



# THE VOLUNTEER



VOL. 11 NO. 12

134TH AIR REFUELING WING

DEC 2011

## A Tribute to One of McGhee Tyson's Own



On Nov. 17th, the 134 ARW Operations Group Building was dedicated in honor to the late Maj General Fred Forster, former Adjutant General and 134 ARW Wing Commander. Brigadier General Donald Johnson, Tennessee National Guard Assistant Adjutant General, Air; Col. Thomas Cauthen, 134 ARW Wing Commander and Maj. Gen. Max Haston, Adjutant General Tennessee National Guard, unveil the sign for the newly dedicated building for the 134 ARW Operations Group (above).

The family members of the late Maj. General Fred Forster accompany his widow, Carolyn Forster as she cuts the ribbon for the new facility that will house all of the aircrew operations for the wing. Also from left to right (in uniform) are Maj. General Max Haston, Tennessee Adjutant General; Col. Randall Gratz, 134 ARW Vice Commander, and Brigadier General Donald Johnson, Tennessee National Guard Assistant Adjutant General, Air. (National Guard photos by Master Sgt. Kurt Skoglund, ANG TEC)



# Two Command Chiefs Say Goodbye to McGhee Tyson

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

The 134th Air Refueling Wing hosted two official command chief master sergeant retirements here Nov. 5.

During an afternoon ceremony held in Spruance Hall here, Chief Master Sgt. Douglas R. Smelcer, retired from his post as the state command chief master sergeant, Tennessee Air National Guard, after more than 35 years of service to his country. During the ceremony, Smelcer transferred state command chief responsibilities to Chief Master Sgt. Wade A. Hudson, formerly the command chief master sergeant for the 164th Airlift Wing in Memphis. Smelcer officially retired Nov. 15.

In an evening ceremony held in Wilson Hall here, former 134 ARW Command Chief Master Sgt. James

The Assistant Adjutant General, Tennessee Air National Guard, Brig. Gen. Donald L. Johnson, described Smelcer as, "an Airman's Airman."

"He always looked after the traditional guardsman," said Col. L. Gus Schettler, former director of staff for the



Col. Thomas Cauthen, 134 ARW Commander presents the Minuteman statue to Chief Master Sgt. James B. Long II during Long's retirement ceremony on Nov. 5th (left). Col. Thomas Cauthen, 134 ARW Commander presents a photo illustration of the KC-135R Stratotanker to Chief Master Sgt. Doug Smelcer during Smelcer's retirement ceremony on Nov. 5th (above). (National Guard photo by Tech. Sgt. David Knable, 134 ARW Public Affairs)

B. Long II, retired from the United States Air Force after more than 29 years of service to his country. Long transferred command chief responsibilities to Chief Master Sgt. Steve Payne in a ceremony held before the wing in June 2011. Long officially retired Nov. 7.

Smelcer served as the senior enlisted advisor to the Assistant Adjutant General for Air on quality-of-life issues and other concerns for the more than 3,000 enlisted members of the Tennessee Air National Guard. His responsibilities included providing advice and counsel to wing and unit commanders and wing command chief masters sergeants on the concerns of the enlisted force.

Smelcer began his active duty military career in 1976, and transferred to the Air National Guard's 119th Tactical Control Flight at McGhee Tyson ANGB, in 1978, where he served for more than 28 years.

Smelcer also served as a member of the Enlisted Field Advisory Council for the Air National Guard. This council serves to advise the Director of the Air National Guard and to propose solutions, changes, and other policy actions that impact the 94,000 enlisted members of the Air National Guard.

Tennessee Air National Guard.

Smelcer plans to continue his civilian career working in Information Technology at the Oak Ridge National Laboratory, Oak Ridge, Tenn.

Long's responsibilities included serving as the senior enlisted advisor to the 134 ARW wing commander. He represented more than 1,000 enlisted members of the wing, and presented their needs and concerns to the Wing's leadership.

