



THE VOLUNTEER



VOL. 12 NO. 8

134TH AIR REFUELING WING

AUG 2012

Tennessee First Lady Promotes Family Reading

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

Tennessee First Lady Crissy Haslam, met with and read to children of military members and their families here July 16 to promote her Read20 Family Book Club.



Tennessee First Lady Crissy Haslam reads to children of military servicemembers at McGhee Tyson Air National Guard Base July 16. Mrs. Haslam is promoting her Read20 Family Book Club that encourages families to read together for 20 minutes each day. (National Guard photo by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)

The Read20 Family Book Club is designed to promote the importance of parents and children reading together for at least 20 minutes each day and to emphasize the benefit it has on the child's future academic achievements.

"I've been meeting families all over the state in different places throughout the summer, and I'm very excited

to be meeting with military families today," said Haslam.

"I want to thank these parents for what they do for our country. I want to thank the families. The children give up a lot too when their parents have to leave and go overseas. So I'm really excited to be here today to honor and thank them and to tell them more about the Read20 Family Book Club."

Haslam, wife of Governor Bill Haslam, read to the children from July's Book of the Month, Judy Moody Declares Independence by Megan McDonald.

Anne Haston, wife of Tennessee Adjutant General Maj. Gen. Terry M. "Max" Haston, helped Haslam pass out free copies of the book to each child.

Haslam explained why McDonald's book was chosen as the book of the month for July.

"It's a patriotic theme for the fourth of July," said Haslam. "It's about a family who visits Boston and learns about our American history. Judy decides she wants to declare a little bit of independence of her own."

Haslam explained why she thinks it's important for families to participate in the book club.

"It's really important for our state, for our children and families to get involved in

Haslam visit, (Cont. on pg 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.”



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ATTENTION NEW MEMBERS - REPORT TO PUBLIC AFFAIRS MULTIMEDIA DEPT AT 1230 ON SAT DRILL TO HAVE YOUR OFFICIAL PHOTO TAKEN

Customer Service
Hours for
Photo Studio
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 336-3274 or 911 - Your Call May Save Lives
THREAT LEVELS ARE SUBJECT TO CHANGE AT ANYTIME**

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reading,” said Haslam. “Right now, about 46 percent of our 3rd graders read proficiently, so more than half of our students are not reading proficiently.”

The approximately 100 children, military members and family members in attendance were also treated to an aircrew flight equipment display and a tour of one of the base’s fire trucks.

Haslam has been visiting various military installations in the state to encourage military families to participate in the Read20 Family Book Club. Haslam visited Fort Campbell the week before her visit to McGhee Tyson to promote the book club there.

More information about the Read20 Family Book Club can be found at www.tn.gov/read20, www.facebook.com/CrissyHaslam, follow @Read20TN on Twitter, or by visiting your local public library.

Tennessee First Lady Crissy Haslam poses with children of military servicemembers after reading to them to promote her Read20 Family Book Club July 16 at McGhee Tyson ANGB. The purpose of the club is to promote families reading together for at least 20 minutes each day to help children become proficient readers. (National Guard photo by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)



Tech. Sgt. Jon Crawford, a 151st Air Refueling Squadron aircrew flight equipment specialist, helps a future Airman demonstrate the proper wear of the aircrew flight equipment at McGhee Tyson ANGB July 16. (National Guard photo by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)



Virtual Record of Emergency Data (vRED)

The Virtual Record of Emergency Data (vRED) is the official source document required by law for you to provide the Air Force with emergency contact information in the event you become a casualty and for designating beneficiaries for certain benefits in the event of your death. It is your responsibility to keep this information current, and completion of this program is mandatory. If any of the information changes, the vRED should be updated as soon as possible. Delays in next of kin notification are most often associated with incomplete or outdated information.

You can update your Virtual Record of Emergency Data by visiting the vMPF located on the Air Force Portal. It is an annual requirement to review your vRED.

EXERCISE!!! EXERCISE!!! EXERCISE!!!

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

The 134th Air Refueling Wing held an aircraft/mobilization exercise here June 2 and 3.

The purpose of the exercise was to practice aircraft preparation and the mobilization of airmen required to support military refueling operations at home and at forward operating locations.

