



A Message About COVID Screening

In an effort to decrease the risk of COVID-19 outbreaks among unit personnel, you will now see COVID-19 symptom and temperature screening stations at the entrances to all 934 AW facilities. These screening stations are tools provided to units to help prevent personnel and visitors from potentially exposing others to COVID-19. The intent is for everyone to self-monitor for symptom development before entering any of our facilities and to track those who may have been present should an outbreak occur and contact tracing be initiated.

This is required EVERY day when you first enter EVERY 934 AW facility for the day. If you enter a facility twice in the same day, you only need to check-in with the screening station the first time for that day.

To help minimize the risk of exposure, if we as a wing can implement these measures in addition to following appropriate social distancing guidance and mask wearing guidance, we are doing our due diligence for the safety of our fellow Airmen.

Inside this issue:



COVID-19



UTA



Useful Resources:

[Air Force COVID-19 Resources](#)

[CAT Brochure](#)

[Prevention Connection](#)



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.

MISSION

CITIZEN AIRMEN PROVIDING WORLDWIDE TACTICAL
AIRLIFT AND COMBAT SUPPORT

VISION

GLOBAL VIKINGS- PREPARED FOR TOMORROW...READY TODAY

PRIORITY 1

PRIORITIZE TRAINING AND DEVELOPMENT

- ✈ FOCUS ON AFSC TRAINING
- ✈ PROVIDE PROFESSIONAL DEVELOPMENT EDUCATION ON STATION
- ✈ DEVELOP WING-WIDE AIRMAN SPONSORSHIP PROGRAM

PRIORITY 2

MODERNIZE AND REFORM THE ORGANIZATION

- ✈ REVAMP LOCAL INTER-AGENCY HIRING PROCESSES
- ✈ DEVELOP UNIT MISSION BRIEFS/SCHEDULE ROADSHOW
- ✈ MAXIMIZE WING STORAGE/SPACE

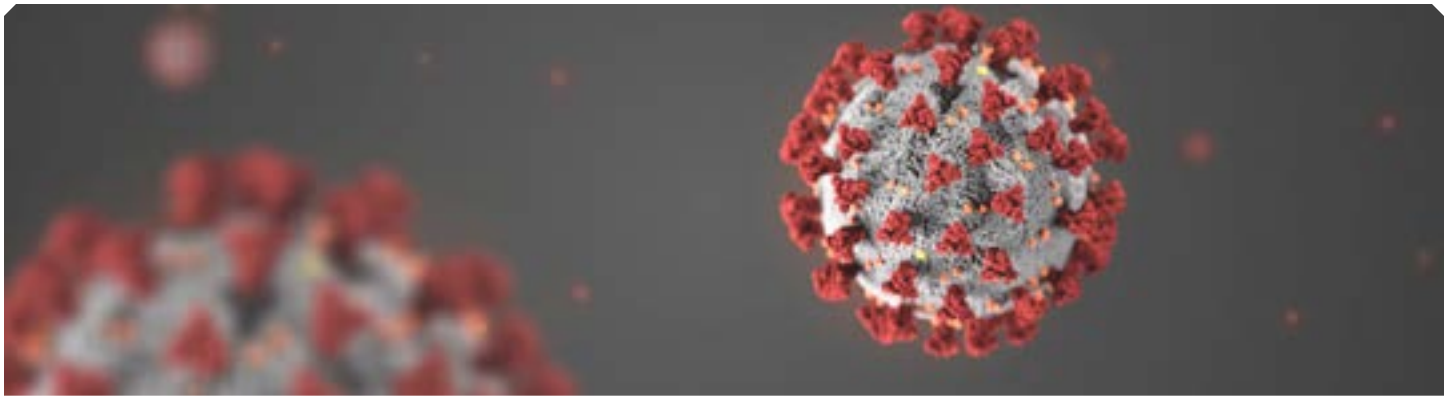
PRIORITY 3

PREPARE FOR FUTURE COMBAT CAPABILITIES/REQUIREMENTS

- ✈ ALIGN TRAINING REQUIREMENTS WITH FUTURE/NEAR PEER CONFLICTS
- ✈ PROVIDE VENUES FOR COMBAT CAPABILITIES SKILLS ENHANCEMENT IN CONTESTED ENVIRONMENTS
- ✈ REVIEW 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



934th Airlift Wing COVID-19 Resources

Exercise and Physical Health

Need assistance with physical fitness ideas and nutrition?
Or needing resources regarding online classes?

