. The Airmen were flying flags as their friends and families watched them prepare to leave. (U.S. Air Force photos by Master Sgt. Trevor Saylor)



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.

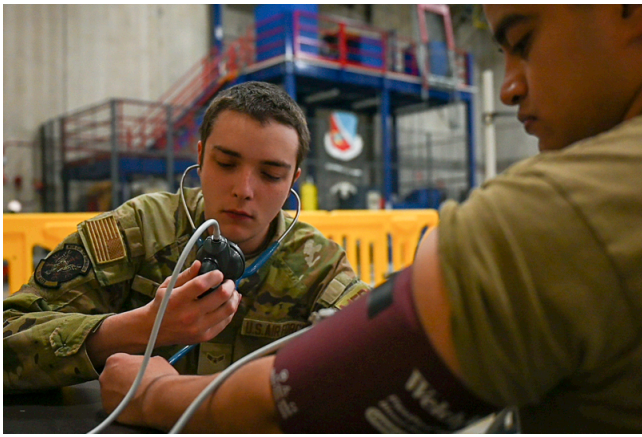
If a member is in need of a profile, they must be seen by a civilian provider and request to have the medical records from that appt, and all subsequent appts, be faxed to the 934 ASTS. The member may email or hand carry the records to the ASTS as well. We **CANNOT ACCEPT "To Whom It May Concern" letters 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!



U.S. Air Force Airman 1st Class Azrael Tietge, a 934th aerospace medical technician, checks the blood pressure of a 934th Airlift Wing member, at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. This biometric information is required for all health assessments. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S. Air Force Senior Airman Moham Abdi, a 934th aerospace medical lab technician, examines a blood sample, at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. This sample has changed color from red to yellow due to a chemical separation. (U.S. Air Force photo taken by Senior Airman Colten Tessness)



U.S. Air Force Maj. Justin Hyde, a 934th flight surgeon, takes notes as part of the administrative process of enhanced physicals at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. The doctors on the installation assisted nurses and other medical members record data for the enhanced physicals. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S. Air Force Senior Airman Jasmine Walker, a 934th aerospace medical technician, left, exchanges medical information to Airman Karim El Agla, a 934th AMT, at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. Enhanced physicals are held once a year to ensure and monitor the health of airmen. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S. Air Force Senior Airman Mitchell Hannan, a 934th aerospace medical technician, left, gets measured by Airman 1st Class Chase Tessness, a 934th AMT, at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. Height measurement is an important component of the biometric portion of enhanced physicals. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S. Air Force Airman 1st Class Natalia Escribano, a 934th aerospace medical technician, draws blood from a 934th Airlift Wing member at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. This blood drawing is done bi-annually for all Air Force members. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S. Air Force Senior Airman Robert Collova, a 934th aerospace medical technician, checks the blood pressure of a 934th Airlift Wing member at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. Enhanced physicals are conducted annually by the 934th Aeromedical Staging Squadron. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S. Air Force Senior Airman Isaak Estrada, a 934th aerospace medical technician, receives a vision screening conducted by U.S. Air Force Tech. Sgt. Cassie Milligan, a 934th ophthalmic technician, at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. Optometry is another step in the enhanced physical process for those to acquire mission readiness. (U.S. Air Force photo taken by Senior Colten Tessness)



Members of the 934th Airlift Wing seat in waiting area for their physician consultations, at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. Airmen meet with their physicians toward the end of their assessments. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S Air Force Senior Airman Moham Abdi, a 934th aerospace medical lab technician, examines a blood sample in the lab at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. The lab is a critical component utilized for better understanding of health concerns. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S Air Force Senior Airman Moham Abdi, a 934th aerospace medical lab technician, pours a blood sample into a new vial at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. This process assists with organization of the samples taken in lab. (U.S. Air Force photo taken by Senior Colten Tessness)



U.S Air Force Senior Airman Moham Abdi, a 934th aerospace medical lab technician, examines a blood sample , at the Minneapolis-Saint Paul Air Reserve Station, February 4, 2023. This sample has changed color from red to yellow due to a chemical separation. (U.S. Air Force photo taken by Senior Colten Tessness)

