



Vol. 10 No. 06

134th Air Refueling Wing

JUNE 2010

134 ARW Executive Officer Retires with 28 Years of Service

By Tech. Sgt. Jack West, 134 ARW Public Affairs

Lt. Col. Lana O. McCallum retired from the United States Air Force after 28 years of active duty and Air National Guard service on May 31. A retirement ceremony was held May 1st at the McGhee Tyson Armed Forces Club for her as her family, church members, friends and co-workers from the 134th honored her many years of service. Lt. Col. McCallum retired from the position of 134 ARW Executive Officer which she held jointly with Lt. Col. Tony Melson. She had previously held positions as the Wing Military Equal Opportunity Officer and positions within the Security Forces Squadron. She was presented with a letter of appreciation signed by President Obama, and several gifts to commemorate her military career. More than 125 people watched as 134 ARW Commander, Col. Timothy Dearing, presented Lt. Col. McCallum with a minute man trophy, a reminder of her time in the Air National Guard. Next, 134 ARW Vice Commander, Col. Thomas Cauthen, presented McCallum with a shadow box, a visual representative of many of the awards she had earned during her career.

Command Chief Master Sgt. Jimmy Long presented McCallum with the gift that elicited the most emotion. He presented her with a United States flag that had been flown over the U.S. Capitol. After accepting the flag from the Color Guard, Lt. Col. McCallum asked her Aunt, Elsie G. Wray, to come forward. With a barely audible, but emotion filled, exchange of words, Lt. Col. McCallum presented the flag to her Aunt. The final gift came from Lt. Col. Melson. He presented her with a ceramic blue beret representative of the type worn by security forces personnel. Lt. Col. Melson mentioned how much Lt. Col. McCallum would be missed at future Santa Cop visits to the East Tennessee Children's Hospital, a program sponsored by the security forces. "Lana was there each and every time," said Lt. Col. Melson, "future Santa Cops just won't be the same."

Most retirement ceremonies are fairly somber occasions where the story ends after the presentation of gifts and the reading of the retirement orders. Not this



Lt Col Lana McCallum is presented the flag of the United States by Honor Guard member Tech. Sgt. Pierson during her retirement ceremony on May 1st. (photo by Tech. Sgt. David Knable, 134 ARW Public Affairs)

one. As soon as the formal ceremony was completed, those in attendance were invited to enjoy some food from the buffet that was arranged in the back of the club. The 572nd Air National Guard Band of the Smoky Mountains, which provided instrumental and choral music for the ceremony, began playing Jimmy Buffett tunes as was requested by Lt. Col. McCallum. Before long, Lt. Col. McCallum's pastor, Dr. Thomas Banister III, who gave the closing prayer for the ceremony, was on the stage singing with the band at the request of Col Dearing. Lt. Col. McCallum later topped that by joining several of her friends and relatives on the stage and singing with the band.

Lt. Col. McCallum said her plans include offering free counseling services where needed, but she is leaving open the possibility to doing something else - just in case God has different plans for her.

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

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 Joseph.Keith@ang.af.mil.

**Article Submission
Deadline for the
June Volunteer is
Thurs, Jun 17th**

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

ELEVATED
SIGNIFICANT RISK OF TERRORIST ATTACKS

HIGH
**HIGH RISK OF TERRORIST ATTACKS AGAINST
THE TRANSPORTATION SECTOR**

FPCON ALPHA
GENERAL THREAT OF TERRORIST ACTIVITY

INFOCON 3
NORMAL ACTIVITY

**REPORT SUSPICIOUS ACTIVITY
CALL EXTENSION 3274 OR 911
YOUR CALL MAY SAVE LIVES
THREAT LEVELS ARE SUBJECT
TO CHANGE AT ANYTIME**

Buyer Beware: Steroids, Hemp Seed Products Off-Limits to Air Force Members

By Capt. Sean McKenna, Air Force Space Command Public Affairs

PETERSON AIR FORCE BASE, Colo. (AFPN) — Exercising and following good eating habits can lead to a long and healthy life, but taking health products with hemp seeds or using steroids can lead to a short Air Force career. There is a booming market of commercial weight and diet programs, high carbohydrate or protein diets,



Al Lanham, Air Force Drug Testing Laboratory lab technician compares the identifiers on a urine bottle with the chain-of-custody in the specimen accessioning laboratory. (Photo by Senior Airman Oshawn J. Jefferson)

multilevel marketing plans and health club advertisements that cater to the health fitness market. Air Force members are among the many working to stay in shape in this fast-paced world.

