



THE VOLUNTEER



VOL. 12 NO. 10

134TH AIR REFUELING WING

OCT 2012

THE 134TH MEDICAL GROUP IS EXCELLENT!!!

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

The 134th Medical Group received an excellent rating on their Health Services Inspection (HSI) held Sept. 6 - 9.

The HSI covers all aspects of medical group operations. Areas ranging from dental to immunizations to medical readiness were reviewed.

134th Air Refueling Wing Commander, Col. Thomas Cauthen, broke the news of the Medical Group's score to the rest of the Wing at commander's call.

"The Medical Group received an excellent on their HSI, so congratulations," said Cauthen. "They have a great record. Their last two before this were outstanding. They missed an outstanding this time by one point. They had a 92 overall."

134th Medical Group Commander, Col. Cory Strobel, also speaking at commander's call, explained what getting an excellent rating meant to the Medical Group.

"Getting an excellent didn't seem quite right," said Strobel. "Anybody else around the Guard would have been ecstatic."

Strobel assured Wing personnel the Medical

Group will continue to provide the type of service they've come to expect.

"There is no doubt we've bounced back already,"

said Strobel. "We are making the minimal changes that needed to be made to pop us right back where we really are. We will continue to provide the outstanding support I know you've had. We will continue to do everything that is required of the Medical Group to keep the 134th Air Refueling Wing the outstanding wing it has always been."

Strobel acknowledged the contributions of Wing personnel to the Medical Group's excellent rating.

"Thank you all for your support and for the efforts

you've put in to ensuring that everything that is required of us was accomplished by the Wing over this time.

Col. Cauthen told the Wing what he thought about the Medical Group and their excellent rating.

"I'm really proud of them and the effort they put into this inspection," said Cauthen. "I don't care what the inspectors say. That's an outstanding medical group. They certainly deserved an outstanding, and in my book they are."





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."



*134th Air Refueling Wing
Chain of Command*

Col Tommy Cauthen
Commander

Col Randy Gratz
Vice Commander

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

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

Group Commanders

Maj Gary L Taft
Wing Executive Officer

*134th Air Refueling Wing
Editorial Staff*

Capt Joey Keith
Chief of Public Affairs

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

Tech Sgt Jack West
Staff Sgt Scott Hollis
Staff Sgt Joe Pitney
Photojournalists

Airman First Class
Jackie Keeney
Combat Correspondent

Senior Airman Jennifer Griffis
Knowledge Ops Manager

HAVE A SAFE & HAPPY HALLOWEEN!!!

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

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 336-3205, fax at 336-3284 or joseph.keith@ang.af.mil.



COMMAND CHIEF'S CORNER



By Chief Master Sgt Steve Payne, 134 ARW Command Chief Master Sgt

Please join me in conveying a sincere "THANK YOU" to SMSgt Mike Lonas as he completes his tour as the outgoing 134 ARW Human Resource Advisor (HRA) and CONGRATULATING our newly selected HRA, SMSgt Rich Parker!

SMSgt Lonas has done an "OUTSTANDING" job in transforming our HRA program into one that is benchmarked by other wings. During Sergeant Lonas' diverse twenty-seven year stellar military career he has served in the following positions: Cryptographic Equipment Repairman, Avionics Specialist, Maintenance Squadron First Sergeant, and Human Resources Advisor. In the near future we will recognize Sergeant Lonas' service to our country and commitment to our Airmen at a retirement ceremony.

SMSgt Parker was recently board selected and appointed by our Wing Commander to become the next 134 ARW HRA. Sergeant Parker also comes from a diverse military background initially enlisting in Security Forces and serving in multiple First Sergeant positions to include: Medical Group, Security Forces and Wing Staff. Sergeant Parker's civilian occupation as a Department of Energy federal agent affords him a unique skill set that will benefit him in his new role. Sergeant Parker's ability to motivate and mentor Airmen coupled with his leadership mindset of "mission first, people always"



will effectively take the HRA program to the next level. Sergeant Parker's HRA role as a member of the Wing Commander's Staff will be to advise and assist wing leadership on diversity,

personnel force development, personnel force management, and cultural change. In addition, he will work closely with me, our First Sergeants Council and Junior Enlisted Advisory Association in a mentoring role in the continued deliberate development effort of council members.

His commitment and focus on the professional development of our Airmen will ensure their continued success as they become our next generation of leaders at the 134 ARW!