While most base personnel had to report for duty an hour earlier than usual and sign-in and out each time they left their work center, many were unaffected by the exercise. Others expected a very busy weekend.

134th Civil Engineering Squadron Fire Chief, Chief Master Sgt. Rob McCormack, explained what affects the exercise was having on normal operations at the fire department.

“For the fire department, very little,” said McCormack. “Our primary focus is to provide fire protection for the aircraft operations on the flightline.



A trio of KC-135R Stratotankers taxi back to the aircraft parking area during an aircraft generation and personnel mobilization exercise held at McGhee Tyson ANGB June 2 and 3. (National Guard photo by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)

We will provide a stand-by fire truck and at least two firefighters watching that operation from start to finish. If there is an accident or emergency, we can respond instantly.”

There was similar sentiment at the 134th Force Support Squadron Dining Facility. Airmen and NCOs working at the dining facility all said they expected a normal weekend.

134 ARW Legal Office NCO in charge, Tech. Sgt. Karla M. Bertlshofer, said they really hadn't seen any increase in business due to the exercise

beyond what they see during a normal drill weekend.

While many were unaffected, many others felt the



Aircrew members run to an aircraft as part of an aircraft generation and personnel mobilization exercise held at McGhee Tyson ANGB June 2. (National Guard photo by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)

effects quite clearly.

Master Sgt. Sabrina Tullock is the back-up for the Wing Staff Unit Control Center.

“Anytime the UCC needs relief or a runner, she comes directly to my area,” said Tullock. “Plus I have to run 100 percent accountability for everybody.”

Tullock said the additional exercise responsibilities interrupt her normal duties.

I don't have time to check my email, and I can't just get up and take care of the normal training



Members of the 134 ARW shuffle through the mobility processing line as part of an aircraft generation and personnel mobilization exercise held at McGhee Tyson ANGB June 2 and 3. (National Guard photo by Staff Sgt. Scott Hollis, 134 ARW Public Affairs)

Exercise, (Cont. on pg 13)

Getting to Know Your Guard Family

Name: Gary Taft

Age: 44

Hometown: Vonore, TN

Organization & Duty Title: 134 ARW
Wing Executive Officer

Time in Service: 17 years

Best Part of Your Job: As executive officer I get to work with all the people on the wing staff and develop relationships with sections other than just the one I may be attached to

Best Air Force Memory: Travelling to Spangdahlem AB with my guard family and fortunately being able to buy an airline ticket for my wife to join me for a few days.

Favorite Place: Knoxville!

Favorite Music: Love all types but classic rock is probably my favorite with 80s tunes a close second

Favorite Sport: Football

Favorite Food: Pizza

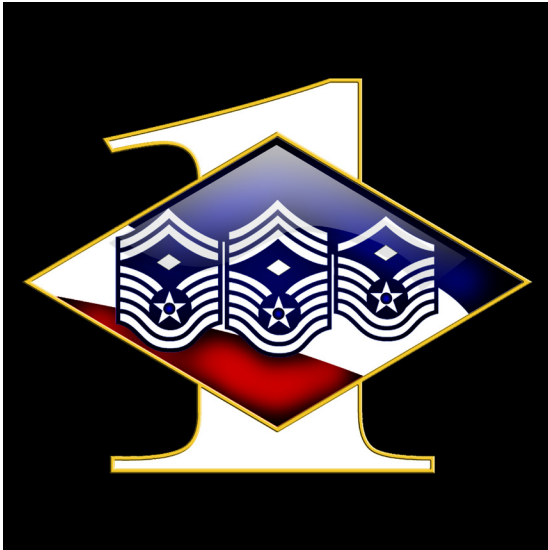
Favorite Hobby/Hobbies: I love to read history books and take photos

Career Goals: To make every airman under my influence as successful as humanly possible

Comment from Supervisor: Major Taft has proven to be a highly valued member of the Wing Staff. His attention to details and ability to organize even the smallest of details does wonders for keeping the many different functions of the Staff focused and moving in the right direction.



First Sergeant Positions Open for Aircraft Maintenance and Security Forces Squadrons



There is a vacancy at this time for the position of First Sergeant (Master Sergeant) at the 134 ARW Aircraft Maintenance Squadron and the Security Forces Squadron.