There are some nutritional supplements on the commercial market that are made with hemp by-products such as hemp seeds and hemp seed oil. Although the use, importation or manufacturing of marijuana is illegal in the United States, hemp byproducts are not themselves illegal. To attract customers, manufacturers of hemp seed oil products, such as Spectrum Essentials, Nutiva, Hempola and Manitoba Harvest, market hemp byproducts as good sources of fatty acids and proteins, both important to good health. However, taking these products could spell the end of the line for airmen. Even though hemp seeds do not themselves contain tetrahydrocannabinol, or THC, the psychoactive ingredient in marijuana, the seeds may become contaminated with THC through contact with the stems and leaves during processing. In fact, studies have shown that products made

with hemp seed oil may contain varying levels of THC, and may therefore be detectable in the urinalysis samples provided as part of the Air Force Drug Testing Program.

Laboratory testing cannot distinguish between hemp seed oil products and marijuana. Therefore, to ensure military readiness, the ingestion of hemp seed oil or products made with hemp seed oil is now prohibited by Air Force Instruction 44-121, "Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program." Failure to comply with this prohibition is a violation of Article 92 of the Uniform Code of Military Justice.

While most airmen have no desire to jeopardize their careers by ingesting illegal products, some may do so by ingesting products that contain hemp. The bad news is that ignorance is no excuse. When a urinalysis test detects the presence of prohibited substances in an airman's system, in whatever form, UCMJ action is likely to follow. There are also many synthetic agents currently available as dietary supplements and marketed for body builders. Currently, the Air Force has not issued a general ban on these dietary supplement substances. However, there is an aeromedical policy requiring "special duty" personnel such as those on the Personal Reliability Program or on flying status to report the use of dietary supplements. Any person considering using dietary supplements should consult the health and wellness center and their physician.

The use of steroids is a different story. Air Force members should be aware that steroids are a Schedule III controlled substance. They are illegal to use unless prescribed by a licensed physician. Wrongful use of steroids is punishable under Article 112a of the UCMJ. Not only will the wrongful use of steroids get you in legal trouble, the adverse medical effects of anabolic steroids are very serious. Effects include behavioral changes, shrinking of the testicles, reduced sperm production, development of adipose breast tissue in males and baldness. Long-term effects include increased risk of stroke or heart attack and hardening of the arteries as well as direct damage to the heart or liver.

The Department of Defense mandates that 75 percent of the total military population be tested for drug use each year. That means that if a base has 10,000 members, at least 7,500 random urinalysis tests must be conducted. If an airman ingests hemp seed oil or uses anabolic steroids, it is possible that his urine will test positive for THC or steroids, and he would become the subject of a criminal investigation and possible disciplinary action.

The Air Force does not tolerate the illegal or improper use of drugs by Air Force personnel. It is a serious breach of discipline, is not compatible with service in the Air Force, automatically places the member's continued

(Steroids, etc. Cont. on pg. 4)

(Steroids, etc. Cont. from pg. 3)

service in jeopardy, and can lead to criminal prosecution resulting in a punitive discharge or administrative actions, including separation or discharge under other than honorable conditions.

"The Air Force recruits and retains great people who consider illegal drug use unwise and unhealthy," said Maj. Gen. William Moorman, Air Force judge advocate general. "But we're a huge organization and we can't expect that all members will be so steadfast in their attitudes regarding drugs. That's why we have a urinalysis program."

