



THE VOLUNTEER



Vol. 10 No. 05

134th Air Refueling Wing

MAY 2010

Longest Serving Enlisted POW Visits McGhee Tyson

By Capt. Gary L. Taft, 134 ARW Public Affairs

Retired Capt. William (Bill) Robinson who is the longest-held enlisted prisoner of war in American history was released from the infamous Hanoi Hilton on Feb. 12, 1973, over seven years after the Kaman HH43B "Huskie" helicopter he served on was shot out of the sky by the enemy. The time he spent in captivity makes him the longest serving prisoner of war in the history of the U.S. military. Government investigations of the incident never determined whether Robinson and his crewmates were shot down by the North Vietnamese Army or by insurgent guerrillas operating in the area near the Laotian border where they were captured.

Regardless of who was responsible for bringing down the aircraft, Robinson ultimately ended up in the control of the North Vietnamese Army and was transported to the Hanoi Hilton prison, made famous by one of its most well-known inmates: Senator and former presidential candidate John McCain. Robinson remarked that he "considered himself the welcoming committee for McCain because I had been there for over two years when he arrived". After seven years of starvation, daily beatings, sickness and death, Robinson survived and was returned to American military control. On April 9, 1973 he received a battlefield commission as a 2nd Lieutenant for his valorous and honorable behavior during captivity that was frequently brutal and inhumane.

William (Bill) Robinson shared the story of his capture



POW Airman First Class Bill Robinson is guarded by a North Vietnamese soldier after his capture on Sept. 20, 1965. The stamp to the left portrays then Airman 1st Class Robinson being lead by the soldier as in the photograph. (USAF photo)

and internment while visiting with members of the 134 ARW on March 13, 2010. As a surviving POW and proud veteran, Robinson spends ever more frequent amounts of time visiting with military groups and school children to share his story and teach them the value

POW (Cont. on Pg. 3)

134th Air Refueling Wing

Mission - To provide air operations and support in response to any call of the military command structure.



Air Force Photos by Tech. Sgt. Kendra Owenby

Customer Service Hours for Clothing Issue:
Sat
0830 -1100
1215 -1530
Sun 0830 -1430

Customer Service Hour for Photo Lab:
Sat
1300-1400

Customer Service Hours for SECURITY FORCES:
Sat
0830-1130
Sun
0830-1130

Anti-Terrorism Force Protection Threat Levels National Threat Levels for MAY 2010

<p>ELEVATED SIGNIFICANT RISK OF TERRORIST ATTACKS</p>
<p>HIGH HIGH RISK OF TERRORIST ATTACKS AGAINST THE TRANSPORTATION SECTOR</p>
<p>FPCON ALPHA GENERAL THREAT OF TERRORIST ACTIVITY</p>
<p>INFOCON 3 NORMAL ACTIVITY</p>
<p>REPORT SUSPICIOUS ACTIVITY CALL EXTENSION 3274 OR 911 YOUR CALL MAY SAVE LIVES THREAT LEVELS ARE SUBJECT TO CHANGE AT ANYTIME</p>

VOLUNTEER

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The VOLUNTEER welcomes articles and ideas that will improve the paper. If you have questions or comments, please contact Capt. Joey Keith, CCE/PAO at extension 985-3205, fax at 985-3284 or joey.keith@ang.af.mil.

**Article Submission
Deadline for the
June Volunteer is
Thurs, May 27th**

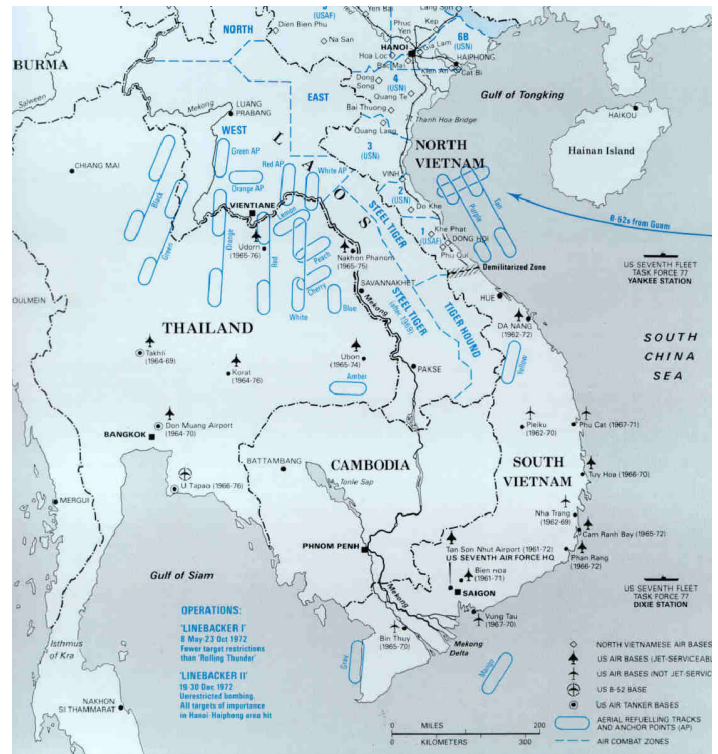
POW (Cont. from Pg. 1)

