



During the September UTA, Col Ethan Hinkins (center), 934th Airlift Wing commander, took command of the wing during a formal change of command ceremony officiated by Maj. Gen. Bret Larson, 22nd Air Force command. (U.S. Air Force photo by Staff Sgt. Timothy Leddick).

External Links:

COVID-19 Information
Prevention Connection
CAT Brochure

The 934 AW Quarterly Recognition Ceremony

-Saturday, 15 October @ 0900 in the SFS Auditorium. We will be recognizing 1st and 2nd quarter military winners.

ANNOUNCEMENTS

- Saturday, 15 Oct Calories In Calories Out course 0930-1100 sign up through UFPM or UFAC
- The Professional Development Team would like your input. We can provide professional development courses to assist you in your professional and personal lives.
 - We have created a brief 2-minute questionnaire for you to provide input on the types of courses you would like to attend and when you would like to have them scheduled. Now is your opportunity to provide input for our team. Once we know what it is you want and need, we will make those opportunities available.
 - To complete this questionnaire and provide input, please go to https://www.surveymonkey.com/r/X72ZXFF
- October is Cybersecurity Awareness Month
 - This year's campaign theme "See Yourself in Cyber" demonstrates that
 while cybersecurity may seem like a complex subject, ultimately, it's really all
 about people. This October will focus on the "people" part of cybersecurity,
 providing information and resources to help educate CISA partners and the
 public, and ensure all individuals and organizations make smart decisions
 whether on the job, at home or at school now and in the future.
 - o For complete information and resources on Cybersecurity Awareness Month, go to: https://www.cisa.gov/cybersecurity-awareness-month
 - o 4 Things You Can Do
 - ➤ Think Before You Click: Recognize and Report Phishing: If a link looks a little off, think before you click. It could be an attempt to get sensitive information or install malware.
 - ➤ Update Your Software: Don't delay -- If you see a software update notification, act promptly. Better yet, turn on automatic updates.
 - ➤ Use Strong Passwords: Use passwords that are long, unique, and randomly generated. Use password managers to generate and remember different, complex passwords for each of your accounts. A passwords manager will encrypt passwords securing them for you!
 - ➤ Enable Multi-Factor Authentication: You need more than a password to protect your online accounts, and enabling MFA makes you significantly less likely to get hacked.
- October is Domestic Violence Awareness Month, but preventing all forms of interpersonal violence is a year-round effort.
 - o Promoting healthy, respectful, and nonviolent relationships can help reduce the occurrence of domestic abuse.
 - o If you or someone you know is in an unhealthy relationship, explore helping resources and get help early.
 - o Please contact Mike Sanford for more information.



JOIN OUR CEAM



Prizes Available based on Fundraising Goals

&
Team Members Goals

https://give.classy.org/934th-Annual-EOD-Memorial-Workout

Team Captain: Brain Lucey

brian.michael.lucey@gmail.com

THE DIFFERENCE BETWEEN THE IMPOSSIBLE AND THE POSSIBLE IS A PERSON'S DETERMINATION

The EOD Warrior Foundation (EODWF) serves the EOD community by providing financial assistance and support to Active-Duty, Reserve and National Guard, Retired and Veteran EOD technicians and their families.

Combined Federal Campaign



VOLUNTEERS: WE NEED YOU!

October 15, 2022 - December 15, 2022

With almost 200 CFC campaigns throughout the country and overseas, the CFC is the world's largest and most successful annual workplace charity campaign, raising millions of dollars each year.



Volunteers are needed for the October 15, 2022 to December 15, 2022 campaign season at the 934th Airlift Wing!

Learn more about the Combined Federal Campaign at www.opm.gov/combined-federal-campaign

If you have questions, or are interested in this volunteer opportunity please contact:

Hannah Mercer

hannah.mercer@us.af.mil | 612.713.1305

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 <u>MUST</u> receive the medical records <u>by the Monday prior to the UTA</u> 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!

