

# Global Viking Flyer

May 2021



## Attention.

With the May 2021 UTA upon us, Col Lay and Chief Lord have a couple of video messages for our Airmen:

- On Network - SHAREPOINT (active hyperlinks)
  - Face Mask Guidance Update and UEI Message
  - Strategic Alignment Message
- Off Network – YouTube (active hyperlinks)
  - Face Mask Guidance Update and UEI Message – <https://www.youtube.com/watch?v=qvTLMBd27aY&t=4s>
  - Strategic Alignment Message – <https://www.youtube.com/watch?v=t5DNJ17kqLg>

In support of updated CDC guidelines, fully vaccinated DoD personnel (*who are at least two weeks beyond their final dose*) are **no longer required to wear a mask indoors or outdoors at DoD facilities.** \*Personnel who are not fully vaccinated should continue to follow applicable DoD mask guidance, including continuing to wear masks indoors.

For the most recent DoD and CDC guidance, click [here](#).

Beginning Monday, May 24th, the 934 AW main gate off of 34th Avenue will be closed for approximately two weeks for repairs.

\*Pedestrians and delivery vehicles will still be able to enter through the 34th Avenue entrance but all others will need to enter via the 133 AW Gate.

Visitor Control Center will still be open during the repairs. For questions, please contact MSgt Randy Barker at 612-713-1008.

## Inside this issue:

### COVID-19

### UTA

## Useful Resources:

Air Force COVID-19 Resources  
CAT Brochure  
Prevention Connection



# 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.

## MISSION

CITIZEN AIRMEN PROVIDING WORLDWIDE TACTICAL  
AIRLIFT AND COMBAT SUPPORT

## VISION

GLOBAL VIKINGS- PREPARED FOR TOMORROW...READY TODAY

### PRIORITY 1

#### PRIORITIZE TRAINING AND DEVELOPMENT

-  FOCUS ON AFSC TRAINING
-  PROVIDE PROFESSIONAL DEVELOPMENT EDUCATION ON STATION
-  DEVELOP WING-WIDE AIRMAN SPONSORSHIP PROGRAM




### PRIORITY 2

#### MODERNIZE AND REFORM THE ORGANIZATION

-  REVAMP LOCAL INTER-AGENCY HIRING PROCESSES
-  DEVELOP UNIT MISSION BRIEFS/SCHEDULE ROADSHOW
-  MAXIMIZE WING STORAGE/SPACE