of honor, dignity and duty. It would be hard to imagine losing seven years of your life and not harboring resentment and hostility but Robinson has in fact done just that, and more. During his visit, Robinson shared a story of his return to Vietnam in 1995. The Vietnamese government offered to provide for Robinson and his wife to visit their country again to visit the site of his former prison in Hanoi. Robinson graciously accepted and even visited with the former soldier who appears with him in the famous photograph of his capture. The photograph was so popular in Vietnam at the time, that it was used as the image for official postal stamps used by the mail department of Vietnam. When asked about that meeting and his feelings toward his former enemy, Robinson stated that “she was very gracious and kind” and that “she was just a soldier doing what was asked of her”.

William (Bill) Robinson retired from active duty in 1984 for medical reasons but he left with an impressive record of military service that included 23-years in service, with 7 of those being in captivity. He was one of the first enlisted members to receive the Air Force Cross in addition to being awarded the Silver Star, Legion of Merit, Bronze Star, POW Medal and two Purple Hearts.

McGhee Tyson ANGB and the 134 ARW are truly grateful for his visit and his inspiration to others who serve our country. Robinson has truly set the standard for honorable duty under unbearable conditions, and it's a standard that we as Tennessee Air National

Guardsmen should strive for to achieve the Air Force Core Values of “Integrity First, Service Before Self, and Excellence in All We Do”.



The map above shows the air routes in and around Vietnam during the time that Airman First Class Bill Robinson served and was captured as a POW. Airman First Class Robinson spent seven years as a prisoner of war, the longest time spent in captivity by any enlisted military member in the history of the United States. (Unknown graphic)



Retired USAF Capt. Bill Robinson poses with members of the 134 Logistics Squadron. Capt. Robinson holds the distinction of being the longest held prisoner of war in the history of the United States. (Air National Guard photo by Capt. Gary Taft, 134 ARW Public Affairs)

Security Forces & Girl Scouts Team Up

Submitted by Tech. Sgt. Bertha Rider, 134 SFS

During this year's Girl Scout Cookie sale, Troop 20961 earned their Bronze Award by collecting over 2,000 boxes of Girl Scout cookies for their "Soldier Smile Project." This project began as an activity two years ago at the troop's first Girl Scout cookie sale. Being novices they were left with about 120 boxes of cookies at the end of the sale. The parents in the troop purchased the extras, and took them to a local church, which sent them in care packages to soldiers overseas. The e-mails they got back were awesome.



Last year they decided to "do it on purpose" and called it the Soldier Smile Project. The

troop, consisting of 6 girls (ages 9-10) found sponsors for 750 boxes of donated cookies. They again took them to a local church, which donated the money to ship them overseas. They contacted the 12 soldiers the church had been sending care packages to, and asked them to get permission to distribute cookies to their units. They covered 10 units and 2 full bases in 3 countries.

This year they took it one step further. The girls asked all of the Girl Scout troops in West Knoxville to join their Soldier Smile Project. These six girls (now 10-11 year old 5th graders) raised 1,040 boxes of cookies themselves. Another 1,185 were donated through over



25 other West Knoxville Girl Scout Troops. It was an amazing success!



This year the Soldier Smile Project donated cookies to The 278th Army National Guard Unit, the 820th Army National Guard Unit, and to the 134th Security Forces Unit at McGhee Tyson. The girls of Troop 20961 delivered their cookies during April drill.



