

# Global Viking Flyer May 2023



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

## External Links:

[COVID-19 Information](#)

[Prevention Connection](#)

[CAT Brochure](#)



\*MAY IS MENTAL HEALTH AWARENESS MONTH

## DIRECTORS OF PSYCHOLOGICAL HEALTH

Air Force Reserve Directors of Psychological Health provide services in the Air Force Reserve community to maintain readiness and maximize psychological health, resilience, and wellbeing. Embedded healthcare providers promote comprehensive health utilizing expertise in advising leadership, advocacy and enhanced mental health referral coordination.

A PSYCHOLOGICALLY HEALTHY FORCE READY TO MEET THE NATION'S CALL!

### **Deployment – The New Normal for You and Your Family and Where Finding Purpose is Part of Your Reintegration Process**

- Some of your questions may be:
  - Where do I begin?
  - What's normal?
  - Who am I now?
  - How do I make sure that I'm healthy?
- How can you overcome these changes?
  - Keep communication with loved ones open and honest
  - Have patience
  - Have quiet time
  - Remain positive
  - Be real
- Life – Life happens, problems exist, and things aren't always what we expect them to be
- If you or someone you know is experiencing mood changes, or behaviors that seem different, please reach out to our DPH

### **Important Information about DPH:**

- Privacy – DPH's are under the authority of their healthcare license and the privacy act
- DPH's enhances mission capability
- DPH reduces stigma by no records kept unless there is a threat of harm to self, others, or the mission
- DPH's provide enhanced coordination for a mental health disorder
- DPH's provide skill building and education to prevent pathology
- DPH's are tasked with filling the gaps in behavioral healthcare for military members and their families, including responding as the SME for crisis situations that are a threat to the mission



### **ELIGIBILITY:**

All AFRC military personnel and their dependents regardless of status.

**(TR/ART/AGR/Civ)**

### **SERVICES:**

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

### **WHERE:**

DPH:

Rita Shedd, LICSW

BLDG 760, RM 136

Mobile: 612-919-2683

### **PURPOSE:**

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

### **HOURS OF OPERATION:**

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

# **Announcement #1**

**The wing is currently soliciting nominations for the 934 AW Yellow Ribbon Representative position. This is a full-time man-day position funded by HQ AFRC Yellow Ribbon Program.**

**Applicants must live within Minneapolis-St. Paul Air Reserve Station commuting area and are required to perform a minimum tour length of 24 months and up to a maximum of 36 months. Selectee will not exceed the 1,825-day rule while fulfilling this position.**

## **Application Requirements:**

- 1. Signed Letter of Recommendation from nominee's current unit commander**
- 2. Resume of military/civilian education and experience (2 pages max)**
- 3. Last three (3) Enlisted Performance Reports**
- 4. Career Data Brief (CDB)**
- 5. Current Air Force Fitness Management System Report**
- 6. ARCNet Individual Readiness Report (in color)**

**Email completed applications no later than 2359 EST, 9 May 2023 to CMSgt Montoya, Gabriel at [gabriel.montoya.1@us.af.mil](mailto:gabriel.montoya.1@us.af.mil). Incomplete or late applications will not be considered. All applications will be reviewed and vetted; finalists will be scheduled for an interview.**

# **Announcement #2**

**Text, Email, or Tweet - How Do You Communicate?**

**How do you want to get communication from your unit and leadership?**

**Before you sign out this UTA, use the link below to complete the anonymous "Where Reserve Airmen Get Information" survey to tell your leaders how to communication with you better.**

