

Global Viking Flyer

September 2021



On Saturday, 11 Sep, Col Lay and Chief Lord will host a 9/11 remembrance at the flag pole located at building 760 at exactly 0745. Afterwards, the 934 AW Chaplains office will be hosting an opportunity for reflection in the wing training room.

*Please note, Reveille will not play at 0700 on 11 Sep.

At 0745, a moment of silence will be requested over the base loud speaker.

The AFRC Command Chief, CMSgt Timothy White will be hosting an open Q&A forum for all Airmen on Saturday, 11 September from 1200L – 1300L in the ASTS Auditorium (due to social distancing the maximum in-person capacity is 50 people; all others are welcome to join via Webex).

Copy and past the following into your web browser:

<https://934aw-afrc.webex.com/934aw-afrc/j.php?MTID=m4a6a34ba5b0c02e682c72f738f6a8b29>

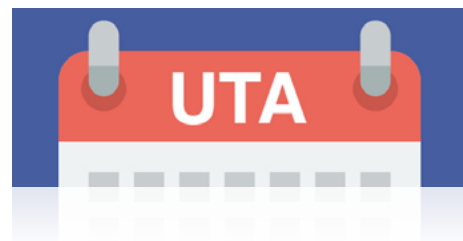
Or call +1-415-527-5035 and use access code 2762 069 5495

TIME	UNIT(s): 30-40/Chalk
730	APS
745	APS , AMXS
800	AMXS
815	AMXS, OG, MSG, OSS
830	SFS
845	SFS
900	SFS, AS
915	AS, MXG, OSS
930	MXS
945	MXS, CES
1000	CES
1015	CES, LRS
1030	COMM, FSS
1045	AW, AES
1100	ASTS

In accordance with the new mandatory COVID vaccine policy, please see the COVID Vaccine Chalk Times on the left.

Unit Health Monitors will disseminate additional information for specific appointment times.

Inside this issue:



411

External Links:

COVID-19 Information
Prevention Connection
CAT Brochure



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

Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Primary</u>	<u>Alternate</u>
September 2021	11-12	25-26

Fiscal Year 2022 UTA Schedule

October 2021	2-3	16-17
November 2021	6-7	20-21
December 2021	4-5	18-19
January 2022	8-9	22-23
February 2022	5-6	12-13
March 2022	5-6	19-20
April 2022	2-3	23-24
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

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](#)

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 will be provided from 0700-1100 and 1200-1600 on Saturdays for the remaining FY 21 UTAs. Customer service will be provided from 1130-1530 on Sundays of the UTAs. Sundays 0700-1130 will be closed for unit training (white space).
2. Org boxes for MilPay and Travel Pay are:
 - a. 934AW.FM.MILITARY_PAY@US.AF.MIL
 - b. 934AW.FM.TRAVEL_PAY@US.AF.MIL
3. POCs for MilPay and Travel Pay customer service inquiries for the remaining FY 21 UTAs are David Cox at 612-713-1411 and Tami Nelson AT 612-713-1404.

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

Royal Hot Plate hours:

0700-1400 on Sat & Sun of the UTAs

Services Club Bar & Grill hours:

1530-2200 on Fri & Sat of the UTAs

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.



MURDER MYSTERY

**2 OCTOBER 2021 @ 1700 HRS
AT THE COMMUNITY
ACTIVITY CENTER**

SIGN-UP NOW

**\$10 PER PERSON - INCLUDES
PIZZA, DRINKS (NON-ALCOHOL)
AND MURDER MYSTERY**

Compounding Power of Teamwork



Date: Saturday, Sept. 11, 2021
Time: 1130-1330

Location: Bldg 760, Rm 110

Attendance: 30 Members

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

E-mail SMSgt Amanda Millsap to sign up:

**F
R
E
E**



**HUMAN
ON A STICK**

**MINNEAPOLIS SEGWAY TOURS
11 SEPT 2021 @ 1700**

**934 AW MILITARY MEMBERS
AND THEIR FAMILIES
WELCOME! (ONLY 30 SLOTS AVAILABLE)**

SIGN-UP NOW

**\$20 PER PERSON DEPOSIT REQUIRED TO SIGNUP.
MONEY RETURNED AT EVENT**

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)
- www.HumanOnAStick.com



For more information contact

Rick Pelzel at 612.713.1119, rick.pelzel.1@us.af.mil (M-F) or
MSgt Crystal Rose Heinz at 612.713.1660, crystalrose.heinz@us.af.mil (UTAs)

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MLPS Tours
125 Main St. SE
Minneapolis, MN 55414



No Federal endorsement intended.