(Air National Guard Photos by Tech. Sgt. Kendra M Owenby, 134 ARW Public Affairs)

Florida Gators Sweep First Annual National Guard FLW Tournament

By Tech. Sgt. Kendra M. Owenby, 134 ARW Public Affairs

The National Guard and Forrest L. Wood (FLW) Outdoors recently teamed up for the 1st Annual Forest L. Wood National Guard Collegiate Bass Fishing Tournament held April 11 -13 at Ft Loudon Lake in Knoxville, Tenn.

It took over a year's worth of work to arrive at this point in the competition and by the third day of this event there were only



Adjutant General, Tennessee National Guard, Maj. Gen. Max Haston (above) is escorted by Charle Evans, President of FLW Outdoors, and spokesperson for the 1st Annual FLW National Guard Collegiate Bass Fishing Tournament held on Ft Loudon Lake Apr. 12th. Col. Tim Dearing, 134 ARW Commander (right) talks with a member of the FLW National Guard Fishing Tournament during the festivities. (Air National Guard photos by Tech. Sgt. Kendra M Owenby, 134 ARW Public Affairs)

five contenders remaining – the top five teams of college fishing. Anxiously awaiting the official announcement were Auburn University, Texas A&M, Texas State University, the University of Florida, and Murray State University.

Major General Max Haston, Adjutant General for the Tennessee National Guard was on hand to deliver the \$100,000 prize check to the first place winners Jake Gipson and Matthew Wercinski of the University of Florida. Gipson and Wercinski were the 1st place winners out-fishing rivals Texas State University's David Cosner and Jay McCollum by a very small margin of only 9 oz. The path to the top wasn't an easy one though as the University of Florida duo was holding 11th place at the end of the first day of the tournament. "After day one we didn't even think we'd have a chance to even fish on Monday," said Wercinski.



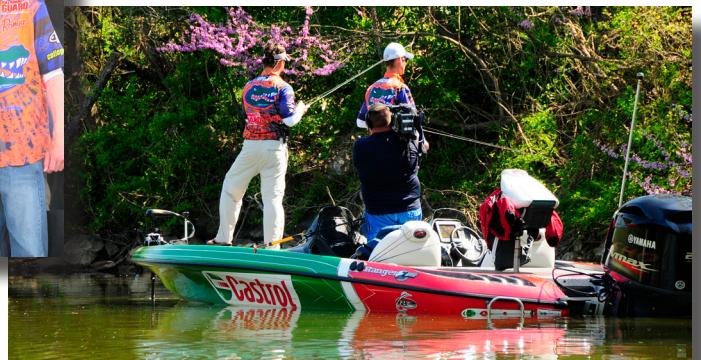
Before the results were read Cosner was asked if he had anything to add. "Do you know CPR?" was his reply. The duo from Texas State University put up a tough fight especially for a fairly new team. Cosner said that he actually caught their last fish just a few minutes before returning to the dock and that he was hoping that one would make the difference. After the results were read Cosner stated "hey, we finished second in the nation, ...I'll take second any day." The

team won \$50,000; \$25,000 for their college and \$25,000 for their bass club.

Coming in 3rd place were Auburn University's Shaye Baker and Dennis Parker. Parke stated: "I dreamt of this day since I was a kid...after yesterday we didn't even think we'd make the cut, but now we're one of the top five teams in the nation". They took home \$25,000 to be divided between their college and their bass club. Taking 4th place was Murray State University. Teammates Steve Miller and Kalem Tippett netted \$20,000 to be divided between their university and their bass club. "Just to be able to be here and be in contention for a title is all you can ask for" says Murray State's Miller. Finally, securing 5th place was Texas A&M's Paul Manley and Andrew Shafer. They took home \$15,000 for their efforts - \$10,000 for their bass club and \$10,000 for Texas A&M. Shafer and Manley have already qualified for the 2010 FLW college regionals next year.

FLW President and Chief Executive Officer Charlie Evans also invited Major General Haston out on his boat for a morning of bass fishing and commeraderie on the last day of the tournament.