Fiscal Year 2022 UTA Schedule

	Primary	Alt
November 2022	5-6	19-20
December 2022	3-4	17-18
January 2023	7-8	21-22
February 2023	*2-5	N/A
March 2023	4-5	18-19

*Fiscal Year 2023 UTA Schedule is available on the last page or by clicking here.

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

TA 101 BRIEF

Saturdays of the PRIMARY UTA only at 1400

If you have any questions or concerns, please email the Force Development Office at 934.base.training@us.af.mil

Held in Building 852 Rm 215. No registration required.

Contact the Force Development Office for more information at 612-713-1600 or
934.base.training@us.af.mil

*Attendance Mandatory Prior to using Tuition Assistance

Customer Service Hours:

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

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

Check out our new Comptroller Services Portal (CSP)! Submit orders, vouchers, questions, etc., with this easy to use system:

https://usaf.dps.mil/teams/SAFFMCSP/portal/SitePages/Home.aspx

Finance ANNOUNCEMENTS:

-Please make sure you check the Unpaid Orders (UOO) list! If you're owed money, we want to get it to you!

-BAH Recertification will take place starting 1 January 2023. At that time we will need a new AF 594 and supporting documentation for dependents (marriage certificate, birth certificate, etc.).

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

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 famliy member going back to school?

<u>Click here</u> 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?

<u>Click here</u> to check out this amazing list of resources for active duty, reservists and veterans!

COVID VACCINE BOOSTERDOSES

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 with:

-Name -Availability Phone Number Preferred E-mail

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 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.asts.medical@us.af.mil

2022 Enlisted Promotions October

SMSgt – MINER, DOUGLAS – 934 AW SMSgt – MORTENSON, TRAVIS – 934 ASTS

MSgt – MORNEAU, REUBEN – 934 LRS

MSgt – PODSIADLIK, DANIEL – 934 AMXS

MSgt - RUSSELL, DEVIN - 934 OSS

TSgt – LAVENE, NOELLE – 27 APS

TSgt - MILLER, ALEC - 96 AS

TSgt - MILLIGAN, CASSANDRA - 934 ASTS

TSgt - PROW, MATHEW - 934 OSS

TSgt - REESE, MARK - 27 APS

TSgt - TIMMS, ROBERT - 934 CS

TSgt – TURNOCK, DEREK – 934 LRS

SSgt – EMERSONBROWN, ALEXANDRIA – 934 SFS

SSgt – JACOB, SERENA – 27 APS

SSgt – JERDE, BRANDON – 27 APS

SSgt - KARSTEN, KRISTOPHER - 934 AMXS

SSgt – NEWTON, RYAN – 27 APS

SSgt – PERERA, GERRARD – 934 FSS

SSgt - RODIG, JOSHUA - 934 CS

SSgt - SCHEIBE, SARAH - 934 SFS

SSgt - TITANJI, SLIM - 934 CES

SrA - APPS, JONAE - 934 ASTS

SrA - ESTRADA, ISAAK - 934 ASTS

SrA – LEMMERMAN, TUCKER – 934 SFS

SrA – MOTSCHENBACHER, JACK – 934 AW

SrA – TESSNESS, COLTEN – 934 AW

SrA – TILLERY, AVERY – 934 SFS

A1C – PLASS, BRODY – 934 SFS

October

Maj – DAHLEN, JEFFREY – ASTS

MAJ - BRAUNLICH, STEPHEN - AW

CAPT – BREHMER, PETER – ASTS

CAPT – DUBUQUE, TRACI – ASTS

1LT - KEATON, HANNA - OSS

1LT - SMITH, CHAYO - AW

CMSGT - MONTOYA, GABRIEL - AW

TSG - BABBIT, DIANA - CES

TSG - GROENKE, SUSAN - ASTS

SSG - KOBAL, CHARLES - CES

A1C - ABDI, MOHAMED - ASTS

A1C - HAMILTON, ADAM - APS

A1C - LATHAN, KEAZIA - ASTS

AMN – ZEHMS, SARA – MXS AB – GOMEZ, SARA – ASTS

1st Quarter 2022 Winners

Amn: SrA Jasmine Jayasundara / ASTS NCO: SSgt Brian Lucey / CE/EOD SNCO: MSgt Tracee Lucey / OSS

