



Vol. 11 No. 02

134th Air Refueling Wing

Feb 2011

Hometown Heroes Honored at McGhee Tyson

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

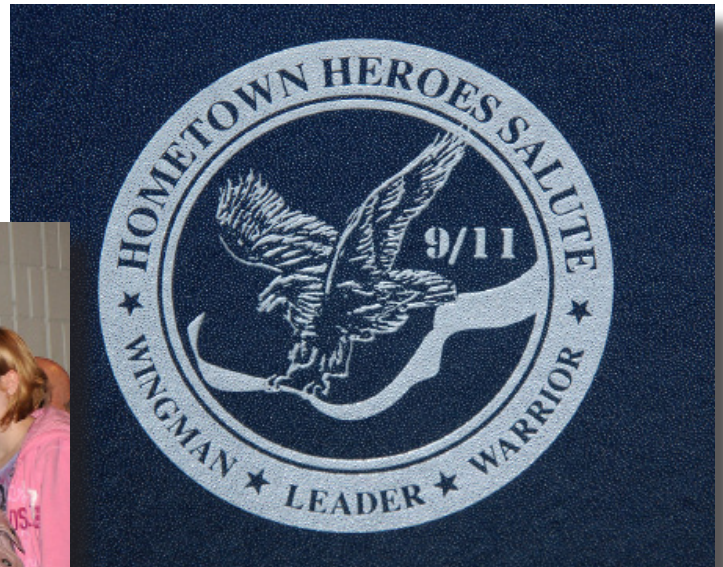
The 134th Air Refueling Wing held a Hometown Heroes Salute ceremony on January 9 to recognize members of the Wing who have served in the Global War on Terrorism between September 11, 2001 and December 31, 2008, and their families



Tech. Sgt. Richard Payne, KC-135R Crew Chief, accompanied by his family on stage, is greeted by Col. Thomas Cauthen, 134 ARW Vice Commander during the Hometown Heroes Ceremony on Jan. 9th. (US Air Force Photo by Tech. Sgt. David Knable, 134 ARW Public Affairs)

who have supported them.

Airmen were presented with letters of appreciation encased in rosewood frames. Older family members were presented with rosewood pen and pencil sets, while each child was presented with their own sets of dog tags. Every item presented was engraved with the Hometown Heroes Salute logo. Airmen were also presented



with a "Center of Influence" medallion to be given to someone they feel supported them and their family during their absence.

"Thank you for what you do. We can't do what we do without you. You're at the pointy end of the spear," said Col. Timothy Dearing, 134 ARW Wing Commander. "And a second thank you to all of the family members."

Since the Hometown Heroes Salute program was begun in 2010, more than 400 members of the 134 ARW, and the tenant units assigned to McGhee Tyson ANGB, have been recognized for their service in support of the Global War on Terrorism. Additional Hometown Heroes Salute ceremonies will be held to recognize those who have served since December 31, 2008.

The Mission of the 134th Air Refueling Wing is
 "to provide air operations and support in response
 to any call of the military command structure."



Photo by Tech. Sgt. Kendra M Owenby, 134 ARW Public Affairs

**Anti-Terrorism Force Protection Threat Levels
 National Threat Levels for FEB 2011**

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

ENHANCED READINESS

REPORT SUSPICIOUS ACTIVITY

CALL EXTENSION 3274 OR 911

YOUR CALL MAY SAVE LIVES

**THREAT LEVELS ARE SUBJECT
 TO CHANGE AT ANYTIME**

Customer Service
 Hours for

Photo Lab
Saturday Drill
1300-1500

Customer Service
 Hours for

Security Forces:
 Sat 0830-1130
 Sun 0830-1130

Customer Service
 Hours for

Clothing Issue:
 Sat 0830 -1100
 1215 -1530
 Sun 0830 -1430

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
 Mar. Volunteer is
 Mar. 3rd**

Chief Promotion Times Two

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

The 134th Maintenance Group recognized the promotion of two Senior Master Sergeants to the rank of Chief Master Sergeant on January 8.

Senior Master Sgt. John B. Gresham and Senior Master Sgt. Charles C. Johnson were promoted to the Air Force's highest enlisted rank because of their proven desire to step forward and lead the Airmen below them, said Col. Randy Gratz, 134th Maintenance Group Commander.

"I've had the privilege of making several Chief recommendations, and it gets tougher each time. That's due to the outstanding quality of the folks here to select from," said Col. Gratz.

Col. Timothy Dearing, 134 ARW Wing Commander, expressed his expectations to the new Chiefs after

swearing them in to their new positions.