Exercise Physiologist: 612-713-1472

Financial

Request financial assistance and/or counseling.

Airman & Family Readiness: 612-713-1516 or
Personal Financial Counselor: 612-297-2826

Mental Health

Anything related to mental well-being, such as anxiety
and depression.

Director of Psychological Health: 612-713-1224
Veterans Center: 877-WAR-VETS (927-8387)

Sexual Assault Prevention and Response

For questions regarding sexual violence and sexual assault,
or reporting options.

Sexual Assault Response Coordinator: 612-713-1315
934 SAPR Hotline: 612-386-8128
DOD Safe Helpline: 1-877-995-5247

Spiritual Well-Being

Have questions about spirituality and what does this mean
on a spiritual level? Or maybe questions about religion?
Or moral injury?

Chaplain Corps: 612-300-7064 or 612-713-1227

Violence Prevention

Concerns regarding any form of personal violence (i.e.
domestic violence, sexual violence, workplace violence,
stalking, suicide (violence towards oneself)).

Violence Prevention Integrator: 612-713-1159

General Information for Military and Family

24/7 support for military personnel, spouses, family
members and survivors on a variety of topics.

Military One Source: 1-800-342-9647

Emergency and Crisis Hotlines

Suicide Prevention Lifeline: 1-800-273-8255
National Domestic Violence Hotline: 1-800-799-7233
National Human Trafficking Resource Center:
1-888-373-7888
Crisis Text Line: 24/7 crisis response via text:
Text HOME to 741741

Helpful Links:

[CDC Covid-19 Website](#)

[Symptoms of Coronavirus](#)

[Testing for COVID-19](#)

[Cloth face coverings](#)

[Social Distancing](#)

[What to do if you are sick](#)

Mandatory OPSEC Training

DISCUSSION: A new requirement relating to OPSEC training has been directed by SecAF per the below:

BACKGROUND: The Secretary of Defense (SECDEF) signed the “Reinforcing Operations Security and the Importance of Preventing Unauthorized Disclosures” Memorandum on 20 Jul 2020. The goal of the actions outlined in the memo is to enhance OPSEC practices and habits within the DoD. The SecAF has directed all DAF personnel and on-site contractors across the DAF, with the exception of ANG and AFRC personnel, to complete the following additional security training: (1) OPSEC Awareness, (2) Unauthorized Disclosure of Classified Information for DoD and Industry, (3) Insider Threat Awareness, and (4) Introduction to Information Security courses NLT 7 Sep 20. ANG and AFRC personnel have until 18 Sep 20 to complete the training.

Option 1: Personnel to compete the assigned training via the CDSE or ADLS web sites. (Note: This training takes ~4 hours to complete individually.)

Option 2: Commanders/Directors authorize in-person or virtual training of the “DAF OPSEC Baseline Awareness” presentation posted on the AF Portal and SAF-AA approved locally developed training for Unauthorized Disclosure of Classified Information for DoD and Industry”, “Insider Threat Awareness”, and “Introduction to Information Security” courses. If using localized training, the training must address the topics listed in the “DAF Implementation of the Secretary of Defense (SECDEF) OPSEC and Security Training Requirement” guidance located the AF Portal. This is the DAF’s preferred training method.

It has been brought to light that not all members of the wing have access to the Wing Communications Hub where the below referenced OPSEC training was located. As such, these files are now accessible to all members on a GOV computer via the wing sharepoint site [HERE](#).

These voiceover ppts are still available on the [934th Airlift Wing YouTube page](#) as well.