Fiscal Year 2022 UTA Schedule

	Primary	Alt
April 2023	1-2	22-23
May 2023	6-7	20-21
June 2023	3-4	24-25
July 2023	N/A	15-16

**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*

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"

March 2023 Enlisted Promotions

MSgt – TUFTE, TRENT – 934 MXS

TSgt – ACKERMAN, RYAN – 27 APS

TSgt – BENNETT, CONNOR – 934 SFS

TSgt – DAHLIN, MICHAEL – 934 CES

TSgt – DANNA, RYAN – 934 CES

TSgt – MASTENBROOK, SAMUEL – 934 ASTS

TSgt – SCHAAK, MICHAEL – 27 APS

TSgt – SCHLICHTING, ZACHARIAH – 934 LRS

TSgt – URBAIN, NICOLE – 27 APS

TSgt – WEBER, GABRIEL – 934 SFS

SSgt – MAN, BAN – 27 APS

SSgt – ROEHL, LYDIA – 934 AES

SSgt – VERNON, CRYSTLE – 934 ASTS

SrA – DAVIS, CHANDLER – 934 CES

SrA – DORPAT, JOSEPH – 934 CES

SrA – ESCRIBANO, NATALIA – 934 ASTS

SrA – VAN DEN OEVER, TYLER – 934 CES

SrA – YANKEE EDWARDS, SUSANNA – 934 ASTS

SrA – GAPP, AMELIA – 934 ASTS

A1C – BEST, JASMINE – 934 AMXS

A1C – CARVER, FRANKIE – 934 ASTS

A1C – EL AGHA, KARIM – 934 ASTS

A1C – KEOSAY, YOHAUM – 934 ASTS

A1C – MIDDLEMAN, SAMANTHA – 934 AMXS

A1C – NGWA, AKONGNWI – 934 ASTS

A1C – TUNMBI, OLUWATAMILORE – 934 LRS

A1C – TUTTLE, MCKENZIE – 934 ASTS

Amn – AZIAMBLE, DZIDOULA – 934 ASTS

Amn – HARREN, SAMUEL – 934 CES

Amn – LYNCH, GUINEVERE – 934 FSS

Amn – OLSON, HUNTER – 934 CES

Amn – YANG, ARIANA – 934 FSS

Welcome Newcomers

SSgt – FRANCESCHI MILLAN, JAVIER –
934 AMXS

SrA – PEREZ, LEOMAR – 934 SFS

SrA – SAYLES, DEVRICK – 27 APS

SrA – SHAPPELL, LUCAS – 934 CES

SrA – WEIGEL, CONNOR – 934 CES

A1C – HANSEN, KYLE – 934 AMXS

A1C – JEFFRIES, JAXON – 934 MXS

Amn – ADOMAYI, GLORY OPEYEMI –
934 AMXS

Amn – PRICE, ALINA – 934 SFS

3rd Quarter 2022 Winners

Amn: SrA Zachary Thompson / AMXS

NCO: SSgt Laura Sachwitz/ AMXS

SNCO: SMSgt Catherine Lammers / APS

CGO: Capt Alexander Hennen / APS

FGO: N/A

Civ Sup: N/A

Civ Non-Sup: N/A

2022 Civil Servant of the Year Winners

“Unsung Hero” - 2d Lt Kirsten O’Brien

“Leadership” - SMSgt Danielle Carcieri

Ask The Expert: Carnivore vs Vegetarian Diet

By Eric Neal in response to a question from Mr. Rick Pelzl

Rick Pelzl: My wife and I recently started taking up on more of a plant-based diet to improve our health. This leads me to ask your opinion based on the scientific facts if no supplementation or vitamins are used, which diet is better for your health, carnivore or vegetarian? Why?

Eric: Considering my biases, you will be surprised to my answer. Despite any biases I may have I will always provide you the scientific facts of advantages and disadvantages of any topic. My answer is vegetarian diet.

Although a vegetarian diet consists of inferior proteins than a carnivore diet doesn't mean you won't get adequate protein for what your body needs. A vegetarian based diet requires combining foods such as beans and rice which are both foods that are incomplete proteins but when combined forms a complete protein. Since plant-based foods are inferior to meat-based foods for amino acid bio-availability, eating more protein will be required.

