

# Global Viking Flyer May 2022

22



Employers Day 2022 is taking place on Saturday, 6 August. Airmen are encouraged to nominate civilian employers as an opportunity to say thank you for their continued support and to provide insight on being a Reservist. Nomination forms are available on page 3 and on-line here. Forms are due NLT Sunday 5 June.

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See page 10 for information pertaining to the upcoming Air Force Ball.

## External Links:

[COVID-19 Information](#)

[Prevention Connection](#)

[CAT Brochure](#)

12 a.m. Sat, May 7 through Sun, May 8

- West Bound 62 34 Ave Exit will be closed
  - Detour: Use the 133rd entrance or use EB 62 34 Ave Exit

9 p.m. Fri, May 6 through 5 a.m. Mon, May 9

- East Bound I-494 is closed between Hwy 5 and I-35E
  - Detour: Hwy 77 to I-35E to access I-494
- West Bound I-494 is closed in both directions between I-35E and Pilot Knob Rd
  - Detour: I-35E to Hwy 77 to access WB I-494







## Minneapolis St. Paul Air Reserve Station

# 2022 Employers' Day

SATURDAY AUG. 6, 2022

### Nomination Form

Civilian employers are invited to attend Employers' Day 2022 at the 934th Airlift Wing, Minnesota's only Air Force Reserve unit. This event will be held **Saturday, August 6th with activities starting at 7 a.m. and ending around 2 p.m.** Activities include briefings with the 934th Airlift Wing commander, Employer Support of the Guard and Reserve, a flight on a 934th Airlift Wing C-130 (pending mission impact), a tour of respective Reservists work centers, and other military demonstrations. Meals will be provided for employers as they join us for lunch during **Family Day activities**. *Employers' Day is one way we can say thank you to civilian employers who support our service members.* The experience will provide some insight to employers as to what takes place during a reserve weekend.

Employers interested in attending should complete this nomination form. **Completed forms must be received by the 934 AW/PA office no later than Sunday, 5 June 2022 by e-mail (see contact information below).**

Please provide the correct spelling of all names and official titles. E-mail addresses are required as that is our main form of communication. Also, employers are required to provide a drivers license number and date of birth so a background check can be conducted prior to entering the base. Federal civil service employees of military organizations are not eligible to be nominated.

**PLEASE PRINT LEGIBLY** (illegible responses will NOT be considered)

#### SPONSORING RESERVIST INFORMATION

Rank/Name: \_\_\_\_\_ Unit: \_\_\_\_\_ Duty Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Preferred E-mail Address (**required**, non-military address): \_\_\_\_\_

Civilian Work Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

**EMPLOYER'S INFORMATION** (If inviting more than one employer indicate order of preference) \_\_\_\_\_ Primary or Secondary

Employer's Full Name: \_\_\_\_\_

Company Name: \_\_\_\_\_ Employer's job title/position: \_\_\_\_\_

Business Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Preferred E-mail Address (**required**): \_\_\_\_\_

Business Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

DL# (**required**): \_\_\_\_\_ State: \_\_\_\_\_ Date of Birth (**required**): \_\_\_\_\_

Emergency contact: \_\_\_\_\_ phone #: \_\_\_\_\_ \*\*

*Information provided is protected under the Privacy Act and AFI 33-332. Information above is required for entrance onto base. Participants will be denied entrance*

*without requested information.*

**DEADLINE: DUE NO LATER THAN June 5, 2022**

934TH AIRLIFT WING PUBLIC AFFAIRS OFFICE 760 MILITARY HIGHWAY MINNEAPOLIS, MN

55450 PHONE (612) 713-1217 • BUILDING 760 ROOM 226 • 934AW.PA@US.AF.MIL



### Fiscal Year 2022 UTA Schedule

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

*\*Attendance Mandatory Prior to using Tuition Assistance*

## GIRLS IN AVIATION DAY 2022

\*Seeking Volunteers from the wing

Well it is that time to start looking for a volunteer to help plan this year's Girls in Aviation Event.

This year it will be held on September 24th.

The wing is seeking someone who is highly motivated, a great organizer, and energetic to coordinate wing exhibits at the event.

MSgt Robert Lee coordinated the wings participation last year and can be reached by email ([robert.lee.30@us.af.mil](mailto:robert.lee.30@us.af.mil)) or via phone (952-393-2994) for those interested.

### 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](mailto:934AW.FM.MILITARY_PAY@US.AF.MIL)
  - b. [934AW.FM.TRAVEL\\_PAY@US.AF.MIL](mailto: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](mailto: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](#).