Fiscal Year 2020 UTA Schedule Update

1. In accordance with AFMAN 36-2136, the FY20 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.

2. April UTA periods 3-4 are allowed to be rescheduled at the discretion of the member and supervisor.

3. Please contact TSgt Christopher Young at DSN 783-1486, with any questions regarding this schedule.

<u>Month</u>	<u>Alpha</u>	<u>Bravo</u>
September 2020	12-13	26-27

Fiscal Year 2021 UTA Schedule

<u>Month</u>	<u>Alpha</u>	<u>Bravo</u>
October 2020	10-11	24-25
November 2020	7-8	21-22
December 2020	5-6	12-13
January 2021	9-10	23-24
February 2021	6-7	20-21
March 2021	6-7	20-21
April 2021	17-18	24-25
May 2021	1-2	15-16
June 2021	5-6	26-27
July 2021	15-16 April	10-11
August 2021	7-8	21-22
September 2021	11-12	25-26

2020 Enlisted Promotions

September

Gottwaldt, Nicole K., 27 Aerial Port S, Technical Sergeant
Diers, Perry J., 27 Aerial Port Sq, Technical Sergeant
Arvidson, Alexander, 934 Aircraft Maint Sq, Staff Sergeant
Jantz, Zachary, 934 Aircraft Maint Sq, Senior Airman
Michalak, Andrew, 934 Aircraft Maint Sq, Airman First Class
Pace, Branen, 934 Aircraft Maint Sq, Airman
Strand, Carter, 934 Aircraft Maint Sq, Airman First Class
Murphy, Jennifer, 934 Aircraft Maint Sq, Chief Master Sergeant
Vinson, Benjamin, 934 Aircraft Maint Sq, Master Sergeant
Foster, Charles, 934 Aeromed Stg Sq, Technical Sergeant
Gowell, Jonathan, 934 Aeromed Stg Sq, Airman
Safó, Alex, 934 Aeromed Stg Sq, Airman
Snyder, Alyssa, 934 Aeromed Stg Sq, Senior Airman
Wiemiller, Samuel, 934 Force Support Sq, Airman First Class
Wold, Joseph, 934 Maintenance Sq, Senior Master Sergeant
Seguin, Chris, 934 Maintenance Sq, Senior Master Sergeant
Schulte, Samuel, 934 Operations Support Sq, Technical Sergeant
Green, Breanna, 934 Security Forces Sq, Airman First Class
Flores, Adam, 934 Security Forces Sq, Airman
Palma, Megan, 934 Security Forces Sq, Technical Sergeant

Welcome Newcomers!

September

A1C Fish, Audrey, AES
SRA Beverly, Rachele, AMXS
A1C Jantz, Zachary, AMXS
AB Kerkes, Philip, AMXS
A1C Hakes, Erica, APS
TSG Hamilton, Zahary, APS
A1C Oluwa, Rukaya, APS
SSG Rodriguez, Elizabeth, APS
A1C Sandcork, Josiah, APS
2LT Mattson, Ryan, AS
SRA Ahmed, Najmo, ASTS
MAJ Frandsen, Peter, ASTS
SSG Meverden, Andrew, ASTS
A1C Snyder, Alyssa, ASTS
1LT Steckelberg, Kodi, ASTS
SSG Mickelson, Toby, AW
SRA Xhola, Anele, CES
A1C Gomez, Ymmer, CS
SRA Nehring, Cira, MXG
SRA Smith, Hunter, MXS
TSGT Thomas, Andrea, MXS
SSG Wick, Derek, MXS
AMN Jackson, Nakheera, OSS
TSG Seegebarth, Gerald, OSS
SRA Sims, Ashley, OSS
SRA Reynolds, Ian, SFS

What is PII?

It is information about an individual that identifies or describes them, e.g., a social security number, age, rank/grade, marital status, race, home/office phone numbers and other demographic, biometric, personal, medical, and financial information.

The release of PII to unauthorized individuals place members at risk for identity theft and potential cybercrimes. This can also threaten the operational integrity of our government networks through phishing schemes and other malicious activity. In the past couple months alone, there have been several breaches affecting hundreds of personnel across Air Force Reserve Command. The SSN is the most misused piece of personal information in these violations. As with all PII, it should only be used when necessary, and if so, properly protected when storing or sending.

