

Global Viking Flyer

October 2020



Global Vikings Team:

As we continue to combat the spread of COVID-19, care for and protect all our Airmen, and maintain mission readiness for tomorrow's fight, please see [the attached and distribute accordingly](#).

Continue to educate and engage our Vikings as to CDC guidelines. Certainly there are those who may not be able to conform to these precautions based on personal health or mission or job safety. In such cases, I ask supervisors and commanders to seek equitable solutions, take necessary precautions, and enact risk-based exceptions as appropriate. I understand there may be those among us who may personally not understand, or think necessary, or feel constrained by the simple precautions of wearing a mask and maintaining physical distance. In these cases, remind our Airmen that we adopt these practices for each other, for each other's families, and for continued mission assurance.

Thank you for your leadership, service, and dedication to our Air Force and Nation.

VR,

CHRISTOPHER T. LAY, Col, USAF

Commander, 934th Airlift Wing

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

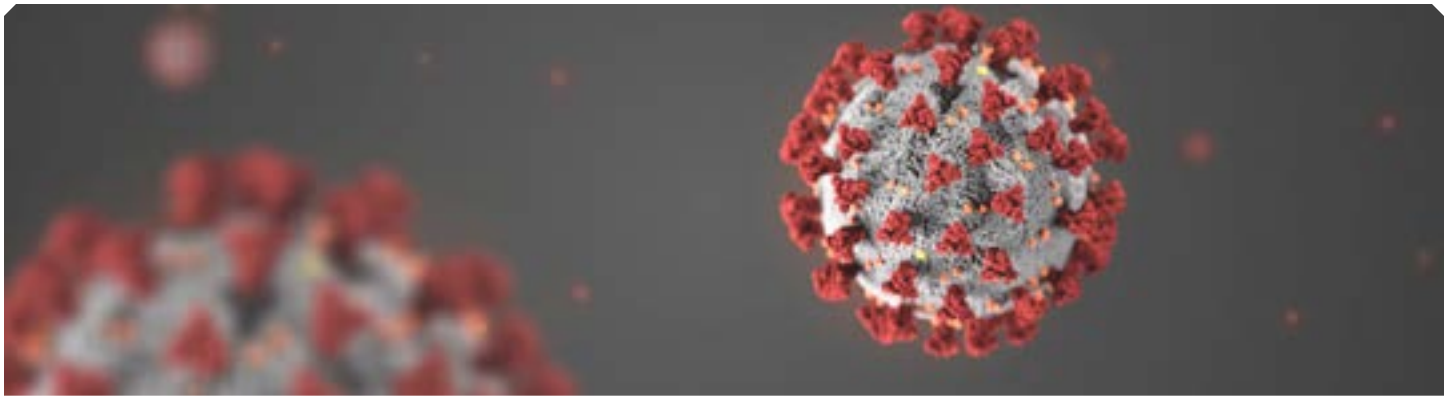
PRIORITY 3

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](#)

Prevention Connection: Building a Healthy Community

The COVID-19 pandemic has certainly changed things for us. This year has been trying to say the least. Everyone has been affected differently; from health care workers concerned about bringing home the virus, to teachers navigating Zoom meetings with their students, to people losing jobs. With all these uncertainties and disruption of our once regular routines, there has never been a more important time than to focus on our mental health.

October 10th, is World Mental Health Day. On this particular day, the World Health Organization will host a global online advocacy event on mental health. It can be streamed live on major social media channels. Learn ways to improve mental health, hear from national leaders about why making mental is a priority, hear from internally renowned artists who have become mental health advocates, and listen to musicians perform popular music. For information go to:

<https://www.who.int/news-room/events/detail/2020/10/10/default-calendar/the-big-event-for-mental-health>

This was an excerpt from the [Prevention Connection Newsletter](#).

FREE Military Resources and Benefits Event

On 29 Oct at 1000, Minnesota Military and Veteran Exchange (MNME) is hosting a FREE online event titled Experience 2020 (<https://mnme.us/>) This is open to all Minnesotans currently serving, prior service, Veterans, families, caregivers and supporters to connect and learn about available resources and benefits.