**Link: <https://survey.forsmarshgroup.com/SE/1/AFReserveComs/>**

**Completion time: 7-10 minutes**

**Device: Desktop (Chrome recommended) or mobile device**

**Thank you for helping us meet your communication needs.**

## May 2023 Enlisted Promotions

MSgt – SWAN, ERIK – 934 LRS

TSgt – FABIANO, JOSEPH – 934 CES

TSgt – LUNDSTED, ETHAN – 934 AMXS

TSgt – WARNER, ALEC – 934 AMXS

TSgt – YOON, ALEX – 934 LRS

SSgt – AMES, JACOB – 934 CES

SSgt – CRAMER, JAMES – 934 AMXS

SSgt – STRAUB, RYAN – 934 AMXS

SrA – BIEDENBENDER, ABRAHAM – 934 ASTS

SrA – DEMING, ANDREW – 934 MXS

SrA – HANSEN, KYLE – 934 AMXS

SrA – MOHAMUD, ABDIRAHMA – 934 SFS

Amn – BROKENSHERE, MATTHEW – 934 AES

### Welcome Newcomers

Lt Col – Gille, James – 96 AS

Capt – Louis, James – 934 FSS

1 Lt – Bee, Tyler – 96 AS

2 Lt – Carroll, Daniel – 96 AS

TSgt – Swanson, Evan – 27 APS

SSgt – Beers, Thomas – 934 SFS

SSgt – Birkbeck, Brad – 934 SFS

SSgt – Ferguson, Daniel – 934 SFS

SrA – Solberg, Mathew – 934 SFS

SrA – Prueher, Andrew – 934 LRS

SrA – Willett, Swanson – 934 MXS

A1C – Johnson, Grace – 934 AMXS A1C –

Leisenheimer, Emily – 934 AMXS A1C –

Olajide, Ife – 934 AMXS

Amn – Aziamble, Dzidoula – 934 ASTS

Amn – Harren, Samuel – 934 CE

Amn – Martinez-Arias, Jessica – 934 ASTS

### General E.W. Rawlings AFA Award Winners

**Amn: SrA Rukuyat Oluwa / APS**

**NCO: SSgt Evan Strand / MXS**

**SNCO: SMSgt Jeremy Schroeder / MXS**

**First Sergeant: MSgt Erick Jensen / APS**

## Fiscal Year 2022 UTA Schedule

	Primary	Alt
May 2023	6-7	20-21
June 2023	3-4	24-25
July 2023	N/A	15-16
August 2023	5-6	19-20

*\*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](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*

## **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"

# Police Week is scheduled for 15-19 May - See below for more details



## Minneapolis - St. Paul ARS

### EVENT SCHEDULE



#### Saturday, May 6

- 5k walk/run
- 1500 934th Security Forces Squadron (709)

#### Monday, May 15

- Coffee with the cops
- 934th Security Forces Squadron 0900-1200
- FATS machine training

#### Tuesday, May 16

- Jail and Bail
- 0800-1400
- Additional details to follow

#### Wednesday, May 17

- Police week ceremony
- Wing headquarters flag pole 1400

#### Thursday, May 18

- Burger burn 1100 - 1200
- Back of Security Forces Squadron (709)
- Air Force Security Forces Association road side clean up
- 1230 Visitor control center

#### Friday, May 19

- Ruck to remember 0600-1800
- Additional details to follow

#### Tee shirt information

- We will be selling police week tee shirts for \$20.00. Deadline to order shirts is April 23th. Payment will be sent via Venmo to MSgt Erickson. Please include, "police week shirt, size/quantity," in the, "What's this for?" Section.



Tyler Erickson  
@TERICKSON



venmo

## 934th SFS JAIL AND BAIL FUNDRAISER

Tuesday, May 16th, 2023  
0800 - 1400

Come to Building 709 (934th SFS Squadron) to request summons for co-worker(s)  
• 5 mins per \$1.00



Security Forces members will go and apprehend individual listed on summons and bring them back to 934th Squadron (combat arms classroom.)



The accused can pay double the amount to be released.

The accused will be taken to jail if unable to immediately post bail amount

Contact Ssgt Campos with any questions.  
Christopher.campos.8@us.af.mil



## **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!

## BODY COMPOSITION ASSESSMENTS began 1 April 2023

Are you ready for the new Body Composition Assessment (BCA)? Do you know the requirements associated with the new BCA? Here are a few FAQs from Eric Neal to get you up to speed:

### **Q1 – When will members be due for their Body Composition Assessment (BCA)?**

A1 – Members will be required to take BCA during their birth month. If preferred, members are authorized to take a BCA one month in advance or one month late with Commander's authorization, but they will not be current until BCA completion regardless of Commander approval.