134 ARW & 120 FW Team up for Base Improvements in Big Sky Country

By Master Sgt. Kendra Owenby, 134 ARW Public Affairs

Twenty-eight members of the 134th Air Refueling Wing Civil Engineer Squadron from McGhee Tyson Air National Guard Base, Tennessee recently deployed to the 120th Fighter Wing, Great Falls Air National Guard Base for Deployed Field Training (DFT). The airmen were scheduled to complete three major projects during the two week field training. They were able to accomplish the three planned projects and two additional projects as well.

The first of the three projects slated for the group was to deconstruct and remove five inclement weather shelters from the flight line that were used to house F-15 and F-16 fighter aircraft. The shelters were initially installed to help keep the aircraft out of the weather while they were stationary at the base. They had, however, become less than beneficial

during the winter months as the heavy snows piled up on the structures creating snow drifts. The maintenance duties of clearing away the snow drifts and having to work around the shelters became an unnecessary and time-consuming chore for the 120th, and it posed somewhat of a safety issue.

The 134th airmen teamed up with the 819th Red Horse Squadron from nearby Malmstrom AFB to clear the structures including all canopies, framework, and foundations from the flight line in approximately five days. The heavy gauge aluminum arches and the folded canopies were carried away by fork lifts to be palletized and turned in to DRMO, better known as the Defense Reutilization Management Office to be recycled. Newer members of the group were able to take advantage of some valuable training time on heavy equipment including the crane that was provided by the 819th. The crane was used to take down the arches that supported the heavy canopies.

Capt. Bjorn Helgeson, 134th Civil Engineering

Squadron Officer in Charge, commented "I am tremendously satisfied, especially with the training, as well as our progress. Right now our guys are getting trained working with the Red Horse unit here getting familiarization with crane operations. We don't have a crane at McGhee Tyson and this is just an excellent opportunity for us to train as well as to take care of the mission."



Members of the 134th Civil Engineering Squadron from McGhee Tyson Air National Guard Base, Tenn. and members of the 819th RED HORSE Squadron from Malmstrom Air Force Base use a hydraulic crane to dismantle an aircraft inclement weather shelter at the 120th Fighter Wing on Sept. 14, 2012. The Tennessee Air National Guard Airmen deployed to Montana to conduct their deployed field training. (National Guard Photo by Staff Sgt. Scott Hollis)

The second project for the 134th Civil Engineer airmen was to construct a pre-fabricated metal building for a base recycling center at the 120th. The structure measured 68' X 20' and was constructed on a pre-existing concrete slab. High winds and extreme weather made it difficult for transporting and depositing recyclable goods on base with the prior existing recycle containers that were exposed to the weather.

The indoor recycling center will house all recycle containers for ease of depositing materials inside away from the winds.

"Our central accumulation point for recycling, we were just going to wait until next year and utilize some of our fiscal 2012 funds to build that but this way we are able to actually have it in place by winter. It worked perfect for us and helped us greatly." stated Capt. Ken Fechter, 120th Civil Engineer Deputy Commander.

The third major project planned was to improve a pre-existing road to the 120th base CATM (Combat Arms Training and Maintenance) range. Rains and continual freezing and thawing in the winter months had created deep ruts in the existing dirt roadway to the base range. The 134th airmen utilized heavy equipment including 5-ton and 10-ton dump trucks and a grader to haul and spread milled (recycled) asphalt from pre-existing areas on base to the site to build a more permanent roadway. The result is a

(Big Sky Country, Cont. on Pg 5)

problem-free roadway to access the base firing range during the winter months as easily as the summer months.

“This project has allowed 134th personnel to get



Senior Airman Kyle J. Paridee (above) of the 134th Civil Engineering Squadron uses a front-end loader to remove a concrete pillar that had held a former static display at the 120th Fighter Wing, Great Falls ANG Base, Montana. Members use a lift (right) to assist them in constructing a pre-fabricated metal building to be used as a recycling center for the 120th FW. The building was constructed on a pre-existing concrete foundation. (National Guard Photo by Staff Sgt. Scott Hollis)

specialized experience on such equipment as graders, loaders, and dump trucks.” said Capt. Jack Carley, 134th Civil Engineering Squadron Site Project Manager. He also stated that this project “benefits the 120th Fighter Wing in being able to get better access to their base CATM range, were before it was an unfinished road which had eroded pretty badly and was starting to be an issue getting their vehicles back to their range.”

The 134th Civil Engineering airmen completed all three projects with time to spare. For this reason they were able to take on two additional projects to help benefit the 120th Fighter Wing. The first was excavating and removing concrete pillars that were once used as foundations for aircraft static displays on base. The team used heavy equipment to dig out the pillars and level out the areas.