As you might have remembered or been involved with, our Resiliency Team had a great meeting with Allison Alstrin (pre-COVID), who works with Project Got Your Back and the Minnesota Military and Veteran Exchange programs (<https://mnme.us/>) discussing ways to help bring our Wing and families closer together as well as help provide our members the resources they need as service members, veterans, and families. E2020 will be a fantastic opportunity for our members and families to participate in with over 50 different presentations related to resources and benefits. <https://mnme.us/resource-tools/>

Fiscal Year 2021 UTA Schedule Update

1. In accordance with AFMAN 36-2136, the FY21 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.

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

October

CMSgt Junot, Eric MXG
CMSgt Kluck, Conrad M AMXS
CMSgt Pierce, Michael MXG
SMSgt Arvizu, Alfredo COMM
SMSgt Haselton, Keith E. 27APS
MSgt Jensen, Erick J. 27APS
MSgt Rud, David Anthony CE
MSgt Thaemert, Greg CE
TSgt Johnson, Steven AW
TSgt Moerke, Dylon MXG
TSgt Spencer, Derek Justin 27APS
TSgt Steffen, Justin Kenn 27APS
SSgt Bigalk, Jacoby Shawn 27APS
SSgt Heiman, Paul SFS
SSgt Montgomery, Dylan AMXS
SSgt Thao, Amanda SFS
SSgt Tollefson, Wyatt MXG
SrA Ames, Jacob Clark CE
SrA Anderson, Alizey FSS
SrA Hager, Vanessa COMM
SrA Snyder, Tyler 27APS
SrA Struss, Megan 27APS
A1C Moreno, Marianna SFS
Amn Kerkes, Philip AMXS

Welcome Newcomers!

October

Maj Hage Gordon AW
Cpt Hyde Justin ASTS
1lt Kriech Kelsey AES
SMgt Carcieri Danielle FSS
TSgt Alsteen Jacob ASTS
SSgt Mastenbrook Samuel ASTS
SSgt Meverden Andrew ASTS
SrA Beverly Rachelle AMXS
SrA Likouresis Konstantine APS
SrA Reynolds Ian SFS
SrA Sander Jacob AW
SrA Simon Steven SFS
A1C Brooks Carter CS
A1C Meyer Bryant APS
A1C Ohanlon Shayleigh CES
A1C Samples Doran CES
AB Pace Branen AMXS

Award Winners

2nd Quarter Winners

Airman of the Quarter – SrA Lukas, Dean – AMXS
NCO of the Quarter – TSgt Scheress, Hendricks – AW/EO
SNCO of the Quarter – SMSgt James, Chadwick – SFS
CGO of the Quarter – Capt Andrew, Glover – MXS
FGO of the Quarter – Maj Greg, Stewart – APS
Civ Sup of the Quarter – Chayo, Smith – CES
Team of the Quarter – AFE, Team – OSS
Innovation – MXG, CSS – MXG

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](#)

COVID-19 K-12 Distance Learning Support Grant (DLSG) Overview

The purpose of the COVID-19 K-12 Distance Learning Support Grant is to mitigate the negative financial impact a family experiences by implementing their school district's distance learning or hybrid learning plans by providing a one-time grant in the amount of \$3,000.

Learn more here:

<http://MinnesotaVeteran.org/CovidRelief>

Employer Support Freedom Award

On behalf of Employer Support of the Guard and Reserve, I'm pleased to share with you the opening announcement of the Secretary of Defense Employer Support Freedom Award Nomination Season, which runs from October 1 through December 31. I'd be most appreciative if you could help spread the word among your ranks and encourage your Service members to nominate their employer via <https://www.FreedomAward.mil>

The Freedom Award is the Department of Defense and U.S. Government's highest honor presented to civilian employers in recognition of their outstanding support to National Guard and Reserve employees. Strong employer support is critical to the success of the Reserve Components, and this award represents a tremendous opportunity for Service members to recognize their employer at the highest level of the Department of Defense. Last year ESGR received 2,623 nominations, a great testament to the strong support employers have for their Guard and Reserve members' military service.



BAR AND GRILL UTA

Friday -Saturday
1530-2200*

OPEN

9-10 Oct 20

934TH Community Activity Center Bldg. 807
Phone 612.713.1664

*A mask must be worn at all times, except when you are eating/ drinking at your table

For more information contact
Robert McDonald at 612.713.1664, robert.mcdonald36@us.af.mil

How are we doing?
Please let us know!
Interactive Customer Evaluation
https://ice.disa.mil/index.cfm?fa=ice_main&dep=DOD



MyAirForceLife
Mobile App
Or online at

www.myairforcelife.com

Minneapolis - St. Paul IAP

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

10 Oct 0730-0845 Advanced Nutrition and Exercise 601
10 Oct 0900-1015 Advanced Nutrition and Exercise 602
11 Oct 1000-1130 Exercise 101
11 Oct 1430-1530 Nutrition 101

Sep "B" UTA

24 Oct 0730-0845 Advanced Nutrition and Exercise 601
24 Oct 0900-1015 Advanced Nutrition and Exercise 602
25 Oct 1000-1130 Exercise 101
25 Oct 1430-1530 Nutrition 101

Exercise of the Month

High Intensity Interval Training (HIIT)

Walk 5 minutes to warm-up. Run as fast as you can or as fast the treadmill will go for 30 seconds followed by walking 90 seconds for 10 cycles. Cool-down by walking for 5 minutes. If you have maxed out on your treadmill speed and need more of a challenge, try to work up to 45 seconds at the max with 90 seconds of walking for 10 cycles.