"He served with dignity and honor and always represented the folks here at McGhee Tyson. Nobody has ever done better. Steve Payne has big shoes to fill," said Smelcer.

Long started his Air Force career in 1982, as a crew chief on C-141 Starlifter aircraft. He transferred to the Tennessee Air National Guard in 1990. He went on to become a first sergeant and eventually attained the rank of chief master sergeant. Long became the wing command chief master sergeant in 2006.

Long plans to continue his civilian career as the Assistant Chief Deputy for Operations for the Blount County Sheriff's Office.



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

“The Mission of the 134th Air Refueling Wing is to project Global Reach and Global Power in the interest of our National Defense by providing vital Air Refueling and Airlift for rapid deployment, sustained combat operations and effective training as directed by the Secretary of Defense.”

**\*\*Commander’s Call/Tree Lighting 1400 Sunday Drill**

The Deadline for Article Submissions for the Jan Volunteer is Dec 29th

Customer Service  
Hours for  
**Photo Lab**  
**Sat Drill**  
**1300-1500**

Customer Service  
Hours for  
**Security Forces:**  
Mon/Wed/Fri 0800-1100  
Sat 0830-1130  
Sun 0830-1130

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

**Anti-Terrorism Force Protection Threat Levels Defined**

**IMMINENT**

**WARNS OF A CREDIBLE, SPECIFIC, & IMPENDING  
TERRORIST THREAT AGAINST THE U.S.**

**ELEVATED**

**WARNS OF A CREDIBLE TERRORIST THREAT  
AGAINST THE U.S.**

**CURRENT LEVELS:**

**FPCON ALPHA INFOCON 3**

**REPORT SUSPICIOUS ACTIVITY!**

Call Extension 3274 or 911 - Your Call May Save Lives  
**THREAT LEVELS ARE SUBJECT TO CHANGE AT ANYTIME**

This newspaper is an authorized publication for members of the U.S. military services. The content is edited, prepared, and provided by the Public Affairs Office of McGhee Tyson ANG Base. The contents of the VOLUNTEER are not necessarily the official views of, or endorsed by the U.S. Government, DOD, or the Department of the Air Force. 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.



*134th Air Refueling Wing  
Chain of Command*

Col Thomas Cauthen  
**Commander**

Col Randall Gratz  
**Vice Commander**

Chief Master Sgt. Steve Payne  
**Command**  
**Chief Master Sergeant**

- Col Mike Lindeman (Operations)
- Col Burl Lambert (Maintenance)
- Col Cory Strobel (Medical)
- Lt Col Wally Houser (Support)

**Group Commanders**

*134th Air Refueling Wing  
Editorial Staff*

Maj Gary L Taft  
**Chief of Public Affairs**

Capt Joey Keith  
**Public Affairs Officer**

Master Sgt Kendra Owenby  
**Public Affairs  
Multimedia Manager**

Tech Sgt Jack West  
**Public Affairs Journalist**

Tech Sgt David Knable  
Staff Sgt Scott Hollis  
Airman Jackie Keeney  
**Multimedia**

Senior Airman Jennifer Griffis  
**Knowledge Operations  
Management**



# National Guard Talking Points

Office of Public Affairs & Strategic  
Communications  
Phone: (703) 607-2623  
DSN: 327-2623

## National Guard: Security America can afford

- For 11% of the Army budget, the Army National Guard provides 32% of the Army's total personnel and 40% of its operating forces
- For 7% of the Air Force budget, the Air National Guard provides 19% of the Air Force's total personnel and 30-40% of the Air Force fighter, tanker and airlift capacity
- An "as needed" force, the National Guard's community-based, part-time structure offers myriad savings (nearly 85% of NG is part-time)
  - fewer pay days per year; lower medical costs
  - lower retirement expenditures
  - significantly lower training costs beyond initial qualification training
  - virtually no cost for moving families and household goods to new duty stations
  - fewer entitlements, such as housing and food allowances
  - lower base support costs in terms of services and facilities such as housing and child care facilities
- For the cost of one active duty service member, our Nation can train, retain and deploy three National Guard Soldiers or Airmen
- Much of the National Guard's dual-use equipment can be employed for federal and domestic missions
- The ANG operates for less than two cents of every dollar spent on defense