> CGO: 1Lt Sean Rudin Civ Sup: Cory Scott / SFS

Civ Non-Sup: Edward O'Brian / OG

2021 Annual Award Winners

Congratulations to the 934th Airman and Family Readiness Office on being selected as the AFRC 2021 Airman and Family Readiness Office of the Year!

Military & Family Readiness Center

Director:

Kelly Wilkinson 612-713-1567

Office Hours:

M-F: 0900-1500

October UTA: 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 M&FR Director for information on Transition Assistance and Veterans Resources!





NO FINANCIAL BRIEFINGS IN OCTOBER

First Duty Station Financial Training

5 November 2022

Block 1 of 2, Saturday, 3 December 2022

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

How to Survive the Holidays Financially

Bldg. 852, Room 215 05 November, 1330-1430

How to Survive the Holidays Financially is designed to help service members plan for the added expenses of holidays and special events and to develop strategies to avoid overspending and accumulating excessive debt. The money management tips in this course apply year-round to all holidays and to special occasions.

Need Financial Help?
Contact the 934th Personal Financial
Counselor
ERFF

Jay Brunkhorst, CFP®
Minneapolis St Paul ARS
Personal Financial Counselor (PFC)
Cell Phone: 612.297.2826

E-mail: pfc.minneapolis.usafr@zeiders.com

Additional Announcements

Spark Tank Nominations for 2023 are open and can be submitted on the GAIN platform

Spark Tank is for innovation ideas that can be fielded within 2 years and replicated at other locations. Please contact Captain James Eimers or TSgt Liela Brown if you wish to submit and they will assist you in refining and pitching your idea.

Link to submit ideas and see what other ideas are in work: https://gain.apps.dso.mil/daf/spark-tank-2023



THC IS LEAGAL IN MINNESOTA!?

A new Minnesota law that took effect Friday July 8th 2022 allows people 21 and older to buy edibles and beverages that contain a limited amount of THC, the ingredient in marijuana that creates a high.

What does this mean for Service Members?

No matter where you are stationed, TDY/TAD or visit, possessing, distributing or using CBD or THC (recreational, medical or otherwise) is prohibited by military regulation. Violations may result in discharge from service and punishment under applicable codes (federal criminal code, UCMJ and/or State Codes of Military Justice).

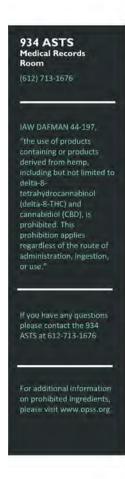




What do Service Members need to know? Products similar to those pictured will begin to appear in MN stores. When trying new products or purchasing anything, please READ THE INGREDIENTS. Most of the time there will be something on the front saying it has either CBD or THC but sometimes you must be thorough. CBD and THC are not FDA regulated meaning the amount of the product listed may not be completely true; there may be more than what is listed.

For additional information on prohibited ingredients, please visit www.opss.org or contact the 934 ASTS medical records room at 612-713-1676.





TAAT ALTERNATIVE CIGARETTES

There is a new cigarette alternative on the market that claims to be nicotine and tobacco free however, it contains 30mg of CBD and .2% THC.



These cigarettes are being given out as free samples at gas stations when you purchase a regular pack of cigarettes. They are advertised to look, smell, and taste like traditional tobacco cigarettes. DO NOT smoke these as they can cause you to test positive on a urinalysis.

When trying new products or purchasing anything, please READ THE INGREDIENTS. These products can trick you in many ways, but they must list that CBD and or THC is in their product. Most of

the time there will be something on the front saying it has either CBD or THC but sometimes you must be thorough. CBD and THC are not FDA regulated meaning the amount of the product listed may not be completely true; there may be more than what is listed.