A comprehensive research conducted by Boucher in 2011 shows HIIT improved cardiorespiratory fitness (VO₂ max) in healthy young and older adult men and women over a period of 2-15 weeks by 4-46%. He reported the improvements came from an increased stroke volume (blood pumped by the heart per beat) and increased mitochondrial biogenesis that readily translates into improved cardiovascular capacity at any level of exercise intensity.

Boucher also claims growth hormone can be elevated up to 10 times above baseline and epinephrine and norepinephrine are elevated 6-2-14.5 times above baseline levels. Elevated levels of growth hormone help burn fat and preserve muscle and the adrenergic hormones epinephrine and norepinephrine which drive lipolysis, receptors are found to a great extent in the deep abdominal fat, which have the potential to burn the unhealthy unwanted fat in the abdominal region.

A study in Mexico found that HIIT training increased levels of irisin, while steady state training had no effect on irisin. Irisin is a protein that induces browning of white fat. This is important because brown fat burns much easier than white fat. The reason brown fat is burned at a much higher rate is due to thermogenesis. Another study in Korea found HIIT training produced a higher Excess Post-exercise Oxygen Consumption (EPOC) than steady state training. A greater EPOC means more calories are being burned at rest after the workout. A concluding study out of Western Australia found HIIT training to lower levels of ghrelin. Ghrelin is the hormone that causes you to become hungry and is normally elevated during starvation and at times when you are not getting enough sleep.

In summary, HIIT improves VO₂ max, increases growth hormone, adrenergic hormones and EPOC, decreases hunger by lower ghrelin, and induces the browning of white fat to enhance fat loss by thermogenesis.



**BUILDING HEALTHY
BHMCM
MILITARY COMMUNITIES**



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
(OCTOBER 10TH IN THE SFS AUDITORIUM FROM 1300-1400. ALSO AVAILABLE VIRTUALLY FOR QUESTIONS AND COMMENTS VIA MICROSOFT TEAMS)

CHAPLAINS OFFICE WILL HOST CONTAGEOUS 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)

ADOPT-A-VET HOLIDAY PROGRAM 2020

For 12 Years the 934th Airlift Wing has been Adopting-A-Vet for the Holiday.

Do your part, sign-up today by e-mailing: rick.pelzi.1@us.af.mil , as we need your support for these 140+ Vets

Once you sign-up, you will get your Vets information the first week in November. All you have to do is purchase the gift , wrap it, get a card and drop it off at the 934 FSS, bldg. 852, room 205.

For more Information contact Rick Pelzi at rick.pelzi.1@us.af.mil .

Let's again take care of these VETS as they fought for our Freedom in the Past!

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!



**DEPARTMENT OF THE AIR FORCE
AIR FORCE RESERVE COMMAND**

25 September 2020

MEMORANDUM FOR ALL 934TH AIRLIFT WING PERSONNEL

FROM: 934 AW/CC

SUBJECT: Use of Cloth Face Coverings

1. In an effort to decrease the risk of COVID-19 outbreaks among unit personnel, Air Force leadership has reinforced Department of Defense guidance regarding the use of cloth face coverings and physical distancing. Wearing a mask and physical distancing of at least six feet will aid in minimizing the spread of COVID-19 and will protect others.
2. As a reminder, Air Force guidance reads: "To the extent practical, without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers." This guidance applies to Total Force military personnel, DoD civilian employees and contractors, family members and all individuals on Department of the Air Force property, installations and facilities.
3. While indoors, Airmen are required to wear a cloth face covering, unless they are isolated within their own personal office. As such, the intent for our Airmen (civilian and military alike) is for the use of a cloth face covering to be the default with few exceptions, based on mission impact and as determined by commanders. Commanders will consider exceptions based on safety, health, and mission considerations.
4. All cloth face coverings should cover the mouth and nose while providing a snug fit, following CDC guidance. Face coverings should be conservative, professional and in keeping with the dignity and respect due our military lineage. In military uniform or civilian work attire, face coverings will NOT include political statements or controversial messages, as we seek to unite, not divide our force. Furthermore, the collar of a shirt, a sleeve, and uniform covers/hats are not suitable substitutions for not wearing a mask. Additionally, masks with valves are prohibited. For additional information, visit <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.
5. In all cases, please remember to maintain proper health guidelines, a professional appearance, and common courtesies towards each other as we collectively continue to combat COVID-19.

LAY.CHRISTOPH
ER.T.1133232105
CHRISTOPHER T. LAY, Colonel, USAF
Commander

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