

MSP AIR RESERVE BASE

934th Airlift Wing

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Leaders Leading From Home— Command Chief Kimberly Lord

Hello Global Vikings!

I was hoping to introduce myself and shake your hand but, as you know, I must keep my social distance. In my case, the distance is 1200 miles. If you've felt disconnected from your reserve family, this letter is for you.

I became part of your team on March 16th and anxiously anticipated my first UTA in April. I had already been talking with Col Lay about getting on squadron schedules for morning stand-ups, lunches and other ways to visit you. One month later, here I am still anxiously waiting. I will admit I have struggled and been extremely frustrated at times.

Everyone has had technology problems and I am no exception. My military cell phone stopped working the day I left my last unit. This wouldn't be a big deal because I only used it for email. However, I started using Desk Top Anywhere for the first time; that was not without its challenges. I can say trying to access email has been pointless for the most part. I had access for a few days here and there but eventually it completely stopped opening. Talk about feeling alienated, useless, and more of a hindrance on people than a help. It seemed like every person I

spoke to I had to request them to resend the emails to my personal mail or find some creative way to send information to me that wouldn't compromise Personally Identifiable Information. But I was determined, probably more than some wanted me to be.

I joined the First Sergeants Group Me App, met them and started discussing processes. We had a zoom meeting so I could put faces with names. With the help of SMSgt Bergum (because I am tech dummy) I opened a chat group for the Chiefs. Col Wall included me in all the What's App groups for leadership. This little bit of connectivity was just what I needed to stay informed and feel less alienated or an outsider. I didn't make huge strides, but I was slowly building relationships. The communication was flowing every day. Many business discussions and sometimes fun family photos. If you haven't tried a chat group to stay in-touch with your favorite group of people. I highly encourage you try it.

Becoming a part of the chat groups was not the only way that helped me feel connected. My wingman, Col Lay, called me often. He ensured I was filled in

on all things COVID19 and Wing related. He told me stories about one of our deployers, those supporting the deployers and how people were working hard to execute the mission despite roadblocks. Of course, he shared his mildly funny dad jokes, and we just spent time catching up. Additionally, I use the 934th AF Connect App and 934th Facebook to see current information, photos and videos from the base. (Note-if you have ideas that you think will be useful on the AF Connect App feel free to make suggestions).

Covid-19 has changed our way of doing business and there have been bumps. However, it has highlighted areas we can strengthen, communication is one area that we can always improve. COVID19 Ops also pushed many people to think "outside the box", take some risks and find work-arounds. This is a good thing. I believe when this is over, we will have enhanced our culture of process improvement and people will continue to find better, smarter and more efficient ways to operate.

I look forward to meeting all of you. I am honored and very proud to be a Viking.

AAFES Closed on Weekends

AAFES employees have been working hard to keep up with the current COVID-19 guidance. They have enhanced their cashier areas with a hanging plastic barrier to protect both staff and customers, they wear masks on the job and have even measured social distances in the aisles and

placed stickers on the floor to mark the "safety spot."

Because the foot traffic on the base has decreased, AAFES will be closing on the weekends until further notice. We are all anxious to get back to some sort of normal. For the time being, let's support our AAFES if and when we can.

As a reminder, **you must wear a mask to shop at the AAFES.** Our AAFES personnel appreciate each and everyone of their customers and are trying to keep all of us safe whether shopping for uniform patches, greeting cards, for Class IX items.

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CONTACT TRACING— Lt Col Adam Hohman

Imagine you're asked to list off the places you've been and each person you've seen in the past 3 days. Could you accurately do that? Most of us don't recall as much of those intricate details as we think. Contact tracing, the ability to trace one's interactions and movements, allows us to monitor contacts after an exposure to an infected person or potentially infected person. Contact tracing helps contacts to get care and treatment, and prevents further community transmission of viruses. As of today we have no COVID cases on the wing, but considering the percentages of community spread, the risk is very real.

The health and wellbeing of our Airmen is of our utmost importance. The 934th Airlift Wing is currently in HPCON Charlie and access to the base is limited to mission essential personnel. However, we recognize members may need access to the base to obtain a new CAC card or have a laptop serviced. If you need to access the base for a mission essential task, please follow these steps to ensure we can continue accurate contact tracing:

1. **Notify your squadron leadership.** Obtain their permission ensure your reasons are appropriate
2. **Make an appointment time** with the specific agency on base.
3. **Notify your squadron when you get to base.** Minimize your contacts with people, wear a mask and maintain social distancing; **most agencies require a face cover or mask.**
4. **Please exit the wing to prevent unnecessary exposures once you have completed your official business,**
5. **If you become ill within 14 days of coming to the wing, notify your squadron leadership.** In the event you or someone becomes ill with symptoms concerning for COVID, we will initiate contact tracing.