2021 Enlisted Promotions

September

MSgt Cohrs, Gabrielle AES
MSgt Dubois, Quintessa ASTS
MSgt Hendrickson, Matthew 27APS
MSgt Pasko, David ASTS
MSgt Runia, Trent MXG
TSgt Colling, Matthew ASTS
TSgt Jenkins, Benjamin CES
TSgt Steeves, Caleb SFS
SSgt Busche, Jordan 27APS
SSgt Corbey, Thomas AES
SSgt Leddick, Timothy AW
SSgt Strand, Evan MXG
SSgt Thom, Matthew CES
SSgt Thornton, Jeffrey MXG
SSgt Tschann, Tanner MXG
SrA Alonso Medel, Rosa SFS
SrA Brantner, Alexander CES
SrA Brathol, Kali SFS
SrA Burt, Benjamin 27APS
SrA Corbett, Sarah SFS
SrA Cornelius, Walter MXG
SrA Ellis, James OPS
SrA Green, Breanna SFS
SrA Jayasundara, Jasmine ASTS
SrA Mix, Logan AMXS
SrA Poole, Nancy AES
Amn Steiner, Abigail ASTS
Amn Xiong, Demetri MXG

Welcome Newcomers!

September

Capt Williams Kayla SFS
1Lt Mccann Jina ASTS
1Lt Barnidge Miles AS
SrA Morsette Kirah LRS
A1C Adeleye Adebisi FSS
A1C Al Shihmani FSS
A1C Alkhalili Alea LRS
A1C Anderson Cullen MXS
A1C Barker Alisia ASTS
A1C Hairston Vanessa LRS
A1C Jayasundara Jasmine ASTS
A1C Kann Salimatou FSS
A1C Lara Ivan SFS
A1C Larson Gregory SFS
A1C Olson David AW-FM
AMN Yang Jules SFS
AB Blackmon Jaymes SFS
AB Carney Pierce AMXS

Award Winners!

1st Quarter Winners

AMN: SrA Zachary Glanz AS
NCO: TSgt Hayden Lundborg CS
SNCO: SMSgt Chantell Haider AMXS
CGO: Capt Daniel Tate AS
Innovation: COVID POD Team ASTS

FEB Civilian Servant of the Year Awards

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

New Health Promotion Courses

By Eric Neal, Wing Exercise Physiologist

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

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

The videos Exercise 101, Nutrition 101, Sleep Optimization, and the trilogy of videos for Advanced Nutrition & Exercise 601: Calories In, Calories Out; Diets; and Exercise, Sleep, Hormones, and Homeostasis

Recipe of the Month

Spicy Sweet Spaghetti

By Eric Neil

Ingredients

- 1 box Ronzoni Gluten Free Spaghetti Noodles
- 1 TBSP Extra Virgin Olive Oil
- 1.5 Jars of Ragu No Sugar Added Olive Oil Traditional Pasta
- 16 oz. 99/1 Ground Turkey or 90/10 Grass-fed Ground Beef
- 36 TSP Parmesan Cheese
- 1 TBSP No Salt Sodium Free Alternative

Crushed Red Peppers, Turmeric, Garlic Powder, Louisiana Hot Sauce, Stevia, and Oregano to your liking.

Fill pot 2/3 full with water and add No Salt Sodium Free Alternative and Olive Oil. Turn on stove top heat to medium-high. Spray another pot with olive oil spray and place heat on medium. Add ground turkey to pot to brown. Once ground turkey is browned add 1.5 jars of spaghetti sauce, Louisiana hot sauce, crushed red peppers, garlic powder, oregano, turmeric, and stevia to your liking and cook at low-medium heat. Once pot with water is boiling add spaghetti noodles and cook for 9 minutes. After spaghetti noodles are done cooking, drain noodles and spray over them with cold water. Add noodles back to pot. Once both items are complete shake 6 TBSP of parmesan cheese over each serving of pasta.