The second additional project that the airmen were able to accomplish was adding an approximately ninety foot curb around two landscaped areas adjacent to the supply and civil engineering buildings. They built wooden forms, then poured and smoothed the concrete to form the curbs. They then finished up the newly landscaped areas by re-spreading the river stones to fill the areas. In the winter months the curbs will be very beneficial to help contain the stones and foliage from spilling out onto the street when the snow

plows remove snow from the roads.

Col. J. Peter Hronek, 120th Fighter Wing Commander, visited the 134th airmen on the various job sites to personally thank them for their hard work. He presented coins to two of the team supervisors, Master Sgt. Rusty Dawson and Senior Airman Greg Willis. He emphasized that the 120th Fighter Wing appreciated the hard work of all of the Tennessee Air National Guard members.

“134th Civil Engineer members have done a fantastic job,” stated Capt. Ken Fechter, 120th



Civil Engineer Deputy Commander, “they are an incredibly professional group to work with. The benefits of these projects are huge to the 120th and have helped us immensely.”

To show their appreciation for the hard work of the 134th team members the 120th Civil Engineering Squadron held a luncheon on Thursday, Sept 20 for the airmen. Lt. Col. Ryck Cayer, 120th Civil Engineer Squadron Commander, presented a sculptured metal plaque to Capt. Bjorn Helgeson, 134th Civil Engineering Squadron Officer in Charge. He commented that “Tennessee has been up here before and you guys have a great reputation. The work you have done has impressed the entire base. Our wing commanders, group commanders, they’re just thoroughly impressed with the work, your safety and your strong work ethic.”

The two week deployment wrapped up on Friday, Sept 21 with the 134th members doing project clean up and taking care of last minute issues. Overall it was a very successful field training deployment building camaraderie between the two Air National Guard units with both the 134th and 120th Civil Engineer Squadrons benefiting greatly from the training experience.

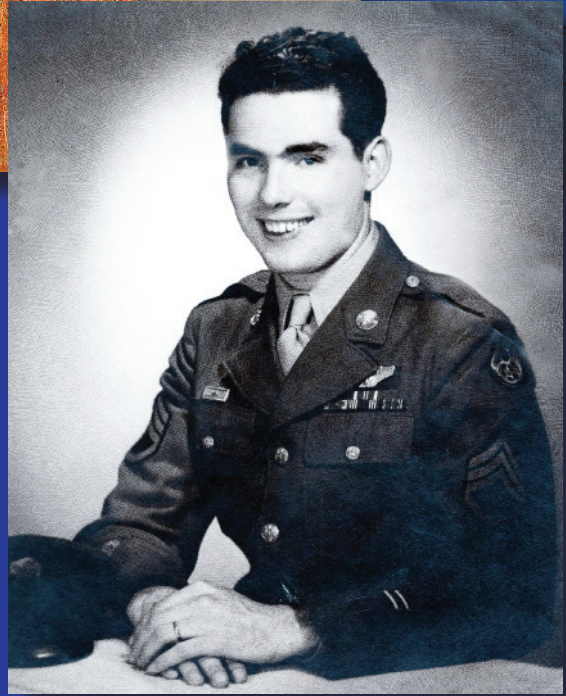


**CIVIL ENGINEER SQUADRON
MONTANA DEPLOYMENT 2012**



National Guard Photos by Staff Sgt. Scott Hollis, 134 ARW Public Affairs

World War II Veteran Awarded Air Medal



Mr. Harold C. Davis (top right) is pictured with Col. Thomas Cauthen, 134 ARW Commander, his wife Mrs. Jean Davis, and Col. Randall Gratz, 134 ARW Vice Commander after being awarded the Air Medal. Mr. Davis (above) speaks with Mr. Harold Godwin, also a former aerial gunner and POW from the Ploesti Air Raids in WWII. Staff Sgt. Harold C. Davis' official military portrait (right). (National Guard photos by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs, B&W photo provided by family)

World War II Veteran Harold C. Davis was awarded the Air Medal on Oct. 9, 2012 at Spruance Hall with family, friends, and local media in attendance. The medal was presented to Mr. Davis 67 years after he earned it as a Staff Sgt. in the Army Air Corps. He served as an aerial gunner aboard a B-24 Liberator aircraft flying 29 combat missions during his tour in Europe and participated in numerous battles including Air Offensive Europe Normandy, Northern France, and Rhineland. This award signifies the fourth oak leaf cluster for Mr. Davis. Other decorations he has earned include the Distinguished Flying Cross, European-African-Middle Eastern Campaign Medal, World War II Victory Medal, and the Good Conduct Medal. Additionally, in order to express the gratitude to those who liberated France from oppression in 1944-45, Mr. Davis was one of fifteen American World War II veterans from across the southeast, bestowed the French Legion of Honor Medal, presented at the French Consulate in Atlanta, Ga in January, 2012. A special attendee for the presentation was Mr. Harold Godwin, a former Staff Sgt. in the 8th Air Force during World War II. Mr. Godwin was also an aerial gunner and a former POW in World War II.