The first place winners received a total of \$100,000 in prizes. \$50,000 will go to the University of Florida. \$25,000 will be awarded to Wercinski's and Gipson's bass club. The remainder will come in the form of a brand new fully loaded Ranger bass boat wrapped in the University of Florida's colors along with a Chevy pickup to tow it with. Gipson also won an invite to the 2010 Forrest L Wood (FLW) Cup tournament to fish with the best bass fishermen the nation has to offer and potentially a grand prize of \$500,000. Wercinski also secured a position in the



The University of Florida's Jake Gipson and Matthew Wercinski (left) accept a check for \$100,000 from Maj. Gen. Max Haston, Adjutant General Tennessee National Guard. Gipson and Wercinski (above) won 1st Place in the 1st Annual FLW National Guard Collegiate Bass Fishing Tournament held on Ft Loudon Lake Apr. 12th. (Air National Guard photo by Tech. Sgt. Kendra M Owenby, 134 ARW Public Affairs)

FLW Cup as co-angler. Wercinski said that "it's exactly what we dreamed of, it's awesome...I'm speechless." And Gipson added "I don't even know what to say."

Maintenance Minute

By Master Sgt. Dennis Newroth

“First time for everything” is a phrase used quite often, especially after I say “I AM telling the truth.” However, the 134th Maintenance Group experienced another first during the first week of April. It all started during a routine Periodic Inspection on aircraft 59-1516. TSgt Troy Clark had just finished a panel repair and was cleaning up when he reached up to move the rudder so he could finish cleaning. When he moved the rudder, he discovered a crack. In order to repair the

come out at different times. The crane was needed to fold the tail, remove old rudder, install new rudder, and pull the tail back over. Since this was something new to the R & R shop, they called in three of their traditionals to gain experience. The total crew consisted of 6 R & R guys, a crane operator plus several Phase Dock and Crew Chiefs. The tail fold took approximately ½ day to complete. (See the attached pictures to get a better idea of how this was done) Once the tail fold was complete, preparation for the rudder removal went into full swing. A new rudder was ordered previously and received from Kadena. The old rudder was removed and sent to the 134th Sheet Metal shop for repair. Once repaired, the old rudder will be returned into inventory. The new rudder took approximately ½ day to install. Once the new rudder was installed, the tail had to be pulled back over into place which included another ½ day to complete. Following the installation, maintenance had to complete a rig check, reinstall several cables and complete an ops check to make sure



KC-135R model sits in the orange hangar awaiting maintenance (above) Members of the Repair and Reclamation Shop (right) help to sturdy the tail as the crane lifts it back into place (Air National Guard photo by Tech. Sgt. Kendra M Owenby, 134 ARW Public Affairs)

crack, the rudder needed to be removed from the airplane. The easiest way to remove the rudder is to “fold” the tail over. Do what? No, I didn’t have a typo. The tail was going to have to be folded over on its side. Well, has the 134th Maintenance Group ever folded one over and how the heck do you do it? Glad you asked. I sat down with TSgt Chris Reagan and SSgt Richard Cook from the Repair and Reclamation Shop and asked those questions.

The answer to the first question is no, the 134th has never folded a tail over, until now. This type of maintenance usually happens at Depot repair. To answer the second question, I turned to the experts who completed the job. First, it took almost a complete day just to prepare for this major job. There were several cables that had to be removed, slings and harnesses had to be prepared, parts ordered etc. Maintenance had to coordinate with a crane and a crane operator to



everything was working correctly. All these tasks took over a week to complete.

As you can see, this was a major task that took several people and several days to complete. Once again the 134th Maintenance Group rose to the occasion and completed a task never accomplished at McGhee Tyson. Kudos to TSgt Troy Clark in discovering the crack. MSgt Bill Harness, TSgt Chris Reagan, SSgt Richard Cook, MSgt Pat McLaughlin, SSgt Justin Hughes, and SrA Ronnie Martin of the R & R shop as well as several others who assisted should be commended for another job well done.



1.4.4 Guard Presence in Major Conflicts

Published: 2010-04-21 13:12:43.0

Guard Has Had Presence In Every Major Conflict

The National Guard has been involved in nearly every conflict, operation and war in the history of this nation. These include the Civil War (1861-1865), the Indian Wars (1864- 1870), the Spanish American War/ Philippine Insurrection (1898- 1902), Mexican Border War (1916), WWI (1917-1919), and WWII (1940-1946). The Air National Guard, having been chartered in 1947, has since been involved in the Korean War (1950- 1952), Berlin Crisis (1961-1962), ANG STRIP Alert (1955- 1965), Vietnam War (1966-1969), SIOB Alert (1978-present), Operations Desert Shield/Desert Storm (1990-1991), Operations Northern Watch/Southern Watch in Southwest Asia (1992-present), Operation Restore Hope in Somalia(1992-1993), Operations Joint Endeavor, Deny Flight, and Joint Guard in Bosnia-Herzegovina (1995-present), Phoenix Scorpion and Desert Fox in Southwest Asia (1997 and 1998), and Operation Allied Force in Kosovo (1999-present).