### **Q2 – Can members take their Physical Fitness Assessment (PFA) and BCA during the same month?**

A2 – Yes. Members can take both PFA and BCA in the same month, however, they cannot be directed by the Commander to do so. This policy is in place for safety reasons to prevent members from trying to perform at their highest standards when taking a PFA, without being well-fueled or well-hydrated while trying to meet standards for the BCA.

### **Q3 – What is the difference between BCA and the old PFA abdominal circumference requirement besides being decoupled from the PFA?**

A3 – The BCA is measured in a different location and scored based on a ratio of the recorded measurement and the members height. The location of the BCA measurement is the mid-point between the lowest rib, and the iliac crest, compared to the previous AC measurement that was taken with the bottom part of the tape measure contacting the top portion of the iliac crest aligned with the arm pit. This measurement divided by the previous height taken at PFA will be the recorded ratio. Anyone with a ratio of 0.55 or greater will be considered high risk.

### **Q4 – What happens when a person is measured to be at high risk?**

A4 – Members who receive a high-risk ratio will have to be seen by medical for a review if they are high risk, and at a minimum review the HeRO slides (more information to follow later). In addition to this I am offering much more to help the members aside from reviewing slides, seeing how majority of what I am offering within the Health Promotion Program are weight management courses.

### **Q5 – What is your opinion on the new program?**

A5 – I believe the PFA is a strong indicator indirectly of weight management as it is a weight-based assessment of components, but it is required by Department of Defense to provide a body composition component or assessment. That being said, I agree the Air Force is doing the right thing separating the BCA from the PFA for safety reasons, and although I don't like how it takes an advantage away from short statured members compared to the previous AC, it is much fairer to tall members and puts both males and females at the same standard removing a 4 inch disadvantage previously placed on females.



# Ask The Expert: How Can I Burn More Calories

By: Mike Sanford and Eric Neal

Mike: How would you recommend that I could burn some additional calories? I currently enjoy doing my yoga workouts and walking my dog, but I don't really enjoy the gym environment and find cardiovascular machines to be boring. Can you suggest anything else I can supplement to my current routine?

Eric: That question has always been difficult for me to grasp as I am exactly the opposite, but helping others motivates me to look for these types of answers. I will address your questions with multiple solutions that include Exercise Activity Thermogenesis (EAT) and Non Exercise Activity Thermogenesis (NEAT).

I will begin with EAT. EAT is the calories that you burn while performing exercise. Some options to consider for making the cardio more interesting is to change machines that are you using every 10 minutes using a different machine until you meet your goal for minutes or calories of cardiovascular activity. Another option would be to multi-task while walking on treadmill or using other cardiovascular machines while watching television or playing video games or completing video-based courses on phone or tablet. The last option I will suggest is especially good for those who lack the time to burn the calories desired is to increase the intensity. The more intensity and the more duration of your exercise, the greater the Excess Post-exercise Oxygen Consumption (EPOC). EPOC is the extra calories you burn at rest after exercise coming from oxygen consumption levels being higher than normal due to a debt of oxygen that must be paid back to restore body to normal resting levels.

EPOC is obtained through EAT but the extra calories burned are taking place during NEAT. NEAT are calories burned through physical activity that is not part of an exercise routine. In addition to EPOC, other ways to increase your NEAT are to use the stairs, park further away from buildings, and walk to where you are going rather than driving when feasible. Another option to consider is completing chores rather than paying someone to do them and take up hobbies like gardening or choose to walk rather than ride for hobbies such as golf or hunting.

My reflection on this topic for myself is I have made quite a bit of improvement increasing my NEAT as I try to be the example for others to follow. I now choose to take the steps rather than elevator even if its leg day. In the past I would take the elevator because I didn't like taking the steps and my focus was only on EAT. I now see it as burning the same amount of calories through EAT and increasing NEAT will equal greater Total Daily Energy Expenditure and serve as a better example to the community.

Now I must ask you to reflect on your physical activity. 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](mailto:eric.neal.4@us.af.mil) and if you need some help with your Exercise or Nutrition, ask your full-time UFAC or UFPM to sign you up for Best Self Module 4 on Saturday at 0900-1100 and Cardiovascular Intervention at 0930-1100 on Sunday of May UTA at Fitness Center Classroom.