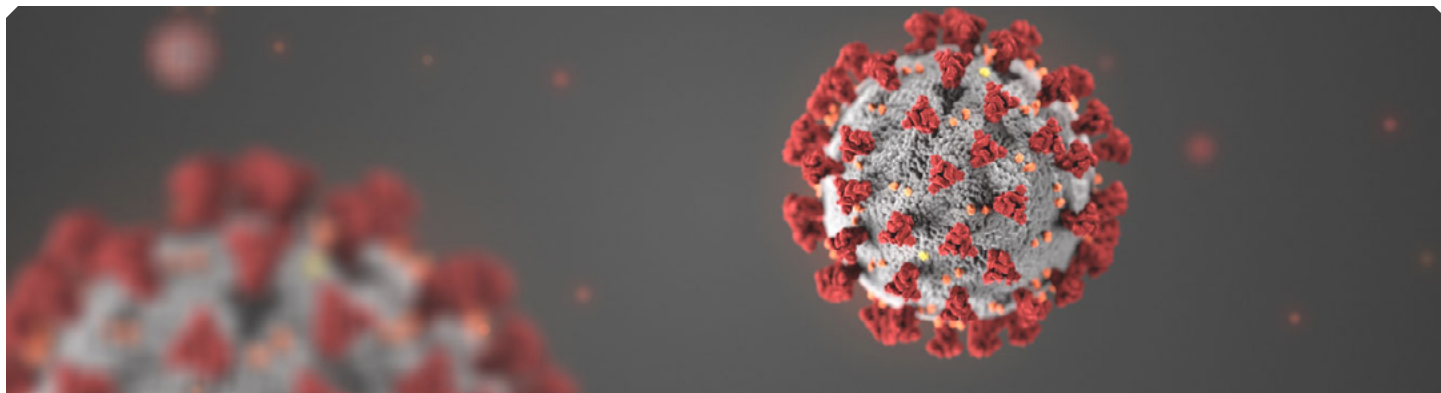
### PRIORITY 3

#### PREPARE FOR FUTURE COMBAT CAPABILITIES/REQUIREMENTS

-  ALIGN TRAINING REQUIREMENTS WITH FUTURE/NEAR PEER CONFLICTS
-  PROVIDE VENUES FOR COMBAT CAPABILITIES SKILLS ENHANCEMENT IN CONTESTED ENVIRONMENTS
-  REVIEW ALL MASTER TRAINING PLANS

## 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**



# 934th Airlift Wing COVID-19 Resources

## Exercise and Physical Health

Need assistance with physical fitness ideas and nutrition?  
Or needing resources regarding online classes?

Exercise Physiologist: eric.neal.4@us.af.mil

## Financial

Request financial assistance and/or counseling.

Airman & Family Readiness: 612-713-1516 or  
Personal Financial Counselor: 612-297-2826

## Mental Health

Anything related to mental well-being, such as anxiety  
and depression.

Director of Psychological Health: 612-713-1224  
Veterans Center: 877-WAR-VETS (927-8387)

## Sexual Assault Prevention and Response

For questions regarding sexual violence and sexual assault,  
or reporting options.

Sexual Assault Response Coordinator: 612-713-1315  
934 SAPR Hotline: 612-386-8128  
DOD Safe Helpline: 1-877-995-5247

## Spiritual Well-Being

Have questions about spirituality and what does this mean  
on a spiritual level? Or maybe questions about religion?  
Or moral injury?

Chaplain Corps: 612-300-7064 or 612-713-1227

## Violence Prevention

Concerns regarding any form of personal violence (i.e.  
domestic violence, sexual violence, workplace violence,  
stalking, suicide (violence towards oneself)).

Violence Prevention Integrator: 612-713-1159

## General Information for Military and Family

24/7 support for military personnel, spouses, family  
members and survivors on a variety of topics.

Military One Source: 1-800-342-9647

## Emergency and Crisis Hotlines

Suicide Prevention Lifeline: 1-800-273-8255  
National Domestic Violence Hotline: 1-800-799-7233  
National Human Trafficking Resource Center:  
1-888-373-7888  
Crisis Text Line: 24/7 crisis response via text:  
Text HOME to 741741

## **Helpful Links:**

[CDC Covid-19 Website](#)

[Symptoms of Coronavirus](#)

[Testing for COVID-19](#)

[Cloth face coverings](#)

[Social Distancing](#)

[What to do if you are sick](#)

## May is National Pet Month

Did you know that over 80 million households either have a dog or cat? If you include other pets (i.e. birds, horses, fish, ferrets, rabbits, etc.), the number exceeds over 100 million households. There must be a good reason if nearly one-third of U.S. households has a pet.

According to the CDC, there are many health benefits of owning a pet. They increase opportunities to exercise, getting outside, and socializing. Pets also help decrease blood pressure, cholesterol levels, and triglyceride levels, and they help us manage loneliness and depression. Likewise, some studies show that after being around pets, most people's cortisol level lowers (that's the stress hormone), while increasing the feel-good hormone of serotonin.

### Pick the Right Pet

Before adopting a new pet, make sure that it is the right one for you and your family. Do some research beforehand about the specific needs of the animal. Ask yourself these questions before getting a pet:

How long will this animal live?

How much exercise does the pet need?

How large will it become?

How much will it cost for veterinary care?

Do I have enough time to properly care for and clean up after the pet?

What type of habitat does this pet need to be healthy?

What type of exercise does this pet need?

Are pets allowed in my house, apartment, or condominium?

Are there young children, older people, or people with weak immune systems who will care for or be around the pet?

This was an excerpt from the [Prevention Connection Newsletter](#).

## Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Primary</u>	<u>Alternate</u>
May 2021	22-23	N/A
June 2021	5-6	26-27
July 2021	15-16 April	24-25
August 2021	7-8	28-29
September 2021	11-12	25-26

## 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!

# 2021 Enlisted Promotions

## May

MSgt Haines, Lee 27APS  
MSgt Hanggi, Jacob COMM  
MSgt Hulke, Matthew CES  
MSgt Mann, Jared ASTS  
TSgt Brown, Liela ASTS  
TSgt Heywood, Shannon MXS  
SSgt Anderson, Darrell MXS  
SSgt Berthiaume, Todd MXS  
SSgt Brevitz, Jeffrey MXS  
SSgt Dobrunz, Zachary AMXS  
SSgt Fritze, Brandt AMXS  
SSgt Hazzard, Alexander CES  
SSgt Schmisek, Andrew AMXS  
SSgt Velardi, Vernadette MXG  
SSgt Vieregge, Sacia AES  
SSgt Warner, Alec AMXS  
SSgt Weinberger, Olivia FSS  
SrA Cloutier, Samuel COMM  
SrA Ford, Ivy FSS  
SrA Goetzke, Holly AES  
SrA Hill, Gretchen AES  
SrA Michalak, Andrew AMXS  
SrA Schmit, Maxwell AMXS  
SrA Sturgell, Taylor AES  
SrA Tollefson, Olivia AES  
A1C Pace, Branen AMXS  
A1C Strand, Carter AMXS  
Amn Rosenberger, Samantha FSS

## Welcome Newcomers!

### May

Col Staudenmaier Greg AES  
Cpt Underwood Paul CES  
2Lt Boer Matthew AES  
2Lt Kriech Kelsey AES  
2Lt Sampson Adam ASTS  
SSgt Langrehr Brandon MXS  
SSgt Mcnamara Jeffrey AMXS  
SSgt Muna Nikolas AMXS  
SSgt Quittschreiber Jeremy AW  
SSgt Thomas Elijah APS  
SrA Chouinard Cory AS  
SrA Kufor Longchi SFS  
A1C Amenouvor Kodjo Denis MXS  
A1C Gowell Johnathan ASTS  
A1C Listle Morgan AMXS  
A1C Lochner Joseph AMXS  
A1C Martin Douglas AMXS  
A1C Ries Abigail FSS  
A1C Safo Alex ASTS  
A1C Stahl Nathan AMXS  
Amn Barry Yamama CES

## Award Winners!

### 4th Quarter Winners

AMN: SrA Blake Roberts APS  
NCO: TSgt Charles Foster ASTS  
SNCO: MSgt Joshua Duenow AMXS  
CGO: Capt Charles Bessel MXS  
FGO: Maj John Lunieski AES  
Team: Dining Facility FSS  
Innovation: Dining Facility FSS  
UFPM: TSgt Kelly Van Hoven ASTS

### FEB Civilian Servant of the Year Awards

Customer Service: Tiffany Logan MXG  
Excellence Beyond Expectations: Kirsten O'Brien ASTS  
Unsung Hero: Bradley Mortenson ASTS  
Leadership: Jonathan Polos ASTS  
Innovation: Brent Voss MXS

## POINT PAPER ON UNREST IN THE TWIN CITIES

- Prolonged civil unrest and protests have drawn large crowds in areas of the Twin Cities and surrounding metro area.
- MN National Guard (NG) activated to provide public safety assistance, currently 1,000+ soldiers supporting local law enforcement (LE)
- Curfews imposed, additional curfews likely
- Social media encouraging violence toward protestors, LE, trial participants and local politicians
- Numerous confrontations between LE and protestors, reports of gunfire
- No specific threats to DoD personnel or resources
- Social media posts detail NG movement, locations and equipment
- Social media tracking LE and military aircraft locally, including C-130s, using commercially available air traffic detectors
- High-powered lasers a concern
- Several armed groups present, Counter protestors and violent opportunists a serious concern
- Violent crime increase in metro (assault, carjacking, shootings, robbery, looting etc.)