The complete ANG Enlisted Airman Handbook can be found on the Air Force Portal at <https://www.my.af.mil/gcss-af/USAF/ep/contentView.do?contentType=EDITORIAL&contentId=c6925EC1AAE360FB5E044080020E329A9&programId=t6925EC3146D20FB5E044080020E329A9&eBook=true>

State Tuition Assistance Update

Submitted by Senior Master Sgt. Ricky Wise, 134 FSS

Fall 2009 and Spring 2010 Semesters

The State of Tennessee has decided to combine payments for both the Fall 2009 Semester and the Spring 2010 Semester for Tuition Assistance payments. The anticipated cutting of the checks to the schools should be no later than the first of June 2010. This year the payment is expected to cover approximately 50% of the tuition cost.

Anyone who applied for either semester and then later withdrew from school should have already contacted the Base Training Office and informed them of their withdrawal. If you did withdrawal from school and haven't informed the Base Training Office please ensure that you contact them as soon as possible, but no later than 1530 on Sunday 2 May. Prompt notification of withdrawals will help ensure proper allocation of Tuition Assistance funds.

Questions can be directed to the Base Training Office at extension 3253.



Undergraduate Pilot Trainee Opportunities

The 151st Air Refueling Squadron will be convening a selection board from April 30th to June 1st for fiscal year 2012. The Following criteria must be met to be considered for an Undergraduate Pilot Training position:

Age 29 or younger
Complete the AFOQT and the TBAS test
Able to pass a Class I Flying Physical
Eligible to obtain a Top Secret security clearance
A Bachelor's degree completed by Dec. 2009
Able to commit approx. 2 years for training
Previous flying experience with a minimum private pilot certificate preferred



Prospective candidates are asked to contact Master Sgt. Bart Welch at 985-3262 for further application instructions. Pilot applicant packages are due no later than end of duty day June 1st, 2010

INFORMATION SECURITY

Submitted by Master Sgt. Carolyn Ladue, 134 CF

ON LINE PURCHASING



There are a few precautions everyone should take with regards to online purchasing. First, look for signs of quality security at sites you use, like logos, or seals, from security providers like VeriSign and McAfee. To check that a seal is legitimate, click on it to make sure it takes you to the verification page of the security service. Make sure that "https" appears in the address bar; this indicates digital transmissions from the site are being encrypted. Check the address bar for a bit of green on the site owner's name written in green. It indicates that the site you're visiting has been vetted and belongs to a legitimate company; it is not a phishing site.

(Source: NY Times)

Information Assurance POCs: Master Sgt. LaDue, ext 4936 and Master Sgt. Benson, ext 4925

WIRELESS COMPUTING

Increasingly more people are using wireless connections. The downside of a wireless network is that, unless you take certain precautions, anyone with a wireless-ready computer can use your network. That means your neighbors or hackers lurking nearby, could "piggyback" on your network, or even access the information on your computer. If an unauthorized person uses your network to commit a crime or send spam, the activity can be traced back to your account.

The use of encryption is recommended. The most effective way to secure your wireless network from intruders is to encrypt communications over the network. Most wireless routers have a built-in encryption mechanism. If your wireless router doesn't have an encryption feature, consider getting one that does. Manufacturers often deliver wireless routers with the encryption feature turned off. The directions that come with your wireless router should explain how to turn it on. If they don't, check the router manufacturer's website.

Turn your wireless network off when you know you won't use it. Hackers cannot access a wireless router when it is shut down. If you turn the router off when you're not using it, you limit the amount of time that it is susceptible to a hack.

Allow only specific computers to access your wireless network. Every computer that is able to communicate with a network is assigned its own unique Media Access Control (MAC) address. Wireless routers usually have a mechanism to allow only devices with particular MAC addresses access to the network.

Change your router's pre-set password for administration. Your wireless router was assigned a standard default password that allows you to set up and operate the router. Hackers know these default passwords, so change it to something only you know. The longer the password, the tougher it is to crack.