We are currently accepting applications for retraining and assignment to this duty. If you are interested in applying for this position and if you meet the minimum listed qualifications, please follow the instructions in the "How to Apply" section below.

Minimum Qualifications - Must be currently serving in the grade of Master Sgt., Tech. Sgt.

may be selected if they are immediately promotable, and they must be promoted on or before the date of assignment to the UMD position of First Sgt.

Selected candidates must sign the following statement:

"I agree to attend the USAF First Sergeant Academy within 12 months of my assignment as First Sergeant. Failure to

complete this requirement will result in my removal from the First Sergeant position and immediate demotion (if promoted as a result of assignment to this position.)"

- Must be highly motivated and capable of fulfilling the role of the First Sgt. as prescribed in AFI 36-2113, Chapter 1.
- Must have exceptional leadership and managerial skills.
- Must have ability to speak distinctly.
- Must have a minimal physical profile PULHES 322221
- Must be financially stable.
- Must meet minimum weight and body fat standards and overall image must exceed minimum standards.
- Must have completed the NCO Academy either in residence or by correspondence prior to application.
- Must agree to serve no less than 3 years as a First Sgt. after completion of the First Sergeant Academy.
- Must pass Air Force Physical Fitness Test.

How to Apply:

Prepare the following documents:

- AF Form 1206, Nomination for Award. (Use this form to document your individual qualifications)
- Letter of Recommendation from your current unit Commander
- Current RIP

Submit your application to the 134 FSS/CC (Chief Master Sgt. Linda Gibson) no later than Wed., Sept. 5, 2012. Qualified applicants will be scheduled to personally appear before a selection board. Candidates must wear the service dress uniform to meet the selection board. The selection board will be held during Sept drill (8-9), 2012. Applicants will need to be prepared to perform their fitness test with the First Sergeant Council on Sat., Sept. 8, 2012.

If you have any questions concerning the duties of a First Sergeant, please refer to AFI 36-2113. Questions relating to the selection board should be addressed to Chief Master Sgt. Steve Payne, the Wing Command Chief Master Sergeant, steve.payne@ang.af.mil.

Base Cookout A Big Hit



Blount County Red Cross sponsored a basewide cookout for MTAB personnel on Friday, June 29. Col. Thomas Cauthen, (above) 134 ARW Commander, shows off the putter at the Chief Carl Thomas Memorial putt-putt golf course that was created. Lt. Col. Jason Brock, 134 MXS, and Chief Master Sgt. Linda Gibson, 134 FSS grill burgers and hot dogs for the masses. (National Guard photos by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)



Missed Meals Policy Re-emphasized

SAF/FM has re-emphasized the policy concerning missed meals, specifically in CENTCOM. Authorizations for an increased per diem rate should be very rare with the approval authority resting with the deployed installation commander (no delegation allowed). Government meals should be used to the maximum extent possible, including MREs and box lunches. Meals consumed at a commercial facility are considered a matter of choice or a personal convenience and purchased at the servicemember's own expense.



DEPARTMENT OF THE AIR FORCE
UNITED STATES AIR FORCES CENTRAL COMMAND (AFCENT)
AL UDEID AIR BASE, QATAR


26 MAY 2010

MEMORANDUM FOR ALL MILITARY AND CIVILIAN PERSONNEL

FROM: USAFCENT/CC

SUBJECT: Policy on Missed Meals and Incidental Expense Rate, AFCENT Area of Responsibility (AOR)

