



THE VOLUNTEER



VOL. 12 NO. 1

134TH AIR REFUELING WING

JAN (A) 2012

Here Comes Santa Claus!

Santa Cops 2011 brings Christmas cheer to the Children's Hospital

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

Members of the 134th Security Forces Squadron and other military members from throughout the 134th Air Refueling Wing, descended on the East Tennessee Children's Hospital in Knoxville, Tenn., to deliver Christmas presents to the patients, their family members, and the hospital staff as part of the Santa Cops program Dec. 3.

A 134SFS program, started in 1999 as a community service project, Santa Cops raises money to buy gifts for the children at the hospital who are having to spend the Christmas season away from home receiving medical treatment. This year, more than \$13,000 was raised in donations that came from throughout the military and non-military communities.

The military members were assisted by some long time friends.

Santa Claus, some of his elves, Mrs. Claus, Spongebob Squarepants, and Elvis, presented the



Twinkle (Master Sgt. Joey Hungate) and Santa (Vice Commander Col. Randall Gratz, left), show off some of the many toys they delivered to the children. Mrs. Claus (Tech. Sgt. Bertie Wiggins), Twinkle, (Master Sgt. Joey Hungate), and Santa Claus (Vice Commander Col. Randall Gratz, above) are on a mission as they patrol the halls of the East Tennessee Children's Hospital bearing gifts for all the girls and boys. (National Guard photo by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)

Santa Cops, (Cont. on Page 3)



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.”

Don't Forget! - the phone prefix 336 replaced 985 and you must dial full 7 digits on base.

STUDENTS!!!- BMT CLASS IS NOW HELD ON DRILL SATURDAYS AT 1200

The Deadline for Article Submissions for the 2nd Jan Volunteer is Jan 12th

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

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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)
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Public Affairs
Knowledge Ops Manager**

Santa Cops, (Cont. from Page 1)

children with their gifts.

Elvis, aka Col. Wally Houser, commander of the 134th Mission Support Group, explained what he was planning to do and why he keeps coming back year after year.

“I’ll be walking around providing a little Christmas cheer for these kids,” said Elvis, “just trying to make their day a little brighter. It brings joy to the heart when you see the smiles on the children.”

The 134 SFS works closely with the hospital staff to coordinate the types and age appropriate levels of presents that might be needed. The hospital staff estimate how many children will be in the hospital, but the exact number is never known until delivery day. This year, approximately 75 children received presents.

One of Santa’s elves, Twinkle, aka Master Sgt. Joey Hungate, explained that the program has expanded beyond the hospital.

The 134th Security Forces Squadron has adopted several families this year in addition to providing gifts to the children at the hospital, said Twinkle. One family has a set of twin daughters.

The squadron was able to purchase two cribs and two crib mattresses for the newborns.

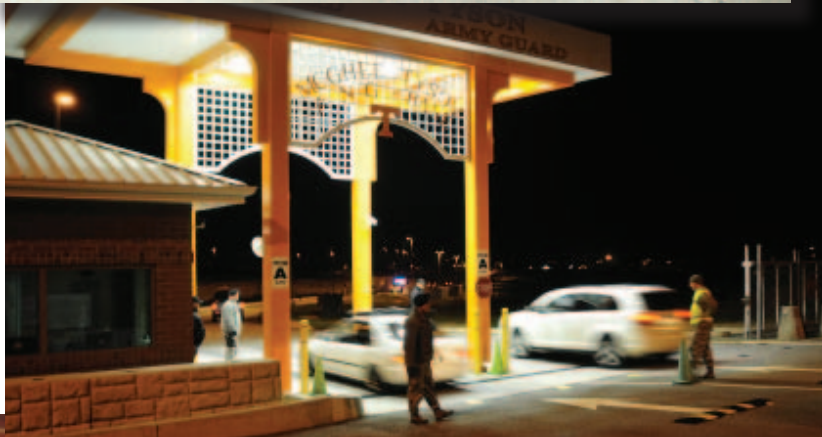
“At the end of the day,” said Twinkle, “it’s all just to put a smile on their faces.” (National Guard photos by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)



