



96 AS All-Female Flight



Check out the story @
[facebook.com/934thAirliftWing/](https://www.facebook.com/934thAirliftWing/)
[instagram.com/934airliftwing/](https://www.instagram.com/934airliftwing/)
minneapolis.afrc.af.mil/



March 2024 Enlisted Promotions

MSgt RICHARD MERINO
MSgt BETH PADRO GEHRIS
MSgt BENEDICT DELORIA
MSgt RYAN HEMPHILL
TSgt LEONA WALLACE
TSgt JOHN BONE
TSgt BENJAMIN GUSTIN
SSgt NATHAN BURNS
SSgt NATHAN STAHL
SSgt RYAN JOHNSON
SSgt JORDAN LANGFREUND
SrA TRAVIS ELAM
SrA ALINA PRICE
SrA DORCAS AYANLADUN
SrA GLORY ADOMAYI
SrA SARA GOMEZ
SrA ANDRES NEAL
SrA KEEVAN JONES
A1C LEONARD KLUCAS

Welcome Newcomers

SSgt SHAWN EICHLER - 934th MXS
Amn LEONARD KLUCAS - 934th CS
SrA CRYSTAL WOZNICK - 934th SFS
SrA CHRISTIAN DAMRON - 934th MSG
Capt DAVID BIEL 934th AMXS
Maj SETH DANIELSON - 96th AS
SSgt DANA E NIELSEN - 934th LRS
SSgt CALEB LOGAN - 934th CS
SrA DOMINIC SMITH - 96th AS
A1C LEE SHANNON - 934th MXG
TSgt ALLISON BAKER - 934th SFS

Fiscal Year 2024 UTA Schedule

	Primary	Alt
April 2024	4-5	18-19
May 2024	2-3	16-17
June 2024	6-7	20-21
July 2024	N/A	N/A

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 # 612-726-9330

Please share this information with all of your members!



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****



Green Belt



Self Paced or Online Classroom!

Find instructions here:

<https://usaf.dps.mil/sites/934AW/934CPI>

or email:

Hannah.Mercer@us.af.mil

+ *Can earn up to 9 retirement points (traditional reserve/ART)*

+ *Learn skills that can potentially help you and your work area*

Earn Air Force Special Experience Identifier (SEI)

+ *Marketable training for your civilian or military resume*

+ *Free training: equivalent training off-base is \$2,000 +*



Coffee

at The Grind!

Offering coffee, smoothies, pastries,
and breakfast sandwiches daily from
0530 - 1300 and UTAs.



BARBER SHOP



Military Cut: \$15 Style Cut: \$18
Hours of operation: 0900 - 1630 M-F & UTAs

GLOBAL VIKING
CHAPEL

GOPHER



QuikShot[™]

DISC

Golf



Free Discs Available
@ Chapel & Lodging

3 HOLE COURSE

VETERANS CORPS



Join Now!

Veterans Corps members receive training, experience, and support in transitioning to civilian life and a career in natural resources.



Questions? Contact Scott at scott.schue@conservationcorps.org or 763-276-3493



Training: Earn industry-recognized certifications and credentials that employers look for.

Experience: Serve outdoors restoring habitat, managing natural resources, and occasionally responding to natural disasters or community needs.

Support: Attend sessions on transitioning to civilian life and connect to veteran services and resources.

Funding provided by:



www.ConservationCorps.org

This program is open to military service members and veterans, without regard to disability, race, religion, national origin, gender, sexual orientation, or political affiliation. Reasonable accommodations available upon request.



STEPS CHALLENGE

OPEN CHAMPION:
Heather Klein, 133 ANG
19,451 STEPS

MASTERS CHAMPION:
Heather Klein, 133 ANG
19,451 STEPS

GRAND MASTERS CHAMPION:
Barb Gaffner, Ret Army Sp.
17,419 STEPS



NEW

1. A junior division for those under 35
2. A novice division for those who have never won an individual fitness challenge (see Eric Neal for your eligibility).