1. This letter provides the AFCENT AOR policy on missed meals and supersedes the policy letter dated 7 Oct 2009. Additionally, it eliminates the local incidental rate in excess of \$3.50/day at ISAF locations based on the CENTCOM issued memorandum dated 24 March 2010, effective the date of this letter. For those individuals TDY or deployed in support of contingency operations to the CENTCOM AOR, whose billeting and meals are provided by the government the per diem rate for incidentals expenses remains at \$3.50 per day. As such, installation commanders are not authorized to change the per diem rate on any member's orders. Government furnished meals (dining facilities, boxed lunches, or Meals Ready to Eat (MREs)) are readily available. In accordance with established policy, all personnel are to make maximum use of available government furnished meals even when official duties necessitate off-installation travel. Personnel who eat elsewhere do so as a matter of choice or convenience and at their own expense.
2. As a last resort, personnel may seek compensation for meals consumed at commercial dining facilities off the installation as part of one's official duties. To seek compensation, affected members must file an AF Form 2282, Statement of Adverse Effect - Use of Government Facilities, approved by the installation commander at their TDY location. No delegation is authorized below the installation commander.
3. Current operational missions are rarely justification for missed meals. Supervisors shall, to the extent it is consistent with mission requirements, schedule duties in such a way as to maximize availability of government furnished meals. Routine taskings should allow adequate time to use the dining facility.
4. Installation commanders are authorized to further define this letter within the constraints herein imposed. This policy supersedes all previous letters on per diem incidental expense rates and missed meal policies for the AFCENT AOR.
5. My POC for this policy is Captain LaToya Smith, USAFCENT/FM, DSN 965-6880.


GILMARY M. HOSTAGE III
Lieutenant General, USAF
Commander

Servicemembers' Group Life Insurance (SGLI)/Traumatic Injury Protection Program (TSGLI)

What Is TSGLI?

The Servicemembers' Group Life Insurance Traumatic Injury Protection program (TSGLI) is a rider to Servicemembers' Group Life Insurance (SGLI). The TSGLI rider provides for payment to service members who are severely injured (on or off duty) as the result of a traumatic event and suffer a loss that qualifies for payment under TSGLI. Web site: <http://www.insurance.va.gov/sgliSite/TSGLI/TSGLI.htm>

Who Is Covered Under TSGLI?

- All service members covered under the basic SGLI are automatically covered with TSGLI.
- Currently, service members who were severely injured between October 7, 2001 and November 30, 2005, were qualified for a TSGLI payment only if their injury was incurred during Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF).
- As a result of the Veterans' Benefit Improvement Act of 2010, - effective 1 October 2011 – TSGLI will be payable for all qualifying injuries incurred during the period 7 October 2001 – 30 November 2005, regardless of where it occurred or whether the member had the basic SGLI coverage at the time of injury.

Who are TSGLI Payments Designed to Help?

TSGLI payments are designed to help traumatically injured service members and their families with financial burdens associated with recovering from a severe injury. TSGLI payments range from \$25,000 to \$100,000 based on the qualifying loss suffered.

Can the Service Member Decline TSGLI?

TSGLI coverage is automatic for those insured under basic SGLI and cannot be declined. The only way to decline TSGLI is to decline basic SGLI coverage.

How Much Does TSGLI Cost?

The premium for TSGLI is a flat rate of \$1 per month for most service members. Service members who carry the maximum SGLI coverage of \$400,000 will pay \$26.00 per month for SGLI and \$1.00 for TSGLI for a total of \$27.00 per month.

Do you have to be in service to apply for a TSGLI benefit?

No. As long as the service member experienced the traumatic event while in service and covered by SGLI (with the exception of the retro period 7 October 01 – 30 November 05 which does not require the member to have basic SGLI coverage) they can apply for the benefit even if they have since been discharged.

Is The TSGLI Benefit Taxable? The IRS has determined that the TSGLI benefit is not taxable.

I believe I may be eligible for a TSGLI payment. How do I file a claim? And, where can I obtain more information on doing so?

Please contact Capt Jaime Blanton at x3251 if you are a member of the 134ARW and you wish to file a claim. You may also utilize the new TSGLI application SGLV 8600. Your branch of service will determine your eligibility based on the program criteria. Follow this link to download SGLV-8600, Application for TSGLI Benefits . You must attach medical documentation that supports your claim.

Air National Guard TSGLI Claim process: Fax to the attn: NCOIC, Customer Operations (240) 612-9137, or Email to: NGB.A1PS@ang.af.mil, or Mail to: NCOIC, Customer Operations, NGB/A1PS
Air National Guard Bureau
3500 Fetchet Ave., 2nd floor
Joint Base Andrews, MD 20762

Women's Equality Day - August 26th

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

At the behest of Rep. Bella Abzug (D-NY), in 1971 the U.S. Congress designated August 26 as "Women's Equality Day."