"All these wonderful things that you've done up to this point that have gotten you here, that slate is wiped clean. It's not what you've done for me in the past, it's what you're going to do for this Wing in the future," said Col. Dearing.

Col. Dearing also addressed those in attendance after swearing in the Chiefs. "This is what it's all about right here. This is what all of you should aspire to become, a chief," said Col. Dearing. "They expect and

deserve to have you respect the decisions they make."

Only one percent off all those who enlist in the United States Air Force attain the rank of Chief Master Sergeant.



US Air Force photo by Tech. Sgt. David Knable, 134 ARW PA

Fire Chief Hangs Up Helmet After 42 Years

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



US Air Force photo by Senior Amn Scott Hollis, 134 ARW PA

The 134th Civil Engineering Squadron recognized the retirement of Base Fire Chief, Chief Master Sgt. Kenneth M. Smith, in a retirement ceremony held here on January 8, 2011.

Chief Smith was a member of the 134th Air Refueling Wing for more than 42 years. He began his career in 1968 and officially retired April 24, 2010. In recognition of his long and distinguished career, Chief Smith was presented with the National Guard Minute Man Statue, a hand-made stained-glass artwork, and a shadow board reflecting his career and accomplishments in the Air National Guard. The fire department also presented Chief Smith with a custom made fishing rod and a fire fighter's helmet with the Chief's fire chief shield on the

front.

On behalf of the McGhee Tyson Air National Guard Base Chief's Council, Command Chief Master Sgt. Jimmy Long presented Chief Smith with a chief's bust, an item usually presented to those being promoted to the rank of Chief. Chief Long explained that Chief Smith was a Chief long before the council started presenting the busts. Chief Smith attained the rank of Chief Master Sgt. in 1992. He became the Base Fire Chief in 1983.

Cynthia Smith, wife of Chief Smith, was presented with a bouquet of flowers and a letter of appreciation for her support of Chief Smith throughout his career.

134 CES Commander Lt. Col. Chico Messer described his years of service with Chief Smith. "His integrity and character are totally without question. His leadership has been phenomenal, and you've planted a good seed on fertile ground," said Lt. Col. Messer.

Chief Smith addressed the crowd by putting the length of his service into perspective. He referred to the pictures of all of the 134 ARW wing commanders on the wall in the Wing Conference Room. He served under all of them but one.

Chief Smith attributes his successes to the blessings of God. He said he didn't have any relationships at the base when he first came to visit, but God opened many doors for him throughout his career and brought him to where he is today.

Don't Gamble with Safety: Resilience

By Lt Col Gary Smith, 134 ARW Safety Officer



Super Bowl XLV is today! Super Bowl I was played between Vince Lombardi's NFL champion Green Bay Packers and Hank Stram's AFL champion Kansas City Chiefs. The Packers were NFL champions for the fourth time in the past five years. They were considered a dynasty since Lombardi had become the coach in 1959. The Chiefs were from the AFL which most considered inferior to the storied NFL. The Packers dominated the second half of the game, scoring 21 of their 35 points. That game sparked the event that most of us will enjoy tonight.

The game that will be played tonight is starkly different from the one played that day. Offenses are more pass-oriented. In Super Bowl I, both teams passed for 395 yards, completing 33 of 56 passes. As a point of reference, one of last year's Super Bowl quarterbacks, Peyton Manning, was 31 of 45 for 333 yards. Today's defenses are adaptive, amazingly faster, bigger and stronger. The game itself has changed. Players, coaches, officiating, equipment, and even viewing the game has changed tremendously. Each change was seen as a way to make the game better for all. But the

teams today do have a common trait with the teams that played in the first Super Bowl—resilience. (Merriam-Webster dictionary defines resilience as: **1.)** the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress; **2.)** an ability to recover from or adjust easily to misfortune or change.)

Today's teams have done much to get to this point, much of which have been years in the making. Most think that NFL teams only work for that year to achieve greatness, but it is an ongoing process. Parallels can be drawn between these teams rise to glory and we here at the 134th. Each team has worked tirelessly in all areas to accomplish this feat and often in the face of adversity. Teams have faced salary caps (a form of Force Management), Strident practices (Exercise for inspections), Home/Away games (Inspections/deployments), Draft picks (new recruits), Free agency (new positions within the organization), Injuries and/or retirements, and another team that works diligently to bring failure (Al Qaeda).

As you can see, we have much that we have to rise above to have the success for which we are known. At the end of the game tonight, one team will have risen above all the difficulties to come out victors. They will be resilient and not allow the difficulties before them deter them from the mission at hand—win Super Bowl XLV. As the 134th team, we are going to face many difficulties in the days ahead. But we have always met the challenge head on and been successful. For that to continue, we must focus on the mission, carry one another when they need help, publicly celebrate our success, thank God for our opportunities, and remind our families we appreciate their support. At the end of the day, if we are resilient in these endeavors, we will stand as victors, just as one team will tonight.