## **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](mailto: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](mailto:934.ast.s.medical@us.af.mil)

# 2022 Enlisted Promotions

## May 2022

CMSgt – HELDMAN, DEVIN – 934 MXG

CMSgt – ORR, JAMES – 934 CES

SMSgt – DUENOW, JOSHUA – 934 AMXS

SMSgt – GREINER, AMBER – 934 AMXS

SMSgt – HAIDER, ANTHONY – 934 MXS

SMSgt – KEIGHLEY, SEAN – 934 CS

SMSgt – MCNEA, MATTHEW – 934 AMXS

MSgt – DULZO, WHITNEY – 934 AW

MSgt – LASELLE, TIMOTHY – 934 MXG

TSgt – ABRAM, TAYLOR – 934 ASTS TSgt

– ANDERSON, JAKE – 934 CS

TSgt – BULLOCK, ROBERT – 934 MXS

TSgt – GRIGSBY, ROBERT – 934 SFS TSgt

– STRAND, ZANE – 934 MXS

TSgt – THOMAS, PASCAL – 934 ASTS

TSgt – UDE, JESSE – 27 APS

SSgt – BROMS, COREY – 27 APS

SSgt – DEAN, LUKAS – 934 AMXS

SSgt – GAPP, MICHAEL – 934 AES

SSgt – GREEN, ANDREW – 934 MXS

SSgt – HAGER, VANESSA – 934 CS

SSgt – KALOR, DYLAN – 934 ASTS

SSgt – MORSETTE, KIRAH – 934 LRS

SSgt – NORTON, ADAM – 934 LRS

SSgt – OPP, REBECCA – 934 CES

SSgt – SACHWITZ, LAURA – 934 AMXS

SSgt – WHANG KONG, KYUHWAN – 934 SFS

SrA – HOLZERSMITH, VAUGHN – 934 CES

SrA – KERKELA, ERIKA – 934 CS

SrA – ROBINSONMASSEY, JAYLEN – 934 CES

A1C – MAKANA, JOSHUA – 934 AW

## WELCOME NEWCOMERS

### May

Lt Col – JOHNSON, SHANNON – ASTS

Maj – MERKEL, AUSTIN – AS

Capt – KAMPA, MACKENZIE – ASTS

2d Lt – ANDERSON, CLAYTON – ASTS

2d Lt – SHIRK, STEVEN – AS

SSgt – EBY, BENJAMIN – LRS

SSgt – FABIANO, JOSEPH – CES

SSgt – HANSON, ERIN – AES

SSgt – HINKSON, ALEXIA – SFS

A1C – ESTRADA, ISAAK – ASTS

A1C – THAPA, LUJANA – LRS

A1C – RASSIER, CHRISTOPHER – CES

Amn – SCHUMACHER, ASHLEY – ASTS

Amn – ORSCH, RILEY – AMXS

AB – TESSNESS, CHASE – ASTS

AB – TUNMBI, OLUWATAMILORE – ASTS

## AWARDS

### 4th Quarter Winners

Amn: SrA Nancy Poole / AES

NCO: SSgt Nicholas Vinson / AS

SNCO: MSgt Robert Lee / 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



(LEFT) On Friday, 1 April, several members of the 934th Airlift Wing were recognized as Outstanding Airmen by the General E. W. Rawlings Chapter #213 of the AFA (U.S. Air Force photo by Airman First Class Colten Tessness).

(RIGHT) Congratulations SrA Karissa Danielson, 27th Aerial Port Squadron (U.S. Air Force photo by Airman First Class Colten Tessness).



(LEFT) Congratulations Technical Sgt. Carl Bostic, 934 Aircraft Maintenance Squadron (U.S. Air Force photo by Airman First Class Colten Tessness).

(RIGHT) Congratulations Master Sgt. Cody Trenda, 934 Communications Squadron (U.S. Air Force photo by Airman First Class Colten Tessness).





# There's a First Time For Everything

By Staff Sgt. Timothy Leddick  
934th Airlift Wing Public Affairs

**VOLK FIELD AIR NATIONAL GUARD BASE, Wis.** -- With eyes as bright as her smile, a shade of praline that matches her hair, Senior Airman Tess Dickey, a 934th Maintenance Squadron aerospace ground equipment specialist, finds herself in a new and exciting world from home-station during the 934th Airlift Wing's Viking Shield readiness exercise.

There are norms that Airmen come to expect for those who have already been deployed or involved with a flyaway exercise, but for someone fresh to the experience, those expectations differ.