Yields 6 servings

Ground Turkey Version - Calories 325, Protein 25 grams, Carbohydrates 38 grams, Fat 8 grams

Grass-fed Ground Beef Version – Calories 370, 23 grams, Carbohydrates 38 grams, Fat 14 grams

This energy producing recipe provides a bold flavor of spicy and sweet. In addition to being a great dish for energy, it also contains many health promoting ingredients. For example olive oil is a good source of monounsaturated fats, while the pasta sauce contains lycopene, and the grass-fed ground beef provides iron, protein, and healthy fats that contain conjugated linoleic acids. In addition the spices promote metabolism through thermogenic effect from the crushed red peppers and Louisiana hot sauce and from increased AMPK production from Turmeric, while garlic helps reduce cortisol levels.

If you are a picky eater like me that doesn't like eating foods such as tomatoes, onions, or peppers, but enjoy consuming spicy flavor while also enjoying sweet, then this recipe full of health promoting ingredients is just for you. I hope you enjoy.

can be found within Multimedia or Fitness Folders of 934 AW on Air Force Connect App.

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

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

Cardiovascular intervention is now available at <https://eric-s-be-well.thinkific.com/courses/cardiovascular-intervention> and more courses will be added in the future.

934th Development Team News:

934 Airlift Wing now has a Development Team that will be coordinating numerous types of learning opportunities.

If you want to lead a discussion or if there is something you are interested in learning please contact:

MSgt Daphnee Powellbills - daphnee.powellbills@us.af.mil

SSgt Mathew Chalupa - mathew.chalupa@us.af.mil

SSgt Phillip Hanson - phillip.hanson.3@us.af.mil

SSgt Casey Lindsey - casey.lindsey.1@us.af.mil

A Message from Rita Shedd, DPH

Rita Shedd, LICSW, Director of Psychological Health

Office Phone: 612-713-1224

Air Force Cell Phone: 612-919-2683

Email: rita.shedd@us.af.mil

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](#)

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

TA 101 BRIEF

Wednesdays at 1400 and
Primary UTA Saturdays at 1400

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

Held in Building 852 Rm 215. No registration required.
Contact the Force Development Office for more information at 612-713-1600 or 934.base.training@us.af.mil

**Attendance Mandatory Prior to using Tuition Assistance*

Middle River Veterans Outdoors is organized for the sole purpose of providing no cost outdoor recreation opportunities for any and all veterans. <http://mrveteransoutdoors.com/>. To participate in one of Middle River Veterans Outdoors events all you need is the appropriate fishing or hunting license, seasonal outdoor clothing and the desire to have a great time in the company of other veterans. Food, ammunition, bait, blinds and other supplies are furnished. They also have guns and fishing gear for those that need them.

- September, 11 2021 - Youth Waterfowl Hunt - 20 Spots Available
- September, 18 2021 - Disabled Veterans Goose Hunt - 20 Spots Available - Proudly sponsored by "MN Disabled American Veterans Chapter 7"
- October 14th-17th, 2021 - Deer Hunting - 10 Spots Available - Proudly sponsored by "MN Disabled American Veterans Chapter 41"
- November, 2021 TBA - Pheasant Hunting in South Dakota

To be considered for any of these events please complete and return the application at least 20 days prior to the event. You can find an application at <http://mrveteransoutdoors.com/wp-content/uploads/2017/04/Event-Application-1.pdf>

Call (218) 686-0889 or email mrvtetsod@wiktel.com if you have any questions.

Military Ball 2022

Do you love planning events?

Are you great with advertisements?

Do you have skills in photography or videography?

Are you a musician?

Then we need you!

Join the Military Ball Committee and let your talents shine. Meetings are held Saturday of each UTA 0900-1000 in the Wing Training Room.

Important Forms:

Air Force Physical Fitness Screening Questionnaire (FSQ) available [here](#).