Something to consider is without supplements or vitamins a meat-based diet is lacking in adequate in vitamins and minerals needed to be healthy while a plant-based diet can provide completely adequate nutrition. Another thing to consider is high protein carnivore diets are high in sodium even if you don't add salt to anything.

I will never criticize eating red meats if they are lean unlike most biased health experts that are critical of red meat but as a high consumer of red meat and protein, I can tell you despite adding salt to nothing, I have a very hard time keeping my sodium consumption under the recommended levels. My reflection upon this topic is that when I am not restricting carbohydrates, I do get my 5-9 fruits and vegetables per day, but it is mainly consisting of fruit as I can't tolerate the taste of most vegetables. Although I get the proper number of servings my diet lacks in all the colors of fruits and vegetables, especially green. A solution that I have implemented is drinking a fruity flavored fruit and vegetable drink that makes up 4.5 servings and reduced number of processed foods to reduce sodium. Based on my solution, as a carnivore I am required to supplement my nutrition to make up for my deficiencies.

Now I must ask you to reflect on your diet whether you are carnivore, vegetarian, or consume a normal diet. Is there anything that you can improve? If so, what are you going to do make improvements?

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 Nutrition, ask your UFAC, UFPM, or PTL to sign you up for Best Self Module 2 on Saturday at 0900-1100 and Better Body Better Life at 0800-1100 on Sunday of March UTA at Fitness Center Classroom.



HEALTH PROMOTION COURSES

Are **NOW** being OFFERED at the
FITNESS CENTER CLASSROOM in **BLDG. 777**

COURSE NAME	DATE	TIME	FOR WHO
BEST SELF MODULE 1	Saturday February 4, 2023	0900-1100	ALL AIR FORCE PERSONNEL INCLUDING CIVILIANS
CARDIOVASCULAR INTERVENTION	Sunday, February 5, 2023	0930-1100	ALL AIR FORCE PERSONNEL INCLUDING CIVILIANS
BEST SELF MODULE 1	Tuesday February 21, 2023	0900-1100	ANYONE WITH ACCESS TO BASE
BEST SELF MODULE 2	Saturday, March 4, 2023	0900-1100	ALL AIR FORCE PERSONNEL INCLUDING CIVILIANS
BETTER BODY BETTER LIFE	Sunday, March 5, 2023	0800-1100	ALL AIR FORCE PERSONNEL INCLUDING CIVILIANS
SLEEP OPTIMIZATION	Tuesday, March 14, 2023	0900-1000	ANYONE WITH ACCESS TO BASE
BEST SELF MODULE 2	Tuesday, March 21, 2023	0900-1100	ANYONE WITH ACCESS TO BASE
NUTRITION 101	Tuesday, March 28, 2023	0900-1000	ANYONE WITH ACCESS TO BASE

Air Force Members can sign up through their Unit Fitness Assessment Cell (UFAC), Unit Fitness Program Managers (UFP), Physical Training Leaders (PTL) on Teams, Body Composition Managers (BCM) or Health Promotion Working Group (HPWG). If you don't know who your Unit Reps are you can contact Eric:

For other branch of services, civilians, veterans, retirees and any one with access to the base can sign up, or if you have any questions you can contact:

Eric Neal—Exercise Physiologist (Instructor)
Health Promotion and Fitness Program Manager
eric.neal.4@us.af.mil
612-713-1472



March 2023

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours of Operations 0700—1500 Monday—Friday 24Hour Access Available		ULTIMATE STRONGMAN CHALLENGE APRIL 17 & 19, 2023	1	2 UTA Hatha Yoga 1130-1230	3 UTA	4 UTA Best Self Module 2 Course 0900-1100
5 UTA BETTER BODY BETTER LIFE 0900-1100	6 MARCH MADNESS 1100-1300	7 Hatha Yoga 1130-1230	8 MARCH MADNESS 1100-1300	9 Hatha Yoga 1130-1230	10	11
12	13 MARCH MADNESS 1100-1300	14 SLEEP OPTIMIZATION 0900-1100 Hatha Yoga 1130-1230	15 MARCH MADNESS 1100-1300	16 Hatha Yoga 1130-1230	17 	18
19	20 MARCH MADNESS 1100-1300	21 Best Self Module 2 Course 0900-1100 Hatha Yoga 1130-1230	22 MARCH MADNESS 1100-1300	23 Hatha Yoga 1130-1230	24	25
26	27 MARCH MADNESS 1100-1300	28 NUTRITION 101 0900-1100 Hatha Yoga 1130-1230	29 MARCH MADNESS 1100-1300	30 Hatha Yoga 1130-1230	31	UTA