Information Assurance

Submitted by Master Sgt. Carolyn LaDue, 134 CF

Arm Yourself Against Threats

McAfee researchers predicting the biggest “cyber scares” during 2011 to be aimed at social media communications on mobile devices. They expect to see applications (online tools for mobile devices) expose privacy and identity data. Knowledge is the beginning of a good defense.

How to Tweet

<http://www.slideshare.net/DepartmentofDefense/how-to-tweet-4746961>

Twitter & Mobile (SMS) and Other Applications

<http://www.slideshare.net/DepartmentofDefense/twitter-and-mobile-sms-and-other-applications>

Getting Started with Blogging

<http://www.slideshare.net/DepartmentofDefense/getting-started-with-blogs-4745932>

Tips & Tools for YouTube

<http://www.slideshare.net/DepartmentofDefense/tips-and-tools-for-you-tube>

Short social networking training videos (Material good for training family members)

<http://www.stratcom.mil/snstraining/>

Tips to protect you against Internet fraud

<http://www.onguardonline.gov/>

Suggested Facebook settings

<http://www.slideshare.net/USNavySocialMedia/suggested-facebook-privacy-settings>



Is Someone Else Spending Your Money?

This month I am forced to add my two cents worth about protecting your personal information and in particular, your credit card. I have a story to tell and unfortunately it is no Grimm’s fairy tale. This is real.

Last week on the 18th of January I stopped at a local station to fill up the old gas tank. I inserted my card and went through the usual ritual. After two tries I gave up and went to the attendant’s window who informed me my card had been denied. I just figured since the card was well used that it had become defective so I paid cash and pressed on. I was not quite listening yet to my “suspicious” mind.

The next day when I tried to make a \$15 purchase at a local electronics store I had the same problem. I remembered my Dave Ramsey teaching, (Cash is King), and paid cash and pressed on. Then my suspicious nature *finally* kicked in and I called the credit union. Once might have been a fluke, but twice was ringing some bells and whistles. I told them what had happened, and they said they would check into it and call me back. Ten minutes later I had the answer. A “block” had been put on my card by the security company the credit union uses, due to a suspicious charge. There were actually three charges which I had not made.

The first was a charge for sending a fax. This ten dollar charge was probably a test just to see if it would work. The next was a \$20 charge for an online game of some kind. (Sorry all you people under 30 or so, I am not a gamer). Since this gaming charge was successful, I guess the thieves decided to go for the big bucks. The next charge was for an airline ticket on Malaysian Airlines to the tune of \$1743 and change. I have never been to the Philippines nor have I had the desire to go.

For those of you who don’t know me, I have been a COMSEC Manager for 20 years. I have been a Security Manager for 7 years. Paranoia is part of my DNA, so you can imagine I am extremely careful about using my credit card on line. In spite of that, my credit card number was hacked anyway.

We all use credit cards these days. It is almost a necessity. Just remember there are individuals out there who make their living selling your credit card information. Keep your credit card in its sleeve if you can. Pay cash at restaurants and any other establishment that gives you pause. Just be careful out here in Cyberspace. Think about using a security company of your choice to protect your personal information.

**Information Assurance POCs: MSgt LaDue, ext 4936
MSgt Benson, ext 4925**

Fire Department Members Receive Training

Submitted by Chief Master Sgt. Rob McCormack, 134 ARW Fire Chief

On 9 January 2011, the 134th Fire Emergency Services flight conducted annual emergency vehicle operations training to comply with state law. Tennessee Code Annotated 55-8-194 - Vanessa K. Free Emergency Services Training Act of 2005 requires drivers of emergency vehicles to complete a comprehensive driver's safety training course annually.

On November 17, 2002, Vanessa Free was killed in an automobile accident in Chattanooga, Tennessee. Vanessa and four other UTC freshmen were about one block off campus, when they stopped for a red light. When their light turned green, they started through the intersection, but had to immediately brake because a police car ran his red light, with blue lights only. Still having the green light, the girls started through the intersection again. Within seconds, a second police car also with blue lights only, ran the red light. This police car hit the girl's car broadside on the passenger side, sending their car spinning 275 feet. The traffic reconstruction specialist said that the police officer was going 65-70 miles per hour in a 35 miles-per-hour zone. Vanessa was riding in the front passenger seat and was killed instantly while the other girls received serious injuries. The police officer, who received minor injuries, had been on his way to a call concerning a fight.