# MEXICAN BUFFET

FRIDAY, MAY 5, 2023

1100-1300

# Cinco de Mayo

## \$13.00



934th Community Activity Center Bldg 807  
Phone 612.713.1655



## JOIN US FOR 2 FOR 1 CLUB MEMBER SPECIAL

FRIDAY, MAY 5, 2023

1730-1900

BBQ RIBS, BAKED  
POTATO &  
CHOCOLATE TORTE

\$25.00

CAC/BAR & GRILL  
BLDG. 807

Club Members 2 for 1 is \$25. Non-Club Members \$25/Plate.

**RESERVATIONS:**

**Junalyn.lowry@us.af.mil**  
**612-713-1662**



FREE

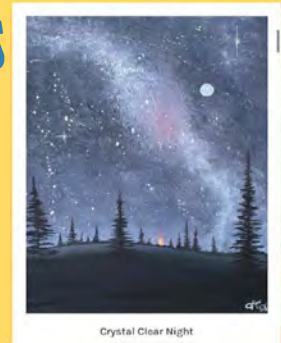


FREE

# JOIN US FOR A PAINT PARTY COME PAINT WITH JEREMY ROSS AT THE COMMUNITY ACTIVITY CENTER (BLDG 807) SATURDAY MAY 6, 2023 1800-2000



Jeremy Ross is the Twin Cities #1 Paint and Sip artist with 1500+ events taught since 2014.



Crystal Clear Night

FUNDED BY THE  
RECHARGE FOR RESILIENCY (R4R) PROGRAM

Food and Beverages will be available for purchase at  
**THE BAR & GRILL** Open from 1530-2200

Owner of Your Bearded Artist- Traveling Paint Parties and Paint & Sips, he provides a unique paint & sip or at home or work, paint party experience that's unforgettable for years to come. Jeremy is not only an exceptional artist but also has a bachelor's degree in business management with over 20 years of experience in the customer service industry.

#### BIOGRAPHY:

Currently living in Hopkins, Minnesota with his husband (John) and their 2 cats (Donnie and Leo), Jeremy is self-employed full-time, living his dreams and passion through Your Bearded Artist. He loves to try new local restaurants and breweries and even dabbles in home cooking. Some favorites include Revival and Steel Toe. Jeremy reignited his passion for art working for a Paint and Sip company in 2014. He found that he had a way of making art entertaining and fun for adults. Using acrylic paint and offering a step-by-step approach to recreating a featured painting, a la Bob Ross, gave customers a sense of ease and accomplishment! He provided an experience and entertained customers with jokes and funny segues all while helping them complete something with their hands.

Serving the Twin Cities and Central Minnesota. Let Jeremy bring art to you!

**DON'T MISS OUT!! SIGN UP TODAY!! ONLY 50 SPOTS ARE AVAILABLE!**

\*SIGN UP IS REQUIRED w/\$20 deposit in order to participate. DEPOSIT WILL BE RETURNED to you at Event upon Check-In\*  
Sign up by emailing: Junalyn Lowry at [junalyn.lowry@us.af.mil](mailto:junalyn.lowry@us.af.mil) / Deposit can be dropped off at her office in Building 807.



## 934 AW Professional Development

Presenter:  
Mr. Neils Gott, ICF-ACC, Executive Coach

### From Surviving to Thriving: Harnessing the Power of Positive Psychology!



We're delighted to have you join us as we delve into the fascinating world of positive psychology, a field that has revolutionized the way we approach happiness, resilience, and mental well-being.

You may wonder, what is positive psychology? It's the scientific study of human flourishing, focusing on the strengths and virtues that enable individuals and communities to thrive. By shifting our focus from solely fixing what's wrong to also cultivating what's right, positive psychology empowers us to reframe our perspectives and enhance our overall well-being.

In this one-hour session, we will explore a variety of evidence-based techniques, tips, and tricks from this transformative field. We'll learn how to build resilience in the face of adversity, cultivate gratitude to enhance our well-being, and foster a growth mindset to unlock our full potential. We will also discuss practical strategies to apply these principles in our daily lives, both personally and professionally.