Don't assume that public "hot spots" are secure. Many cafés, hotels, airports, and other public establishments offer wireless networks. These "hot spots" are convenient, but they may not be secure. When using a hotspot, it is advisable to have a software firewall running; at the very least you need to make sure that the Windows firewall is enabled. Be careful about the information you access or send from a public wireless network. To be on the safe side, you may want to assume that other people can access any information you see or send over a public wireless network. Unless you can verify that a hot spot has effective security measures in place, it may be best to avoid sending or receiving sensitive information over that network.



TOP WRENCH 2010

The 19th Annual Top Wrench Competition was held at McGhee Tyson on April 22nd. The competition consists of several area high school students competing for scholarships to technical colleges, a new journalism competition, and demonstrations of survival skills. Being drug-free is the central theme throughout this competition. (Air National Guard photos by Tech. Sgt. Kendra Owenby, 134 ARW Public Affairs)



ENVIRONMENTAL MANAGEMENT

Submitted by Capt. David Barrett, 134 ARW Bioenvironmental Engineer



WATER QUALITY REPORT 2010

The City of Alcoa is pleased to present our Annual Water Quality Report. This report is designed to inform you about the quality water and services we deliver to you every day. Included are details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. The bottom line is: The City of Alcoa's water surpasses all federal and state standards for safe drinking water.

Our constant goal is to provide you with a safe and dependable supply of drinking water. That includes efforts to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. We provide water for a majority of Blount County plus Tuckaleechee Utility District.

Our surface water source is the Little River, originating in the Great Smoky Mountains. This is part of the Watts Bar Watershed. A final source water assessment of our watershed with a summary of our susceptibility to potential sources of contamination has been completed. The Tennessee Division of Water Supply considers the Alcoa intake to be of moderate susceptibility. Urban nonpoint pollution is a water quality concern. The Source Water Assessment Plan may be viewed at the Tennessee Department of Environment and Conservation's Web site at www.state.tn.us/environment/dws/dwassess.shtml.

FREQUENTLY ASKED QUESTIONS

Is fluoride in my drinking water?

Yes, trace amounts of fluoride occur naturally in water. The City of Alcoa adjusts this to the level recommended by the American Dental Association and the Center for Disease Control and Prevention for optimal dental health. Numerous studies have shown that fluoridated water will aid in the prevention of tooth decay. More information may be found at www.ada.org and www.cdc.gov.

As shown in the table, the Alcoa Water system had no violations during 2009, meeting or exceeding all Federal and State requirements. The maximum contaminant levels (MCL's) are set at very stringent levels. To understand the possible health effects described for many regulated contaminants, a person would have to drink two liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline at 1-800-426-4791.

Public participation in decisions that may affect the quality of our water is welcomed at the Alcoa City Commission meetings, held on the second Tuesday of each month at 7:00 p.m. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future. If you have any questions or need additional copies of this report please contact Ken Reynolds, Alcoa Water Plant Supervisor, at 865-380-4921.

IMPORTANT PHONE NUMBERS

New Service.....380-4700

Water Trouble or Leaks

8:00 a.m. – 4:30 p.m.....380-4800

After Hours and Weekends..... 380-4921

Questions About a Bill.....380-4700

Alcoa Water Plant.....380-4921

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agricultural, urban stormwater runoff, and residential uses.
- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.
- Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA and the Tennessee Department of Environment and Conservation prescribe regulations which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

INFORMATION ON LEAD

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Alcoa is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

Junior Enlisted Give Back to Community

Members of the JEAA recently joined up to lend a hand in giving back to the community. Staff Sgt. Jennifer Fortenberry, Tech. Sgt. Cherie Spence, along with the help of First Sgt. Frank Karnowski joined other individuals to help to do some manual labor at Iva's Place in Loudon, TN. Iva's is a shelter for women who have been victims of domestic abuse. The team cleaned, mowed, painted, and did yard work around several apartments to improve the area for use. Way to go JEAA - way to lead by example! (Photos by Staff Sgt. Jennifer Fortenberry, 134 MDG)



New Guard Members - Welcome



SSgt Chris Ayers
134 FSS



SSgt Christopher Reynier
134 MXS

Recruiter's Corner

By The 134ARW Recruiting Office

Student Flight – Listen Up!

***Roll Call – Sunday at 1215 you will report to the Headquarters building. Sunday morning you will report to your unit for roll call. You must report to roll call in order to get paid.



***Pre-BMT class – Sunday of each drill at 1220. This is a **mandatory** class (as directed by Col. Dearing) until you ship out to BMT. Any absence must be cleared through the recruiting office supervisor, Master Sgt. Bart Welch, ahead of time.