Contact identification: If someone is confirmed as infected with a virus, contacts are identified.. It is important to verify the person's activities and anyone in close proximity with an infected person for ten minutes or longer. Family members, work colleagues, friends, or health care providers are all contacts.



Contact listing: Efforts must be made to identify every listed contact and to inform them of their contact status: what it means, follow on actions, and the importance of receiving early care if they develop symptoms. Contacts should also be provided with information about prevention of the disease. In some cases, quarantine or isolation is required for high risk contacts at home, or in hospital.

Contact follow-up: Regular follow-up should be conducted with all contacts to monitor for symptoms and test for signs of infection. (WHO, 2020)



SSgt Matthews (left) takes SSgt Foster's temperature.



Photo: SSgt Peter Simon

Thermometers: Usage and Options—SSgt Peter Simon

General guidance:

There are several options for checking temperatures in your own home. The right style for you and your family generally comes down to preference. Although what is in stock may force you out of your comfort zone. Age can play a significant factor as well. Rectal thermometers are the best choice for infants and small children. Children age 4 and older and adults can use oral thermometers.

Alternate thermometers include digital ear (tympanic) and tem-

poral artery thermometers. Although a bit pricier, they are an excellent alternative for children that have difficulty taking an oral or rectal temperature.

Clean with warm soapy water or alcohol after every use. Check your devices' specific guidance for best practices of use and cleaning recommendations.

Measurement Variance:

Different measurement areas, oral, ear, etc. will show differ-

ent results. The CDC considers a person to have a fever when a measured **oral** temperature reaches 100.4°F. Axillary and Forehead temps generally range 0.5°F to 1.0°F **lower** than oral temps. Rectal and Ear temps generally range 0.5°F to 1.0°F **higher** than oral temps.

When contacting your physician with concerns over the elevated temperatures, always use the unadjusted temperature and what measurement area was used for the temp.

Communication Squawk Box

We are fortunate on the 934th to have a Communications Squadron that is invested in the success of all of our Airman as they work from home. The VESD is always the best way to submit a ticket for help. If you cannot access the VESD, the helpdesk is available Monday - Friday from 06:30- 15:00 (Please take note, they close from 11:00-12:00 for lunch.). They are open **by appointment only, 612-713-1262**, all must wear a **mask**, and **notify their supervisor**.

For those of us at home, there is a new way to access the network! VPN users on government equipment may access the new JRSS RAVPN capability. The JRSS RAVPN augments current EURAM services.

This will provide additional remote access system infrastructure scalable to support over 200K concurrent USAF AFNet users. Further instructions and actions are found in MTO 2020-100-007A, *Joint Regional Security Stack Remote Access Virtual Private Network (JRSS RAVPN) AFNet Deployment*.

Actions:

- 1) Users can connect using the JRSS RAVPN Cisco AnyConnect Client via the following steps:
- 2) Establish a functional internet connection outside the Air Force network
- 3) Double click on the JRSS VPN Client icon

on the desktop or search for client by typing "Cisco AnyConnect Secure Mobility Client" in the Windows search bar.

- 4) Client will open. Select your installation and then click Connect.
- 5) When prompted ensure your 16 digit authentication certificate is selected. Then click ok. When prompted, enter your PIN.
- 6) A welcome message will be displayed. Click ACCEPT. You will then be provided a connection acknowledgment. First time users may have additional downloads and authentication PIN prompts.



NOTE: The client should reconnect if the connection is severed. If not, follow step 4 of these instructions. VPN sessions are terminated after 9 hours of connectivity, but users may promptly reconnect.

Community Action Team Corner– Mike Sanford

COVID-19 has really done a number on all of us, which is why this article will not be about said virus. I'm actually kind of tired of hearing about the dreaded C-word, and I presume you are too. So this is going to be a bit different.

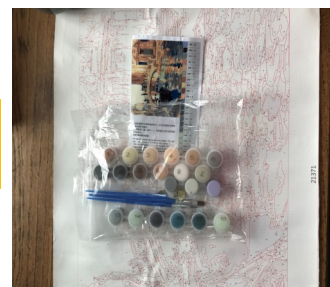
To give you a little background, I live by myself in a small house close to the base. My family is local and are fairly close. We have started a new tradition which occurs every Saturday. We call it a virtual happy hour. I'm sure some of you have something similar with your families and/or friends. If you

don't, I would encourage you to start one. It's rather interesting to see how long everyone's hair is getting. But I digress.