One of the most prevalent ways a PII breach occurs is through the use of email. Sending PII to a personal e-mail account is strictly prohibited. All emails containing PII or other sensitive information must be encrypted. When encryption is not used, there is always the potential for compromise and possible targeting by hackers and identity thieves. The unnecessary compromise of PII exposes risk to individuals and Air Force.

If you are needing to send PII via email and are unable to encrypt, send in the DoD SAFE. This is a secure way to send to PII, please ensure that all PII sent is for official need to know only. DoD SAFE: <https://safe.apps.mil/>

Safeguarding Personally Identifiable Information (PII):
Protective Measures

TYPES OF SAFEGUARDS

- **Administrative Safeguards:** Procedures implemented at the administrative level to protect private information such as training personnel on information handling best practices.
- **Physical Safeguards:** Physical protections implemented for protecting private information such as ensuring paper records and servers are secured and access-controlled.
- **Technical Safeguards:** Technology-based instruments and procedures used to protect private information such as requiring Common Access Cards for System Access and encrypting computers and emails.

WORKING WITH PII

- Be aware of local physical and technical procedures for safeguarding PII.
- Cover or place PII documents in an out-of-sight location when those without an official need to know enter the work space.
- Remove DoD Common Access Cards (CAC) from your computer before stepping away from the work area, even for brief periods, to ensure protection of PII.
- Store PII to ensure no unauthorized access during duty and non-duty hours.
- PII should be stored in a locked desk, file cabinet, or office that is not accessible, etc.

- Password protect electronic files containing PII when maintained within the boundaries of the agency network.
- Report any suspicious activity to your Information Assurance Security Officer (IASO).

SOCIAL SECURITY NUMBER (SSN) USE

SSN Reduction-DoD 1000.30, 1 August 2012, Reduction of Social Security Number (SSN) Use within DoD. Limit the use of the SSN, in any form (including the last four digits), substituting the DoD ID number or other unique identifier whenever possible. Continued collection of the SSN must meet one of the acceptable use criteria and be formally justified in writing.

- Never include the SSN in a personnel roster.
- Use only officially issued forms. Those that collect PII should also have a Privacy Act Statement (PAS).
- The SSN must not be posted on any public websites.

If you have any questions or need to report suspected loss, theft or compromise of PII, immediately contact your unity Privacy Monitor and or the Command Privacy Manager, Karen Frey at karen.frey@us.af.mil, or Comm 478-327-1500/DSN 497

934th Base Chapel Presents:

Right Now Media Exclusive: Contagious Leadership Course by Writer/Speaker Jon Gordon

In this four short video course, Mr. Jon Gordon describes the key qualities of contagious leadership—a leader people want to follow.

This presentation will take place from 1000-1100hrs on Saturday the 7th of November in the SFS Auditorium, and again on the 21st, in case a split UTA scheduled is needed. After each video there will a short question/answer period. For those working remotely, the presentation will be on Microsoft Teams, with a call-in number for comments/ questions.

Further information to include the link/call-in number will be provided on our Global Viking Chapel Facebook Page, AF Connect App, and SharePoint prior to the November drill.

Each quality shared by Mr. Gordon can be utilized at all level of leadership. Full participation is highly encouraged!

A Message from the 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](#)

It's A Wonderful Life

It's a Wonderful Life was a Frank Capra film made in 1946 starring the Air Force's own, Jimmy Stewart. Although not intended as a Christmas movie, 70 plus years later it remains one of the most watched movies at Christmas. The story is about George Bailey, a man who was determined to leave his boring home town and make his mark on the world. However, because of a series of family events he ends up spending his life "stuck" in his family's business, never fulfilling his dream.

Eventually he is driven to despair by circumstances and ready to give up when he is rescued by an angel who gives him the opportunity to see how different life would be had he never been born. He sees for the first time how many people were impacted by his seemingly mundane existence. He learned how his influence on a life was multiplied as that person in turn impacted others. Lives were saved, homes established, families given new beginnings; the ripple effect changed the entire town. What George thought was a wasted life ended up being rich and rewarding. He just needed someone to help him see how wonderful his life really was.