### - RECOMMENDATIONS:

- Strongly encouraged to stay away from known protest areas
- Minneapolis: Hennepin County Government Center, George Floyd Memorial (38th and Chicago) and Lake Street area
- St. Paul: Minnesota Capital building, Governor's Residence, Henry Whipple Federal Building
- Brooklyn Center: Police Department, FBI Building
- Uniform wear off base strongly discouraged, maintain situational awareness in uniform or when operating a GOV
- Report suspicious activity or behavior to BDOC (612-713-1102) or OSI (612-713-1077/1078)

### 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:

MSgt Daphnee Powellbills - [daphnee.powellbills@us.af.mil](mailto:daphnee.powellbills@us.af.mil)

SSgt Mathew Chalupa - [mathew.chalupa@us.af.mil](mailto:mathew.chalupa@us.af.mil)

SSgt Phillip Hanson - [phillip.hanson.3@us.af.mil](mailto:phillip.hanson.3@us.af.mil)

SSgt Casey Lindsey - [casey.lindsey.1@us.af.mil](mailto:casey.lindsey.1@us.af.mil)

### 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](mailto: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](#)

### DISCUSSION:

All but one of the organizational email accounts for the Military Personnel Flight sections have been restored. Below is the breakdown of what each section supports and their contact info.

Force Management – Currently Vacant, but monitored

Phone: 713-1502

Email: [934.FSS.FSMPM@us.af.mil](mailto:934.FSS.FSMPM@us.af.mil)

- Awards and Decorations
- Classifications / Retraining
- Evaluations
- Gains / UPMR
- Overgrade / Overage
- Military Qualifications

Career Development – Section Chief SSgt Ridley

Phone: 713-1503 or 713-1486

Email: [934.FSS.FSMPD@us.af.mil](mailto:934.FSS.FSMPD@us.af.mil)

- DD Form 214
- Discharges / Separations
- Promotions / Demotions
- HYT / MSD Extensions
- AGR Orders
- Commissioning
- Special Duty Pay

Personnel Systems Management – Section Chief TSgt Carlson

Phone: 713-1557

Email: [934FSS.PSM.EOM@us.af.mil](mailto:934FSS.PSM.EOM@us.af.mil)

- Database Integrity
- MilPDS Products
- Personnel Systems Access
- Passports

## **COVID-19 K-12 Distance Learning Support Grant (DLSG) Overview**

The purpose of the COVID-19 K-12 Distance Learning Support Grant is to mitigate the negative financial impact a family experiences by implementing their school district's distance learning or hybrid learning plans by providing a one-time grant in the amount of \$3,000.

Learn more here:

<http://MinnesotaVeteran.org/CovidRelief>

## **Customer Service Hours:**

### **Testing hours:**

Fridays testing will be @ 0800

(no more than 12 people at a time)

Saturday of the UTA testing will be @ 0800

(no more than 12 people at a time)

See below requirements for testing:

1. Members are required to wear a mask
2. Members are required to wash their hands prior to entering
3. Members are required to bring their own pen to sign in
4. Members are required to use hand sanitizer (provided by the testing room) prior to touching their computer
5. Members are required to wipe down their computers before and after their test (wipes provided by the testing room)

\*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 will be provided from 0700-1100 and 1200-1600 on Saturdays for the remaining FY 21 UTAs. Customer service will be provided from 1130-1530 on Sundays of the UTAs. Sundays 0700-1130 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. POCs for MilPay and Travel Pay customer service inquiries for the remaining FY 21 UTAs are David Cox at 612-713-1411 and Tami Nelson AT 612-713-1404.

4. POCs for MilPay and Travel Pay customer service inquiries during the "Team B - UTAs" of October, November, and December will be TSgt Ruggles at 612-713-1411 and Brian Ching at 612-713-1406.

### **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 0615-0715

Lunch 1030-1130

### **AAFES Shoppette Customer Service hours:**

0900-1700 on Sat & Sun of the UTAs

### **Royal Hot Plate hours:**

0700-1400 on Sat & Sun of the UTAs

### **Services Club Bar & Grill hours:**

1530-2200 on Fri & Sat of the UTAs

## **The Fitness Center is Open for Business!**

Effective 3 May 2021, Reservations to utilize the 934th AW Fitness Center are NO LONGER REQUIRED. For Racquetball Court reservations, please contact the Fitness Center front desk at 612- 713-1496 on the process to reserve the court.

Also, Individual equipment still will NOT be issued (Example: basketballs, racquetball equipment, etc).