During the January 2011 UTA, SSgt Travis Neely of the Fire Emergency Services Flight instructed department members on the requirements of the law, then followed up with a written test and performance based evaluation. The flight's commitment to safety and meeting the intent of the law displays their willingness to serve the base populace as safely as possible while reducing risk at every opportunity.



Environmental Management System



Thomas S. Cauthen, Colonel TN ANG
Vice Wing Commander
ESOH Council Chairman

Environmental Management System (EMS)

An EMS is that part of an overall management system that includes policy development, organizational structure, planning activities, responsibilities, practices, procedures, processes, and resources for developing, implementing, achieving, reviewing, and maintaining the environmental program and achieving environmental goals.

Significant Aspects

1. Hazardous Waste

Objective: Reduce amount of hazardous waste generated
Target: Reduce hazardous waste by 15% by 2011

2. Solid Waste

Objective: Reduce solid waste through increased recycling
Target: Increase quantity of material recycled by 10% by 2011

Environmental Policy

1. Protecting the environment is one of our highest priorities and will be a major factor in decision-making. The 134th Air Refueling Wing located at McChes Tyson Air National Guard Base is dedicated to the continued improvement of our processes to prevent and reduce waste generation. The Wing endorses the development and execution of an installation-wide EMS and a commitment to compliance with federal, state, and local environmental laws and regulations. Our mission is to provide air operations and support in response to any call of the military command structure.

2. The 134th Air Refueling Wing activities include operating and maintenance of KC-135R aircraft with the support of corrosion control, aerospace ground equipment, vehicle maintenance, administrative functions, and facilities maintenance in conjunction with several tenant units. In all activities, we will seek to "SOAR":

Set Objectives: We will fulfill or exceed our environmental objectives to improve operational readiness.

Obey requirements: We will comply with environmental regulations while reducing compliance costs & liabilities.

Achieve improvement: We will continuously improve our programs and processes.

Reduce Pollution: We will reduce or eliminate the use of hazardous materials and releases of pollutants, while encouraging recycling.

3. The 134th Air Refueling Wing has achieved a respectable environmental reputation within the Air National Guard and continues to be good stewards within the local community. Through our efforts we prove that we are good neighbors and citizens within the Blount County community.

4. This environmental policy is made available to the public on the Wing's public website. Questions concerning this policy should be addressed to Capt. J. David Barrett, Environmental Manager, (865) 985-4256.

Solid Waste Hierarchy

1. Preventing the creation of waste is preferable to recycling or handling the waste after it is generated;
2. Waste that cannot be prevented at the source will be recycled;
3. Waste that cannot be recycled will be treated in an environmentally safe manner; and
4. Waste that cannot be prevented, recycled, or treated in an environmentally safe manner will be sent for disposal as the last resort.

Waste Reduction Strategies

- Two-sided printing and copying;
- Use of electronic mail without printing;
- Circulate only one copy of printed material;
- Establish central document and file areas;
- Maintain and repair durable products;
- Reuse bags, containers, and other items;
- Reuse paper by making it into scratch pads, or print draft copies on the back side of used paper;
- Reuse and return corrugated boxes;
- Reuse or recycle pallets and wrapping materials;
- Reuse newspapers for padding/packaging;
- Purchase supplies in bulk;
- Establish a materials exchange among surrounding organizations;
- Use reusable containers;
- Use silverware, cups, and dishes instead of disposable items;
- Use glass, plastic, or paper cups instead of non-recyclable materials;
- Recycle all unusable metal;
- Proof, review, and edit documents on the computer screen before printing;
- Keep mailing lists electronically and keep them current to avoid duplication;

Tennessee State Troops to Teachers (3T) program.



Troops to Teachers is a cooperative program of the Department of Education and the Department of Defense which provides referral assistance to military personnel interested in teaching as a second career in K-12 public school systems. Financial assistance may be available towards teachers' certification and or expenses with a commitment to teach in targeted schools. Individuals receiving financial assistance must agree to teach for three years in those targeted schools.

The goal is to assist the individual with his/her transition from the military career to teaching in Tennessee Public Schools.

The (3T) program has benefits and services available to qualifying veterans, military retirees, national guardsmen and women, and reserve personnel. Although 3T is not a placement agency, job openings change often so it is best to register. The website for **self-eligibility** and **registration** in Troops to Teachers is as follows: www.ProudToServeAgain.com.

