

# Honoring Those Who Serve Veterans Day

Wednesday, 11 November

Thank you to all members of our military, in all branches, past and present, and to the families that support them.

Your courage, dedication and sacrifice will never be forgotten.

# Inside this issue:





# **Useful Resources:**

Air Force COVID-19 Resources CAT Brochure Prevention Connection



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 **PRIORITY 2** AND DEVELOPMENT FOCUS ON AFSC. MODERNIZE AND REFORM PRIORITY 3 TRAINING THE ORGANIZATION REVAMP LOCAL PROVIDE PROFESSIONAL PREPARE FOR FUTURE COMBAT INTER-AGENCY HIRING DEVELOPMENT CAPABILITIES/REQUIREMENTS PROCESSES EDUCATION ON STATION ALIGN TRAINING REQUIREMENTS WITH DEVELOP UNIT MISSION DEVELOP WING-WIDE FUTURE/NEAR PEER CONFLICTS BRIEFS/SCHEDULE AIRMAN SPONSORSHIP ROADSHOW PROGRAM PROVIDE VENUES FOR MAXIMIZE WING OMBAT CAPABILITIES SKILLS ENHANCEMENT IN STORAGE/SPACE CONTESTED ENVIRONMENTS REVIEW ALL

# 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

MASTER TRAINING PLANS



# 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: eric.neal.4@us.af.mil

## <u>Financial</u>

Request financial assistance and/or counseling.

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

## <u>Mental Health</u>

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: Enhanced My Gratitude and Appreciation

November is National Gratitude month. Gratitude is looking for the good and thinking about what went right. It helps a person become more resilient through positive emotions. I must say COVID-19 definitely helped me gain an appreciation for some of the little things in life that I took for granted. Having gratitude has helped me be resilient at this time.

During COVID-19, we lost the NCAA tournament, almost 2/3 of baseball season, fitness centers, hair salons, and sitting down at a restaurant to eat. Losing access to these services had me pretty bummed out, but also made me gain more appreciation for these services and just how good I have it under normal circumstances. During this time, I used gratitude to reflect on what went right. Unlike many Americans who lost their jobs and livelihood during this pandemic, I was able to find a positive emotion on what went right as I was able to continue working from home, receive the \$1200 stimulus, and not have to pay my federal student loan the rest of the year.

I also found creative ways to do work through updated technology that I hope will have a great impact towards work efficiency and customer service. I was able to reflect that I am not forced to be exposed to COVID-19, which reduces the chances of contracting it and increases the chances of staying very healthy. If COVID-19 has got you down, try expressing gratitude by focusing on what went right and gain an appreciation for what you do have. If you exercise these coping skills, you should find yourself become quite resilient.

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~ Melody Beattie

This was an exerpt from the <u>Prevention Connection Newsletter</u>.

### Fiscal Year 2021 UTA Schedule

Tistar Tear 2021 C III Schedule		
<u>Month</u>	<u>Alpha</u>	<u>Bravo</u>
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

# "Soles 4 Souls" Shoe Drive

SFS will be hosting a "Soles 4 Souls" donation drive until the November UTA. "Soles 4 Souls" is an organization that donates gently used shoes to people in need. It also allows people in poverty to start businesses in which they sell those shoes through micro-enterprise programs that allow them to break free of poverty.

If you have some pairs of shoes (in good shape) lying around that you no longer wear or that aret sitting in your thrift store donation box, please consider bringing them to base and adding them to the collection bin inside the SF building. Once in the SF lobby, simply let the member working behind the large glass window, which is the Base Defense Operations Center (BDOC), know that you are here to drop off shoes or donation. They will be able to assist you from there.

Thank you to TSgt's Cross and Decarvalho of the SF unit for putting this on!