From the Director, Air National Guard

The ANG recognizes today's military operations are executed in complex, uncertain and rapidly changing environments. Men and women representative of the U.S. population and with different skills, experiences and backgrounds are needed to respond to new and emerging threats. To harness these differences in ways that increase operational effectiveness, diversity initiatives are essential to our current and future success. We must attract, recruit, retain and develop our Airmen to win the war on talent.

The "new norm" is to resist thinking about it as compliance driven and embrace it as combat essential. While Commanders are charged with leading this initiative, every Airman is an emerging leader who shares responsibility for ensuring that individual talents are recognized and applied toward mission accomplishment. The collaboration of new ideas and "diversity of thought" in our leadership development programs will create an environment where all contributions are valued and respected. This includes increased collaboration not just at the unit level but also applying total force collaboration and joint synergies to achieve efficiencies and cost savings. I am committed, along with Senior Leaders, Command Chiefs, Strategic Planning System (SPS), ANG Diversity Committee (ANGDC), and Human Resources Advisors to work with all 54 states and territories and D.C. to develop a sustainable structure to institutionalize diversity and make it a natural part of our operations.

I challenge all leaders to create an organizational culture where diversity is valued as a personnel readiness, combat multiplier to meet or exceed mission objectives. This includes (a) establishing a foundation for effective diversity leadership in concert with DoD's core values and vision of its future; (b) developing future leaders who represent the face of America and effectively leading a diverse workforce to maximize mission effectiveness; and (c) tie new diversity vision to desired outcomes through policies and metrics and clarify what we must do to meet those goals. Leveraging diversity as a vital strategic military resource requires vision, action and courage of leadership at every level in the organization. However, without leadership commitment to instill respect for diversity as a core value, the needed cultural change will not take place.

Vision, Action, Courage...

"I challenge you to consider diversity not only as a strategic imperative but as an operational necessity."

- Lt Gen Harry M. "Bud" Wyatt, III, Director ANG



HUMAN TRAFFICKING IN TENNESSEE

Submitted by Maj James Blanton, 134 ARW/IG

When we hear of human trafficking our thoughts may reflect images of sub-Saharan children being enslaved as laborers or soldiers or illegal immigrants being indebted to a “Coyote” for smuggling them across the Mexican border into the United States. Human trafficking is rarely associated with the heartland of the United States, especially Tennessee. Unfortunately, Tennessee is not immune to this heinous crime and it is far more prevalent than most would suspect.

In 2011, the Tennessee Bureau of Investigation (TBI) and Vanderbilt University Centers for Human Studies produced a mixed methods research study into human trafficking in Tennessee. Results of this study were alarming. Seventy-eight counties (85%) in Tennessee reported at least one case of human sex trafficking in the past 24 months. Of those counties, Knox, Davidson, Shelby and Coffee County reported over 100 cases of human sex trafficking involving a minor.

The case studies of victims of human trafficking in this report have a common theme of domestic violence and drug abuse. These victims are not beyond our borders and out of reach; they are people that live in our communities and are from our families, neighborhoods, schools, and churches. Please, take the time to look at this report (link posted below) and read the case studies of “Carrie” and “Rachel.” Most of us can associate someone we know



with their stories.

If you suspect human trafficking in your area please contact your local law enforcement agency or the Tennessee Bureau of Investigation at 1800-TBI-FIND. If you have further questions about human trafficking or this article please contact Maj James Blanton, 134 ARW CTIP Coordinator at 336-4444. Just as reminder, ensure that your HUMAN RELATIONS CBT and those you supervise is current.

<http://www.tbi.state.tn.us/documents/FINALTNHumanSexTraffickingStudyColorrev2.pdf>

ATTENTION TRICARE RESERVE SELECT (TRS) MEMBERS:

TRS monthly premium payments must be made by either recurring Electronic Funds Transfer (EFT) or recurring Debit/Credit Card (Visa/MasterCard only) beginning no later than January 1, 2013. Please contact your TRICARE regional contractor IMMEDIATELY to set up your automatic monthly premium payments, if you have not done so already.

DO NOT DELAY. If you fail to establish one of these automated payment methods, you and or your family's coverage will be terminated. Contact information for your TRICARE regional contractor can be found at www.tricare.mil/contacts.