UPCOMING

In May, each stepper will have the chance to challenge another participant 1 on 1 for their steps challenge month

CUMULATIVE TOP 10

- 1) Heather Klein
133 ANG, 19,451 steps
- 2) Barb Gaffner
Ret. Army Spouse, 17,419 steps
- 3) Little Timmy Laselle
934 AW/MXG, 15,778 steps
- 4) Eric Neal
934 FSS, 15,607 steps
- 5) Christopher Connelly
934 ASTS, 14,754 steps
- 6) Mackenzie Johnson
934 ASTS, 12,924 steps
- 7) Teri Rhodes
934 FSS, 12,788 steps
- 8) Kelly Engel
934 OG/96 AS, 11,532 steps
- 9) Tenzing Lama
96 AS, 11,417 steps
- 10) Robert Lee
934 OG/LRS, 11,236 steps

JANUARY RESULTS

GET FIT. DON'T QUIT

Congratulations to 934th CE on
winning the Great American Spit Out
Dodgeball Tournament!

JOIN US FOR MORE DODGEBALL!



Register for the
next tournament
soon!

MAY UTA

ALL ARE ELIGIBLE

934TH FITNESS CENTER
BLDG 777

Register your team with Eric Neal:
Eric.Neal.4@us.af.mil

2 - 3 MARCH 2024

UTA CAC MENU

SATURDAY, 2 MARCH 24

BREAKFAST (0600 – 0700)

**GRILLED TURKEY PATTY
BACON
CREAMED BEEF
BISCUITS
FRENCH TOAST
CHOCOLATE CHIP PANCAKES
HARD BOILED EGGS
SCRAMBLED EGGS
GRITS
OATMEAL
ASSORTED MUFFINS**

LUNCH (1100 – 1300)

**BEEF STIR FRY
TERIYAKI CHICKEN
MUSHROOM SOUP
GARLIC & SOY ROASTED POTATOES
STEAMED RICE
CARROTS
GREEN BEANS SEASAME GLAZE
CHINESE EGG ROLLS
CORN BREAD
BREAD STICKS**

SUNDAY, 3 MARCH 24

BREAKFAST (0600 – 0700)

**TURKEY BACON
BACON
CREAMED BEEF
BISCUITS
FRENCH TOAST
PANCAKES
HASHED BROWN PATTIES
HARD BOILED EGGS
SCRAMBLED EGGS
GRITS
OATMEAL
ASSORTED MUFFINS & DANISH**

LUNCH (1100 – 1300)

**BRAISED BEEF & NOODLES
SOUTHERN FRIED CATFISH
POTATO W/BACON SOUP
RED BEANS & RICE
MASHED POTATOES
BROWN GRAVY
CORN
VEGETABLE MEDLEY
DINNER ROLL
CORNBREAD**



HOURS OF OPERATION

0700 - 1500

Monday - Friday

MARCH 2024

GROUP FITNESS CLASSES

934th Fitness Center Bldg. 777 | Phone 612.713.1496



Group Exercise Room may be reserved on Picktime.
www.picktime.com/934fit
 (not on government computer)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MARCH MADNESS
March 4th - 20th

STEAK BITES
 SATURDAY, MARCH 2 - 1530 - 2100

1

2
UTA
 INTRAMURAL SPORTS
 5 ON 5 BASKETBALL TOURNAMENT
 1630

3
UTA

4
MARCH MADNESS
 1100 - 1300

5
Hatha Yoga
 1130 - 1230

6
MARCH MADNESS
 1100 - 1300

7
Hatha Yoga
 1130 - 1230

8

9

BEST S.E.L.F.
 Shape Up - Eat Right - Live Well - Fit to Fight
Nutrition 101 0900 - 1030
Advanced Nutrition 601 0900 - 1030

10

11
MARCH MADNESS
 1100 - 1300

12
Hatha Yoga
 1130 - 1230

13
MARCH MADNESS
 1100 - 1300

14
Hatha Yoga
 1130 - 1230

15

16

BEST S.E.L.F.
 Shape Up - Eat Right - Live Well - Fit to Fight
Advanced Nutrition 601 0900 - 1030

17

18
MARCH MADNESS
 1100 - 1300

19
Hatha Yoga
 1130 - 1230

20
MARCH MADNESS
 1100 - 1300

21
Hatha Yoga
 1130 - 1230

22

23

24

25
MARCH MADNESS PLAYOFFS
 1100 - 1300

26
Hatha Yoga
 1130 - 1230

27
MARCH MADNESS PLAYOFFS
 1100 - 1300

28
Hatha Yoga
 1130 - 1230

29

30

31

Wellbeats™
 FITNESS THAT FITS YOUR LIFE

Classes Available
 (Everything from Spinning to Yoga)

EASTER EGGHUNT
 Saturday, April 6th
 1600 - 1730