The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organizations, and public facilities now participate with Women's Equality Day programs, displays, video showings, or other activities.

This month, join me in recognizing and appreciating the talent, value and yes, beauty, that women bring our Air Force and Air National Guard. Well done Ladies!



SMISHING?

Submitted by Master Sgt. Carolyn LaDue, 134 Communications Flt



Smishing is a form of criminal activity utilizing social engineering techniques similar to phishing. The name is derived from SMS (Short Message Service) which is the technology used for text messages on cell phones. Smishing uses cell phone text messages to deliver the "bait" to get you to divulge your personal information. The method (or hook) used to actually capture your information. The most common hook is a web site URL, however a phone number that connects to automated voice response system is the growing trend.

The smishing message usually contains something that demands your "immediate attention". Some examples include:

Preventing Smishing Texts

Here are some steps you can take to keep Smishers at bay:

Almost all major cell providers allow you to setup a Text Alias. Texts still come to your phone and you can send texts, but anyone you text sees your alias instead of your actual number. You can then block incoming texts from your real number and give all your friends and family the alias you are using. Since scammers most likely won't guess your alias and can't look it up in a phone book, using an alias should cut down on the number of spam and smishing texts you receive.

Most Smishers send texts via an internet text relay service. Many cell providers will let you turn on a feature that will block texts that come in from the internet.

If you think you've been a victim of smishing, contact the BBB. They can help you determine if you've been victimized and file a complaint against the perpetrator. You can also file a complaint with the Federal Trade Commission (FTC) at <http://www.ftc.gov/>. You should also call your affected credit card companies or banks, to alert them and perhaps cancel accounts and get new ones.

Information

**Assurance POCs:
MSgt LaDue, 336-4936 or
MSgt Jennings, 336-4924**

- * Fear of someone stealing your money*
- * Fear of being accused of a crime that you did not commit*
- * Fear of someone doing harm to you or your family*
- * Fear of something embarrassing being revealed about you (whether it is true or not)*

Here are a few tips to help you tell spot smishing scam texts:

1. Review your bank and credit card company's policy on sending text messages.

Many banks don't send text messages because they don't want people to fall for smishing attacks. If they do send texts find out what number they use to generate them so you will know if they are legitimate. The scammers may use spoofed alias numbers that look like they are from your bank, so you should still be skeptical and not reply directly. Contact your bank at their regular customer service number to see if the text was legit or not.

2. Beware of messages that have a number that says it is from "5000"

Email-to-Text services often list 5000 or some other number that is not a cell number where they originated from. Scammers are likely to mask their identity by using Email-to-Text services so that their actual phone number is not revealed.

3. Ask yourself if the suspicious text preys on the fears mentioned above.

If the message content fits into one of the fear categories above, be extra skeptical. If it is threatening in any way to you or your family members, report it to the local authorities and also to the Internet Crime Complaint

Center (IC3) <http://www.ic3.gov/default.aspx>.

119th CACS One of Three Honored for Distinguished Mission Support

The Tennessee Air National Guard's 119th Command and Control Squadron, at McGhee Tyson Air National Guard Base, Tenn., was recently awarded the National Guard Association of the United States Distinguished Mission Support Plaque.

The award is presented to outstanding non-flying Air National Guard units with a mission support role. The 119th CACS was one of only three units nationwide to earn this award.

"The Volunteers of the Tennessee Air National Guard's 119th Command and Control Squadron have proudly served Air Force Space Command for the last 12 years," said 119th CACS Commander Lt. Col. Vince Franklin. "In this time, the men and women of this command have set the standard for space mission support and we are truly honored to have our efforts recognized by NGAUS."



The NGAUS Air National Guard Awards program began in 1960 and has evolved to adapt to changes in the ANG. The Mission Support Trophy is the top-honor for all non-flying ANG units. Competing units are judged on overall operational readiness during the reporting year as well as its performance in relation to all other ANG non-flying units. Selection is based on such criteria as operational readiness inspections, special missions, deployments, exercises, outstanding accomplishments, unit manning levels, attendance, retention and skill level qualifications.