Effective 1 April number increase:

- Cardio/weight-15 people
- Gym Cardio-17 people
- Group fitness room-6 people
- Group Classes will be starting back up soon, allowing 25 per class, classes will be held on the Basketball court
- Playing basketball- Must wear mask at all times and players waiting to play must stay at least 6-ft apart, again with mask on. (must use own basketball, basketballs still will not be issues) Reservation required
- Racquetball-2 (must use own equipment and wear masks) Reservation required
- Locker rooms are available for showers and changing: Max in each Locker room at a time: Male-8, Female-4 (must wear masks unless in a shower) Lockers still closed at this time.

## New Health Promotion Courses

By Eric Neal, Wing Exercise Physiologist

Do you struggle with weight management? If you do, I understand your pain. My struggle with weight management is the reason I obtained degrees in Exercise Physiology and Human Nutrition and Foods.

I have developed 6 videos and provided a library of information to assist you with your goals for a healthier life at <https://afrc.eim.us.af.mil/sites/934aw/934AWG/Fitness/SitePages/Home.aspx> or by visiting Air Force Connect App with 934 AW as your favorites within the Fitness Folder.

The videos Exercise 101, Nutrition 101, Sleep Optimization, and the trilogy of videos for Advanced Nutrition & Exercise 601: Calories In, Calories Out; Diets; and Exercise, Sleep, Hormones, and Homeostasis can be found within Multimedia or Fitness Folders of 934 AW on Air Force Connect App.

The app also provides a library of information to include workouts, diets, and research articles. In addition a handout for overhead squat assessment is provided that can be used as a virtual tool to send me for Functional Movement Screening with follow up on spreadsheets that are also provided to improve muscle imbalances.

To take advantage of a functional movement screening or if you have any questions in regards to any of the videos, please contact [eric.neal.4@us.af.mil](mailto:eric.neal.4@us.af.mil)

For additional Health Promotion resources [click here](#).

## Recipe of the Month

### *Chicken Fettuccine Alfredo*

1 Box Gluten Free Fettuccine Noodle

1 TBSP Extra Virgin Olive Oil

2 Jars of Classico Light Alfredo Sauce

12 Oz. Chicken Breast

12 TBSP Parmesan Cheese

1 TBSP No Salt Sodium Free Alternative

Crushed Red Peppers and Cajun Seasoning to your liking.

Grill 12 oz. of chicken coated with Cajun seasoning and turn over at halfway point and coat other side. Grill until chicken reaches 165 degrees Fahrenheit. Then start boiling water with No Salt Sodium Free Alternative and Olive oil. Once water begins to boil add Fettuccine noodles and cook for 11-13 minutes. After Fettuccine noodles are done, drain pot and spray over noodles with cold water, then add noodles back to pot. Then add Alfredo sauce, Cajun seasoning, crushed red peppers, and chicken to noodles and stir. Cook on medium-low temperature until Alfredo sauce starts to boil. Yields 6 servings. Add 2 TBSP Parmesan cheese for each serving.

Protein 20.3 grams, Carbohydrate 54 grams, Fat 13.2 grams, Calories 411

Note: This recipe can be cheaper and easier to fix using regular Fettuccine noodles. Gluten-free Fettuccine noodles can be very difficult to find and according to scientific literature, gluten-free foods are only necessary for those with Celiac disease. It is hypothesized by some that gluten can cause leaky-gut and leaky-brain causing inflammation in the gut and brain fog, but scientific evidence doesn't prove it yet. Despite the expense and the extra attention required stirring the noodles, I opt for the gluten-free route because I think gluten makes me tired and I experience brain fog from it. Maybe it's in my head or maybe in the future it will be proven through scientific evidence avoiding gluten can be beneficial for those who do not have Celiac disease.