Expectations for someone like Dickey involves absorbing real-world war environments and balancing them with her day-to-day job duties.

"Some of the expectations I have for this exercise is obviously to learn more about real-world [deployed environment]," said Dickey. "If we ever do go into any Alarm Red, [Mission Oriented Protective Posture] gear, learning about [Chemical, Biological, Radiological and Nuclear] — we don't have as much training in our job field because we're doing maintenance."

Dickey stresses the importance of balancing duties with real-world precautions, and doing so without fear, she said. Being able to perform with maximum efficiency while in MOPP gear or carrying a weapon are just the tip of the spear.

\*This story can be continued at <https://www.minneapolis.afrc.af.mil/News/Article-Display/Article/2998510/theres-a-first-time-for-everything/>



(LEFT) Senior Airman Tess Dickey, a 934th Maintenance Squadron aerospace ground equipment specialist, reverses a government vehicle on the flight line during an exercise at Volk Field Air National Guard Base, Wis., April 6, 2022. The exercise involves a week-long training with the 934th personnel to maintain and display readiness. (U.S. Air Force photo by Staff Sgt. Timothy Leddick)

(RIGHT) Senior Airman Tess Dickey, a 934th Maintenance Squadron aerospace ground equipment specialist, dons her helmet during an exercise at Volk Field Air National Guard Base, Wis., April 6, 2022. The exercise involves week-long training with the 934th personnel to maintain and display readiness. (U.S. Air Force photo by Staff Sgt. Timothy Leddick)







Members from the 934 AW leadership, 27th Aerial Port Squadron, 934th CES, U.S. Army Corps of Engineers St. Paul District and LS Black Constructors broke ground on the new location for an aerial port. The new building will be near the flight line and accessible for a faster and a more efficient way logistically to upload the C-130s. The building will be finished in April of 2023

## “Uce got the juice”

\*With the new fitness alternate component options, many Airmen have had some questions/concerns regarding these new components. To help alleviate some concerns, please read the following transcript is set in an interview fashion with Maj. Will Mojica (as Roman Reigns) asking the 934th Airlift Wing Exercise Physiologist, Eric Neal (as Paul Heyman) questions highlighting some areas to consider.

### 2 Minute Hand-Release Push-Ups

**William as RR:** “Wise man?”

**Eric as PH:** “Yes my tribal chief?”

**William as RR:** “What are your thoughts of the Hand-release Push-Ups?”

**Eric as PH:** “I think it’s a great exercise that you and your cousins should be doing so ‘Uce will have the juice.’ In addition, the Air Force should be practicing this more often.”

**William as RR:** “What advantages do people have when doing this component?”

**Eric as PH:** “The standards for the younger population might appear to be easier and multiple kinetic change of movements is a safer way to keep balance of your workouts. With the Hand-Release push-ups, you are activating more upper body muscles from multiple movements creating less chance of injury than with traditional push-ups.”

**William as RR:** “What are some potential disadvantages with this exercise?”

**Eric as PH:** “Older aged members appear to be at a significant disadvantage because the traditional push-up standards are much easier to max out because they are not performance based.”

**William as RR:** “What is the form looking like for people thus far?”

**Eric as PH:** “It’s not perfect, but quite an improvement of what we see when most people are doing traditional Air Force push-ups.”

**William as RR:** “And how is that?”

**Eric as PH:** “Members are going all the way down to the ground which forces them to go as low as they should compared to everyone completing the push-up and slows down the movement which makes the PTLs job much easier and removes ‘judgment calls’ making the process fair across the board.”

**William as RR:** “What is your advice for maximizing results on this exercise?”

**Eric as PH:** “Be sure to practice this exercise before testing so that you understand how to pace yourself appropriately at a pace slow enough so that you can continue repetitions for the full two minutes. As you progress, if you are going too fast, you can certainly burn out quickly; but if you complete the reps slowly and make very slow increases to speed as you practice, you’ll be better prepared to maximize your results.”

**William as RR:** “Do you have time to talk about the Forearm Plank?”

**Eric as PH:** “Well my Tribal Chief, that one is gonna have to wait for a future conversation.”

934th Airlift Wing Presents the

# AIR FORCE *Ball*

*Celebrating 75 Years of Airmen!*

*Save the Date: September 10th, 2022*  
*Tickets available in May*

*Additional information available at <https://www.934ball.com/>*

Your committee is looking for volunteers!