***In Processing Checklist - Saturday at 1300 of your first drill weekend you are required to report to the photo lab (in the headquarters building) to have your **portrait** taken. This is **mandatory** in order to complete your in processing checklist.

***Security Clearance Process – All new enlistees please ensure you have logged onto www.opm.gov/e-gip, to initiate your clearance. Once you have logged on, you have 60 DAYS to complete this. This is a **mandatory** item. **Failure to complete on time will result in a counseling session with**

the Force Support Squadron Commander, Lt. Col. Beth Hill. Note: answer 'unknown' the first time and only the first time you answer the question 'place of birth.'

To Contact the Recruiters Call DSN 266 or (865) 985-3257, 3242, 3262, 3258 or go to: <http://www.tnknnox.af.mil/Recruiting.htm>

SECURITY FORCES TRAIN AT BCSO / ANG FACILITY



Members of the 134 SFS recently took part in a confidence run at the Blount County Sherriff Office/Air National Guard Confidence Course in Maryville. The run consisted of one hundred meter sprint, pull ups, pushing a car 20 meters, pulling a 180 lb dummy out of a car and dragging it ten meters, as well as an obstacle portion of the course.

"TRAIN LIKE YOU FIGHT"



Photos by Master Sgt. Peter Wooden and Tech. Sgt. Bertha Rider, 134 SFS



MEDICAL GROUP



SATURDAY UTA

0815-1130 HOURS
 0800-1100 HOURS
 0830-0850 HOURS
 0830-1130 HOURS
 0830-1130 HOURS
 0830-1400 HOURS
 1130-1230 HOURS
 1300-1400 HOURS
 1300-1400 HOURS

PHAs
 HIV (ONLY MEMBERS DEPLOYING IN MAY and JUNE)
 FITNESS FOR DUTY EVALUATIONS
 IMMUNIZATIONS/NO YELLOW FEVER SHOTS
 QNFT TESTING (BEE OFFICE)
 DEPLOYMENT LINE
 LUNCH
 BALLISTIC EYEWEAR INSERTS
 IMMUNIZATIONS/NO YELLOW FEVER SHOTS



SUNDAY UTA

CLOSED FOR TRAINING
 1300-1400 HOURS

IMMUNIZATIONS- NO YELLOW FEVER SHOTS

Operation Arctic Care Members Helping People in Remote Areas

by Tech. Sgt. Melissa E. Chatham, Operation Arctic Care Public Affairs

4/22/2010 - KOTZEBUE, Alaska (AFNS) -- A member of the Tennessee Air National Guard traveled to Kotzebue for Operation Arctic Care April 16, to provide medical care for individuals located in the remote area.

Col. Cory Strobel, the chief of aero medical services for the 134th Medical Group, at McGhee Tyson Air National Guard Base, Tenn., is part of the joint military readiness and logistics training exercise.

Colonel Strobel is normally a pediatric gastroenterologist, but in Alaska he has been working at the Maniilaq Health Center with adult patients. He has been conducting upper gastrointestinal and colon checks. He also performed physicals for children at the Maniilaq High School.

"This is a great experience," Colonel Strobel said. "I hope that Operation Arctic Care will encourage others to assist in humanitarian missions. I also look forward to 2012, when the Air National Guard will be the front-runners for Operation Arctic Care."

"We have found a lot of disease and colon polyps while visiting Kotzebue," he said. "We have removed polyps and sent them to pathology for testing and have found that there are numerous cases of colon cancer in this area."

Alaskan native Matthew Rae, a 17-year-old Maniilaq High School student, came in for his physical for medical clearance to play sports. He is a three-time regional wrestling champion and has placed at state



Col. Cory Strobel examines 17 year old Matthew Rae, a Maniilaq High School student who is also a three-time regional wrestling champion who has placed twice in the state finals. Col Strobel is a flight physician at McGhee Tyson Air National Guard Base in Knoxville, Tenn. (USAF photo by Tech. Sgt. Melissa Chatham)

twice.

"I'm so glad the military is here for medical help," Matthew said. "I would have had to wait until summertime to get a physical if Arctic Care wasn't here. The military provide quick service, they are courteous and everybody seems pretty cool."