MilPDS Not Available During the Month of December

The Military Personnel Data System (MilPDS) will shut down for a period up to 23 calendar days in December 2012 for system upgrade. How does this affect you? MilPDS is the Human Resource (HR) system that contains all personnel data within your computerized military records. This upgrade/migration will affect certain personnel actions that are required for military pay transactions.

During the planned upgrade/migration, critical transactions are being defined as those that affect the start or stop of basic military pay/entitlements (basic pay, BAH, BAQ). All other items affecting other pay transactions (i.e., promotions, special duty assignment pay, medical special pay, foreign language proficiency pay, etc.) will be processed for pay before the beginning of the upgrade/migration period or updated after the completion of the upgrade/migration period.

Listed below are the personnel programs/actions that will be a point of emphasis to manage during the upgrade/migration period:

- * Accessions - Enlisted/Officer**
- * Casualty Reporting**
- * Reenlistments**
- * Retirements**
- * Separations, Discharge, Resignations**
- * Servicemember's Group Life Insurance (SGLI)/Family SGLI**



It is imperative that each individual be proactive by ensuring any actions required by you be accomplished no later than 1 December 2012. Some action items will need to be accomplished prior to December 2012. Please be sure to consult with your local Military Personnel Section to alleviate any potential impact to your military record or benefits/entitlements.

It is highly recommended that members print a copy of their Report on Individual Person (RIP). You can do this by visiting the virtual Military Personnel Flight (vMPF) and click on the Record Review/Update link under the Most Popular Applications located on the lower left side of your screen. Then click on the View/Print All Pages link.

NOTE: For promotion approvals during the upgrade/migration, the approval authority action will be effective on the date documented on the order/AF Form 2096. The promotion update action in MilPDS will be held until after migration. All applicable increases to pay/entitlements will be applied retroactively to the effective date of the promotion.

Self-service applications within virtual Personnel Center - Guard Reserve (vPC-GR) will be available during downtime of MilPDS containing static data as of the last day before the upgrade/migration period begins.

Here are a couple of examples of how processes will be affected during the downtime of MilPDS:

Example 1: A self-service request to update your address using the vPC-GR - Personal Data Updates application will be received and updated in MilPDS after migration.

Example 2: An award or decoration approved during the MilPDS upgrade/migration will not reflect on your Awards and Decorations pictorial in the virtual Military Personnel Flight (vMPF) until after migration.

Example 3: Enlisted member's Expiration Term of Service (ETS) is 15 December 2012. You must finalize all your reenlistment/extension paperwork prior to (end of November Unit Training Assembly (UTA)) to ensure your ETS does not expire during the downtime of MilPDS. Failure to do so could result in a delay in receiving your military pay.

Finally, we strongly recommend that any personnel actions requiring your individual attention be completed immediately upon receipt and provided to your servicing Military Personnel Section for updating in MilPDS as soon as possible.



JAG GETS TOP HONORS

Staff Sgt. Jeff Glaspie was recently awarded the Commandant's Award at the Air Force JAG school for top student in the Paralegal Apprentice Course. Congratulations Staff Sgt. Glaspie for a job well done!!! (unknown photographer)

134th Members Participate in Air Force Marathon



Several members of the 134th recently participated in the Air Force Marathon at Wright-Patterson AFB, Ohio. From left to right, Tech. Sgt. Mark Curry, TSgt Monica Eslinger, 1st Lt. Sarah Combs, Senior Master Sgt. Jana Johnson, Master Sgt. Kristin Boyanton, Tech. Sgt. Mike Curry, Maj James Blanton, (inset) Staff Sgt. Roy Thomas. Members wearing the red bib finished the full marathon where the blue bibs signify the half marathon. All participants were not present for photo (unknown photographer)



Your Personal Email, Is It Protected From View?



From an Information Assurance perspective; we all know to be cautious as to what we discuss via email, especially on non-secure networks... but did you know your personal email was susceptible too? Many of us might air out issues and have discussions on our Gmail or Yahoo thinking it's safe, as it is not a DOD network. Does reading this article make you think twice?