# 2020 Enlisted Promotions

#### November

SMSgt Frederick, William LRS SMSgt Ostler, Barbara LRS MSgt Bjorge, Mike COMM MSgt Crowley, Tracee OPS MSgt Decarvalho, Nicolao SFS MSgt Degrote, Derek CE MSgt Erickson, Emily 27APS MSgt Gapp, Eric ASTS MSgt Garrison, Travis SFS MSgt Graham, Danielle ASTS MSgt Holtz, Eric MXG MSgt Luce, Dustin 27APS MSgt Nantkes, Jesse LRS TSgt Bakey Graunke, Leiha 27APS TSgt Kreofsky, Stephanie MXG TSgt Kutzler, Joshua AMXS SSgt Bentley, Monique LRS SSgt Shcaak, Michael 27APS SrA Erdmann, Ashley ASTS SrA Merrill, Timothy AMXS SrA Turner, Michael LRS A1C Guenther, Tyler LRS Amn Fuhrmann, Logan SFS Amn Mota, Michael 27APS Amn Robinsonmassey, Jayle CE

# Welcome Newcomers!

#### November

Maj Trim Jesse AS Maj Wiley Stephen AS SSgt Curphy Ian ASTS SSgt Jenkins Benjamin CES SSgt Porter Andrew MXG SSgt Werner Wilbert AMXS SrA Weigelt David MXG A1C Bryant Joko FSS A1C Erdmann Ashley ASTS A1C Hertzog Laura OSS A1C Locke Jenica CES A1C Streit Christina 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 vial 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 1100-1200hrs 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!

Attendees can bring in their lunch to the presentation.

Click here for Microsoft Teams

## 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

# 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/CovidRelie

## **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.

# **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 0700-1100 and 1200-1600 on Saturdays of the Oct, Nov and Dec 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).
- 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

during the "Team A - UTAs" of October, November, and December will be Allison Whitbeck at 612-713-1411 and Brian Ching at 612-713-1406.

4. POCs for MilPay and Travel Pay customer service inquiries during the "Team B - UTAs" of October, November, and December will be TSgt Ruggles at 612-713-1411 and Brian Ching at 612-713-1406.

# MPF & ID Section hours:

UTA A Sat 0800-1100 & 1200-1500 Sun 1300-1500

UTA B Sat 1000-1400 (ID section only)

#### 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 courses during the UTA's until Fitness Testing resumes while currently working on videos of the courses for your availability at any time of your choosing that you may follow up with question and answers by contacting me at eric.neal.4@us.af.mil . First video Exercise 101 is expected to released this month. I recommend you take advantage of attending these courses as they will only be available during both until resumption of fitness testing. The courses will remain available on weekdays following this periodFor additional

Health Promotion resources <u>click here</u>.

Course Schedule: (Sign up link 934 AW Health Promotions Reservations is within above link on the right hand side)

#### Nov "A" UTA

7 Nov 0730-0845 Advanced Nutrition and Exercise 601

7 Nov 0900-1015 Advanced Nutrition and Exercise 602

7 Nov 1030-1130 Sleep Optimization

8 Nov 1430-1530 Nutrition 101

#### Nov "B" UTA

- 21 Nov 0730-0845 Advanced Nutrition and Exercise 601
- 21 Nov 0900-1015 Advanced Nutrition and Exercise 602

21 Nov 1030-1130 Sleep Optimization

22 Nov 1430-1530 Nutrition 101

## Recipe of the Month

Greek Yogurt Breakfast Bowl with Blueberries Pumpkin Seeds

10 oz. Non-fat Plain Greek Yogurt mixed with 1 TSP Cinnamon 1 cup Blueberries 4 TBSP Pumpkin Seeds

Optional: 1 TBSP Brown Sugar Stevia, add 30 calories and 12 carbohydrates to listing below if added.

Calories 459, Protein 40 grams, Carbohydrates 37 grams, Fat 20 grams

This also serves as a great snack 2 hours before bedtime as Greek Yogurt and Pumpkin Seeds contain tryptophan, which eventually converts to melatonin to improve sleep. Pumpkin Seeds help reduce blood pressure and body weight, increase testosterone levels and are also rich in Zinc, which improves prostate health and immunity. Other benefits to this snack include probiotics from the Greek Yogurt and prebiotics (food for the probiotics) in blueberries for improved gut health.