Airman & Family Readiness Center

Director:

Kelly Wilkinson
612-713-1567

Office Hours:

M-F: 0900-1500
UTA's: 0900-1500

****HOT****

****FREE****

**Back Packs & School
Supplies Available
August UTA!!!
(Bags Provided)**

**Sat & Sun at the CAC
0600-0730, 1030-1300**

**Building 728, Door D
Sat & Sun, 1400-1530
10-12 Aug, 0930-1130**

****FREE****

**Bauer Youth
Athletic Wear**

**Building 728, Door D
Sat & Sun, 1400-1530
10-12 Aug, 0930-1130**



Save the Date!

A&FRC Center Open House

3 October 2021, 1100-1400

Hot Apple Cider, Treats and More!!!

Are you facing a financial hardship?

Contact the A&FRC for assistance.

FREE Meal Kits & Grants Available!

Thrift Savings Plan

Sunday Aug 8, 2021

SFS Classroom

Duration: 1200-1300

Attendance: All are welcome to attend, no sign up needed.

Our 934 AW Personal Financial Counselor, Mr. Jay Brunkhorst, will be briefing on how to make your Thrift Savings Plan (TSP) work for you.

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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours of Operation Monday to Friday Lunch 1100-1300 Holidays Closed			1 CHICKEN A LA KING	2 PORK SCHNITZEL	3 BAKED FISH	4 CLOSED
5 CLOSED	6 HAPPY LABOR DAY CLOSED	7 BAKED CHICKEN	8 TEX-MEX STEAK BOWL	9 CHICKEN CORDON BLEU	10 FRIED FISH BAR & GRILL 1530-2130	11 UTA BAR & GRILL 1530-2130
12 UTA CLOSED	13 BBQ PULLED CHICKEN SANDWICH	14 ORIENTAL SPECIAL	15 SPAGHETTI	16 ROAST PORK LOIN	17 BAKED FISH	18 CLOSED
19 CLOSED	20 CHICKEN CRANBERRY SALAD	21 GRILLED PORK CHOP	22 PARMESAN CRUSTED ROAST BEEF	23 MOZZARELLA CHICKEN	24 FRIED FISH	25 CLOSED
26 CLOSED	27 LASAGNA	28 GRILLED HAM	29 TATER-TOT HOT DISH	30 SPRING ROLL		

If you are on Title 10 or Title 32 orders, your kids may be eligible for a \$300 grant for extracurricular activities such as swimming, dance, hockey, etc. See below for more information.

Our Military Kids, Inc. (OMK) is a non-profit organization that supports military children (ages 3 - 18) by funding sports, arts, and other extracurricular activities while a parent is deployed overseas with the

National Guard (or Reserve) or recovering from severe injuries sustained in a post-9/11 overseas mission. Participation in these activities helps military children cope with stress and build self-confidence during an

otherwise difficult time in their lives. In coordination with NGB-J1, effective 27 July 2021, Our Military Kids, Inc, has expanded National Guard and Reserve eligibility for activity grants to Title 10 and Title 32

deployments/activations, made the required active duty time for eligibility cumulative within the prior 12 month period, and increased maximum grants awards under their Severely Injured Program. AGR orders, and Title 10/Title 32 orders for active duty training or inactive duty for training (schools, drill, annual training, etc.) are not eligible. See the press release here - <https://www.ourmilitarykids.org/community2021/>

DEPLOYED AND MOBILIZED NATIONAL GUARD OR RESERVE PROGRAM

OMK is now accepting applications for children of stateside activated National Guard or Reserve service members with Title 10 and/or Title 32 orders. This does not include AGR assignments or active or inactive duty for training.

For overseas or stateside missions of 90-179 days (cumulative within 12 months), each child (ages 3-18) is eligible for ONE (1) grant up to \$300 for one extracurricular activity.

For overseas or stateside missions of 180+ days (cumulative within 12 months), each child (ages 3-18) is eligible for TWO (2) grants up to \$300 each for the same or different activities. Each grant requires a separate application.

SEVERELY INJURED PROGRAM

Children of severely injured service members and Veterans in treatment are eligible to apply for a \$300 activity grant every six months for a maximum of FIVE (5) grants per eligible child, which includes one FLEX grant that may be used at any point during the military parent's recovery. Each grant may be used for the same or different activities.