So, how can someone prevent this from happening? People should remember the consumer slogan "buyer beware," especially if they regularly use products from health or natural food stores, because some contain hemp byproducts. Read the label and look for the active ingredients of each product. If the product label lists any form of hemp seed oil or hemp byproducts, then don't buy it or use it.

The good news is that nutritional products at the fitness center and base exchange are safe because they do not stock any products containing the prohibited substances. The best course of action is to always consult with the health and wellness center and a physician before beginning any diet or exercise program. These professionals can help design a healthy fitness regimen and advise on the safe use of dietary and nutritional supplements. So, buyer beware. Be smart, be aware, read the label and get professional advice. (Courtesy of AFSPC News Service)

First Sergeant Position Open for Logistics Readiness Squadron

There is an opening for First Sergeant in the 134th Logistics Readiness Squadron. The deadline for application is Sept 17th, 2010. All applications need to be submitted to Chief Master Sgt. Linda Gibson NLT Sept. 17th, 2010.



The selection board will be held during the September 18th-19th, 2010 Drill. Applicants will need to be prepared to perform their fitness test on Sat. Sept. 18th, 2010 during Drill.

Combating Trafficking in Persons (CTIP) Hits Close to Home

Submitted by Lt. Col. Sandra Grice, 134 ARW

So are you still wondering why we have required training in CTIP? Still thinking that things like that don't happen anywhere around here? This recent article from the Roane County News may make you think again.

Authorities: Traffic stop of suspected illegal immigrants part of human-smuggling operation

From staff reports

Authorities are saying the Wednesday morning traffic stop of a van carrying a group of suspected illegal immigrants was part of a human-smuggling operation that originated in Houston. The van was stopped near the 362 exit of Interstate 40 in East Roane County. According to a press release from the 9th Judicial District Drug Task Force, the suspects were headed to New York.

Task force agent Jon Wilson reportedly noticed the van traveling recklessly on the interstate. Task force agents, along with officers from the Roane County Sheriff's Office and Kingston Police Department, stopped the van near the Roane Regional Business and Technology Park. Inside, they found 18 suspected illegal immigrants. "We started calling them out," Wilson said. "They just kept coming." The suspected illegals were reportedly from Mexico, El Salvador and Honduras. One was a 15-year-old boy. The van had a California license plate. A computer background check showed it was stolen from Los Angeles. The driver of the van was identified as Juan Carlos Vega Hernandez. He was arrested and taken to the Roane County Jail on a theft charge. U.S. Immigration and Customs Enforcement was contacted and took the other 17 suspected illegal immigrants into custody. Federal charges for human smuggling could be pending.

FSGLI Premiums to Drop in July

Submitted by Lt Col. Anthony Melson, 134 ARW Executive Officer

The VA announced that military personnel insuring their families under the Servicemembers' Group Life Insurance program will have reduced out-of-pocket expenses beginning July 1. Family SGLI monthly premium rates will be reduced for all age groups by an average of 8 percent. FSGLI coverage provides life insurance protection to military members for their spouses and children. Children are automatically insured for \$10,000, with no premiums charged. Spouses may be insured for up to \$100,000. The current and revised monthly premium rates per \$10,000 of insurance, along with other information, are available on VA's Life Insurance webpage at <http://www.insurance.va.gov>

HRA MINUTE

Submitted by Senior Master Sgt. Michael Lonas, 134 ARW Human Resource Advisor



In his book "The 21 Indispensable Qualities of a Leader" John Maxwell addresses the topic of responsibility. He says "If you won't carry the ball, you can't lead the team". He identifies four qualities common to people who embrace responsibility:

- They Get the Job Done
- They Are Willing to Go the Extra Mile
- They Are Driven by Excellence
- They Produce, Regardless of the Situation

Do you reflect these qualities as you live your life? These are attributes that you can't fake. The good news is that if you don't possess them, you can develop them. How? Look around for people in

your organization who get the job done, are driven by excellence, etc. and hang around them. Pick their brain and learn all you can by watching them apply these qualities. As you do this, get busy and carry the ball. Be responsible for your attitude and the effort you put into doing your job. Contribute to the team effort, not just your personal agenda.