Click on the Troops to Teachers home page link and look for the **“red box”** to ensure eligibility and to complete the registration process. If you have already registered, please disregard these two steps. Please note Troops to Teachers is now on **Facebook!**

The minimal educational requirements and “high need” areas are as follows:
Classroom Teachers must have earned at least a bachelor's degree from a regionally accredited institution. <http://www.state.tn.us/education/lic/index.shtml>
Occupational/Technical Teachers must have the equivalent of one year of college (30 credit hours) with six years of military experience

Considered “high need” areas are as follows: Math, Science (Chemistry and Physics), Special Education, English as Second Language (ESL), Foreign Language (Spanish or French), and Elementary Education for male teachers

Additionally, it is highly recommended to take the PRAXIS II Content Exams in the subject area that you would hope to teach. This information may be found at the following website:

www.ets.org

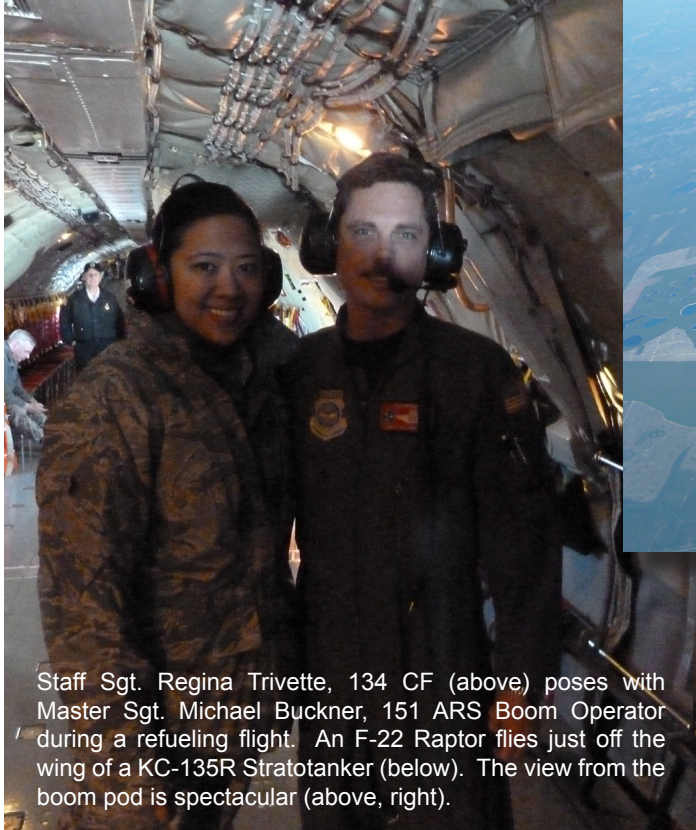
POC: Cliff Yager, MHR/SPHR/CSSBB/USN (Ret.)
Executive Director, Tennessee Troops to Teachers
710 James Robertson Parkway
Sixth Floor, Andrew Johnson Tower
Nashville, Tennessee 37243
Homepage: <http://www.state.tn.us/education/lic/troop.shtml>

Phone: 1-800-286-5301
(615)-253 0079
Cell: (615)-739-2972
Fax: (615) 532-4791
E-Mail: Cliff.Yager@tn.gov



VOLUNTEER PHOTO SUBMISSIONS

Please contact Capt Joseph Keith, Public Affairs Officer or Tech. Sgt. Kendra Owenby, Multimedia NCOIC to submit your photos



Flyin' High

Photos by Staff Sgt. Regina Trivette, 134 CF



ANG TEC Welcomes New Commander

By Master Sgt. Mavi Smith, The I.G. Brown Air National Guard Training and Education Center

The I.G. Brown Air National Guard Training and Education Center welcomed a new commander in a formal military change of command ceremony here, Jan. 14.

"Sir, I assume command," said Col. Bradley N. McRee, the deputy commander of the 245th Civil Engineering Flight of the North Carolina Air National Guard, as he accepted the center's flag of command from Maj. Gen. William H. Etter, the deputy director of the Air National Guard.

As commander, McRee will have overall responsibility for the mission of the Training and Education Center, which is to 'facilitate change through the education and training of military leaders.'

More than 4,200 students receive training here each year at enlisted professional military education courses and classes in subjects ranging from explosives safety orientation to food services, recruiting, security and expeditionary medical support.

McRee is the 10th commanding officer to lead the center since it was founded in 1968. He succeeds Col. Richard B. Howard, who has served in the position since March 2009, and retired with more than 30 years of service in a ceremony following the change of command.

"Brad will be a great commander," Howard told an audience of military members, friends and family. "He's a great champion of the TEC, of the Air Guard, and the total force."

"This begins a rewarding and exciting time for him," said Howard. "He has a wealth of experience and is well prepared for this command assignment."