For more information, please visit www.ourmilitarykids.org or contact Michelle Criqui at mccriqui@ourmilitarykids.org



Have a question? An idea? Submit your thoughts to "Ask the Chief/Commander" located on the AF Connect App

the Chief's Corner

Command Chief, 934th Airlift Wing

Learning From A Baby

Over this past weekend I had the pleasure to be surrounded by family and friends. I sat back and absorbed every moment to recognize gifts in my life. While I was soaking in the sounds of laughter and love around me I noticed a joy and fearlessness I thought was a great reminder for myself.

My 1 year old grandson, Declin was the highlight of my weekend. I won't bore you with the baby stories but I did notice his lack of fear when it came to new adventures and change. The first morning we wanted to get in an early morning ski before the water was too choppy. While he was still in his PJ's we strapped him in this bulky and cumbersome life jacket and set him on the gently rocking boat. He didn't miss a beat. He sat there ready to go. I know for me, if you try to put some new contraption on me that restricts my arms from moving freely, feels awkward and confines my neck movement I would probably have a few complaints. However, we had created an environment that was upbeat and so exciting by cheering and the influx in our voices (I'm certain he had no idea what we were saying but it sounded/exciting) that he was very happy to join into this game we were playing. He wasn't cranky or having an attitude, we had buy-in!

Later it was time for swimming and hanging out. He was surrounded by music, lively strangers, and lake water that was not as calm as most babies would prefer. I thought we might need a little bit of encouraging games or claps to coax him into the swimming/floating adventure. Nope, he grabbed my fingers and ran as fast as he could for that water. He kicked and splashed and couldn't get enough. He trusted me to protect him and keep him safe. He didn't cling in fear, he was daring and confident I would protect, lead, and guide him through the challenges. Because of that trust he was fearless.

Additionally, I noticed he was flexible. Although, his parents are very strict on nap routine and bed time there had to be some flexibility when there is a house full of people and water activities that don't necessarily meet the strict nap routine. We happened to be out on the lake one morning when it was time to put him to bed for his morning nap. We needed to drive a good distance to fuel the boat before returning home and this was going to cause a 45 minute delay in nap time. So I decided we were going to have to skip the routine of bottle, singing songs, using a noise machine and lights-out but I could still try to put him down for nap on the boat. Luckily for me he did comply, (whew I was afraid his mom and dad would be upset if he didn't nap on time). He was flexible, I couldn't put him in his bed so I laid him on the seat, with the bulky life jacket confining his movement and hat to cover his head (how uncomfortable!!!!) and he slept. He allowed flexibility in his routine! It wasn't the comfort of his crib with the sound machine and dark room but he managed to ignore the discomfort and the change, he was able to rest!

How great would it be if I could live my life more like Declin and was able to enjoy the new adventures by not digging too deep for questions and answers and just have more trust. If I could adapt to change so quickly and be able to push through the discomfort and not let it disturb my rest. I would also like to challenge myself to be consistent in seeking ways to always create an environment of excitement that entices trust in adventure and comfort in change.

September Fun Facts



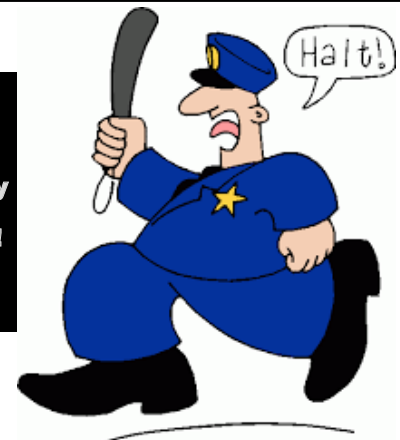
On average, more babies are born in September than any other month!

September is the most active month for Hurricanes in the Atlantic.

Famous people born in August include Queen Elizabeth I, Keanu Reeves, Beyoncé, Tyler Perry, Prince Harry, Nick Jonas.

Over 10 Songs are about September, Green Day, Frank Sinatra, are just some of the few.

What did the police officer say to his belly-button? ... You're under a vest!!!



This Day in History....

-1959 Bonanza first aired in color

-1971 Beverly Hillbillies first aired it's final episode on September 7th.

-1979 ESPN makes it's debut.

-1995 Sony releases Playstation in the US

-1998, Google is Born!