(National Guard photo by Master Sgt. Kendra M Owenby, 134 ARW Public Affairs)

## America depends on the National Guard

- Always Ready, Always There, there are over 6,800 National Guard members supporting domestic operations in the United States
- More than 2,100 Air Guard members are protecting America's air space supporting Aerospace Control Alert missions
- More than 1,050 Army and Air National Guard members serving on the Southwest Border

(Talking Points, Cont. on Page 5)

(Talking Points, Cont. from Page 4)

- 350 Guard members providing counter drug support in the SWB states
- 96 percent of all emergencies in the United States are handled by civil authorities or the National Guard

- Trained and equipped, the NG's geographically dispersed CBRN task forces are within 250 miles of more than 85% of the American population
  - In more than 3,300 communities, there is a National Guardsmen in nearly every zip code
- Time and Distance = American lives
- The National Guard can rapidly respond to any natural or manmade disaster ... saving lives, easing human suffering, and protecting property



(National Guard photo by Master Sgt. Kendra M Owenby, 134 ARW Public Affairs)

**The National Guard is pivotal to DoD's success**

- Since 9-11, National Guard Citizen Soldiers and Airmen have been mobilized more than 700,000 times in support of the overseas and domestic missions, some more than once
  - More than 115,000 former and current ARNG Soldiers have mobilized more than once since 9/11
  - More than half of Guard members are combat veterans
  - ANG filled nearly 90% of all manpower requests
  - Possessing unequalled experience, National Guardsmen serve longer and retire later than its active counterparts, maintaining expertise and reducing initial training costs
  - Air Guard members operate 17 of the 18 aerospace control alert sites located across the United States
  - Through its unique military-to-military State Partnerships with 63 countries, the NG enhances the defense capacity and counter-terrorism capabilities of partner countries costs for only \$14million
- 22 State Partnership Program nations are providing 11,000 troops in Afghanistan
- 40 SPP partners provide 31,300 troops for UN peacekeeping efforts, reducing the pressure on U.S. forces
- Drawing on their unique civilian skills, the NG's one-of-a-kind Agricultural Development Teams (ADTs) have laid the ground work for enduring, soft power solutions
- ADTs have operated in 15 Afghan provinces and contributed to 600 agricultural projects generating more than \$31 million in economic benefits for Afghan citizens
- In this era of persistent conflict, a fully leveraged National Guard provides this nation a highly cost-effective and proven force

# FINANCIAL MANAGEMENT

Submitted by Tech. Sgt. Joseph Wagner, 134 ARW Financial Management

## New Distance Learning Course Launched

Did you know DTMO offers 27 “live instructor” distance learning classes specifically designed to support DoD travelers and travel managers? The newest distance learning course, *T-100 DTS Self-Registration and Profile*, was launched in early July. This is the fourth class in the Basic Traveler series, which was created to support novice DTS users and travel managers. The 30-minute class reviews DTS account activation and personal profiles.

Register for this, and other courses, through [TraX](#). Just login and select the “Training” icon. Then, select the “View All” radio button to see all class descriptions and dates and times. Once registered, you will receive a confirmation email that contains a URL link, which will link directly to the Defense Connect Online (DCO) classroom on the scheduled day/time of the class. So that you don’t forget to attend, the confirmation email also has a link to add the class to an Outlook calendar. Participants can also download certificates for any completed distance learning course through TraX.

Basic Traveler Series Distance Learning Courses  
T-101: Document Processing – Authorization  
T-102: Document Processing – Vouchers  
T-106: Travel Assistance Center and TraX  
**NEW!** T-100: DTS Self-Registration and Profile

Distance learning courses are available through Defense Connect Online (DCO), DoD’s virtual collaboration tool. DCO provides an audio capability for the presenter and participants which, when coupled with the ability to display presentation material real-time, provides a “live” atmosphere. Participants do not need a have a DCO account; just enter the session as a *guest*. As a reminder, audio is handled via computers using Voice over Internet Protocol (VoiP), which requires the use of external speakers or headphones to hear instructors.