Michael Korda, the Editor-in-chief of Simon & Schuster says "Success on any major scale requires you to accept responsibility...In the final analysis, the one quality that all successful people have is the ability to take on responsibility".

Andrew Carnegie said "No man will make a great leader who wants to do it all himself or get all the credit for doing it".

June's HRA theme is "High Performance Teams" and one pillar of such a team is personal responsibility. From top to bottom, the degree to which we each accept responsibility will determine our ultimate success as a team. I have been a part of the team here at McGhee Tyson for 25 years. We have earned the right to be proud of the things we have accomplished. Those accomplishments are not the result of any one great leader, but of many people like you, embracing responsibility and carrying the ball on a High Performance Team.



16.1 Safeguarding Information Protects Us All

Published: 2008-12-16 19:00:47.0

Safeguarding Information Protects Us All

Security is critical to the Air Force and members of the Air Force. All members are responsible for safeguarding information classified as operational, sensitive, sensitive but unclassified, and Privacy Act as national defense at all times and under all circumstances. Since the events of Sept. 11, 2001, the need for strong, viable, and effective security protection programs is more important than ever. Security encompasses information assurance (IA), installation security and force protection.

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>

+ MEDICAL GROUP +

SATURDAY, 5 JUNE

- 0800-1100 HOURS HIV (ONLY MEMBERS DEPLOYING IN JUNE)**
- 0815-1130 HOURS PHAS**
- 0800 HOURS SMALLPOX CARE BRIEFING -INDIVIDUALS NEED TO REPORT NLT 0800**
- 0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS**
- 0830-1130 HOURS IMMUNIZATIONS/NO YELLOW FEVER SHOTS**
- 0830-1130 HOURS QNFT TESTING (BEE OFFICE)**
- 0930-1430 HOURS DEPLOYMENT LINE**
- 1130-1230 HOURS LUNCH**
- 1300-1400 HOURS BALLISTIC EYEWEAR INSERTS FOR DEPLOYERS**
- 1300-1400 HOURS IMMUNIZATIONS/NO YELLOW FEVER SHOTS**



SUNDAY, 6 JUNE

- 0900 HOURS SMALLPOX CARE BRIEFING -INDIVIDUALS NEED TO REPORT NLT 0900**
- 1300-1400 HOURS IMMUNIZATIONS/NO YELLOW FEVER SHOTS**

*****MEMBERS OF THE 134TH MEDICAL GROUP WILL BE DEPLOYING FOR TRAINING ON SUNDAY, 6 JUNE. PLEASE ENSURE PERSONNEL COMPLETE ALL THEIR MEDICAL REQUIREMENTS ON SATURDAY DUE TO THE LIMITED NUMBER OF AVAILABLE MEDICAL PERSONNEL ON SUNDAY*****

Chaplain's Assistant Giving Back During Deployment



Tech. Sgt. Don Tipton Jr., (left) a chaplain's assistant from the Transit Center at Manas, Kyrgyzstan, hands a girl from the Orto-Suiskaya Boarding School/orphanage for children a teddy bear during a humanitarian assistance visit April 22, 2010. Airmen from the Transit Center delivered food and clothing to the residents there. (U.S. Air Force photo/Staff Sgt. Carolyn Viss)



Tech. Sgt. Don Tipton Jr. (right), a chaplain's assistant from the Transit Center at Manas, Kyrgyzstan, hands a box of clothing to a staff member at the Orto-Suiskaya Boarding School/orphanage for children during a humanitarian assistance visit April 22, 2010. Airmen from the Transit Center delivered food and clothing to the residents there. (U.S. Air Force photo/Staff Sgt. Carolyn Viss)