Workin' Overtime

The 134 ARW Security Forces Command Staff could be found early Saturday morning of Dec. drill checking IDs and directing traffic at the front gate of McGhee Tyson ANG Base. They were keeping good on a promise made to the members of Security Forces. That promise was that they would work the gate during UTA weekend if the members could raise a minimum of \$10,000 for the annual Santa Cops. The Security Forces troops stepped up to the challenge and raised over \$13,000 for the children of the East Tennessee

Children's Hospital. Congratulations 134 ARW Security Forces and all involved for another successful year of making the children smile! You came through in a big way for the people of East Tennessee. Thank you as well to the Command Staff for setting a great example for all of the airmen to follow. (National Guard photos by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)



PROMOTIONS

CMSGT - TIMOTHY BLANKENSHIP (134 FSS)

SMSGT - MICHAEL VICAN (134 MDG)

**TSGT - LISA HOLLIS (134 MOF)
TREVOR WEST (134 AMS)
SHAWN STONER (134 AMS)
JUSTIN OWENSBY (134 AMS)
BETHANY HILL (134 AMS)
JOHN SPENCE (134 AMS)
JOHN KNOUFF (134 AMS)
MICHAEL GREENE (151 ARS)
DARON KEESEE (119 CACS)**

**SSGT - MICHAEL CEPEDA (134 LRS)
TRAVIS SPARKS (134 FSS)**

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 – SATURDAY** of each drill at **1200**. 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, Tech. Sgt. Curtis Larue, ahead of time.

*****In Processing Checklist - Saturday at 1300** of your first drill weekend you are required to report to the Public Affairs Photo Studio (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) 336-3242, 3257, or 3258; or go to: <http://www.134arw.af.mil/careers/index.asp>

CY 2012 AFOQT and ASVAB (AFCT) Testing Schedule

Air Force Officer Qualifying Test (AFOQT)

24 FEB 2012
18 MAY 2012
17 AUG 2012
16 NOV 2012

Armed Services Vocational Aptitude Battery (ASVAB)

23 FEB 2012
17 MAY 2012
16 AUG 2012
15 NOV 2012

**1. Testing Facility: 134 ARW
Headquarters, Base Testing Room**

2. Test Start Time: 0800

3. Test Finish Time:

AFOQT – Approx. 1145

ASVAB – Approx 1115

- Calculators are not permitted.
- Paper and Pencils will be provided.
- You are not required to be in a military status to test.
- Civilian attire is authorized.

For further information, please contact SMSgt Ricky Wise at (865) 336-3250 or DSN 266-3250, or by email: ricky.wise@ang.af.mil.

**YOU MUST REGISTER IN ADVANCE
FOR ALL TESTS.**

*NOTE: The above schedule may be adjusted to meet the needs of the mission.

ELECTRONICS RECYCLING



***The Base Environmental Department is looking for volunteers to participate in a local electronics recycling event on:

FARRAGUT HIGH SCHOOL

Saturday

February 4, 2012

9 a.m. - 3 p.m.

CHILHOWEE PARK

Saturday

February 11, 2012

Snow, Rain or Shine

Volunteers will be asked to participate for a period of 4 hours with multiple opportunities throughout the day to choose from. They will be assisting citizens by transporting recycled materials to storage areas. This is a great opportunity to support our local communities! Please contact Capt. David Barrett at 336-4256 if you are interested in participating in this event! ***

Acceptable Items

PC Systems / Hard Drives

CPUs

Monitors

Mice

Keyboards

Printers

Scanners

Laptops

Modems

Small TVs

(No Consoles)

Speakers

Power Cords

Cables

Phones

Power Strips

Desktop & Copiers

Fax Machines

Cell Phones

Unacceptable Items

Microwaves

Small Stoves

Small Appliances

Small Refrigerators (contain freon)

Cardboard

Scrap Metal

Aluminum Cans

Newspapers

Phone Books

Mercury Thermometers

Electronics containing hazardous chemicals such as lab equipment

Drive through, drop off, leave. That's how easy it is. This event collects old computers, laptops, parts, peripherals, and a few other electronic items. **All of these items have hazardous materials and should not be disposed of with your regular garbage.** This event provides the community with the opportunity to properly recycle these items.