"Each of these units has histories of excellence and this recognition adds to their outstanding reputations. As the best of the best, they are truly deserving of this recognition and I couldn't be more proud of each one," said Maj. Gen. Robert Stonestreet, ANG Assistant to the Air Force Space Command commander.

The 119th CACS provides training, standardization and evaluation for satellite communication and information system operators. They provide training in systems administration, preventative maintenance, sustainment, configuration management and user support for operation units. They also serve as technical experts for the synchronization, planning, system integration and employment of satellite communications and information management systems.

Furthermore, the 119th CACS also serves as an asset of the state of Tennessee, providing the Tennessee Emergency Management Agency, as well as other Tennessee civilian emergency services, a force ready to react and assist as needed with personnel, facilities, and equipment to support military, federal and civilian agencies.

Exercise, (Cont. from pg 4)

status business, said Tullock.

The 134 ARW Safety Office expected a busy weekend.

"The cargo deployment function, we're really keeping an eye on them," said Safety Office NCO in charge, Senior Master Sgt. Michael Smeltzer. "Also, forklift operations, cargo container bins and people getting caught around those. We're looking for people wearing gloves around the equipment and cargo."

"We're watching for safe tow team operations on the flightline," said Chief of Safety, Lt. Col. David Cline.

The 134 Maintenance Squadron was so busy preparing and generating aircraft they didn't have time to answer questions.

This exercise was only a dry run. Participants were expected to learn what's expected of them in June before repeating the exercise during the August drill.



MEDICAL GROUP SCHEDULE



SATURDAY UTA

0815-1130 HOURS
 0830-0850 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
 QNFT TESTING
 ALL DEPLOYMENT PROCESSING/ANAM TESTING
 NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)
 LUNCH
 BALLISTIC EYEWEAR & M-50 GAS MASK INSERTS
 IMMUNIZATIONS
 FITNESS TESTING EVALS



SUNDAY UTA

CLOSED FOR TRAINING
 0845-0900 HOURS
 1300-1400 HOURS

FITNESS FOR DUTY EVALUATIONS
 IMMUNIZATIONS

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



Returning to the Grind. With summer vacations over and kids back in school, we face the task of returning the focus to our work. What we know is the stress and pressure will increase due to ORI preparation. However, remember to take care of yourself. It is the little things that count such as taking time to eat lunch or enjoying a 10 minute break from the computer and office. These small moments will assist in increasing energy and focus.

Until next time, Happy Psychological Health

Medical Minute

By Capt. Jennifer King, 134 MDG

Happy August Everyone! Since it's just over half way through 2012, let's take stock of each of the areas involved in a healthy and balanced life style. If you chose a word for the year back in February, keep it in mind as you go through these four areas and identify ways to further apply it to your life.

Physical Health - This one has been covered every month so far (and lucky for you all, it will continue to be covered monthly for the foreseeable future), so I'll let this one be. Just adjust your physical health components (exercise, food, sleep) as needed and feel free to come see me if you need any suggestions.

Intellectual – Is there something in your life that stimulates you intellectually? Learning is an important part of maintaining balance. It doesn't have to be school related or even "valuable" learning. The material can be enriching, fun, challenging or easy. It doesn't really matter what you're learning about, as long as it interests you and keeps you mentally engaged. If you think about the same things day in and day out, you will eventually get bored and mentally "check out." This leads to boredom in life, which can begin to feel like a life without purpose and even lead to depression.

Emotional/social – Do you feel essentially balanced and happy? Do you have a support system? While it's not reasonable to expect to be completely delighted with life all the time, we should anticipate a general level of satisfaction and peacefulness in our lives. This doesn't mean everything will always be great. Things are going to go wrong. There will be days where it seems every single second is accounted for and there are still 20 things left that you can't even think about getting to. Unfortunately, there will even be tragedies...huge world changing events that take our breath and make it really hard to face life. What keeps us going through the small, daily irritations that add up to major stress and the huge stressors alike is our emotional resiliency and social support. We have to build rejuvenating activities into our routines. Be it a cup of tea, round of golf, walk around the block or talk with a friend, we need things to help us keep our balance. We need to choose to surround ourselves with people who love us and will lift us up when we need lifting. Be it our guard buddies, church family, work friends or actual family, the people in our lives can mean the difference between being stressed out and emotionally shaken or being happy and settled through the difficult parts of life.