Band/DJ

Ushers

Airman's Creed Video Participants

Volunteer at: [934thafball@gmail.com](mailto:934thafball@gmail.com)

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## Help Wanted

Do you have experience with graphic design? Would you like to have your work showcased on the nose of an Air Force aircraft? We are looking for someone willing to work with 934th Aircraft Maintenance Dedicated Crew Chiefs to help create new nose art for some of our Wing's C-130H3 aircraft. If you would like to help and have skills in creating artwork in Vector format and/or know your way around Illustrator or Photoshop, please contact 934th AMXS Production Superintendent Josh Duenow at 713-1329.





Congratulations Mike Dressen, on your 48 years of service to our Nation (military and civilian combined).

Thank you for all you did for the 934 AW and the 934 LRS and enjoy your retirement! You earned it and you will certainly be missed.

## Stayin' Alive: 934 CCATT bring lifesaving skills to exercise

By Airman First Class Colten Tessness  
934th Airlift Wing Public Affairs

**VOLK FIELD AIR NATIONAL GUARD BASE, Wis.** -- When service members need immediate medical attention in the middle of the most dangerous places on earth, they call none other than the Critical Care Air Transport Team.

This care team consists of three members, a critical care physician, a critical care nurse and a respiratory therapist. Each member brings their unique patient-care abilities to ensure proper medical care is given to patients in need.

“We are one of the few missions that when you are in garrison, you belong to a medical group that doesn’t necessarily understand what you do in deployment settings,” said Lt. Col. Mehdi Shelhamer, a 934th CCATT physician, individual mobilization augmentee. “Yet when you deploy you now belong to aeromedical evacuation who are very operations-oriented, but don’t necessarily function with you on a day-to-day basis.”

\*This story can be continued at <https://www.minneapolis.afrc.af.mil/News/Article-Display/Article/2999849/stayin-alive-934-ccatt-bring-lifesaving-skills-to-exercise/>



Lt. Col. Mehdi Shelhamer, a 934th Critical Care Air Transportation Team physician, examines patient during exercise viking shield, at the Volk Field Air National Guard Base, Wisconsin, April 7, 2022. Viking Shield is a 934th Airlift Wing led exercise designed to strengthen training in a degraded environment..(U.S. Air Force photo by Airman 1st Class Colten Tessness)



## **Calories In vs Calories Out: Calories Out- Exercise Activity Thermogenesis**

By Eric Neal, Wing Exercise Physiologist

May Physical Activity Month is here and what better topic could we discuss for Calories In vs Calories Out than Exercise Activity Thermogenesis (EAT). EAT is any form of exercise or movement that uses energy. EAT normally makes up 15-30% of the Total Daily Energy Expenditure. There are multiple ways you can estimate amount of calories expended during exercise, but the one I would like to discuss today is the Apple Watch. A study in 2017 showed Apple Watch was within 1.14% to 6.70% error for heart rate, but varied between 14.07% to 210.84% error (1), but was later studied on Apple Watch Series 2 in 2021 and found to be at 82.6% (2). It would be interesting to see research conclusions on newer models of Apple Series Watch. I own the Apple Watch Series 6 and find most of the calculations to come out pretty accurate except possibly for strength training. I was very convinced this was the case as my previous research concluded a person of my size would typically burn 250-300 calories per hour for strength training per hour while my results tend to show 400-600 per hour dependent on what body part I'm working and how much rest I'm taking. Harvard study claims 125 lb, 155 lb, and 185 lb person burns 90, 108, and 126 calories during strength training in 30 minutes, but in addition to this which I did not know is if the strength training is vigorous those numbers double which equals 360, 432, and 504 calories per hour (3), which falls within the range my watch is displaying. I am currently doing an evaluation of the Apple Watch Series 6, which I use. I will be testing this based off of the calories I consume logged into myfitnesspal which converts to the health app that comes already installed to iPhone vs the amount of calories estimated from Basal Metabolic Rate (BMR) plus active calories also on the health app for wearing the Apple Watch. For every 3500 calories surplus or deficit is what I would expect for each pound of fat gained or lost as 1 pound of fat is 3500 calories. Be aware if muscle is gained or lost, the calories would be determined by 2500 calories per pound. We will continue to explore research on Apple Watch in next month's article Non-Exercise Activity Thermogenesis.