Military & Family Readiness Center
Building 729, Room 202

Director:

Kelly Wilkinson
612-713-1567

Office Hours:

M-F: 0900-1500

March UTA: Sat: 0800-1530
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 Airman & Family Readiness
Center to pick up a hand knit baby
blanket and supplies!
Bldg. 729, Saturdays: 1300-1400

Are you looking for employment?

Visit or download:

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

Are you retiring/separating soon?

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



First Duty Station Financial Training

Block 2 of 2

Bldg. 852, Room 215, FSS
4 March, 0900-1100

Block 1 of 2, Sunday, 2 April 2023

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

Need Financial Help?

Contact the 934th Personal Financial
Counselors
FREE

Jay Brunkhorst, CFP®

Minneapolis St Paul ARS

Personal Financial Counselor (PFC)

Cell Phone: 612.297.2826

E-mail: pfc.mn.usnr@zeiders.com

Craig Hovland, AFC®

Fort Snelling, MN

Personal Financial Counselor (PFC)

Cell Phone: 612.297.0295

Email: pfc.fortsnelling.usar@zeiders.com

Jay Brunkhorst will be available in the office,
March UTA, 0700-1500. Call to make an
appointment.

Do you have boots that you no longer need?

DON'T TRASH THEM!

GIVE THE BOOT TO SEXUAL ASSAULT!

Help us rise to our goal:
100 pairs of boots!

The SAPR office wants your used boots for
The March Against Sexual Assault
(display coming in April 2023).

Please donate them at one of the following locations:

- ◊ Wing Headquarters, Bldg. 760, 1st Floor – RM 134
- ◊ Building 752, BIO Side



VERTICAL  ENDEAVORS



Rock Climb with US!!

FREE SATURDAY FREE MARCH 4, 2023 1730-1930

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

BLOOMINGTON LOCATION: 9601 JAMES AVENUE S, MINNEAPOLIS, MN

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

SIGN UP TODAY EMAIL: Junalyn.Lowry@us.af.mil / 612-713-1662



\$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 612.713-1662, junalyn.lowry@us.af.mil





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****





TACTICAL URBAN COMBAT

DON'T PLAY THE GAME... BE THE GAME!

LAZER TAG with US at Mall Of America

SATURDAY APRIL 1, 2023 1700-1900

LOCATION: 340 W MKT, BLOOMINGTON, MN 55425



FREE

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

FREE

SIGN UP TODAY EMAIL: Junalyn.Lowry@us.af.mil / 612-713-1662



\$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 612.713-1662, junalyn.lowry@us.af.mil



2023 Month of the Military Child Open House



April 14, 2023
12pm-6pm @
Mall of America®



Activities for Military Families with Children of all Ages *No registration required*

- Music by DJ Howie
- Air Brush Tattoos
- Photo Booth
- Face Painting
- Character Appearances
- Give-A-Ways
- Coloring Station
- And More..

Nickelodeon Ride Wristbands and Build-A-Bear Experience *Registration required*

Registration link will open on March 16th at 9am. Build-A-Bear is open to direct dependents of CURRENTLY SERVING ages 1-10 yrs old. Limit 3 per family.

Nickelodeon Wristband are for direct dependents of CURRENTLY SERVING or retired within the last two year ages 1-18 yrs old. For children only limit 5 per family.

For more info, FAQs, and to register go to
<https://www.eventbrite.com/cc/month-of-the-military-child-1780509>

Bears and Wristbands will need to be picked up in the event space



Event Space
Located on Level 3 of Mall of America, Culinary on North between the old Thai Express and The Offices at MOA entrance.