10

## PROMOTIONS

MARY DAVIS (119 CACS) - CAPT  
CORRINNE CURRY (134 MDG) - 1LT

JOSHUA WALKER (134 SFS) - SRA

CARSON CARNETTE (151 ARS) - 1LT  
HEATH WILLIAMS (134 SFS) - SSGT

## “ANGEL TREE”



The McGhee Tyson Family Readiness Group is once again sponsoring our annual “Angel Tree” event. You have the opportunity to help a less fortunate child this holiday season by picking an “Angel” from the Angel Tree, located at the 134th Dining Facility. The Angel will identify whether the child is a boy or girl, their age and their wish. This year, please place the unwrapped gift in a “gift bag” and then place under the tree with the Angel attached. Please return all gifts by the Dec UTA so they can be distributed before Christmas. We hope you will share in the gift of giving.

## DEPLOYED MOM, DAUGHTER SHARE HOLIDAYS TOGETHER

by Master Sgt. Cindy Dorfner, 376th Air Expeditionary Wing



Tech. Sgt. Terri Gill and her daughter Senior Airman Audrey Gill are deployed together to the 376th Expeditionary Civil Engineer Squadron from McGhee Tyson Air National Guard Base, Tenn. The pair will spend the holiday season together, but away from the rest of their family in Bean Station, Tenn. (U.S. Air Force photo/Master Sgt. Cindy Dorfner)

This holiday season, as deployed troops serve far from their family and friends at home, one Air Force NCO at the Transit Center at Manas, Kyrgyzstan, will see a familiar face - that of her daughter.

It's the second family deployment for Tech. Sgt. Terri and Senior Airman Audrey Gill, here from McGhee Tyson Air National Guard Base, Tenn. The first was in 2008 when the mother-daughter team went to Southwest Asia.

When people around the Transit Center learn of their family connection, the notion seems a bit strange. "People ask, 'how did get you get to deploy together?' or say they don't think they could handle going with a parent or child," Terri said. But for the 16-year technical sergeant, leaving home with her oldest daughter just seemed natural.

In fact, they seek out occasions to go together. For this one, Terri learned of the opportunity and called Audrey, the oldest of her three children, who eagerly volunteered.

"We're a close-knit family," Terri said. "And the military commitment runs through us."

It was Audrey's father who suggested his daughter join the service when she mentioned she wanted to go to college. Terri's husband understands their service. Having spent 26 years in the military -- half as active-duty Air Force and the other half in the Army National Guard -- he's always supportive

when they volunteer to go.

This six-month deployment even has the pair working in the same section as security escorts in the 376th Civil Engineer Squadron. They work different shifts, however, and despite the fact they live together at home in Bean Station, Tenn., they don't share a room here.

"We asked to share a room, but because I'm an NCO and she's an Airman, they thought it better we didn't," said Terri.

When talking about rank, Terri is almost shy to acknowledge she's in charge because of her rank, but audibly beamed when parlaying that experience into one she knows well ... "Mom."

"A big part of my job here is looking out for everyone," she said "That's easy - I'm a mom!" She sees younger folks outside without a jacket and tells them they need one. "They tell me they're not cold and I tell them I'll watch their (contractors) while they go put on their jackets. Then, they say 'OK, Mama Gill.'"

Audrey said wherever they go, those who surround them end up as part of their family. Around other security escorts, it's almost like being at home.

"If I do anything, someone will say 'I'm gonna tell your mama!'" Audrey said. "It's just like having a lot more brothers and sisters."

The other two Gill children are at home in Tennessee with Frank. Tony is a junior in college and hopes to earn a commission one day. Kimmi hasn't been bitten by the military bug, but that's OK, Terri said.