Another special note: Since the pandemic started, it has been very difficult to find Classico Light Alfredo Sauce. An alternative that is not quite as light, but a better choice than regular Alfredo is Prego Light.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 CLOSED
2 CLOSED	3 Grilled Jerk-Chicken	4 Greek Chicken	5 Tex-Mex Steak Bowl	6 Mother's Day Special	7 Fried Fish	8 CLOSED
9 happy mothers day CLOSED	10 Chicken Cranberry Salad	11 BBQ Ribs	12 Burger Special	13 Chicken Kiev	14 Baked Fish	15 ARMED FORCES DAY CLOSED
16 CLOSED	17 Swiss Steak	18 Gyro	19 Pork Schnitzel	20 Spring Roll	21 Fried Fish UTA Bar & Grill 1530-2130	22 UTA Bar & Grill 1530-2130
23 CLOSED	24 Cajun Pork Loin	25 Steak Sandwich w/Bacon & Blue	26 Sesame Chicken	27 Grilled Brats	28 Baked Fish	29 CLOSED
30 CLOSED	31 Memorial Day CLOSED	<p><u>Hours of Operation</u> <u>Monday thru Friday</u> Lunch 1100-1300 Holidays Closed</p>				

Put your muscles where your mouth is

## Fitness Center Brag Board

Everyone loves a little competition, why not show it off?  
Participate in one or more event and have your name displayed for all to admire!

- Stair stepper
- Bench press
- Dead lift
- 2000 M Row
- Burpees
- Squat
- Push-ups
- Sit-ups
- Tank pull
- Lap run

# ZIP LINE @ SAND CREEK ADVENTURES

## THE ULTIMATE OUTDOOR CHALLENGE

### 5 JUN 2021 @ 1700

**FREE**

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

\$20 Deposit required to signup, per person  
Money returned at Event



For more information contact  
Rick Pelzl at 612.713.1119 , [rick.pelzl.1@us.af.mil](mailto:rick.pelzl.1@us.af.mil) or  
MSgt Crystal Rose Heinz at 612.713.1660 [crystalrose.heinz@us.af.mil](mailto:crystalrose.heinz@us.af.mil)  
During UTA only

3101 220<sup>th</sup> St W  
Jordan, MN 55352  
<https://www.sandcreekadventures.com/>



No Federal endorsement intended

Interested in utilizing Tuition Assistance? Want to learn more about Education Benefits available?

## TA 101 BRIEF

Wednesdays at 1400 and  
Primary UTA Saturdays at 1400

May- 1, 5, 12, 19, 26  
June- 2, 5, 9, 16, 23, 30  
July- 7, 14, 21, 28  
August- 4, 7, 11, 18, 25  
Sept- 1, 8, 11, 15, 22, 29

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](mailto:934.base.training@us.af.mil)

\*Attendance Mandatory Prior to using Tuition Assistance

## From the Base Chapel

The celebration of Catholic Mass and the  
Sacrament or Reconciliation will start on  
Sunday, June 6 at 1000hrs, Base Chapel,  
Bldg. 725.



# Reserve Your Boat Today



Minnesota FREE Fishing Weekends

## May 8 & 9

Mothers who are residents of Minnesota can fish without a license during, "Take a Mom Fishing Weekend". During the weekend, mothers can fish only for species that have open fishing seasons.

- Motorboats
- Kayaks
- Canoes
- Fishing Gear

## June 11-13

On "Take a Kid Fishing Weekend" Minnesotans can fish without licenses if they take children 15 or younger fishing. Take a Kid Fishing Weekend is a way for adults and kids to fish together without the step of buying a license.



Outdoor Recreation and Fitness Center  
760 Military Hwy. Bldg. 777  
Minneapolis, MN 55450  
Tel: 612-713-1496  
Email: [934fitnesscenter@gmail.com](mailto:934fitnesscenter@gmail.com)



# My MilLife Guide... Your Way to Better Health

**Tackle stress and challenges with eight weeks  
of wellness texts sent directly to you.**

My MilLife Guide is a text-based program that delivers the expertise of the Military Health System, Military OneSource and other government agencies to your mobile device. Manage COVID-19 stress and day-to-day challenges with tips, tools and more.

## How My MilLife Guide works

When you sign up for My MilLife Guide as a service member or spouse, you will receive text messages four times per week to help you focus on what's most important as you take care of yourself and your family. It's like having a portable health and wellness coach who will:

- Start each week by asking you to set a small goal.
- Offer reminders, tips and suggestions throughout the week for small tasks that are easy to accomplish.
- Connect you with free tools and resources developed for the military community.