Spiritual – Have you ever asked the hard questions? "Who am I...why am I here...do I have a purpose?" A life lived with no sense of purpose and no connection can be a heavy burden to carry. I cannot pretend to have all the answers on this one. I do, however, dare to suggest that if you do not have a spiritual component to your life, you seek one. Be it church, synagogue, temple, meditation, nature walks, or getting quiet and listening to yourself, try to connect with yourself and your world on a deeper level. This provides your life with a sense of purpose, which is a huge component of a healthy lifestyle.

In closing, how is 2012 going for you? Are you pleased with what you've accomplished so far? What would you like to change before 2013 rolls around? Is there something in your life that needs to go, but you're not sure how to banish it? If you need assistance with any of the areas mentioned above, feel free to call me or any of the other clinic personnel. We'd be happy to talk with you or get you in contact with the right resources. We're all in this together, even more so than the general population. We need to keep our Guard family strong and healthy and the only way to do that is to tend to our individual health. So take stock, take action, get help if you need it and (going back to my word for 2012) go live!



NEW AIR GUARD MEMBERS



TSgt Shawn Ford
572nd Band



A1C Paul Good
134th MDG



AB Michael Hotz
134th CF



A1C Laurel Merrill
134th MXS



A1C Elise Schwartz
119th CACS



SSgt Josh Webb
134th CES



SSgt Michael Williamson
134th MXS

RECRUITER'S CORNER

Submitted by the 134 ARW Recruiting Office

Student Flight – Listen Up!

*****Pre-BMT class** – You will report to the FSS breakroom in the Headquarters building for roll call on **SATURDAY** of each drill at **1300**. This is a **mandatory** class (**as directed by Col. Cauthen**) until you ship out to BMT. You must report to roll call in order to get paid. Any absence must be cleared through the recruiting office supervisor, Master Sgt. Curtis LaRue, ahead of time.

*****In Processing Checklist - Saturday** at **1230** of your first drill weekend you are required to report to the Public Affairs/Multimedia Photo Studio (in the headquarters building) to have your **portrait** taken. This photo 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-quip**, 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. Dean Thiele.** 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, 3258, or 3262; or go to: **http://www.134arw.ang.af.mil/careers/index.asp**

IMPORTANT PHONE NUMBERS
(To dial from an outside line: (865) 336-EXT)

1. Environmental Manager.....336-4256/4020
2. 134 ARW Commander (CC).....336-4080
3. Ambulance/Police/Fire.....911
4. Installation Fire Dept.....336-3315
5. Security Control.....336-3274

STORM WATER POLLUTION PREVENTION

To meet our Storm Water Pollution Prevention requirements, employees should be able to:

1. Identify and manage potential spills;
2. Recognize toxic and hazardous substances;
3. Properly and safely cleanup spilled material;
4. Properly secure drums and containers;
5. Frequently check for leaks and spills;
6. Properly handle and store hazardous substances;
7. Identify toxic and hazardous substances and wastes stored, handled, used, and produced on-site;
8. Perform preventative maintenance on equipment and storm water controls;
9. Prevent exposure of petroleum-based fuels, oils, and lubricants, hazardous substances, and waste materials to storm water;
10. Prevent spills and how to appropriately respond if a spill does happen;
11. Handle fuel safely; and
12. Prevent, or minimize, to the extent practical, storm water pollution at the Base.



RANDALL E. GRATZ, 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 2015.
2. **Solid Waste**
Objective: Reduce solid waste through increased recycling.
Target: Increase quantity of material recycled by 10% by 2015.