So, let's embark on a journey of self-discovery, growth, and empowerment. Together, we'll uncover the secrets to thriving in our modern world and unlock the doors to a more fulfilling, resilient, and joyful life. We hope you leave this session feeling inspired, invigorated, and ready to embrace the power of positive psychology!

#### Course Time and Location:

Building 709, SFS Main Classroom  
Date: Sunday, 7 May 2023  
Time: 1100-1200  
All Military and DOD Civilian Employees are invited to attend!!! Come and bring a friend!!!

## Niels Gott, ICF-ACC, Executive Coach



Niels is a leadership development coach and positive psychology practitioner. He is passionate about helping leaders and teams explore new ways of working that focus on unlocking a team's true potential. During his 22 years of military service, he had the unique opportunity to see a variety of leadership styles in a variety of circumstances. As a result, he became fascinated with how leadership is cultivated and maintained. Additionally, it was during this time that he was exposed to positive psychology through the roll-out of Master Resilience Training. This eventually led

him on his journey to become a coach, through the graduate Executive Coaching certificate at The University of St. Thomas.

Niels is fascinated by stories of courage and strength and loves to help client's both raise self-awareness and seek discomfort. As a veteran, he is passionate about being part of causes larger than himself. Niels is also a Founding Partner of the Center for Coaching in Organizations, and volunteers with Bunker Labs to help other veterans realize their entrepreneurial dreams.

#### Background

Certified Positive Psychology Consultant  
Shift+ 360 Certification  
Certified Scrum Professional  
Certificate in Applied Positive Psychology  
Large Scale Scrum Practitioner  
Dare To Lead™ Trained  
Voice Dialogue Practitioner Trained  
Positive Intelligence Certified Coach  
Master Resilience Trainer

#### Key Focal Areas

Applied positive psychology in leadership  
Agile ways of working

#### Representative Clients




3M, Optum Tech, UnitedHealth Group, Radia Products, Bundl Home, Iron Door Management, MM-SEAS, Warrior Sports





# MAY 2023

LUNCH Special MENU  
934th Community Activity Center Bldg. 807  
Phone 612.713.1655

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Hours of Operations</b> Monday—Friday 1100-1300 Closed on Holidays	1 <b>CHEF'S CHOICE</b>	2 <b>PORK CHOPS</b>	3 <b>FRIED CHICKEN</b>	4 <b>ITALIAN SKIRT STEAK SANDWICH</b>	5 <b>MEXICAN BUFFET BAR &amp; GRILL OPEN 1530-2200</b>	6 <b>UTA BAR &amp; GRILL OPEN 1530-2200</b>
7	8 <b>BBQ PULLED PORK</b>	9 <b>TACO SALAD</b>	10 <b>BROWN SUGAR BBQ CHICKEN</b>	11 <b>MOTHER'S DAY BRUNCH</b>	12 <b>FRIED COD</b>	13
14 	15 <b>CHEF'S CHOICE</b>	16 <b>CHICKEN ALFREDO</b>	17 <b>ORIENTAL SPECIAL</b>	18 <b>LOADED BAKED POTATO</b>	19 <b>BAKED COD</b>	20
21	22 <b>CHICKEN CAESAR PASTA SALAD</b>	23 <b>CHICKEN SALAD SANDWICH</b>	24 <b>GRILLED BRATS</b>	25 <b>CREAMY TUSCAN CHICKEN</b>	26 <b>CLOSED</b>	27
28		30 <b>SLOPPY JOES</b>	31 <b>GYRO</b>	JOIN US FOR 2 FOR 1 CLUB MEMBER SPECIAL FRIDAY, MAY 5, 2023 1730-1900		 <b>FATHER Daughter DANCE</b> \$25/Per Couple SATURDAY, JUNE 3, 2023 (1730 - 2030)