## How My MilLife Guide can help

My MilLife Guide connects you with proven resources that can help with:

- Self-care
- Sleep issues
- Parenting
- Personal finance
- Career goals
- Education
- Health care
- Non-medical counseling

## Sign up today for My MilLife Guide!

- \* Service members - text **MilLife SM** to GOV311
- \* Spouses - text **MilLife Spouse** to GOV311

**Call Military OneSource anytime, 24/7 at 800-342-9647**

**Sign up for My MilLife Guide. Visit [www.MilitaryOneSource.mil/texts](http://www.MilitaryOneSource.mil/texts).**





DEPUTY SECRETARY OF DEFENSE  
1010 DEFENSE PENTAGON  
WASHINGTON, DC 20301-1010

MAY 13 2021

MEMORANDUM FOR SENIOR PENTAGON LEADERSHIP  
COMMANDERS OF THE COMBATANT COMMANDS  
DEFENSE AGENCY AND DOD FIELD ACTIVITY DIRECTORS

SUBJECT: Updated Mask Guidelines for Vaccinated Persons

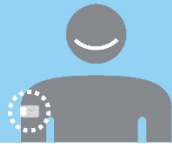
In support of updated Centers for Disease Control and Prevention (CDC) guidelines released this afternoon, subject to any applicable labor relations obligations, fully vaccinated DoD personnel (who are at least two weeks beyond their final dose) are no longer required to wear a mask indoors or outdoors at DoD facilities. All DoD personnel should continue to comply with CDC guidance regarding areas where masks should be worn, including within airports. Personnel who are not fully vaccinated should continue to follow applicable DoD mask guidance, including continuing to wear masks indoors. The Department will review and revise all applicable Force Health Protection guidance to address the new CDC guidelines.

Until this updated Force Health Protection guidance is issued, commanders and supervisors may make exceptions to this memorandum as necessary to ensure a safe workforce. Commanders and supervisors should not ask about an employee's vaccination status or use information about an employee's vaccination status to make decisions about how and when employees will report to a workplace instead of teleworking.



OSD004376-21/CMD006001-21

STAY SAFE MN



## You're **VACCINATED** Against COVID-19 ...Now What?

You are considered fully vaccinated **two weeks** after your final COVID-19 vaccine dose. It takes this long for your body to build up protection against COVID-19. When you are fully vaccinated...

### You can:



- Gather outdoors with smaller groups of fully vaccinated people without wearing masks, unless you are in a crowded place, like a sporting event or outdoor concert.
- Gather indoors with smaller groups of fully vaccinated people without wearing masks.
- Gather indoors with unvaccinated people from one other household without wearing masks – if no one in that household, or anyone they live with, has an increased risk of severe illness from COVID-19.



### You should still:

- Wear a mask and stay at least 6 feet apart in crowded settings, even when outdoors.
- Avoid medium and large indoor gatherings with unvaccinated people.
- Get tested and stay home if you feel sick.
- Follow any additional guidance at your workplace.



### You do not need to:

- Stay home if you have been close to someone with COVID-19, if you got your final dose at least 14 days ago and you do not have any symptoms.

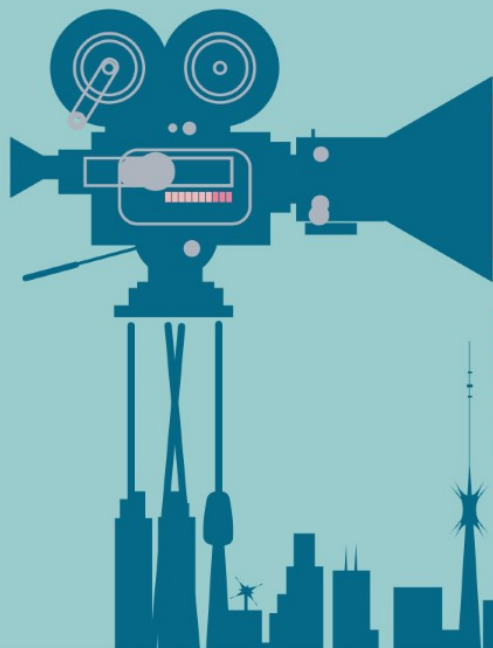
Learn more: [About COVID-19 Vaccine](https://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html)  
([www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html](https://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html))



[mn.gov/vaccine](https://mn.gov/vaccine)

Minnesota Department of Health | [health.mn.gov](https://health.mn.gov) | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975  
Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an alternate format.