Involved Charities

There is not a fee to drop off your recyclable items, but cash or check donations are gladly accepted the day of the event and will benefit the **Optimist Club of West Knoxville**. This organization provides labor for the event and exists to help children in the community.

Why Recycle?

Computer monitors and televisions are hazardous because they contain significant amounts of lead. Printed circuit boards contain hazardous metals such as lead, chromium, cadmium and mercury, with significant variation depending on the board. Mercury-containing components like switches and relays are found in some electronic and electrical products. PCBs may be found in televisions and computers made before the early 1980s. The OEA encourages residents to take advantage of local recycling opportunities. Recycling old electronic equipment keeps hazardous materials out of waste and makes it possible to recover resources. Recyclers typically disassemble units, salvage reusable parts, and send materials to final processors.

Keep Your DTS Profile Up-To-Date

It is important for travelers to keep traveler profiles up-to-date in DTS. If this information is not accurate, travel reimbursements may be affected.

When Should I Update My Profile?

- New Common Access Card (CAC) is issued with a new expiration date
- Government Travel Charge Card (GTCC) expires or is reissued. For reissued centrally billed account (CBA), Defense Travel Administrators (DTA), should work with their local Agency Program Coordinator (APC) or CBA account manager to coordinate with their CBA-DTA to ensure that the account expiration dates are updated in the DTS CBA Module.
- Change in bank account number used for electronic funds transfers (EFT)
- New home address, phone number or emergency contact
- Promotion or new job or change in organization location

Steps to Update Your DTS Profile

1. From you DTS homepage (after login), mouseover to *Traveler Setup* on the top menu bar and select *Update Personal Profile*.
2. On the My Profile screen, click on each section (My Profile, My additional Information, My Preferences, My Account Information) to update information.
3. To save changes, select the Update Personal Information button

New Justification Required for Travel



A Secretary of Defense memorandum, "Track Four Initiatives Decisions," dated March 14, 2011, mandates that "all DoD travel requests must include justifications that alternate means such as Secure Video Teleconference (SVTC) or other web-based communication, are not sufficiently able to accomplish

travel objectives." In response, the JFTR and JTR have been updated to comply with this mandate.

JFTR, para. U4000-3b, JTR, para. C4405-b3 and Appendix I-Travel Orders, and the JFTR/JTR, Appendix E-Invitational Travel Orders, now require all DD 1610 forms and other travel order formats to include a statement justifying that alternate methods are not sufficient to accomplish travel objectives.

At this time, DTS will not be configured to automatically note that an alternate method was considered. However, travelers can manually add this justification to travel authorizations based on their Service/Agency-specific guidance.

About the Defense Travel Dispatch

The Defense Travel Dispatch is a quarterly publication issued by the Defense Travel Management Office, Office of the Under Secretary of Defense (Personnel & Readiness).

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To subscribe or to view previous editions, visit www.defensetravel.dod.mil



The U.S. Chamber of Commerce's "Hiring Our Heroes" is partnering with the Tennessee Veterans' Business Association, Knoxville Chamber and the Oak Ridge Chamber of Commerce on January 24, 2012 at the Knoxville Convention Center to host the 2nd Annual Business and Education Expo. This event is will feature a one-of-a-kind hiring fair that will be a win-win for employers and veteran/military spouse job seekers. The event is FREE for job seekers. Event highlights include business-to-business networking and development, an exhibition area to showcase products and services, and business start-up and growth assistance. The event will take place on Tuesday, January 24, 2012 from 7:30 a.m. – 4:00 p.m. at the Knoxville Convention Center, 701 Henley Street in Knoxville, TN. Please pass this information on to your network. For more information please contact Mr. Jonathan Williams at (865) 675-9384 or visit www.jointvba.org.

Fetal Protection Program Information

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



In accordance with ANGI 40-104 Pregnancy of Air National Guard Personnel, ALL Air National Guard members must report a confirmed pregnancy at the earliest possible time to allow her unit to accurately report operational and readiness

provider to Public Health. The documentation must include the anticipated date of delivery. Public Health can be reached at 336-4012.