When Audrey decided to join the Air Force in 2008, she put a twinkle in her father's eye, Terri said. Audrey said she plans to stay in at least until her mom retires. She loves the fact that her mom is higher ranking and can give her advice. And, she said it's nice having someone here who knows her so well.

"One day, I forgot my jacket and I was about to call mom because it was raining, when all of a sudden, she came running," said Audrey.

"I saw the weather and had a feeling she didn't have her coat, so I found her, got her key and took it to her," said Terri.

Even though they work opposite shifts, the two have dinner together every evening and see each other in the mornings. When Audrey plays in sporting events here, Terri is there in the crowd, cheering on her daughter.

(Deployed, Cont. on Page 8 )

(Deployed, Cont. from Page 7 )

"It definitely helps with not being so homesick, to have not only someone I know here, but that person is my mom," Audrey said.

In the dorm dayroom, Audrey and Terri sit on the couches -- each doing her own thing. A friend walks in and there's the feeling if this were the Gill house back in Tennessee, this is exactly how it would be ... all of Audrey, Tony and Kimmi's friends just hanging out.

"It is like this at home," Audrey said. "Our friends are always coming over - never knocking. We're all just one big family."

While mom and daughter will miss being home for the holidays with the rest of their family, they'll have dinner together and call home. They said they'll spend Thanksgiving being thankful for what they're doing here and the bond they share as Airmen.

"We may not be on the front lines," Terri said, "but we love the honor of being able to wear this uniform."

The pair will return home in April.



## Military Service a Family Tradition

By Airman Jackie Keeney, 134 ARW Public Affairs

Many people believe that keeping family in the business is a good thing, but the Gaby's take it to a whole new level. There have been three generations of the Gaby family that have served in the 134ARW. Chief Master Sgt. (ret.) Gomer Gaby started the tradition when he enlisted in the USAF at Knoxville, TN on Oct. 8, 1951. He then came to the 134 ARW Consolidated Aircraft Maintenance Squadron on Oct. 8, 1960. After 39 years of service, under nine different presidents, Chief Gaby retired in 1990. His son, Lt. Col. Russell Gaby, was commissioned through the University of Tennessee's ROTC program in Aug. 1984. He became the Logistics Readiness Officer for the Wing in Dec. 2000 and was selected as Logistics Readiness Squadron Commander in Dec. 2010. The most recent addition to the Gaby legacy is Airman First Class Cody Gaby. He graduated from Tennessee Wesleyan College

with a Bachelor of Science in History in May 2010. His plans are to be a KC-135R pilot. Airman First Class Gaby followed in his father and grandfather's footsteps by enlisting on Oct. 13, 2011. With his enlistment, the family business turned into a family tradition and this tradition will leave its footprint on the 134 ARW for years to come.



Pictured from left to right are Chief Master Sgt. (ret.) Gomer Gaby, Lt. Col. Russell Gaby, and Airman First Class Cody Gaby. (unknown photographer)



# NEW AIR GUARD MEMBERS



**SSgt Jason McCouffey**  
**134 FSS**



**A1C Evan Baldy**  
**134 MXS**



**A1C Mark Thurman**  
**151 ARS**



**A1C Trevor Hartsell**  
**134 SFS**



**A1C Cody Gaby**  
**151 ARS**



**AB Paul Robinson**  
**134 SFS**



**AB Corey Palmer**  
**134 LRS**



## 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. Cauthen**) 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](http://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.134arw.af.mil/careers/index.asp>

UNCLASSIFIED



## SECURITY BULLETIN

Office of the Assistant Secretary of Defense – Reserve Affairs  
Employer Support of the Guard and Reserve (ESGR)  
1555 Wilson Blvd., Suite 200  
Arlington, VA 22209  
(703) 696-1171 x 548  
Robert Tizon, Force Protection Officer  
[roberto.tizon@osd.mil](mailto:roberto.tizon@osd.mil)



October 27, 2011

### Photocopying of Military Identification Cards



Recent incidents regarding the photocopying of military identification cards and common access cards (CAC), by commercial establishments to verify military affiliation or provide government rates for service, have been reported.