Blueberries are also rich in anti-oxidants and are known for anti-aging and anti-inflammatory effects and improving immunity. Cinnamon is highest ranking spice in anti-oxidants and is known for lowering LDL cholesterol, triglycerides, and blood glucose. Cinnamon is also known for better brain and neural functioning. Greek Yogurt Breakfast Bowl with Blueberries and Pumpkin Seeds is a Super Snack filled with Super Foods with many benefits that include improved brain, neurological, heart, prostate, and gut health, metabolism, immunity, and anti-aging.

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	<b>COMING SOON</b>
H	<u></u>
R	
Ы	CHAPLAINS OFFICE WILL HOST CONTAGEOUS
R	LEADERSHIP BY JON GORDON IN NOVEMBER 2020
Ы	(NOVEMBER 7TH AND 21ST IN THE SFS AUDITORIUM, ALSO AVAILABLE VIRTUALLY
	VIR MICROSOFT TERMS FOR QUESTIONS AND COMMENTS)
Н	<b>CIDET CEDEFOOTE 1000 1 00ET O DECUME 1000TIOE</b>
H	COURSE IN JANUARY 2021 (LOCATION TBD)
Ħ	RISING SIX WILL HOST APR 2021 UTA: EVALUATIONS
	(GUIDANCE/CHRINGES, PARCTICE EXAMPLES, BULLET WRITING, ETC)
Н	
R	CHIEFS GROUP WILL HOST PACE SPRING 2021
Ы	(marris 180)
R	RISING SIX WILL HOST OCT 2021 UTA:
Ы	ENLISTED PROMOTIONS AND STEP II
Ы	(ELIGIBILITY REQUIREMENTS, CHRIGES, ETC)
R	
-	

Come, Learn, and "Share Your Why" with fellow Global Vikings!



Saturday, 7 November @ 1500 in the 934th Community Activity Center. This is an optional event for all Airmen to "Share Your Why" with others across the wing as we look to celebrate the upcoming Veterans Day Holiday.



Sponsored by the 934 AW D&I Council

# ADOPT-A-VET HOLIDAY PROGRAM 2020

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

Do your part, sign-up today by e-mailing: <u>rick.pelzl.1@us.af.mil</u> , 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 Pelzl at rick.pelzl.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 famliy member going back to school?

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

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

# the November 2020 Chief's Corner Command Chief, 934th Airlift Wing

#### Holiday Spending: Bah Humbug

As we approach the holidays my family begins talking about gifts. We ask each other and our spouses what they want, but the conversation always comes back around to "nobody needs anything, we just hope that we can manage to find a way for all of us to be together." The gift is the time and travel to get together. N ow does that mean we boycott gift giving? No, but we have the open conversation of spending costs and real needs.

I want to share with you a gift buying tradition my husband and I began when we had our first Christmas as parents. My husband was a SrA and I had separated from the USAF to be a full time mom and wife. To say the least we were not swimming in cash. So, we decided to never overspend for Christmas - always pay cash. Each child gets three gifts plus stocking stuffers. We decided on three gifts based on the Three Wise Men bringing gifts to baby Jesus. Now this also meant having the discussion with our parents, siblings and extended family. We did not want them over spending on us or our kids. The goal was to not put ourselves in debt while also teaching our kids about material possessions vs the value of family time. NOT EASY!

As you approach the holiday seasons there may be many stressors added to your everyday life don't let debt be one of them. I recommend keeping the plastic in your wallet (I do recognize that there are several rewards programs when using plastic so, at least consider going straight into your account and paying off the expense as if you were paying cash). To curb your expense of gift giving be creative. I know most parents love that crayon picture that the little tots make, the heartfelt letter that they wrote when they were teens, etc. Now that my children are adults the card with a special note melts my heart and goes into the box of saved treasures. Trust me spouses like this too! Last year we gave very small gifts but incorporated a riddle that directed them to find the gifts. This scavenger hunt took all day and was great fun!

Here are some statistics to think about for holiday spending according to Bankrate.com survey. - 45 percent of Americans feel pressured to spend more on gifts than they are comfortable with.