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 SMSgt Josh Duenow at 713-1329.







ANNUAL EOD 137 MEMORIAL WORKOUT

About the Campaign

This workout is designed to remember the 137 that have

lost their lives while carrying out the EOD Mission since 9/11.

Who: All are welcome.

What: Memorial workout to honor fallen warriors

Where: BLDG 750 (EOD Flight Gym)

When: October 15-16, 0700 till completed

Please feel free to join the 934th EOD Team or donate at:

https://www.classy.org/team/433959





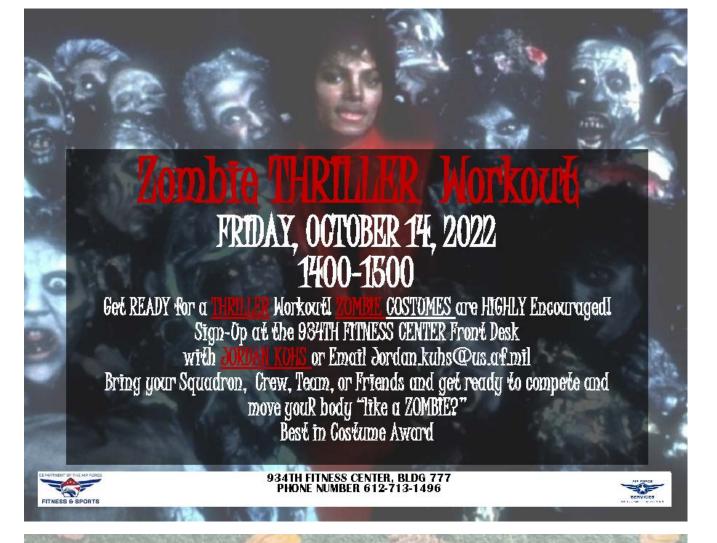
The Diet After The Diet

By Eric Neal, Wing Exercise Physiologist

Last month I discussed adaptive thermogenesis. Adaptive thermogenesis plays a role in one of the topics I would like to discuss today, Body-fat Set Point Theory. This theory claims people will tend to want to stay around a set point weight making it harder lose weight when under this set point and harder to gain weight when over the set point but can change over time and unfortunately for most people to the higher weight. The concept of yo-yo dieting is what can cause this, and it is a leading factor in our obesity epidemic. For this reason, I'm sharing with you the Diet After the Diet. Two examples of the Diet After the Diet that I will share are Reverse Dieting and Minimizing Adaptive Thermogenesis And Deactivating Obesity Rebound (MATADOR) diets.

I learned about the Reverse Diet from Dr. Layne Norton. His method of applying the Reverse Diet is after going through a very strict diet and exercise routine with successful weight loss to begin eating calories at the maintenance level, which will most likely be much lower than maintenance level prior to the weight loss due to adaptive thermogenesis followed by increasing around 2-5% per week. Recommendations on the macronutrient percentages on theses calorie increases are about 60-80% for carbohydrates and 20-40% for fat, while protein can be decreased by 5-10% if necessary, since the body will be absorbing protein better with the carbohydrate increases and would not need the additional protein to offset any use of protein as fuel through gluconeogenesis when carbohydrates are not available. I have used the reverse diet following a very strict diet and used a more conservative approach to my calories by going a little lower than maintenance level and only raising my calories by 100 per week the first 4 weeks, followed by 100 calories increased every 4 weeks. I was very successful with my reverse diet for about 16-20 weeks until I got off track. I was continuing to lose weight at a slow rate and making very nice strides on body composition during this period. There are many factors I could throw in if I had the space that led to weight gain I had later that I'm willing to discuss for those interested, but overall, I would say if life didn't get in the way and I continued the calorie increases in this organized fashion it would've been even more successful and maybe prevented the weight gain that happened after getting off track.