ARS Technica, 11 Oct 2012: In a case decided on Wednesday, the South Carolina Supreme Court ruled that accessing someone's online e-mail without their permission doesn't violate the 1986-era Stored Communications Act (SCA). Though they differed in their reasoning, the justices were unanimous in ruling that e-mail

stored in the cloud (like Gmail or Yahoo Mail) does not meet the definition of electronic storage as written in the statute. This new decision creates a split with existing case law (Theofel v. Farey-Jones) as decided in a 2004 case decided by the Ninth Circuit Court of Appeals. That decision found that an e-mail message that was received, read, and left on a server (rather than being deleted) did constitute storage "for purposes of backup protection," and therefore was also defined as being kept in "electronic storage." Legal scholars point to this judicial split as yet another reason why the Supreme Court (and/or Congress) should take up the issue of the Stored Communications Act. "This [South Carolina] decision is more evidence of how intractable and inconsistent our statutory electronic surveillance regime has become," Woodrow Hartzog, a professor at the Cumberland School of Law at Samford University, told Ars. "All of the discussions regarding backups, temporary copies, and the read/unread distinction seem to have very little to do with the way that most people perceive their use of e-mail. Ultimately, this problem is likely best resolved by the legislature, but the specifics of a politically palatable update to the SCA have yet to be fully agreed upon." Hartzog pointed out though, that in a case like this, there could still be federal liability under the Computer Fraud and Abuse Act. Under the SCA, cops can go after anyone's e-mail so long as it's deemed to be "relevant to an investigation," which is a low legal threshold. The logic, at the time, was that prior to webmail with large amounts of online storage, everyone had to download their e-mail—so, if you hadn't bothered to actually download your e-mail, it was deemed to have been effectively abandoned.

New security threat at work: Bring-your-own-network.

Even as IT pros wrestle with the bring-your-own-device (BYOD) trend, corporate security is being further complicated by another emerging trend: bring your own network (BYON). BYON is a byproduct of increasingly common technology that allows users to create their own mobile networks, usually through mobile wireless hotspots. Security professionals say BYON requires a new approach to security because some internal networks may now be as insecure as consumer devices. An attorney with the law firm Much Shelist said BYON represents a more dangerous threat to data security than employees who bring their own smartphones or tablets into the office. —"The network thing blows this up completely, because it takes the data out of the network the company protects," he said.

Read more from source article:

http://www.computerworld.com/s/article/9232302/New_security_threat_at_work_Bring_your_own_network

You can read the entire article from the source material:

<http://arstechnica.com/tech-policy/2012/10/reading-someones-gmail-doesnt-violate-federal-statute-court-finds/>

**Information Assurance POCs:
MSgt Jennings, 336-4924
or SSgt Huskey, 336-4936**



MEDICAL GROUP SCHEDULE



SATURDAY UTA

0545-0730 HOURS
 0700-0800 HOURS
 0730-0830 HOURS
 0800-0845 HOURS
 0900-0930 HOURS
 0815-1130 HOURS
 0830-0850 HOURS
 0830-1130 HOURS
 0830-1130 HOURS
 0900-1100 HOURS
 0900-1100 HOURS
 1000-1030 HOURS
 1130-1230 HOURS
 1230-1330 HOURS
 1330-1400 HOURS
 1300-1430 HOURS
 1300-1400 HOURS

SHOT TEAM TO 119TH
 SHOT TEAM TO LRS @ LRS WAREHOUSE
 SHOT TEAM TO CE @ FIRE DEPARTMENT
 SHOT TEAM TO HQ FOR WING STAFF/FSS @ HQ CONFERENCE
 SHOT TEAM TO COMM @ BLDG 102
 PHAS
 FITNESS FOR DUTY EVALUATIONS
 IMMUNIZATIONS/FLU SHOTS
 QNFT TESTING
 FLU/TDAP SHOTS-TSART MEMBERS/OVERFLOW (ATKINS OFFICE)
 ALL DEPLOYMENT PROCESSING/ANAM TESTING
 NEW ACCESSION ORIENTATION (TRAINING ROOM)
 LUNCH
 SHOT TEAM TO MXG @ ORANGE HANGER
 SHOT TEAM (FSV)@ MDG
 BALLISTIC EYEWEAR & M-50 GAS MASK INSERTS
 IMMUNIZATIONS/FLU SHOTS



SUNDAY UTA

0800-0900 HOURS
 0845-0900 HOURS
 1030-1330 HOURS
 1130-1230 HOURS
 1300-1400 HOURS

SMALLPOX BRIEFING (WAGNER - TRAINING ROOM)
 FITNESS FOR DUTY EVALUATIONS
 PDF/TSART PROCESSING (MOBILITY SECTION - BLDG 241)
 LUNCH
 IMMUNIZATIONS/FLU

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

By Elizabeth Arnold, 134 MDG, Director of Psychological Health

"Form the Turtle!" The Romans used the turtle as a way of closing ranks, overlapping shields to form walls of protection. When life is throwing fiery arrows at you, "Form the Turtle!" Ask for support. If you see an Airman in need, send out the turtle. Our support becomes a defense against life's stressors. Support in the form of a kind word, a smile, or a simple "are you having a hard time?" lets people know they are not alone and are valued. It does not eliminate the battle but it helps us to survive. So, "Form the Turtle!"