3RD ANNUAL MOUNTAIN MAN MARCH

The Third Annual Mountain Man Memorial March was held in Gatlinburg, TN on Sat, April 17th. Taking part in this year's march were Senior Amn Glenn Gent, A1C Joshua Peters, A1C Benjamin Duncan, Master Sgt. Clayton Craig, Staff Sgt. Crystal Crump, Master Sgt. Herb Huffstetler, Senior Amn Daniel Day, and Staff Sgt. Roy Thomas from the 134th Security Forces Squadron. The Security Forces members were marching in memory of Sgt Joseph D. Hunt, a soldier that was killed in action on August 22nd, 2005. Sgt. Hunt's mother Marsh Hunt was in attendance to celebrate the memory of her fallen son. (photos by Staff Sgt. Roy Thomas, 134 SFS and Vanessa Tackett, Civ)



ADVENTURE CHALLENGE 2010



Tech. Sgt. Sammy Grindstaff, Tech. Sgt. John Graf, Senior Amn. Josh Sproles, and Senior Amn. Daniel Metcalf from the 134th Comm Flight participated in the First Annual Blount BeneFIT's Adventure Challenge on Saturday, April 10th at Maryville College. The Adventure Challenge event consisted of such activities as a three mile run/walk, sit-ups, push-ups, tower climb, and a two minute dead hang. (Air National Guard photos by Tech. Sgt. David Knable, 134 ARW Public Affairs)

Protect Your Workplace



Cyber Security Guidance

Employees

- Make your passwords complex. Use a combination of numbers, symbols, and letters (uppercase and lowercase).
- Change your passwords regularly (every 45 to 90 days).
- Do NOT give any of your user names, passwords, or other computer/website access codes to anyone.
- Do NOT open e-mails or attachments from strangers.
- Do NOT install or connect any personal software or hardware to your organization's network or hardware without permission from your IT department.
- Make electronic and physical back-ups or copies of all your most important work.
- Report all suspicious or unusual problems with your computer to your IT department.

Management & IT Department

- Implement Defense-in-Depth: a layered defense strategy that includes technical, organizational, and operational controls.
- Establish clear policies and procedures for employee use of your organization's information technologies.
- Implement Technical Defenses: firewalls, intrusion detection systems, and Internet content filtering.
- Update your anti-virus software daily.
- Regularly download vendor security "patches" for all of your software.
- Change the manufacturer's default passwords on all of your software.
- Monitor, log, and analyze successful and attempted intrusions to your systems and networks.

Report a computer or network vulnerability to the

U.S. Computer Emergency Readiness Team

Incident Hotline: 1-888-282-0870

or

www.US-CERT.gov

For more cyber tips, best practices, "how-to" guidance, to sign up for technical and non-technical cyber alerts, and to download this poster, visit www.US-CERT.gov

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PROMOTIONS

Senior Airman

Crystal Jackson	151 ARS
Laura Morgan	134 FSS
Curtis Cooper	119 CACS
Dana Presnell	134 OSF

Staff Sergeant

Joshua Bruglio	134 SFS
Paul Fox	134 MXS
Kendall Myers	134 MXS

Technical Sergeant

Amy Cornett	134 OPG
Thomas Cole	151 ARS
Jody McKee	151 ARS
Terrance Mull	151 ARS
Candace Roysdon	134 OSF
Casey Clark	134 ARW

Master Sergeant

Peter Wooden	134 SFS
Joseph Davenport	151 ARS
David Bentley	134 MXS
Michael Gideon	119 CACS
Gary Seymour	151 ARS

Senior Master Sergeant

John Bucksbaum	134 OSF
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May Lunch Menu

Saturday:

PORK CHOPS
SPAGHETTI W/MEAT SAUCE
MASHED POTATOES
STEAMED RICE
PEAS
CORN
GRAVY
SOUP
SHORT ORDER

Sunday:

CHICKEN CHOW MEIN
SWEET & SOUR PORK
SZECHWAN BEEF
STIR FRY BEEF W/BROCCOLI
STEAMED RICE/FILIPINO RICE
GLAZED CARROTS
NOODLES W/ VEGETABLES
VEGETABLES IN WHITE SAUCE
EGG ROLLS
EGG DROP SOUP

Junior Enlisted Advisory Assoc.

The Junior Enlisted Advisory Association will be meeting in Bldg 134 in the headquarters conference room on drill Saturdays from 2:30 p.m. to 3:30 p.m. All E-1's through E-6's are encouraged to attend!