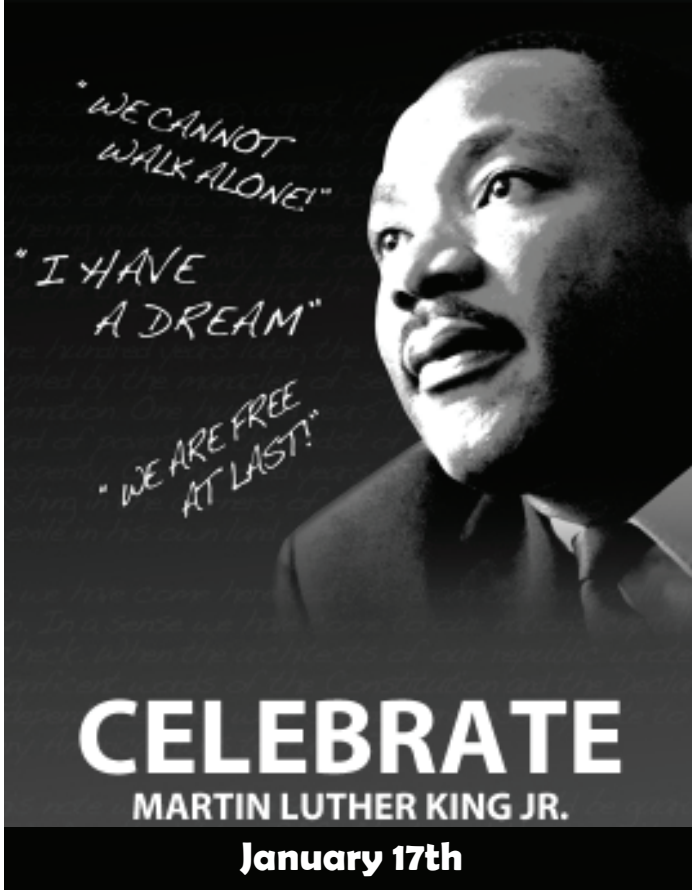
capability, and to assess the members work environment for potential hazards. IAW ANGI 40-104, if the member wishes to perform UTA's on base after the beginning of the 34th week of pregnancy (possible, but not recommended) she and her obstetrical provider must co-sign a SF 600 overprint provided by Public Health. The members private OB provider should list any additional restrictions on this form; this "post-34th week" SF 600 overprint is turned into the Medical Group for review and approval by a credentialed provider.

Pregnant females must have permission from the State Air Surgeon to perform any Active Duty service, which is only authorized prior to their 34th week of gestation.

No matter what shop you are in, it is important that you report your pregnancy to your supervisor and Public Health as soon as it is confirmed.

Each pregnancy must be verified with written confirmation from the member's primary OB

Observations



INFORMATION SECURITY

Submitted by Master Sgt. Carolyn LaDue, 134 CF



Online Safety

Practicing online safety is a family affair. For information on applying online safety at home, in the classroom, or in your business check out: <http://www.staysafeonline.org/>

Online Reputation

Typically your on-line reputation is an opinion the result of social evaluation on a set of criteria. It is important in education, business, and even on-line communities. Your online reputation can be a good thing. Show your mastery of the online environment by following these tips:

Think Twice before putting your personal information online. Remember search engines make it very easy to find information later, which can be taken out of context by those who normally do not visit the site you originally posted it on. It is also easier for a hacker or someone

else to use that information to steal your identity, access your data, or commit other crimes such as stalking.

Privacy and security settings are there to help you control who sees what you post and manage online. Learn how to use them.

“Once posted, always posted” is the thought that should run through your mind before posting pictures that you wouldn’t want a future employers to see. Recent research found that 70% of job recruiters rejected candidates based on information they found online.

Be honest with online friends. If you’re uncomfortable with a post made by a friend, let them know. Likewise, stay open-minded if a friend approaches you because something you’ve posted makes him or her uncomfortable. People have different tolerances for how much the world knows about them, so respect those differences.

Be cautious about messages you receive on social networking sites that contain links. Even links that look they come from friends can sometimes contain malware or be part of a phishing attack. If you are suspicious, don’t click contact your friend to verify the validity.

Protect your hardware by installing a security suite (antivirus, antispysware, and firewall) and configure it to update automatically. Keep your operating system, Web browser, and other software current as well and back up computer files on a regular basis.