McRee began his military career in 1986, as an aircraft maintenance officer with the North Carolina Air National Guard. While maintaining a civilian career as a consulting, civil and city engineer, he served his unit in various roles and positions and gained extensive leadership and management experience. He has also traveled worldwide in support of real world deployments to various locations in Europe, the Middle East, and the America's.

And while McRee may be its new commander, he is no stranger to the Training and Education Center.

From 2004 to 2008, McRee was the commandant of the Academy of Military Science here. During that time, he led a team in commissioning more than 2,000 second lieutenants in the Air National Guard and Air Force Reserve. When the program relocated



McGHEE TYSON AIR NATIONAL GUARD BASE, Tenn. - Col. Bradley N. McRee, center, accepts command of The I.G. Brown Air National Guard Training and Education Center from Maj. Gen. William H. Etter, left, the deputy director of the Air National Guard, in a ceremony held at Spruance Hall here, Jan. 14, 2011, while former commander, Col. Richard B. Howard, right, looks on. (U.S. Air Force photo by Master Sgt. Kurt Skoglund/Released)

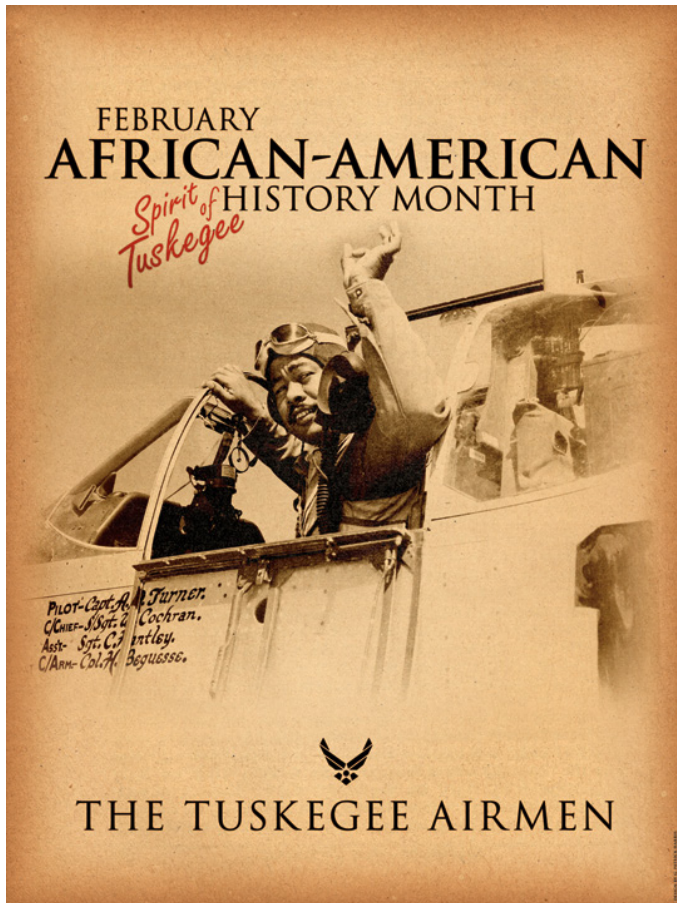
to Maxwell AFB, Ala., to form a partnership with the Air Force's Officer Training School, he was selected by the Director of the Air National Guard to assist with the transition.

Since then, McRee has balanced his responsibilities as a drill status guardsman with the North Carolina Air National Guard with assignments at the Training and Education Center. He has led an expansion effort for the center and created an \$18 million military construction package for new dormitories and classrooms, which awaits funding. McRee has also led the development of the center's strategic plan for the future.

McRee thanked the audience for the honor to serve the center, "It is both humbling and exciting to be your next commander. I appreciate what our predecessors, Colonel Howard, and each of you have done to bring success and honor to this institution through your professionalism and hard work, and I promise to do the same."

What is Black History Month?

By Neil Middlemiss (used with permission); Submitted by Senior Master Sgt. Michael Lonas, 134 ARW HRA



February is Black History Month - But What Does That Really Mean?

The reason America celebrates African-Americans during black history month is rooted in the need for America to recognize its past and acknowledge where it came from.

It Isn't Just Black History, But American History That Requires Our Reflection

Dr. Frank Luttmmer of Hanover College said in 1996 that history “*must be understood on its own terms*”; that it “*must first be understood in its context*”. Essentially, acts, events and ideas can only really be appreciated and meaningful when they are considered in the place and time that they occurred.

The history of every nation on the planet has chapters that are troubled; with periods and events that are epitaphs to its evolution; its painful growth from disparate bands of humanity to its current form of civilization. There is perhaps no greater example of this than the United States of America. America, filled with immeasurable accomplishment, passionate ideology and wonder, has itself tolerated some of the darkest times to emerge to its current form, both glorious and aggrieved. Each event in her past must be judged in context, through the appropriate lens with which to look back and examine what it meant, why it happened and how much it influences the state of the union today. Black History Month is a time to do just that.