HAPPY  
*Pre Mother's Day*

## LUNCH SPECIAL

THURSDAY, MAY 11, 2023

1100-1300

## JOIN US

*Brunch Buffet Style*

**QUICHE, BACON, SAUSAGE,  
FRENCH TOAST STICKS,  
BISCUIT & GRAVY  
\*DRINK INCLUDED**

**COST \$12.00/MEMBERS \$11.00**



934TH COMMUNITY ACTIVITY CENTER BLDG. 807  
PHONE 612.713.1655



Hosted by  
Community Activity Center

# FATHER (GRANDPA'S, UNCLÉS, ETC.) Daughter DANCE

JOIN US

**SATURDAY, JUNE 3, 2023**

**1730 - 2030**

**Enjoy an enchanted evening with photo  
backdrop, dinner, dessert and dancing!**

*Making Memories*

**PRE-SALE TICKETS** Now thru May 7, 2023

**\$25.00 Per Father Daughter Couple**

\$8.00 for additional Child

**TICKET SALES** From May 8 thru May 22, 2023 will be

**\$30.00 Per Father Daughter Couple**

\$10.00 for additional Child

Please email [junalyn.lowry@us.af.mil](mailto:junalyn.lowry@us.af.mil) to SIGN-UP and reserve your tickets with  
the following information:

Family name, child/ren name(s) & age(s), phone number and email address.



934th Community Activity Center Bldg. 807  
Phone 612.713.1655



**FREE**



**HUMAN  
ON  
A STICK**



**MINNEAPOLIS SEGWAY TOURS**

**"MINNEAPOLIS RIVERFRONT"**

Tour includes stops at Pillsbury A Mill, Stone Arch Bridge, Mill Ruins Park,  
Mill City Museum, First Bridge Park, Boom Island Park, and Nicollet Island

**SATURDAY JUNE 3, 2023 @ 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 40 Slots Available)**

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



For more information contact:  
Junalyn Lowry at 612.713.1662, [junalyn.lowry@us.af.mil](mailto:junalyn.lowry@us.af.mil) (M-F)



Military & Family Readiness Center  
Building 729, Room 202

Director:

Kelly Wilkinson  
612-713-1567

Office Hours:

M-F: 0900-1500

April 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 Military & 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 1 of 2

Sunday, 2 April, 0900-1100  
Bldg. 852, Room 235, FSS

Block 2 of 2

Saturday, 6 May, 0900-1100  
Bldg. 852, Room 235, FSS

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

**Need Financial Help?**

Jay Brunkhorst, CFP®  
Minneapolis St Paul ARS  
Personal Financial Counselor (PFC)  
Cell Phone: 612.297.2826  
E-mail: [pfc.mn.usnr@zeiders.com](mailto: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](mailto:pfc.fortsnelling.usar@zeiders.com)



## MILITARY APPRECIATION EVENT

FOR VETERANS, THEIR FAMILIES & ALL SERVICE MEMBERS

### Available services include:

- ✓ 12 employers and service related partners present
- ✓ Job and training opportunities
- ✓ Computer lab for job searches and resume building
- ✓ & much more!

*We look forward to seeing you at this special event!*



**Wed., May 17th, 2023**  
10 a.m. – 2 p.m.



**CareerForce in St. Paul**  
540 Fairview Avenue North,  
Suite 103  
St. Paul, MN 55104

[CareerForceMN.com](http://CareerForceMN.com)

Individuals needing accommodations to utilize CareerForce Services or who need this document in an alternative format can contact: 651-539-4100. CareerForce is an equal opportunity employer and program provider and a proud partner of America's Job Center Network.



# MNUFC MILITARY DISCOUNT

MULTIPLE DATES FOR 2023 SEASON

*mnufc.group/Military*

Take advantage of a special military discount for MNUFC games this season! Scan the QR code or head to [mnufc.group/military](http://mnufc.group/military)

Questions? Send an email to [Danielle.Anderson@MNUFC.com](mailto:Danielle.Anderson@MNUFC.com)



## MILITARY NIGHT

PRESENTED BY HOMETOWN HERO OUTDOORS



vs.



**THURSDAY | MAY 25th | 7:07PM**

### MILITARY TICKETS ARE NOW AVAILABLE!

Redeem this offer for up to six (6) complimentary tickets. Please go to the link in the QR Code and fill out the form. Thank you for your service and enjoy the game!