1. Estimating Accuracy at Exercise Intensities: A Comparative Study of Self-Monitoring Heart Rate and Physical Activity Wearable Devices

Erin E Dooley, Natalie M Golaszewski, John B Bartholomew

JMIR Mhealth Uhealth. 2017 Mar; 5(3): e34. Published online 2017 Mar 16. doi: 10.2196/mhealth.7043

2. Predicting lying, sitting, walking and running using Apple Watch and Fitbit data

Daniel Fuller, Javad Rahimpour Anaraki, Bongai Simango, Machel Rayner, Faramarz Dorani, Arastoo Bozorgi, Hui Luan, Fabien A

Basset BMJ Open Sport Exerc Med. 2021; 7(1): e001004. Published online 2021 Apr 8. doi: 10.1136/bmjsem-2020-001004

3. Calories burned in 30 minutes of leisure and routine activities - Harvard Health

## **CTIP: Know it, Recognize it, Report it**

by the 934 Legal office

In July 2019, 16 U.S. Marines were arrested for offenses ranging from human trafficking to drug related charges. Trafficking in persons exists and the military is not immune. Department of Defense Instruction 2200.1 requires that each service formulate a policy for Combatting Trafficking in Persons (CTIP). The instruction requires that service members are educated and informed so that they may play a role in identifying and reporting suspected trafficking.

Many Airmen believe that trafficking in persons occurs primarily outside of the United States. That is an incorrect assumption, as illustrated by the example above. Trafficking in persons is the use of force, fraud, or coercion to compel a person to provide labor, services, or commercial sex. The most common forms are labor trafficking and sex trafficking. Forced labor is one of the most widespread violations. Unscrupulous employers may exploit workers who are vulnerable due to a variety of factors, including language, age, and immigration status. Although immigrants are frequently targeted, U.S. Citizens and Permanent Residents may exhibit risk factors as well.

Victims can be found in any location or industry: factories, farms, construction, restaurants, mines, or personal homes. In fact, some companies performing government contracts have been found to be engaging in labor trafficking. This prompted legislation prohibiting this practice in government contracts as well as the implementation of additional screening actions such as requiring contractors to allow employees to maintain control of their passports.

Sex trafficking cases can be some of the worst examples of human rights violations in the world. Young people seeking travel or employment may find themselves in a country without their passport forced into providing sexual services. They have no free time, live in squalid conditions, and may face violence and potentially death.

CTIP awareness, education, and training can help you prevent someone from ending up in the nightmare scenarios described above. Know what it is, how to recognize the signs, and most importantly to report it.

All AFRC military personnel and their dependents regardless of status. (TR/ART/AGR/CIV)

Services include problem solving, supportive counseling, enhanced referral coordination, crisis response and expertise on mental health topics.

**DPH:**  
**Rita Shedd, LICSW**  
**BLDG 760, RM 136**  
**Mobile: 612-919-2683**

Services are to optimize health, increase connectedness and enhance resilience to meet the unique challenges of a Reserve Citizen Airmen.

Duty hours include Unit Training Assembly (UTA) and weekday duty hours.



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## 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.



President Joe Biden visited the 934th Airlift Wing during his attendance of Vice President Walter Mondale's memorial service at Minneapolis-St. Paul Air Reserve Station, Minn., May 1, 2022. (U.S. Air Force photo by Chris Farley)



## Airman & Family Readiness Center

### Director:

Kelly Wilkinson  
612-713-1567

### Office Hours:

M-F: 0900-1500

UTA's: Saturday: 1000-1530

Sunday: 1300-1530

**\*\*We have moved locations to Bldg. 729  
Second floor, Room 202\*\***

*\*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 or separating in the near future?**

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



### First Duty Station Financial Training Block 1 of 2

Bldg. 801, Room 206

7 May 2022, Saturday, 0900-1100

Block 2 of 2, Saturday, 4 June 2022

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

### Planning for Your Financial Future

SFS Building, CATM Classroom

8 May 2022, Sunday, 1130-1230

60-minute interactive lesson. This lesson  
provides learners with knowledge and skills  
necessary to develop personal financial goals  
and make adjustments to personal spending  
to attain those goals.