The reason the movie still resonates generations later is because it speaks to our universal desire for significance, to know that we make a difference, that our lives have value. George's life is everyone's life—we have value, we make a difference, we just don't always notice it. The Bible affirms that every human being is made in the image of God and possesses infinite value. The movie shows what that looks like as one touches the lives of others and they in turn touch others. In the loudest voice possible, it shouts "You Matter! You make a difference!"

The above is an excerpt from the [September Prevention Connection Newsletter](#)

FREE FSS Marketing Events:

Prokart Indoor Racing

September 26th, 2020 @ 1800-2000

For Military Members and Family
No transportation provided!

[Sign up now!](#)

ProKART Racing
14350 Rosemount Dr.
Burnsville, MN

<http://prokartindoor.com>

For more information contact:

Rick Pelzl at 612.713.1119,
rick.pelzl.1@us.af.mil
or

MSgt Crystalrose Heinz at 612.713.1660,
crystalrose.heinz@us.af.mil (UTA only)

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!

Customer Service Hours:

Education and testing hours:

Fridays prior to the UTA testing will be @ 0800 & 1100
(no more than 5 people at a time)

Saturday of the UTA testing will be @ 0800 & 1100
(no more than 12 people at a time)

Sunday of the UTA testing will be @ 0800 & 1100
(no more than 12 people at a time)

See below requirements for testing:

1. Members are required to wear a mask
2. Members are required to wash their hands prior to entering
3. Members are required to bring their own pen to sign in
4. Members are required to use hand sanitizer (provided by the testing room) prior to touching their computer
5. Members are required to wipe down their computers before and after their test (wipes provided by the testing room)

*If you have any questions or concerns please get with SMSgt Amber Knight or Ms. Desiree Felker at ext. 1256

Finance Customer Service hours:

1. FM customer service will be provided from 0800-1100 and 1200-1500 on Saturdays of the Jul, Aug, and Sep UTAs.

Customer service will be provided from 0700-1100 on Sundays of the Jul, Aug, and Sep UTAs. Sundays 1200-1500 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

Force Development hours:

Sat and Sun 0900 – 1400

DFAC Food hours:

Breakfast 0615-0715

Lunch 1030-1130

Military Personnel Flight hours:

Sat 0800-1500

Sun 0800-1100

AAFES Shoppette Customer Service hours:

0900-1700 on Sat & Sun of the UTAs

Royal Hot Plate hours:

0700-1400 on Sat & Sun of the UTAs

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.

Recently I discovered some new science that I have been applying for myself and it has been working very well. Since I started applying these techniques I've cut over 35 lbs and reduced my body-fat percentage by 9%. I've also improved my 1.5 mile run time to 11:25.

Based on the information collected in the Community Action Plan by the Community Action Team, people identify weight management as an area they want to improve. Well, you asked for it and here it is, as I have written 4 new courses and implemented 5 new courses to Health Promotion classes based on the latest science that I've been applying to get my results and have made it available to you.

I will be offering all 5 courses during both split UTA's in August and September. A few of the latest topics include Intermittent Fasting, Reverse Dieting, and High Intensity Interval Training. The courses are designed to not only help those who are struggling, but also advanced populations.

I recommend you take advantage of attending these courses as they will only be available during both UTA's in August and September. The courses will remain available on weekdays following this period

For additional Health Promotion resources [click here](#).

Course Schedule: (Sign up via above link)

Sep "A" UTA

12 Sep 0830-0900 Sleep Optimization

12 Sep 0930-1030 Exercise 101

12 Sep 1230-1330 Nutrition 101

13 Sep 1230-1345 Advanced Nutrition and Exercise 601

13 Sep 1400-1515 Advanced Nutrition and Exercise 602

Sep "B" UTA

26 Sep 1000-1100 Sleep Optimization

26 Sep 1300-1400 Exercise 101

26 Sep 1500-1600 Nutrition 101

27 Sep 1230-1345 Advanced Nutrition and Exercise 601

27 Sep 1400-1515 Advanced Nutrition and Exercise 602

September is National Suicide Prevention Month By Michael Sanford, VPI

Back when I was in high school, I knew of a bright and athletic student who shot himself. I couldn't figure out why someone like him would want to take his own life. He was intelligent, good-looking, and had a full-ride scholarship to play hockey at a D1 school. I couldn't comprehend why someone with so much potential would chose to die this way. Fast-forward about 30 years, I now know what happens when someone contemplates suicide. The pain someone experiences is so great, they know of no other way to stop it.