<https://forms.office.com/r/2nPyj5DJEE>

For more information or questions please call the Saints Ticket Office at 651.644.6659



934th Airlift Wing

## Spring Clean-up



**Wednesday May 17, 2023**

Alternate day if rained out will be  
**Thursday May 18, 2023**

- **Pre-order flowers, mulch and topsoil by 10 May 2023.** To pre-order flowers, e-mail or call Sonja Fisher at 713-1274. To pre-order mulch or topsoil, e-mail or call Carlos Varela at 713-1921. Pre-ordered flowers will be available for pick up on day of clean-up and pre-ordered mulch and top soil will be delivered by CE.

### Schedule

- 0700-1100 Pick-up items at bldg 744 (CE Compound) and begin cleanup activities. Items available: Pre-ordered flowers, garden tools, rakes, shovels, spades, wheelbarrows, cotton gloves and trash bags.
- 1100-1400 Wash up and return tools to bldg 744 (CE Compound)
- **DO NOT PLACE YARD WASTE IN ANY TRASH DUMPSTERS.** There will be a designated dumpster in the CE yard. Place landscape material and yard waste at curbside for CE to pick up.



# 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

There's a new barber on base! Hours of operation are 0900 - 1630 M-F & UTAs



## MN MILITARY TEEN SUMMIT

June 14-16th, 2023

Camp Koronis, Paynesville, MN

Open to military connected youth ages 13-18

Service Project  
Youth Workshop  
Leadership Skills  
Team Building



For more information and to register visit <https://mnmnrgfamilyprograms.wufoo.com/forms/2023-teen-summit/>

POC Laura Groeneweg- Lead Child and Youth Program Coordinator  
laura.l.groeneweg.ctr@army.mil | 651-268-8695

Military Family Summer  
Family Camp  
July 29-Aug 1, 2023  
Saturday, 5pm—Tuesday 11am

## Operation Welcome Home



Spend 4 days with us this summer! Serving military members and families, all branches, Ironwood's Operation Welcome Home program is a series of retreats for active military, veterans and their families. Retreats are provided free of charge, providing a place for the military community to come together, strengthen their faith, build relationships and support each other.

Our summer camp includes faith-building lessons and chapels, fun activities like zip line, archery, shooting sports, laser tag, crafts, and swimming, and great food while staying in a private hotel-style room in our beautiful Miracle Lodge. During final registration (not the initial waitlist signup-see below), you pay a \$50 deposit that is refunded after you attend. Cost: A \$50 deposit to hold your family's place will be paid on completion of registration. This is refunded after arrival or if cancellation occurs no later than 3 weeks prior to the event.

Due to high demand for our military retreats, our registration process has changed. We are prioritizing first-timers over people who have attended a retreat before at Ironwood. When you go into to register, it will indicate that you will be put on the waiting list. We will have this phase of the registration open for up to two weeks. Once the waiting list fills up with enough people, we will then prioritize the list based on prior attendance and then invite people to do the full registration via a special link. You will then have a certain number of days to register before we give more people a chance. If there are more people than can attend, we will also prioritize the list to allow you to register for our fall retreat.

You can use the link below to get more information and to start the registration process.  
<https://www.ironwoodsprings.com/military-retreat#FamilySummerCampRegister3>

POC: Tracy Bashore  
Executive Director  
tracy@ironwoodsprings.com  
507.533.4315 (w)

Ironwood Springs  
CHRISTIAN RANCH





*Awarding Scholarships to Honor the Sacrifices of Military Spouses*

Seeking Military & Veteran Spouses Pursuing Your Educational Goals

*We are awarding*

**\$100,000**  
*in Scholarships*



Apply Here  
by Aug. 5th,  
2023!

- *Simple Online Application - Easy to Qualify*
- *Not Income-Based*
- *For currently serving military spouses or veteran spouses*
- *Open to spouses from all branches of the Armed Services*
- *Accepting Applications from around the world*
- *Minimal Docs: Marriage Certificate/Active Duty Orders or DD214*



*You will be notified of your status within three weeks!*

***The Think GREAT Foundation was started by a military veteran!***



# 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\*\***





# 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.

<b>MONTH</b>	<b>PRIMARY</b>	<b>ALTERNATE</b>
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