June UTA: Saving and Investing

July UTA: Home Sweet Home

September UTA: Raising Financially Fit Kids

**\*\*All classes presented by Jay Brunkhorst\*\***

### Personal Financial Counselor

#### Need Financial Help?

Contact the 934<sup>th</sup> Personal Financial  
Counselor  
**FREE**

Jay Brunkhorst, CFP®

Minneapolis St Paul ARS

Building 729 – Airman and Family Readiness

Personal Financial Counselor (PFC)

Cell Phone: 612.297.2826

E-mail: [pfc.minneapolis.usafr@zeiders.com](mailto:pfc.minneapolis.usafr@zeiders.com)

# Zip Line @ Sand Creek Adventures

ADVENTURE  
WITH US

**MAY 7, 2022 @ 1700**

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**

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

For more information contact: Jynalyn Lowry at 612.713.1666, jynalyn.lowry@us.af.mil  
During UTA only

No Federal Endorsement Intended



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**HUMAN  
ON A  
STICK**



## MINNEAPOLIS SEGWAY TOURS

**"ST PAUL HISTORY TOUR"**

**SATURDAY, JUNE 4, 2022 @ 1700**

**SIGN-UP NOW**

### Special Instructions:

- Must arrive 10-15 minutes before time of tour
- Wear flat, comfortable shoes
- Be prepared with weather appropriate clothing
- Lockers are available to store purses and valuables during the tour
- Helmets and Training provided
- **Minimum age is 12** (Minors must be accompanied by an adult)
- Parking is available in the Saint Paul Curling Club
- Parking is free for all of our guests.
- [www.HumanOnASTick.com](http://www.HumanOnASTick.com)

St. Paul History Tour  
470 Selby Ave  
St. Paul, MN 55102

**934 AW Military Members and their Families Welcome!**

**(Only 30 Slots Available)**

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



For more information contact:  
Jynalyn Lowry at 612.713.1666, jynalyn.lowry@us.af.mil (M-F)  
Or SRA Perera During UTA Weekends at the CAC, gerrard.perera@us.af.mil



## MILITARY YOUTH AMERICAN RED CROSS BABYSITTER CERTIFICATION COURSE

Ages 11- 17 (must be 11 years old)

This course provides military and veteran youth dependents with the knowledge, skills, and information necessary to provide safe and confident care for infants to school-age children.



**REGISTER:**

**WWW.CPR4LIFEMN.COM**

Click "Join A Class" to Register/Play

After attendees receive their certificate, you may opt in with parent approval to be on a military certified babysitting roster that will be housed with Soldier Family Readiness Specialists

- All classes are 0900 - 1500
- Cost: \$70  
(Course available through STVR, Contract 202, Below)
- Max 10 per class, minimum of 6  
(Sessions without minimum registry will not be reported)
- Youth will be certified in Babysitting, First Aid & Hands Only CPR
- Participants Bring:  
Lunch, snack, and water

Mankato - 6JUN  
Pipestone - 7JUN  
Detroit Lakes - 8JUN  
Camp Ripley - 9JUN  
St. Cloud - 10JUN  
Arden Hills - 13JUN  
Bloomington - 14JUN  
Brooklyn Park - 15JUN  
Cambridge - 16JUN  
Duluth - 17JUN  
Rosemount - 20JUN  
Minneapolis - 23JUN



QUESTIONS? CONTACT TIFFANY.R.KOVALESKI.CTR@MAIL.MIL



**BEAVER FIT™**

**Located in front of Outdoor Recreation Bldg.**  
*between 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







# MN MILITARY TEEN SUMMIT

June 15-17th, 2022

Bay Lake Retreat Center, Deerwood, MN

Open to military connected youth age 13-18

*Youth Workshop*  
*Service Project*  
*Team Building*  
*Leadership Skills*



For more information and to register visit  
<https://mnarngfamilyprograms.wufoo.com/forms/2022-teen-summit/>

POC Laura Groeneweg- Lead Child and Youth Program Coordinator  
[laura.l.groeneweg.ctr@army.mil](mailto:laura.l.groeneweg.ctr@army.mil) | 651-268-8695



## PIKE DALE LODGE

**DATES THE OFFER IS VALID:**

**JUNE 18<sup>TH</sup> TO JUNE 25<sup>TH</sup>**

**AUGUST 27<sup>TH</sup> TO SEPTEMBER 3<sup>RD</sup>**

**SEPTEMBER 24<sup>TH</sup> TO OCTOBER 1<sup>ST</sup>**

Pikedale Lodge offers many activities for the entire family, such as fishing, paddle boat, kayaking, swimming, horseshoes, or basketball. You can stop in our lodge to catch up on fishing reports, news, watch the game or for breakfast, lunch or dinner. While our location is secluded, the towns of Walker and Longville are close by for additional entertainment. Within a short distance are golf courses, hiking trails, bike paths, horseback riding, casino, shopping and much more.

PIKE DALE LODGE

7995 Partridge Point Drive NE Longville, MN 56655

218-836-2232 / [tmyers@pikedale.com](mailto:tmyers@pikedale.com)



## Military Salute

We want to say THANK YOU for all that you do and have done!