Personnel are reminded that the photocopying of US Government Identification is a violation of [Title 18, US Code Part I, Chapter 33, Section 701](#) and punishable by both fine and/or imprisonment.



Many military members, family members and DoD employees are unaware of this law. Please pass to the lowest level and include in training for force protection, information security and OPSEC.

**FPO COMMENTS:** Criminal elements and terrorist organizations place U.S. government identifications as a high value logistical element when planning acts against the U.S. military.

Although commercial establishments are not prohibited from asking for military/government identification, many government personnel and commercial establishments are unaware of the prohibition on duplication of government identification. Unfortunately, there are no safeguards in place to ensure a government identification card won't be counterfeited or "cloned" based on a photocopy by a commercial establishment.

It is recommended that military/DoD personnel provide a state drivers license or other form of photo identification to be photocopied if an establishment insists on a photocopy of the traveler's identification.

**\*NOTE:** This does not apply to medical establishments (i.e. doctor's office, hospitals, etc...) who are allowed take a copy for the purpose of filing insurance claims; and other government agencies in the performance of official government business.

#### REMEMBER

Should you witness activity that may be criminal or terrorist in nature, contact the Pentagon Force Protection Agency **IMMEDIATELY** at 703-692-2729



# Veteran's Day 2011





(National Guard Photos by Tech. Sgt. David Knable, 134 ARW Public Affairs)

## Family Program Children's Christmas Party

The McGhee Tyson Family Program will be having our annual Children's Christmas Party at 1:00 pm on Sunday, 4 Dec 2011 at the AIM Facility, bldg 401 (base chapel). Please bring your child out for snacks, songs, arts & crafts, and to get their picture made with Santa. For more information, please contact the Airman & Family Program Office at ext 3107 or 3143. RSVPs not required but appreciated.



# MOBILE COMPUTING DEVICES

Submitted by Master Sgt. Carolyn LaDue, 134 CF



*Mobile Computing Devices (MCD) are defined as laptop computers, portable notebooks, tablet PCs, and external media. MCDs are especially vulnerable to exploitation of sensitive information and therefore require extra measures for not only protecting the asset but also the information processed or stored on the device.*

*There is important information that you need to know, if you have been issued a government MCD, especially before taking it off the installation. Accurately identifying the type of all the information contained on the device is the first step. There are two primary concerns:*

## Aggregating Data

*Please note that the aggregation of information can result in the creation of sensitive data. When storing data on the network, each user must be careful to avoid collecting or grouping independent information where the sensitivity of the whole is greater than the sensitivity of the parts, potentially creating data not authorized for use on the MTAB LAN.*

*In no case will users aggregate data for placement on the network when any portion of the data taken individually, or taken as a whole, would be considered CLASSIFIED.*

*Users should also limit use of sensitive information on e-mail systems accessed through the network. Individual users should consult with their functional managers to determine when issues regarding aggregated data arise.*

- *Controlled Unclassified Information (CUI) is controlled unclassified information that has had distribution limitations applied, usually part of local OPSEC which is determined by the wing commander.*
- *High Impact PII is any defense-wide, organizational compilation of electronic records containing PII on 500 or more individuals.*

*MCDs containing CUI or High Impact PII require written approval from the unit commander or the base commander, respectively, before taking it off base. A Removing Media from Protected Workspace Request template is located at file://X:\CF\SCXS\41-Word Processing Files\IAO. Regardless of the type of information the hard drive must be encrypted before being taken outside McGhee Tyson.*

*Individuals who have been appropriately approved to utilize a portable device for storing and transporting sensitive information from McGhee Tyson must sign a hand receipt, complete the Portable Electronic Devices and Removable Storage Media CBT at <http://iase.disa.mil/eta/pedrm/pedrm/index.htm>, and sign a user agreement found in 134 ARWI 33-200, Network Security Program, Attachment 2. The CBT certificate and user agreement is kept by the unit IAO. Devices approved for removal from the protected workspace must be logged out and back in with the unit Information Assurance Officer (IAO).*

*Always report any loss of sensitive information to your unit commander and IAO. Consult AFSSI 8502, Organizational Computer Security and 134 ARWI 33-200, for additional information.*

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



# MEDICAL GROUP SCHEDULE



Please ensure individuals who have not had their flu shot report to the Medical Group during the appointed Immunization times. Individuals who have not had their flu shot will not be allowed to drill for pay and points beginning January 12.