**McGhee Tyson ANGB
Environmental Management
System Awareness**

ENVIRONMENTAL MANAGEMENT OFFICE CONTACTS
Capt. Jack M. Carley: (865) 336-4256
Mr. Keith Grayson, P.E.: (865) 336-4020



**Environmentally Safe
Compliant
Aware**



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 McGhee 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":

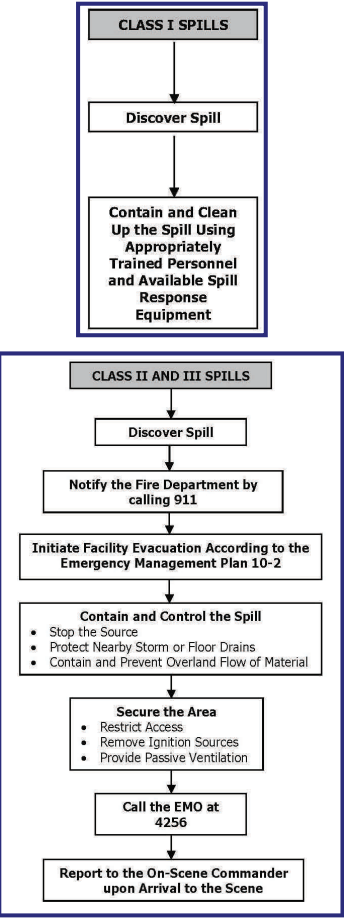
Set Objectives. We will fulfill or exceed our environmental objectives to improve operational readiness.

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. Jack M. Carley, Environmental Manager, (865) 336-4256.



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;

PROMOTIONS

Whitaker, Brent C	572nd Band	SMSgt
Rogers, Jody N.	134 MXS	SMSgt
Roysdon, Candace L	134 OSF	MSgt
Perkinson, Matthew E	134 CES	MSgt
Powers, Mydia L	134 MDG	TSgt
Lindsey, Adam S	134 MXS	TSgt
Patty, Steven L	134 MXS	TSgt
McMahan, James R	134 SFS	TSgt
Fassler, John P	134 SFS	TSgt
Pannell, Aaron C	134 SFS	TSgt
Vaughn, Travis B	134 CES	SSgt
Simmons, Daniel R	134 MXS	SSgt
Dill, Sarah N.	134 AMS	SSgt
Trentham, Travis D	119 CACS	SSgt
Long, Beth A	119 CACS	SrA
Molnar, Nicholas A	134 SFS	SrA
Hicks, Mikeal C	134 SFS	SrA
Howell, Michael D	134 MXS	SrA



Members of the 134th Air Refueling Wing pose together after running the Wounded Warrior 5K Run June 23 in Knoxville, Tenn. All proceeds from the race benefit the Wounded Warrior Project. (Photo provided by Senior Amn Jennifer Griffis, 134 ARW Public Affairs)

AROUND BASE

Got Brass?



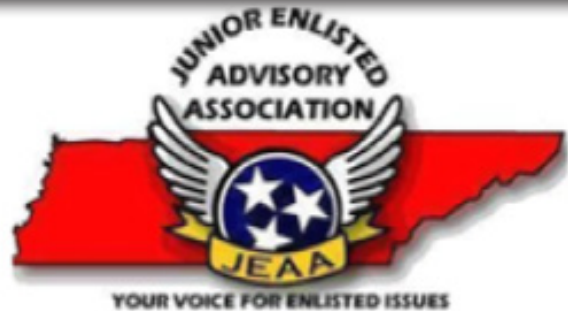
Col. Wally Houser tried his hand at firing the M249 (SAW) weapon during a training exercise with the 134th Security Forces Squadron in Tullahoma, Tenn. recently. The training is conducted annually to sharpen Security Forces skills on such weapons as the M9, M4, M203, M240 and M249. (Photo by 134th SFS personnel)

FIT FOR FREEDOM



FIT TO FIGHT!

It's time for a change. We're getting back to basics. Together through exercise, nutrition and coping strategies, we're staying fit for freedom! For our team, our families, ourselves.



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

What's For Lunch...?

Saturday:

ROAST TURKEY
BEEF BALL STROGANOFF
DRESSING
EGG NOODLES
MASHED POTATOES
FRIED CAULIFLOWER
HERBED GREEN BEANS
SOUP
SHORT ORDER



Sunday:

SOUTHERN FRIED CATFISH
PEPPER STEAK
RED BEANS W/RICE
COTTAGE FRIED POTATOES
PEAS
SAUERKRAUT
SOUP
SHORT ORDER