I consider myself one who appreciates art, yet am not very artistic. I was once told that everyone has a creative side to them... I'm still trying to find mine. So the other day, I was scrolling through my Instagram account and low and behold, there was an ad that caught my eye... a paint-by-number set for adults. What? A paint-by-number set for adults? Sign me up! And best of all, I only had to pay for shipping,

about nine bucks. I figured, now is the time to find that artistic side that's buried. I anxiously awaited for it to come in the mail like Ralphie and his Secret Decoder in A Christmas Story. The other day, it was my day because it was delivered. Now I get to have fun. Now I get to find that artistic side in me that's been long hidden. Keep in mind this is no simple paint-by-number that we did when we were about eight. This is very detailed and looks time-consuming. But hey, I have the time, right?

I have yet to start this new project of mine.



I started another project first. And it's taken quite a bit of my time. A few weeks ago, **I bought a puppy**. Yes, a puppy. Now I find myself consumed with reading articles and watching YouTube videos on how to raise a puppy. But that's another story for another article.

I would encourage you to sit back and examine where you are at this particular moment; find something that helps you tap into that creative side you have. Your brain will be glad you did, and so will you.



I want to share a story. I was contacted by an instructor with the U of MN ROTC program, about providing support to ROTC candidates and whether those cases fell under our command. The Aurora Center (<http://aurora.umn.edu/>) on the U of MN campus is an amazing resource for students. The Minnesota Coalition Against Sexual Assault, <https://www.mncasa.org/>, is an excellent resource for Minnesotans.

Liz and I discussed this at length and determined that we would help anyone who called our hotline, we work for victims and survivors, regardless of the branch of service or time elapsed from the event. Our SARC hotline is available 24/7; confidential calls, messages and texts can be taken at 612-386-8128. We are here to help, regardless of service or time elapsed.

Western Wisconsin is a large part of our community. I wanted to highlight Embrace in Ladysmith, 800-924-0556, <http://www.embracewi.org/>, and the New Horizons Shelter and Outreach Centers, Inc. in La Crosse, 888-231-0066, <http://www.nhagainstabuse.org/>. All are committed to providing services to victims and survivors during this time.

Stay Safe, Chayo Smith

MSP-ARS Contact Numbers

- ♦ **Customer Service Hours:** 0730-1430 M-F
Call 613-713-1085
- ♦ **934th EOC** Jon Pieters
Call 612-713-5911
- ♦ **934th Public Health Officer:** Chayo Smith, 612-713-1608
- ♦ **934th ATPM:** Robert Doyle, 612-713-1371
- ♦ **Communication Squadron**
 - ♦ open by appointment only call 612-713- 1262 or email 934cf.cfp@us.af.mil
- ♦ **AAFES** Hours: M-F 09:00 17: 00
- ♦ **Barber Shop** hours: 09:00-13:00
- ♦ **Royal Hot Plate:** 09:00-13:00



Malicious Actors Pose as White House Officials

Malicious actors are posing as White House officials in an attempt to trick victims into downloading malware to their devices. In early April 2020, several different phishing emails

were identified that appeared to originate from President Donald Trump, Vice President Mike Pence, and other White House officials. Some versions of the emails related to COVID-19

updates, policies, and procedures such as a national quarantine or a change in US tax filing dates. Many emails contained a link that, if clicked, would direct the

victim to a false website that is almost identical to the White House Coronavirus information website. The fake website contained a link to download a COVID-19-related document provided by the White House.

However, when a victim clicks on the link, it would likely initiate the download of malware to their device. Other COVID-19-themed White House emails requested victims to open a

malicious Word document attachment. Once a victim clicks on the attachment, it would initiate the download of malware to their device. Some of the subject lines observed in the emails include "The White

House Instruction for Coronavirus" and "President Guidance for Coronavirus." Other phishing emails, unrelated to COVID-19, appeared to originate from Vice

President Mike Pence. In at least one version of these emails, actors posing as the Vice President threatened to expose illegal activities of victims, such as human trafficking, money laundering, or drug dealing. The emails appearing to originate from the Vice President are likely separate from the COVID-19-themed campaigns, and conducted for financial gain.

As false websites are constantly taken down by security researchers, malicious actors continue to create new websites that appear

legitimate and mimic trusted websites.

Due to the current COVID-19 situation, people are more likely to open emails that appear to originate from the White House, to retrieve emerging information related to the virus and its potential impacts. Phishing emails and false websites can be identified by the use of improper grammar, misspellings and typos, or the use of different languages.

Go directly to a trusted website for information, don't click on a link or opening/downloading an attachment received via email. Additionally, ensure all devices are running a reputable anti-virus software, and run scans frequently.

A 934 ASTS member received one of these from POTUS today.



U.S. AIR FORCE
EagleEyes
WATCH.REPORT.PROTECT.

Anti-Terrorism Force Protection