5/3/2021



## FEATURE PRESENTATION

**TITLE: 525, 679, 761 Credit scores why they matter and how to maximize them!**

**OPENING DAY: MAY 23**

**DIRECTOR: LTC MARK HESSER**

**CAST: ALL RANKS**

**LOCATION: SFS Auditorium**

**TIME: 1200-1300**

**TRAILER:** Learn how and WHY we should be working to maximize our credit scores. Save hundreds to thousands of dollars by maximizing your credit scores with some basic tweaking or major overhaul we will show you how! Credit scores can impact what you pay for insurance, car loans, mortgages, and even jobs. Instructor LtCol Mark Hesser with 20 years of experience helping consumers maximize credit score in his civilian career. Learn how he quickly and easily increases scores up to 100 points!

# COMING SOON

**JUNE**

**Emotional Intelligence**, Saturday June 5, 4 hrs, Time/Location TBD, hosted by Master Custom Homes (30 attendees)

**EPR Bullet Writing**, 1 hr, Sunday June 6, 12-1300 SFS Auditorium, hosted by First Sergeant Erica Mathisen (All welcome)

**JULY**

**Conflict Resolution**, Thur July 22, 4 hrs, Time/Location TBD, hosted by Lantec (30-50 attendees)

**AUG**

**Conducting Difficult Conversations**, Friday Aug 6, 4 hrs, Time/Location TBD, hosted by Master Custom Home (30 Attendees)

**Base AFSC Tour**, Sat Aug 7, time TBD, hosted by Chiefs Group (All welcome)

**Coaching For Transformational Leadership**, Aug 19, 2 hrs, Time/Location TBD, hosted by Experience Leadership, (30-50 attendees)

**SEP**

**Compounding Power of Teamwork**, Thur Sat Sep 11, 2 hrs, Time/Location TBD, hosted by Experience Leadership (30-50 attendees)

**Possible Additional Course**

First Sergeant will gather attendee names for courses with limited (30-50) attendees.

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**JUNE**

**Emotional Intelligence** 4 hrs Emotional-intelligence (4 hours)- In this course, participants learn the foundational aspects of the ground-breaking concept of emotional intelligence. In addition to understanding these aspects, they will also learn how to self-assess and self-regulate. Gaining emotional intelligence skills will help them to understand and develop empathy for their team members. All of these strategies will lead to increased effective interpersonal skills and a more productive and harmonious workplace.

**EPR Bullet Writing** Engaging conversation for bullet format as well as a ton of tips about "To Do" vs. "Not To Do" in bullets. This will also include a brief section on awards/decs writing

**JULY**

**Conflict Resolution** 4 hrs Many people see conflict as a negative experience. In fact, conflict is a necessary part of our personal growth and development. Conflict becomes an issue when the people involved cannot work through it. They become engaged in a battle that does not result in growth. When this type of conflict arises, negative energy can result, causing hurt feelings and damaged relationships. This course will give participants the tools that will help you resolve conflict successfully and produce a win-win outcome.

**AUG**

**Conducting Difficult Conversations** 4 hrs In this course, participants learn how to take plan for and deliver difficult conversations. The following topics will be discussed: assessing person skills in conducting difficult conversations, planning skills for difficult conversations, language and non-verbal tools to use in conducting difficult conversations and follow-up skills for difficult conversations.

**Base AFSC Tour** Are you interested in shadowing or cross training into another career field or simply want to Visit and Learn about AFSC's within our wing. Join the tour and see all the careers in our wing.

**Coaching For Transformational Leadership** 2 hrs Participants in this workshop will first identify their personal communication style, workplace characteristics, and sphere of influence. Once the initial self-discovery phase is complete, participants will be shown innovative tools for deepening teamwork and collaboration and understand how they can maximize one another's strengths.

**SEP**

**Compounding Power of Teamwork** 2 hrs A key to fellowship is effective teamwork. This course identifies the 3 key elements of true teamwork: bonding, shared vulnerability, and common purpose. Then, we provide participants the tools they need to grow in each key area.

**Possible Additional Course**

**COURSE  
DESCRPTIONS**

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