-until next time, Happy Psychological Health

Medical Minute

By Capt. Jennifer King, 134 MDG



Happy Fall Everyone! I hope the season of cooler weather, gorgeous landscapes and pumpkin lattes finds you all well. October finds me reflecting back on the past year and measuring my progress in my fitness journey thus far. For those unsure of what I'm referring to, about a year ago I decided it was time to approach my fitness with the "warrior" mindset



and discussed what we as airman can do to make sure we are always ready for battle (along the lines of a speech given by former Air Force Chief of Staff, General Moseley).

Over the ensuing year, there have been days of soreness, frustration and doubt that anything was changing. There have been ups and downs in weight, minor injuries and moments of extreme fatigue. Yet, as of this month, I have met my both of my goals to run a 5K (no matter how slow) and to be able to run my PT test "like it's just another workout." So why am I telling you this? I'm hoping that my small successes will encourage you in your own fitness journey. A year ago, I was so exhausted after the birth of my second son that even the thought of a workout routine was overwhelming. The thing is, the thought of feeling the same way in a year was even worse. Thus, I decided to do some amount of exercise every day, no matter how small or insignificant it seemed. I took the advice I gave in that article and parked farther from the door, took the stairs and did the best I could each day, even if it was just a 15 minute session of cardio or a 20 minute walk around the neighborhood. Over the months, my stamina and strength gradually increased and my goals kind of snuck up on me. It's easier to get out of bed now and even easier to make it through my day without an energy drink or sugary snack (but don't get me wrong, I still love my brownies).

Please take an honest look at your health. Are you where you want to be? Would you be happy to look back in a year and find yourself in the same place physically? If yes, congratulations! Keep up the good work! If not, what will it take to get you where you want to be? Start with small, manageable goals. Find an activity that you enjoy so you're more likely to stick to it. Plan how you're going to create time for your workout. Push a little bit every day, but not so much that you're exhausted and unable to push a little more the next day. When you slack off, brush it off and re-commit to your goals. I recognize this is not an easy process. I'm still working at it and fully expect to STILL be working at it this time next year. Thing is, this is a lifelong process, but the benefits are immeasurable. When you release stress via physical activity, you gain increased energy, a stronger immune system, mental clarity and increased productivity. Exercise helps strengthen your cardiovascular system, regulate your hormonal balance and keeps you strong and flexible so you're less likely to be injured in daily life. All this, and your PT test gets easier...what a deal! As always, if you have specific questions about healthy living, feel free to contact myself or any of my fellow clinic members. Several friends have helped me along the way this past year and I would be happy to pass on the practical tips they have taught me about workout programs and healthy, but still yummy, eating habits. In closing, please permit me to re-use my final words from last year..."go forth and sweat!"

NEW AIR GUARD MEMBERS



A1C Zachary Bledsoe
119 CACS



Amn Rebekah Gilbert
134 ARW



Amn Robert Martin
134 CES



SrA Christopher Cousins
134 MXS



SrA Joseph Greenlee
134 MDG



SSgt Justin Ingle
134 MXS



SSgt Christopher Tagstrom
134 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**



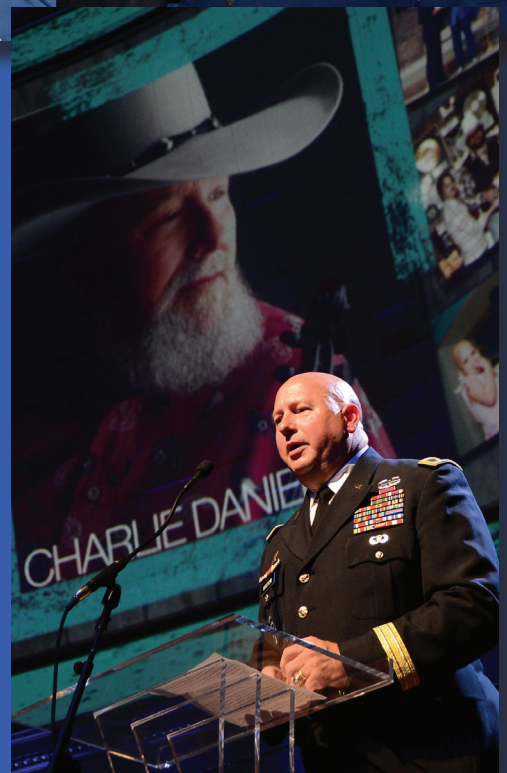
Golf League Raises \$ For Susan G. Komen