Cabins, Boat rentals, and Harbor slips

**50%** off

Don't miss out on a great family vacation!

## Upcoming Professional Development Events!

March

Sat, 5 Mar – TBD  
1200-1300 Wing Training Room  
Sun, 6 Mar – Credit Management  
1130-1230 CATM Classroom

May

Sat, 7 May – TBD  
1200-1300 Wing Training Room  
Sun, 8 May – Planning for Your Financial Future  
1130-1230 CATM Classroom

July

Sat, 9 Jul – TBD  
1200-1300 Wing Training Room  
Sun, 10 Jul – Home Sweet Home  
1130-1230 CATM Classroom

September

Sat, 10 Sep – TBD  
1200-1300 Wing Training Room  
Sun, 11 Sep – Financial Briefing TBD  
1130-1230 CATM Classroom

April

Sat, 2 Apr – TBD  
1200-1300 Wing Training Room  
Sun, 3 Apr – Emergency Financial Preparedness  
1130-1230 CATM Classroom

June

Sat, 4 Jun – TBD  
1200-1300 Wing Training Room  
Sun, 5 Jun – Saving and Investing  
1130-1230 CATM Classroom

August

Sat, 6 Aug – TBD  
1200-1300 Wing Training Room  
Sun, 7 Aug – Raising Financially Fit Kids  
1130-1230 CATM Classroom

October

Sat – TBD  
1200-1300 Wing Training Room  
Sun – Financial Briefing TBD  
1130-1230 CATM Classroom

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](mailto:934AW.Development.Team@us.af.mil)





# MAY 2022



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

| SUNDAY  | MONDAY                       | TUESDAY                       | WEDNESDAY  | THURSDAY                                    | FRIDAY  | SATURDAY                                     |
|---|------------------------------|-------------------------------|--|---|---|--|
| 1<br>Hours of Operation<br>M - F 1100-1300<br>Holidays Closed | 2<br>CHEF'S CHOICE           | 3<br>PRE-MOTHER'S DAY SPECIAL | 4<br>BROWN SUGAR BBQ CHICKEN   | 5<br>TACO SALAD CINCO DE MAYO               | 6<br>FRIED FISH<br>BAR & GRILL OPEN 1530-2100   | 7<br>UTA<br>BAR & GRILL OPEN 1530-2200 (UFC) |
| 8<br>Happy Mother's Day UTA                                   | 9<br>CHEF'S CHOICE           | 10<br>SPRING ROLLS            | 11<br>CHICKEN FRIED STEAK  | 12<br>CREAMY STEAK FETTUCINI                | 13<br>BAKED FISH  | 14<br>CLOSED                                 |
| 15<br>CLOSED  | 16<br>CHEF'S CHOICE          | 17<br>PORK CHOPS              | 18<br>BBQ OR BUFFALO WINGS   | 19<br>PEARMESAN CRUSTED ROAST BEEF SANDWICH | 20<br>FRIED COD   | 21<br>CLOSED<br>ARMED FORCES DAY MAY 21      |
| 22<br>CLOSED  | 23<br>CHEF'S CHOICE          | 24<br>ORIENTAL SPECIAL        | 25<br>BOURBON CHICKEN  | 26<br>PASTA CARBONARA                       | 27<br>MEMORIAL DAY GRILL OUT  | 28<br>CLOSED                                 |
| 29<br>CLOSED  | 30<br>CLOSED<br>MEMORIAL DAY | 31<br>TUNA CASSEROLE          | Happy Mother's Day<br>LUNCH SPECIAL<br>TUESDAY, MAY 3, 2022<br>1100-1300 |   | LUNCH SPECIAL<br>MEMORIAL DAY<br>REMEMBER AND HONOR<br>Grill Out<br>FRIDAY, MAY 27, 2022<br>1100-1300 |  |