## SATURDAY UTA

**0815-1130 HOURS**  
**0830-0900 HOURS**  
**0830-1130 HOURS**  
**0830-1130 HOURS**  
**0900-1100 HOURS**  
**1000-1030 HOURS**  
**1130-1230 HOURS**  
**1300-1430 HOURS**  
**1300-1400 HOURS**  
**1300-1330 HOURS**

**PHAS**  
**FITNESS FOR DUTY EVALUATIONS**  
**IMMUNIZATIONS/FLU SHOTS**  
**QNFT TESTING (BEE OFFICE)**  
**ALL DEPLOYMENT PROCESSING/ANAM TESTING**  
**NEW ACCESSION ORIENTATION (TRAINING ROOM)**  
**LUNCH**  
**BALLISTIC EYEWEAR**  
**IMMUNIZATIONS**  
**FITNESS TESTING EVALS**



## SUNDAY UTA

**0830-0900 HOURS**  
**1230-1330 HOURS**

**FITNESS FOR DUTY EVALUATIONS**  
**IMMUNIZATIONS/FLU SHOTS**

We will be closed for training and Health Services Inspection (HSI) prep January 21 and 22nd. Please ensure individuals with January birth months take care of their requirements the first January drill and individuals with February birth months who will be deploying on the ORE also get their requirements done the first January drill.

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.

## *Stress Tips from Elizabeth, Your Wing Director of Psychological Health*



Time management is essential to managing stress. Taking a moment to watch the sunrise over the flight line or enjoy a walk to your next meeting, attending to the sights and sounds can make a big difference in reducing stress.

Prioritization and defining what is truly important is the key for navigating the world of chaos. So I encourage you to take a moment, it really does work!

Until next time, Happy Psychological Health

# Medical Minute

By Capt. Jennifer King, 134 MDG

Growing up, Christmas was one of my favorite times of the year. The carols absolutely delighted me, fabulous food appeared where normal meals had been and an exciting pile of presents surrounded a brightly lit tree. My friends treasured their 8 days of Hanukkah and we all wondered why our parents looked so exhausted. As an adult, I purpose to foster that same joy throughout the season, but once we find ourselves responsible for cooking those fabulous meals, buying and wrapping the presents, decorating the home and basically creating the “Christmas Spirit,” it can all get to be a little much.

In recent years, the media has hyped up a supposed connection between the holidays and an increase in the rate of suicide. While statistics from the Mayo Clinic's Olmsted County research covering a 35 year span prove this association to be false, the reported sources of stress behind this theory remain very real. If you strip away all of the joy and comfort found in holiday traditions, you'll come away with a rather lengthy “to-do” list. Add to this massive increase of tasks the demands we place on ourselves to feel nothing but “peace on earth and good will towards men” and it's no wonder we tend to experience increased levels of stress and even depression.