With the current state of affairs in our country, suicides are on the rise. It's not just across the country or in our communities, it is on the rise in the Air Force and the Air Force Reserve. So how do we curtail it or possibly even decrease suicide? That is a difficult question because suicide is so complex. However, there are some simple things we can do to help. First, we must improve our protective factors. The two greatest protective factors are 1) feelings of belonging or inclusion, and 2) feeling as though you are contributing to something meaningful. Our installation provides this for many of our Airmen. Try to determine your purpose, either at the 934th or in your personal life. If you have a purpose, you have the drive to continue.

Our connections also contributes as a protective factor. When we feel connected, we feel like we belong and that we have value. Therefore, the second thing we can do to help decrease suicide is to reach out to those who might be struggling or are isolated. With the pandemic, we are more isolated than ever before. Our routine has been disrupted. Reach out to your family members, friends, coworkers, and subordinates regularly. Show that you care, let them know you value them.

September is the National Suicide Prevention Month. Although we need to keep this awareness going throughout the year, let's put a little more light on this public health problem this month. I'm asking you to reach out to someone you haven't spoken to in a while. Tell them how much you appreciate them. I will never know what was going on in the mind of my fellow high schooler when he determined he was going to die. But I have to believe whatever he was going through at the time, someone somewhere could have helped. Let's do this together. Let's stop suicide.

The National Suicide Prevention Lifeline is 1-800-273-8255.



American Red Cross Babysitter's Training

Available for all military children ages 11 – 16: Discounted American Red Cross Babysitting Courses throughout the state.

*Grants available for those needing financial assistance

Course Locations, Dates and Times (All classes are from 0900 to 1500)



- August 18th – Rochester is 810 3rd Ave SE (Bethel Lutheran Church)
- August 19th – Twin Cities 8400 France Ave S (St. Stephen Lutheran Church)
- October 15th – Camp Ripley Town Hall– 15000 MN-115, Little Falls MN
- October 16th – Duluth Armory 4015 Airpark Blvd, Duluth, MN 55811



Register at <https://www.cpr4lifemn.com/join-a-class>

Spend the day with other military kids in your area learning babysitting essentials. Once you are American Red Cross Certified you can opt in with parent/guardian approval to be on a babysitting roster for military families in your area. Point of Contact: tiffany.r.kovaleski.ctr@mail.mil

COMING SOON

FIRST SERGEANTS WILL HOST AN EPR WRITING COURSE IN OCTOBER 2020 - SFS AUDITORIUM AND VIRTUALLY (VENUE TBD)

CHAPLAINS OFFICE WILL HOST CONTAGIOUS LEADERSHIP BY JON GORDON IN NOVEMBER 2020
(NOVEMBER 7TH AND 21ST IN THE SFS AUDITORIUM, ALSO AVAILABLE VIRTUALLY VIA MICROSOFT TEAMS FOR QUESTIONS AND COMMENTS)

FIRST SERGEANTS WILL HOST A RESUME WRITING COURSE IN JANUARY 2021 (LOCATION TBD)

RISING SIX WILL HOST APR 2021 UTA: EVALUATIONS
(GUIDANCE/CHARGES, PRACTICE EXAMPLES, BULLET WRITING, ETC)

CHIEFS GROUP WILL HOST PACE SPRING 2021
(MONTH TBD)

RISING SIX WILL HOST OCT 2021 UTA: ENLISTED PROMOTIONS AND STEP II
(ELIGIBILITY REQUIREMENTS, CHARGES, ETC)

Come, learn and share your idea.
Make an impact!

VOLUNTEERS FOR DIVERSITY AND INCLUSION

Saturday, 12 and 26 September | 1300 hrs
Wing HQ 2nd floor Conference RM

934 AW D&I Executive Council