# MAY 2022

GROUP FITNESS CLASSES  
934TH FITNESS CENTER, BLDG 777  
PHONE NUMBER 612-713-1486

Hours of Operation  
0700-1500  
Monday-Friday  
24-HOUR ACCESS AVAILABLE

| SUNDAY   | MONDAY             | TUESDAY          | WEDNESDAY   | THURSDAY         | FRIDAY   | SATURDAY                      |
|--|--------------------|------------------|---|------------------|--|-------------------------------|
| 1<br>CLASSES<br>TUESDAY & THURSDAYS<br>1130-1230 | 2                  | 3<br>hatha yoga  | 4   | 5<br>hatha yoga  | 6  | 7<br>UTA                      |
| 8<br>Happy Mother's Day UTA                      | 9                  | 10<br>hatha yoga | 11  | 12<br>hatha yoga | 13   | 14                            |
| 15   | 16                 | 17<br>NO CLASSES | 18  | 19<br>NO CLASSES | 20   | 21<br>ARMED FORCES DAY MAY 21 |
| 22   | 23                 | 24<br>hatha yoga | 25  | 26<br>hatha yoga | 27   | 28                            |
| 29   | 30<br>MEMORIAL DAY | 31<br>hatha yoga | BEAVER FIT<br>COMPETITION<br>JUNE 2-4, 2022<br>Contact: Jordan Smith, at 612-713-1487 |                  | VOLLEYBALL<br>SATURDAY, JUNE 4, 2022 @ 1630<br>934TH FITNESS CENTER<br>POC: SSGT SALU / 1040kumala.salu.1@us.af.mil / 612-713-1486<br>TOURNAMENT |                               |



**UTA WEEKEND  
BAR & GRILL OPEN**  
MAY 6 & 7, 2022  
1530 - 2200



**UFC 274**  
**OLIVEIRA vs GAETHJE**  
Saturday, May 7, 2022  
Early Prelims @ 1700  
**Main Card @ 2100**

**JOIN US!!!**

**WATCH THE RACES**  
Saturday, May 7, 2022  
1430 - 1930



934TH COMMUNITY ACTIVITY CENTER BLDG. 807  
PHONE 612.713.1655



934th SERVICES

**OUTDOOR RECREATION  
OPEN HOUSE**



**OUTDOOR RECREATION**  
**TUESDAY, MAY 10, 2022**  
**1100-1300**

**CHECK OUT OUR: ICE CASTLE, BOATS, BICYCLES, TENTS, GRILLS,  
KAYAKS, CANOES, PADDLE BOARDS, TRAILERS, PARTY SUPPLIES,  
GAMES, COOLERS, TABLES, CHAIRS AND LOTS LOTS MORE!!!**  
Drawings for Free Rentals and Free Lunch Certificate at the Services Club

**612.713.1496**



760 Military Hwy, Bldg 778, Minneapolis, MN 55450



**BEAVER FIT  
COMPETITION**  
**MAY 30—JUNE 3, 2022**

Be the best of the best in this TIMED Competition! Come through our time obstacle course and see if you have what it takes to out fit the beaver in this Fitness Challenge!

**COURSE OBSTICAL INCLUDES:**

|            |           |                   |              |
|------------|-----------|-------------------|--------------|
| Rope Climb | Pull Ups  | Tricep Dips       | Wall Balls   |
| Back Squat | Dead Lift | Kettle Bell Swing | 1 Mile track |

Award winners to 1st, 2nd & 3rd Place winners will be announce at the Community Activity Center Bar & Grill, Friday, June 3rd @ 1700.

To sign up for this competition please contact:  
Jordan Kuhs, at 612-713-1497 or email [jordan.kuhs@us.af.mil](mailto:jordan.kuhs@us.af.mil)



**VOLLEYBALL  
TOURNAMENT**

**UTA WEEKEND**  
**SATURDAY, JUNE 4, 2022 @ 1630**

934TH FITNESS CENTER

SIGN UP BY 1400—Day of Tournament (minimum 4 Players)

**POC: SSgt SALU**  
**[Mofekunola.salu.1@us.af.mil](mailto:Mofekunola.salu.1@us.af.mil) / 612-713-1496**

**VOLLEY BALL GUIDELINES**

**Safety**

Be careful not to run into each other going after the ball, calling the ball is advised  
Must wear tennis shoes  
Make sure shoes are not wet to avoid slips  
Be careful when diving or reaching for the ball  
Stay hydrated  
Report any injuries to Fitness Center Staff

**Rules**

Two games will be played at a time  
Up to 6 players will be on the court at a time  
We will be playing one game to 25 points win by 2 and championship will be best 2 out of 3, first 2 games to 25 and if a third is needed it will be played to 21 win by 2  
Each side will get 3 hits to send the ball over the net  
Serving team will be decided by a volley  
Serving will be done from behind the marked line  
If ball hits ceiling while going over the net it is a dead ball and the opposite team gets the point  
Players will be allowed to play ball off the ceiling on their own side and if they have not used their 3 hits  
Players will not be allowed to touch or go under the net







# 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