TUESDAY, APRIL 4

Join us for a day of community and support at the "Heroes Hub" during the Twin Cities Auto Show. Meet and connect with non-profits and local service providers dedicated to serving current and former military members and their families. Discover resources and learn about the programs and services available to help you navigate the unique challenges of military life. *All heroes and their families are welcome!*

FREE Entrance April 4th to All Active Military and Veterans. A \$17 value.
\$7 OFF onsite to all family & friends with military

Ceremony to Salute the Military Will Take Place at 7pm

Participants Include



MARCH 31-APRIL 8
MINNEAPOLIS CONVENTION CENTER

HUNDREDS of cars, trucks, luxury vehicles, and more. Experience Electric Vehicles, Camp Jeep, Test Drives and so much more!

Fridays, Saturdays, Wednesday, Thursday: 10:00 AM - 9:00 PM
Monday, Tuesday: 8:00 PM - 9:00 PM
Sunday: 10:00 AM - 7:00 PM

TwinCitiesAutoShow.com

MARCH 2023 UTA

ST. PATRICK'S DAY COCKTAILS



Join us at the **BAR & GRILL**
March 3 & 4, 2023



934th Community Activity Center Bldg. 807
Phone 612.713.1655



AIR FORCE FOOD & BEVERAGE		AIR FORCE SERVICES				
<h2>March 2023</h2> <p>LUNCH Special MENU 934th Community Activity Center Bldg. 807 Phone 612.713.1655</p>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours of Operations Monday—Friday 1100-1300 Closed on Holidays UTA Weekends ONLY Bar & Grill Open Friday & Saturday	APRIL 2023 UTA GARLIC BUTTER STEAK BITES \$10.00 Bar & Grill SPECIAL March 31, 2023		1 BLACK PEPPER CHICKEN	2 CHICKEN CURRY	3 MINNESOTA BUFFET BAR & GRILL OPEN 1530-2100	4 UTA BAR & GRILL OPEN 1530-2100
	5 UTA	6 CHEF'S CHOICE	7 FRENCH ONION CHICKEN	8 FIRED PHILLY WRAP	9 CHICKEN KIEV	10 FRIED COD
12	13 CREAMY PAPRIKA PORK	14 ORIENTAL SPECIAL	15 CHICKEN ENCHILADA	16 BEEF STROGANOF	17 CORN BEEF & CABBAGE 	18
19	20 CHEF'S CHOICE	21 CHILI CORNBREAD BAKE	22 BBQ RIBS	23 ROSEMARY BAKED CHICKEN	24 BAKED COD	25
26	27 CHEF'S CHOICE	28 CHICKEN PARMESAN	29 TACO SALAD	30 BALSAMIC STEAK SALAD	31 COCONUT SHRIMP	



ULTIMATE STRONGMAN CHALLENGE

APRIL 17 & 19, 2023

11 EVENTS
in
2 DAYS

- SANDBAG TOSS
- TIRE FLIP
- OVERHEAD PRESS
- SINGLE ARM DUMBBELL PRESS
- LOADING RACE
- BACK SQUAT
- TUG OF WAR
- FRONT HOLD
- BENCH PRESS
- DEADLIFT
- FARMER WALKS



**The competition will be held over a period of 2 days, with 6 events on the first day and the remaining 5 on the 2nd day. Each event will be ranked 1st-3rd place with a point system of 1st (15-points) 2nd (10-points) 3rd (5-points). 1st place will be determined by the competitor who scores the most points overall across all events 2nd and 3rd place will also be determined by overall scores.*

**In the event of a tie for any place 1st-3rd a tug of war event will take place to determine the winner.*

** Only weight belts and knee wraps can be used for any event.*

Sign UP at the Fitness Center or Contact Keith Pulliam II, MS
612-713-1497 For more details.



Interested in Volunteering?

The Hennepin County Office of Multi Culture is seeking volunteers for events coming up in the near future.

It is the policy of the Minnesota Government Data Practices Act for volunteers to register in the link below (Library Adult Application) to ensure that all those who volunteer for the county are screened for safety measures.

Members interested in volunteering can contact:

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

MyImpactPage - Library - Adult Application
(betterimpact.com)

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



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.

MONTH	PRIMARY	ALTERNATE
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