Dr. Carter G. Woodson Creates the First True Celebration of Black History

In a past where the participation of African-Americans in the molding of America had been ignored or marginalized, Dr. Carter G. Woodson, a Harvard Scholar and prominent figure in Black History himself, endeavored to shine a light on the contribution of African-Americans and allow for their recognition and appreciation.

Dr. Woodson believed that for African-Americans, and indeed all Americans, to properly understand American history, ‘Black History’ specifically needed to be remembered in a week long celebration called ‘Negro History Week’. February was chosen since it coincided with the birthdays of Frederick Douglass and Abraham Lincoln, two men who made considerable impacts on the black population and the landscape of American History at large.

Black History Month Is More Important Than Ever

‘Negro History Week’ has grown through the years and is now a celebration that spans the entire month of February. It is a time for all Americans, for all people to take a moment to learn of the remarkable contributions of African-Americans, many of them astonishing given the context of the harsh times of slavery, segregation and the great adversity seen during the civil rights movement. It is also a time to trace the impacts of those harshest times on the America seen today and understand that the past informs today and today can become whatever tomorrow the nation is willing to fight for. Perhaps now, more than ever, the historic events that The United States has witnessed with the election of the first African-American president should be evaluated by reflecting on what the past teaches its citizens and help them better understand what can to expect the future history of African-Americans, and all Americans, to look like.



MEDICAL GROUP



Please ensure individuals who have not had their flu shot report to the Medical Group at 1000 on Saturday. Otherwise, individuals who have not had their flu shot cannot drill for pay and points.

SATURDAY UTA

**0800-0930 HOURS GEN COTNEY RETIREMENT/ACTIVE SHOOTER
(MULTIPURPOSE BLDG)**

**1000-1130 HOURS PHAS (FLYERS & OCCUPATIONAL HEALTH AND
DENTAL APPTS ONLY)**

1000-1130 HOURS FITNESS FOR DUTY EVALUATIONS

1000-1130 HOURS IMMUNIZATIONS & FLU

1000-1130 HOURS QNFT TESTING (BEE OFFICE)

1130-1230 HOURS LUNCH

1300-1530 HOURS PHAS

1300-1400 HOURS FITNESS TESTING EVALUATIONS (IDMT'S)

1300-1530 HOURS IMMUNIZATIONS



SUNDAY UTA

CLOSED FOR TRAINING

**0800-1600 HOURS CPR FOR UNIT FITNESS MONITORS (SUPPLY
CLASSROOM) PLEASE USE DOCK ENTRANCE**

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

1130-1230 HOURS LUNCH

1200-1530 HOURS SABC INSTRUCTOR TRAINING (MDG TRAINING ROOM)

1300-1430 HOURS IMMUNIZATIONS/NO YELLOW FEVER

NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION.

NOTE 2: INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL EXAMINATION.

NOTE 3: IF YOU WEAR GLASSES YOU MUST BRING THEM WITH YOU FOR PHYSICAL. PLEASE DO NOT WEAR CONTACT LENS FOR EXAM.

NOTE 4: IF YOU ARE DEPLOYING, PLEASE CHECK WITH THE CLINIC WELL IN ADVANCE OF DEPARTURE DATE FOR IMMUNIZATION REQUIREMENTS.

NOTE 5: DNA TESTING IS CONDUCTED FROM 0830 - 1100 HOURS OF SATURDAY UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT SCHEDULED TIME.

Start at the Store: 7 Ways to Prevent Foodborne Illness

Submitted by Master Sgt. Kristin Boyanton, 134 MDG Public Health

Safeguarding your home against foodborne illnesses begins not at home, but at the supermarket, grocery store, or any other place where you buy food that you plan to store and serve.

Combating foodborne illnesses is a top priority at the Food and Drug Administration (FDA). That's because, according to the Centers for Disease Control and Prevention (CDC), foodborne ailments cause about 325,000 hospitalizations and 5,200 deaths nationwide each year.

You as a consumer can play a key role in preventing these illnesses. While shopping for food, you should:

1. Check for cleanliness

Buying from a retailer who follows proper food handling practices helps assure that the food is safe. Ask yourself: What is the general impression of this facility? Does it look and smell clean?

2. Keep certain foods separated

Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart. Place these foods in plastic bags to prevent their juices from dripping on other foods. It is also best to separate these foods from other foods at checkout and in your grocery bags.