So what do we do to keep the season bright without burning ourselves out? Being both a perfectionist and a very excitable kid at heart, I do not tend to take kindly to being told to “let go” of some of the traditions (tasks) that are stressing me out. I want to bake, shop, wrap, decorate, go caroling, visit the nursing home, make homemade candy, attend midnight mass and all the parties with a smile on my face and a song in the car. One of my dearest friends finds this season trying not because she has too much to do, but because there's no one there to celebrate the “specialness” of this time with. Both of us decided last year that something had to give and it came down to the same question for each of us...“What means the most?” I had to prioritize my tasks and traditions, choosing those that bring absolute delight. She had to create opportunities to experience that same delight both on her own and with others. Mayo Clinic gives the following advice for making the most of our holidays...Be realistic. Sit down and look at what matters most to you and what you can reasonably accomplish. Plan time to prepare so there's no last minute rushing around. Set a budget to avoid the stress of overspending. Learn to say no to anything that isn't important to you or someone you love. Schedule a breather. Take a few minutes a day for yourself and let your mind and spirit settle down. Don't let go of your healthy habits just because it's a busy time. A nightly walk, chat with a friend or a 15 minute prayer or meditation session may be all you need to recharge and handle it all. Deal with emotional stressors. Just because it's a holiday doesn't mean emotional and family stressors disappear. Try to set differences aside and just enjoy your “Crazy Old \_\_\_\_\_(insert family relation here)”. If you're feeling down because someone you love is not with you, allow yourself to grieve. If it's all getting to be too much, reach out to a trusted friend or advisor. If you feel you need professional help with depression or suicidal feelings, do not hesitate to contact myself or one of the other providers here at the clinic or our Wing Director of Psychological Health, Elizabeth Arnold at 865-336-4017/mobile 865-201-8129).



# Merry Christmas McGhee Tyson!!!



USAF Photo by Senior Master Sgt. Tim Griggs

## What's For Lunch?

### Saturday:

MAIN LINE: CREAM OF POTATO SOUP  
SWISS STEAK  
GRILLED CHICKEN BREAST  
MASHED POTATOES  
RICE  
PINTO BEANS  
STEAMED CABBAGE  
BROWN GRAVY  
CORN BREAD  
SALAD BAR  
ASSORTED DRINKS  
LEMON MERINGUE PIE  
ALMOND COOKIE  
ANGEL FOOD CAKE  
JELLO /ICE CREAM

SHORT ORDER LINE: HOT DOGS  
CHILI  
GRILLED CHEESE  
HAMBURGERS  
CHEESEBURGERS  
FRENCH FRIES  
BAKED BEANS



### Sunday:

SPECIAL CHRISTMAS MEAL -  
SHRIMP W/COCKTAIL SAUCE  
CHICKEN W/RICE SOUP  
ROAST TURKEY  
BAKED HAM  
ROAST RIB OF BEEF, CARVED ON LINE  
CORNBREAD DRESSING  
TURKEY GRAVY  
MASHED POTATOES  
GLAZED SWEET POTATOES  
PARSLEY BUTTERED POTATOES  
CORN ON THE COB  
PEAS W/MUSHROOMS AND ONIONS  
GREEN BEANS W/ALMONDS  
SALAD BAR  
ASSORTED DRINKS  
FRENCH APPLE PIE  
ALMOND POUND CAKE  
HOLIDAY CANDIES  
ICE CREAM  
BLUE BERRY COBBLER  
EGG NOG  
HOT APPLE CIDER



ATTN: National Guard /Reserve Members and Spouses

*You are invited:*

# **EMPLOYMENT ASSISTANCE** **WORKSHOP**

**\*\* FREE \*\***

**17-19 January 2012**  
**Hampton Inn & Suites**  
**11340 Campbell Lakes Dr.**  
**Knoxville, Tennessee 37934**

**At the workshop, you can expect to:**

- ✓ Create a Resume, or update your existing one!
- ✓ Learn Effective Job Search techniques.
- ✓ Gain Successful Interviewing Skills.
- ✓ Learn to convert military skills sets to civilian terminology.
- ✓ Meet, and interview with, DOL Career Center representatives.

**YOU MUST PRE-REGISTER TO ATTEND.**

To pre-register, call the TN ESGR office at 615-313-0752.

*This event is limited to serve our National Guard/ Reserve members and spouses.*

**SEATS ARE LIMITED \*\* FIRST COME, FIRST SERVED \*\***

To pre-register, call the TN ESGR office at 615-313-0752.

*Training is conducted by professionals through TN ESGR  
Volunteer network, TN Dept of Labor, and US DOL-VETS*