Capt. Tom Mulka and Tech. Sgt. Don Tipton Jr. (above), Airmen from the Transit Center at Manas, Kyrgyzstan, hand out candy at the Orto-Suiskaya Boarding School/orphanage for children with mental disabilities April 22, 2010. Humanitarian assistance is an important focus for Airmen from the Transit Center. Capt. Tom Mulka and Tech. Sgt. Don Tipton Jr. (right), Airmen from the Transit Center at Manas, Kyrgyzstan, carried donated pasta and other dry goods for the Orto-Suiskaya Boarding School/orphanage for children with mental disabilities April 22, 2010. Humanitarian assistance is an important focus for Airmen from the Transit Center. (U.S. Air Force photo/Staff Sgt. Carolyn Viss)



New Guard Members - Welcome



A1C Jason Kinsey
134 MXS



SSgt Daniel Byler
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, Maj. Robin Celatka. 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.tnknox.af.mil/Recruiting.htm>

Current Community Programs

Calling All Veterans & Active Duty!

Horses For Heroes—a therapeutic horseback riding program for Wounded Warriors is in need of VOLUNTEERS!

Requirements:

**Physically capable of jogging and lifting
Commitment of one hour per week for
6-10 weeks**

**For more information, please contact
STAR at (865) 988-4711 or visit our
website at www.rideatstar.org.**



HORSES FOR HEROES

A THERAPEUTIC RIDING PROGRAM FOR WOUNDED WARRIORS IN EAST TENNESSEE

CO SPONSORED BY: THE SHANGRI-LA THERAPEUTIC ACADEMY OF RIDING (STAR) IN LENOIR CITY, TN AMERICAN LEGION POST 256, TELlico LAKE, TN

IF YOU ARE A WOUNDED WARRIOR OR KNOW A WOUNDED WARRIOR WHO MIGHT BE INTERESTED IN ENROLLING, HAVE THEM CONTACT THEIR REHABILITATION COUNSELLOR, THEIR OIF/OEF OUTREACH COORDINATOR OR THE VET CENTER AT THE NEAREST VA FACILITY

MORE INFORMATION CAN ALSO BE OBTAINED AT WWW.RIDEATSTAR.ORG OR BY CONTACTING THE LEGION POC DICK KOLASHESKI (865) 458-3482 OR RKOLASHE@AOL.COM



Junior Enlisted Advisory Association

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!

SCHOLARSHIPS

The JEAA is now accepting applications for \$500 scholarships. Applications must be submitted by July 31st, 2010. The winners will be notified during August drill. Turn in completed application packages to your First Sergeant, Tech. Sgt. Cherie Spence, ext. 4420, or Staff Sgt. Patrick Beeler, ext. 3320.



PROMOTIONS

Senior Airman

Mitchell Morrow	134 FSS
Erik Noyes	134 MXS
Nisha Hurst	134 FSS
Daniel Simmons	134 MXS
Bobby Cruze	134 OG
Benjamin Klar	134 SFS
Kirk Lewellyn	134 SFS
Jared Kidwell	134 SFS

Staff Sergeant

Matthew Webster	134 CES
Ronald Martin	134 MXS
Michael Smith	134 FSS
Candice Terry	134 LRS
Regina Trivette	134 CF
Brandon Hill	134 LRS
Aaron Marsee	572 Band
Zachary Martin	134 MXS
Stephanie Justus	151 ARS
Jay Holt	134 SFS
Gary Hedgecoth	134 SFS
Jessica Wolbert	134 MOF

June 5th & 6th Lunch Menu

Saturday:

COUNTRY CAPTAIN
CHICKEN
HAM STEAK
STEAMED RICE
AUGRATIN POTATOES
GREEN BEANS
CORN
GRAVY
SHORT ORDER

Sunday:

BEEF PORCUPINES
HERBED & LEMON BAKED FISH
MASHED POTATOES
MACARONI & CHEESE
ASPARAGUS
CARROTS
GRAVY
SHORT ORDER

June Toon



Technical Sergeant

Gregory Boshears	134 LRS
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Master Sergeant

Stanley Drozdowski	134 SFS
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Chief Master Sergeant

Robert McCormack	134 CES
James Payne	134 MXS