- Women feel more pressure to overspend than men.
- Women like to look for deals and 62 percent use coupons.

- Millennials (age 18-37) and Gen Xers (age 38-53) feel pressure to spend more on holiday gifts than comfortable with.

Last year the National Retail Federation (NRF) suggested people would spend approximately \$1,007.24 on gifts for themselves and family.

In my own opinion social media has added to the spending pressure. People are constantly taking photos and displaying their purchases and gifts. This leads to "keeping up with the Jones" or feeling inadequate due to the inability to buy gifts or spend on "wants." My challenge for social media would be to challenge others for inexpensive, creative holiday traditions that prevent overspending and capitalize on the time spent with family, friends and neighbors, the things of true value.

Remember the season of joy not the season of expensive gifts!



#### **November Fun Facts**

November 1848—The first medical school for women opened in Boston. The Boston Female Medical School was founded by Samuel Gregory with just twelve students. In 1874, the school merged with the Boston University School of Medicine, becoming one of the first co-ed medical schools.

November 13, 1956—The U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional.

November 20, 1917—The first use of tanks in battle occurred at Cambrai, France, during World War I. Over 300 tanks commanded by British General Sir Douglas Haig went into battle against the Germans.

#### FINANCIAL COUNSELING AVAILABLE!

Need help with a budget?

Assistance applying and understanding the best repayment plan for your student loans?

**TSP** investments?

Contact Your Personal Financial Counselor at 612-297-2826 or PFC.Minneapolis.USAFR@ zeiders.com

Expect and require innovation and invention, always find ways to simplify.

#### 20 YEARS GO....

Want to hear a joke about paper?

Nevermind, it's

tearable.

Movie in theaters Oct 3, 2000: Charlie's Angels #1 Song: With Arms Wide Open by Creed



DIVERSITY MANAGEMENT OPERATIONS CENTER DEFENSE HUMAN RESOURCES ACTIVITY 4800 MARK CENTER DRIVE, SUITE 06E22 ALEXANDRIA, VA 22350-4000

#### MEMORANDUM FOR: SEE DISTRIBUTION

# SUBJECT: 2020 Department of Defense National American Indian and Alaskan Native Heritage Month

The Department of Defense (DoD) celebrates November 2020 as National American Indian Heritage Month. It is during this month, we acknowledge and honor more than 31,000 American Indian and Alaska Natives (AI/AN) serving in the United States military and another 7,000 serving as DoD civilian employees. As America's first indigenous people, they have a long and rich history of courageous and patriotic acts in fighting for the defense of our nation.

The Department's theme for this year is, "*Sovereignty is Sacred, Sharing Our Rights and Culture*." The AI/ANs are represented by over 500 tribes and inherent in their culture is to protect their homeland. Since the Revolutionary War, AI/ANs have played a prominent role as scouts, light troops and code talkers. This warrior spirit stems from a sense of pride and a sense of accomplishment by the young men and women in the AI/AN culture.

The Nation has benefited from the exceptional knowledge and skills held by the AI/AN community. Over 133,000 living Native Americans are veterans: 11.5 percent of these veterans are female, as compared to 8.4 percent of all other ethnicities. AI/AN veterans are Purple Heart recipients, Bronze Star medal honorees, and many have been awarded the Medal of Honor, the highest military award of the United States. Veterans like: Private Carl Gorman who, despite being punished in school for speaking his Navajo language as a child, served as a Code Talker in World War II; Master Sergeant Woodrow Wilson Keeble, Korean War veteran and the first Sioux man to receive the Medal of Honor; and First Lieutenant Nainoa K. Hoe, a Native Hawaiian who lost his life serving in Iraq, all represent the unwavering devotion to duty and the sacrifices made by the AI/AN community for our country.

As we commemorate those AI/ANs who fought in defense of our nation, also please take the time to celebrate and observe the rich culture which is steeped in the historical legacies from the first Indigenous people in America. For information please visit, https://www.deomi.org/human-relations/special-observances.cfm.

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Clarence A. Johnson Director