Now what action to take if someone is harassing or threatening you. Remove them from your friends list, block them, and report them to the site administrator.

As Benjamin Franklin said, “An ounce of prevention is worth a pound of cure.” Practicing these tips will help protect your online reputation.

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



MEDICAL GROUP SCHEDULE



SATURDAY UTA:

| | |
|------------------------|--|
| 0815-1130 HOURS | PHAS |
| 0830-0900 HOURS | FITNESS FOR DUTY EVALUATIONS |
| 0830-1130 HOURS | IMMUNIZATIONS/FLU SHOTS |
| 0830-1130 HOURS | QNFT TESTING (BEE OFFICE) |
| 0900-1100 HOURS | ALL DEPLOYMENT PROCESSING/ANAM TESTING |
| 1000-1030 HOURS | NEW ACCESSION ORIENTATION (TRAINING ROOM) |
| 1130-1230 HOURS | LUNCH |
| 1300-1430 HOURS | BALLISTIC EYEWEAR |
| 1300-1400 HOURS | IMMUNIZATIONS |
| 1300-1330 HOURS | FITNESS TESTING EVALS |

SUNDAY UTA:

CLOSED FOR TRAINING
0830-0900 HOURS **FITNESS FOR DUTY EVALUATIONS**
1300-1400 HOURS **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

“To Infinity and Beyond,” a quote from Buzz Lightyear in the movie “Toy Story”. This is a very positive way of viewing the world. As we begin 2012, seeing work and life with limitless possibilities prevents us from becoming stuck. There are always choices. Positive thinking promotes wellbeing and reduces stress. So as we start a fresh new year...”TO INFINITY AND BEYOND”. Until next time, Happy Psychological Health!



Elizabeth Arnold LPC - MHSP
 elizabeth.arnold.ctr@ang.af.mil
 Phone: 865-336-4017/cell 865-201-8129

ANG


AIR NATIONAL GUARD

Psychological Health Program



Wing Director of Psychological Health

 **Available to Support You**

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 **Confidential**

**PSYCHOLOGICAL
HEALTH PROGRAM**
NATIONAL GUARD BUREAU



The Air National Guard's support of wartime efforts is stronger than ever before. You are asked to do more with less. It can take a toll on you and your loved ones.

Contact Me Today!

Elizabeth Arnold, LPC-MHSP, NCC

Office location: Medical Group Bldg

865-336-4017/Cell: 865-201-8129

elizabeth.arnold.ctr@ang.af.mil



Enhance the Present

For all the battles fought
And all the wars waged
People have sacrificed their lives for us

People have fought and fought
They've won and lost some
But have never given up

They had gone off
They left behind everything they know
They left behind everyone they love

For us
All of it so we can live a happy life
So that when their children grew up they can be happy

They don't know if they'll come back or not
But yet they still went
And that's all that matters

Poem written by Rhea Hester, 13 yr. old daughter
of Master Sgt. Rachel Hester, 151st ARS



Tech. Sgt. Russell Buckner (top) and Maj Todd Bergeson (above) are welcomed home after separate deployments overseas in recent past. (National Guard photos by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)

What's For Lunch?

Saturday:

Main Line: Herbed Baked Chicken
Pork Schnitzel, Brd
Mashed Potatoes
Gravy
Green Beans
Baby Carrots, Fresh
Noodles
Assorted Breads
Salad Bar
Potato Soup
Yellow Cake with White Icing
Apple Cobbler
Sugar Cookie
Jello
Ice Cream
Drink Line

Short Order Line: Hamburgers
Cheeseburgers
Hot Dogs
Fries
Chili
Baked Beans



Sunday:

Main Line: Baked Fish
Beef Stew
Steamed Rice
Fried Potatoes
Pinto Beans
Sweet Peas
Gravy
Corn Bread
Assorted Breads
Cream of Tomato Soup
Salad Bar
Macadamia Nut Cookies
Pumpkin Pie
Apple Cobbler
Peach Cobbler
Ice Cream
Pecan Pie
Drink Line

Short Order Line: Grilled Cheese
Tuna Salad
Chicken Salad
Fries
Baked Beans