The MATADOR diet is one I have also tried as well, but without success. I am not discouraging you from trying it. I strongly recommend it. It's just not for me. The MATADOR diet can be used in many ways, but I will provide one example. You eat a strict diet for two weeks followed by eating number of calories required for maintenance for two weeks. The MATADOR study found that participants eating this diet over a 32-week period lost more weight and maintained more muscle than those who ate a strict diet for 16 straight weeks. The reason I had trouble with this diet is because I'm a creature of habit. If I get away from doing a certain routine for so long, it can be hard for me to get back at it. For this reason, I do better with having one cheat day per week rather than an intermittent style of dieting that mixes strict with maintenance, which leads me into next month's article Intermittent Fasting for the Holidays.





October 2022



GROUP FITNESS CLASSES

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

		PHONE	NUMBER 612-713	3-1496		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Fitness Hours (0700— Monday— 24– Hour Acce	1500 -Friday	V		ELER Workout 1/1400-1300	1
2	3	4 Hatha Yoga 1130-1230	5 Kettle Bell HIIT 1130-1230	6	7 Ying Yang Yoga 1130-1230	8
9	HAPPY COLUMBUS CLOSED	11 Hatha Yoga 1130-1230	12 Kettle Bell HIIT 1130-1230	13	WORK OUT 1400-1500	15 UTA
16 UTA	17	18 Hatha Yoga 1130-1230	19 Kettle Bell HIIT 1130-1230	20	21 Ying Yang Yoga 1130-1230	22
23	24	25 Hatha Yoga 1130-1230	26 Kettle Bell HIIT 1130-1230	27	28 Ying Yang Yoga 1130-1230	29
30	Happy Hallowsen	Vis	THE RESERVE TO SERVE THE PARTY OF THE PARTY	R IS COMING 24HR ACCESTANTER and gain	S NOW	



Interested in Volunteering?

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

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

Members interested in volunteering can contact:

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

MyImpactPage - Library - Adult Application (betterimpact.com)



934TH 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**

MODERNIZE & REFORM

- ADDRESS LOCAL **UNIT MANPOWER PROCESS**
- DEVELOP UNIT MISSION BRIEFS
- ➤ MAXIMIZE WING **STORAGE & SPACE**
- **STREAMLINE UNIT ADMINISTRATIVE PROCESS**

PREPARE FOR FUTURE COMBAT

- ALIGN TRAINING REQUIREMENTS FOR **FUTURE CONFLICTS**
- PROVIDED **OPPORTUNITIES** TO EXERCISE FOR TOMORROW'S FIGHT
- **ALIGN 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



DEPARTMENT OF THE AIR FORCE AIR FORCE RESERVE COMMAND

1 May 2022

MEMORANDUM FOR ALL 934TH AIRLIFT WING PERSONNEL

FROM: 934 AW/CC

SUBJECT: FY23 UTA Schedule, 934th Airlift Wing

1. In accordance with AFMAN 36-2136, the FY23 Unit Training Assembly schedule for all assigned units of the 934 AW is provided below. Any rescheduled UTAs will provide the same type and quality of training as the originally scheduled UTA.

MONTH	PRIMARY	ALTERNATE
Oct-22	15-16	1-2
Nov-22	5-6	19-20
Dec-22	3-4	17-18
Jan-23	7-8	21-22
Feb-23	2-5*	NA
Mar-23	4-5	18-19
Apr-23	1-2	22-23
May-23	6-7	20-21
Jun-23	3-4	24-25
Jul-23	N/A	15-16
Aug-23	5-6	19-20
Sep-23	9-10	23-24

2. Please contact SMSgt Danielle Carcieri at DSN 783-1501, with any questions regarding this schedule.

LAY.CHRISTOPHE LAY.CHRISTOPHER.T.113323210

R.T.1133232105 Date: 2022.05.06 17:57:20
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CHRISTOPHER T. LAY, Colonel, USAF Commander