Members of the McGhee Tyson Golf League recently raised \$761.00 for the Susan G. Komen Foundation in Knoxville, TN. The Susan G. Komen For the Cure was founded to help communities work together to end breast cancer in the U.S. and throughout the world. Presenting a check to Amy Dunaway is Capt Katrina Hunt, 134 ARW Resource Advisor. (National Guard photo by Capt. Joseph Keith, 134 Public Affairs Officer)



Singing For the Stars

A few members of the 134 ARW & 119 CACS as well as several soldiers from the 129th Army Band accompanied the Adjutant General of Tennessee Maj. Gen. Max Haston on Oct 17 to celebrate a legend in country music as Charlie Daniels was presented with the Dale Franklin Leadership Music Award at the 9th Annual Awards Ceremony located at the War Memorial Auditorium in Nashville, Tenn. Capt Stephanie McKeen & Senior Airman Amanda Winkler, 119 CACS and Tech Sgt Jeannine Brown, 134 ARW sang songs such as "How Great Thou Art" as a dedication to the distinguished career of Charlie Daniels. The style of the song was inspired by a version that was recorded by Mr. Daniels. Other legendary artists including Vince Gill and Randy Owen (Alabama) were also honored. Other notable attendees were Amy Grant, Little Big Town, Gretchen Wilson, Ronnie Dunn, and authentic rocker Big Al Anderson. Capt McKeen, Tech. Sgt. Brown, Senior Airman Winkler, and 1Lt Sarah Miller are locally known as "The McGhee Tyson Quartet". Their faces are familiar around McGhee Tyson ANG Base and East Tennessee as they represent the Air Force and Air National Guard in a positive light with their vocal talents.



McGhee Tyson Chili Cook-Off

When: 17 Nov (Sat Drill)

Where: Wilson Hall Time: 1530 'til ?

\$1.00 per Vote/Taste Chili

(all the chili you want to taste)



Retirees are Invited!!!

The cost is \$1.00 to taste chili and vote.

You can buy as many votes as you like.

Buying votes is encouraged!!! If you think your chili is the best then put your money where your mouth is!!!

**Proceeds will go to DEAA,
Chief's Council, and Santa Cops.**

**To enter your award-winning chili contact
TSgt Matt King at 336-3244.**

**We will take all entries; No Chili left behind!
Cheating is Encouraged!!!!**

What's For Lunch...?

Saturday:

Roasted Pork Loin
Spicy Baked Fish
Broccoli w/ Cheese
Green Beans
Corn
Mashed Potatoes
Gravy

Short Order: Hamburger/Cheeseburger
Corn Dog
Tater Tots
Baked Beans



Sunday:

Beef Bulgogi
Chinese Five Spice Chicken
Vegetable Stir Fry
Carrots
Rice

Egg Rolls
Short Order: Turkey Melt
Grilled Cheese
Seasoned Fries



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!

PROMOTIONS

Wilder, Bart M	134 OSF	Lt Col
Matthews, Elizabeth A	151 ARS	Lt Col
Rickman, James G	134 ARW	Lt Col
Lentini, Jeremiah P	151 ARS	Maj
McCay, Timothy I	151 ARS	Maj
Palmer, James W	572nd Band	SMSgt
Meyers, Kenneth L	134 MXS	SMSgt
Sanders, Donald S	134 MXS	MSgt
Griggs, Michael W	134 MXS	MSgt
Sharpe, Chad A	119 CACS	MSgt
Woodlief, Deonna M	134 FSS	MSgt
McLaughlin, Patrick C	134 MXG	MSgt
Williamson, Zackery L	572nd Band	MSgt
Jones, David E	134 FSS	MSgt
Payne, Carolyn E	134 LRS	MSgt
Taylor, Douglas J	134 AMS	MSgt
Mayes, David A	134 MXS	MSgt
Jones, Russell W	119 CACS	MSgt
Martin, Ronald L	134 MXS	TSgt
Earl, Jeremy E	134 LRS	TSgt
Denham, Jason D	134 SFS	TSgt
Colley, Steven D	134 SFS	TSgt
Bell, Ryan M	134 MXS	TSgt
Beaver, Matthew D	134 CES	TSgt
Kershaw, Michael S	119 CACS	SSgt
Lindsey, Michael D	134 MXS	SrA
Watson, Marcus F	134 MXS	SrA
Buckner, Walter R	134 MDG	SrA
Bacon, Cody K	134 MXS	SrA
Stewart, Eric L	134 MXS	SrA
Findley, Nicholas S	134 LRS	SrA
Watson, Hollie B	134 AMS	SrA