3. Inspect cans and jars

Don't buy food in cans that are bulging or dented. Also, don't buy food in jars that are cracked or have loose or bulging lids.

Since foods sold in cans or jars are processed to be sterile, they can "keep" for a long time if the can or jar is intact. A bulging can or jar lid may mean the food was under-processed and is contaminated. A dent in a can, especially if the dent affects a seam, may cause an opening in the seam which may allow contamination, as would a crack in a jar. A loose lid on a jar means the vacuum has been lost and the product may be contaminated. Don't buy a food product whose seal seems tampered with or damaged.

4. Inspect frozen food packaging

Don't buy frozen food if the package is damaged. Packages should not be open, torn or crushed on the edges. Also, avoid packages that are above the frost line in the store's freezer. If the package cover is transparent, look for signs of frost or ice crystals. This could mean that the food in the package has either been stored for a long time or thawed and refrozen. In such cases, choose another package.

5. Select frozen foods and perishables last

Meat, poultry, fish and eggs should be the last items placed in your shopping cart. Always put these products in separate plastic bags so that drippings don't contaminate other foods.

6. Choose fresh eggs carefully

Before putting eggs in your cart, open the carton and make sure that the eggs are clean and none is cracked. Buy only refrigerated eggs and follow the "Safe Handling Instructions" on the carton.

7. Be mindful of time and temperature

It's important to refrigerate perishable products as soon as possible after grocery shopping. Food safety experts stress the "2-hour rule"—because harmful bacteria can multiply in the "danger zone" (between 40° and 140° F), perishable foods should not be left at room temperature longer than 2 hours. Modify that rule to 1 hour when temperatures are above 90° F, as they often are in cars that have been parked in the sun.

If it will take more than an hour to get your groceries home, use an ice chest to keep frozen and perishable foods cold. Also, when the weather is warm and you are using your car's air conditioner, keep your groceries in the passenger compartment, not the trunk.

This article appears on [FDA's Consumer Update page](#)⁵, which features the latest on all FDA-regulated products, date Posted: May 13, 2008

NEW GUARD MEMBERS



A1C James Whitt
134 MXS



A1C Stephanie Vance
151 ARS



AB Bo Carrall
134 MXS



AB Cody Whitt
134 MXS



AB Rebecca Royal
134 FSS



SrA Matthew Collins
134 SFS



SrA Raymond Raper
134 SFS



SSgt Jonathan Stills
134 ARW

RECRUITER'S CORNER

Submitted by the 134 ARW 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.ang.af.mil/Recruiting.htm>

UNITED STATES AIR FORCE CELEBRATES



**AFRICAN-AMERICAN
HISTORY MONTH**



DESIGN: G. PETERSON / HARRIS

AROUND BASE

Family Readiness

Submitted by Steve Latham, 134 ARW Family Readiness

Service members & families from the 134th ARW, 183rd FW IL ANG, & the 148th FW MN ANG attended our fourth, 134th sponsored Yellow Ribbon Reintegration Event at the Park Vista Hotel in Gatlinburg, TN 21-23 Jan 2011.



What's For Lunch?

Saturday:

BBQ PORK CHOPS
MR. Z'S CHICKEN
AU GRATIN POTATOES
HARVEST BLEND RICE
GREEN BEANS
FRIED OKRA
GRAVY
SOUP
SHORT ORDER

Sunday:

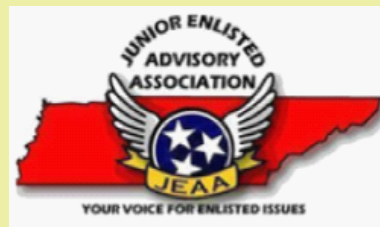
SPAGHETTI W/MEAT SAUCE
HERBED & LEMON BAKED FISH
STEAMED RICE
MASHED POTATOES
CREAMED CORN
ASPARAGUS
GRAVY
SOUP
SHORT ORDER

PROMOTIONS

<i>Master Sgt.</i>	Joseph Dombroski	119 CACS
<i>Technical Sgt.</i>	Brian Ailey	119 CACS
	Joseph Satterfield	119 CACS
<i>Staff Sgt.</i>	Jimmy Hutcherson	134 LRS
	Derrick Hinson	119 CACS
	James Badgett	119 CACS
	Jay Vanvranken	119 CACS
<i>Senior Airm</i>	Joshua Lloyd	134 LRS
	Curtis Arms	119 CACS



JEAA



The Junior Enlisted Advisory Association will be meeting in Bldg 134 in the headquarters conference room on drill Saturdays from 14:30 p.m. to 15:30. All E-1's through E-6's are encouraged to attend!