



THE VOLUNTEER



VOL. 12 NO. 12

134TH AIR REFUELING WING

DEC 2012

It's ATSO Time!!!

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

ATSO circuit training that is. More than 400 members of the 134th Air Refueling Wing participated in an Ability To Survive and Operate (ATSO) circuit training held in Wilson Hall Nov. 18.

The various phases of ATSO, also known as chemical warfare training, comprise a large portion of a wing's operational readiness inspection checklist and are vitally important to anyone deploying to an area where chemical weapons may be employed.

November's training included six stations. The stations, donning and doffing of the Mission Oriented Protective Posture (MOPP) gear, building hardened shelters, protecting assets from a chemical attack, post attack reconnaissance, Airman's Manuel testing, and an A.C.E. (Ask, Care, Escort) briefing, were designed to help each member become more proficient in activities they may have to perform in a deployed setting.

While the stations vary from skill to skill, one station is always a constant – donning and doffing of the MOPP gear.

Personnel are timed on transitioning from their

regular duty uniform to partial wear of the MOPP gear, then on to becoming fully suited up for protection at the time of a simulated attack.

Staff Sgt. Janel Miller, an emergency management specialist with the 134th Civil Engineering Squadron, said the proper wear of the MOPP gear is the most important aspect of ATSO training.

"This is the biggest ding at an inspection," said Miller. MOPP gear is second nature, so everybody knows they have to wear it but they always forget things. No one should ever get anything wrong with their MOPP

gear. It's important to keep everybody safe. Because if they can't put on their gear, they can't fight the fight. There's no point in knowing how to do your job or knowing how to wear your helmet or your flak vest or worry about your DFPs or your hardened facilities because if you don't have people that are safe from the contamination in their MOPP gear, then you don't have the personnel. If you don't have the people, you can't fight the war."

In addition to the stations normally found at an ATSO (Training Time cont. on pg 3)



Members of the 134 ARW train on the proper procedures to be taken during a possible biological and chemical attack by covering assets to keep them safe from contamination. (National Guard photo by Tech. Sgt. Jack West, 134 ARW Public Affairs)



Photo by Master Sgt. Kendra M Owenby, 134th 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)

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Commander's Call - Sunday 1400 @ Wilson Hall

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
UTA Sat 0800-1100
UTA Sun 0800-1100

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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(Training Time cont. from pg 1)

circuit training event, there were two other stations, Airman's Manual testing and the A.C.E. briefing, that most of those participating had not done before.

Staff Sgt. Eric Eastridge, an emergency management specialist with the 134 CES, explained the purpose for an Airman's Manual test although looking up answers in the Airman's Manual during an inspection is authorized.

"It is just making them get



Members of the 134 ARW wearing chemical warfare gear (above) do a "sweep" of the area to determine if there has been any contamination or unexploded ordnances (UXO's) left behind after a mock attack during training. This training will help prepare them for an upcoming Operational Readiness Inspection that tests thier survival skills. Members (left) practice their skills of building simulated bunkers with sand bags and tape to prepare them for upcoming inspections. (National Guard photo by Tech. Sgt. Jack West, 134 ARW Public Affairs)



Wing.

"The Wing Commander thought that this would touch more people in a shorter amount of time," said Arnold, "so they were kind enough to add this

familiar with the manual more than anything, the key areas the inspectors are going to grade on and ask questions about, and the areas you need to know about for the inspection and for operating in a high chem threat area," said Eastridge. "It's just getting familiar with that material, but also getting used to going through the manual and where to find those answers for the inspectors. Because if you know the answer you can give it, but if you don't know for sure, you can always say to the inspector, "I think I know, but can you just give me a minute, I know where to find it in the manual," and give them the correct answer."

The other "new" station was in the form of an A.C.E. briefing by Elizabeth Arnold, Director of Psychological Health for the 134th Air Refueling

station at the ATSO training. I think just being aware and acting on it is the most important thing. We can't control people, but we can be available to lead them to the resources at the appropriate time.

With an unusually high number of suicides in the Tennessee National Guard recently, Arnold briefed Airmen to keep an eye on one another and to genuinely have an interest in each other's welfare. For more information on A.C.E. or to get help for yourself or someone else, Arnold can be reached on-base at 865-336-4017.

Wing members will have several more opportunities over the next couple of months to hone their ATSO skills. Circuit training events are scheduled for December and January drills.

Safety Team Slings Hash at Services to Raise Awareness

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

Lt. Col. David Cline, Chief of Safety, and Senior Master Sgt. Mike Smeltzer, NCO in charge of Safety, spent part of their lunch hour serving their fellow airmen at the Rocky Top Dining Facility on Oct. 27.

“The purveyors of safety are slinging hash to say thank you to Services for their outstanding safety program that they’ve had during the past year,” said Smeltzer.

We’re here “to recognize Services for their outstanding safety practices...and the tremendous job that they perform for this unit,” said Cline.

Smeltzer said their presence in the dining facility was for more than just recognizing the Services flight. He said it was also about reminding all of the members of the 134 ARW to be safety conscious.

“I think the more we are in front of the people, and give them awareness about safety, (the more) they pick right up on it,” said Smeltzer. “And that’s really a great thing about the 134th, it comes from the top down. It’s a cultural thing here on the base. Those folks actually maintain it, and they embrace it, and do a great job at it.”



National Guard photo by Staff Sgt Joseph Pitney, 134 ARW Public Affairs

PROMOTIONS

Palmer, Corey A	134 LRS	Amn
Powell, Harrison E	134 CES	SrA
Clendenen, Kevin T	134 SFS	SrA
Gilbert, Michael P	134 CES	SSgt
Sharpe, Shaun W	134 SFS	SSgt
Williams, Carlos W., Jr.	134 CES	TSgt
McTassney, Gardner K	134 CES	TSgt
McMurtery, Joshua M	134 CES	TSgt
Spry, Jerry W., Jr.	134 CES	TSgt
Smith, Randall E. Jr.	134 MXS	TSgt
Daniel, Natelie R	134 CF	TSgt
Pilgrim, Roxanne A	134 SFS	TSgt
Prichard, Scott C	134 SFS	TSgt
McDaniel, Trampus A	134 SFS	TSgt
King, Chris	134 CES	TSgt
Hedgcoth, Garfield W	134 CES	MSgt
		SMSgt



Chili Cook-off Proceeds to Benefit Santa Cops Program

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

The 134th Air Refueling Wing held a chili cook-off in Wilson Hall on Nov. 17. The primary purpose of the cook-off was to raise funds for the McGhee Tyson Chief's Council, the Junior Enlisted Advisory Association, and the Santa Cops program.

Personnel from the 134 ARW and The I. G. Brown Training and Education Center paid \$1 per vote to have their say about which chili was the best, which chili was the hottest, and which chili tasted the worst.

The cook-off had just begun when the JEEA announced they would be giving their proceeds to the Santa Cops program.

"It's Christmas time," said Senior Airman Travis Pruett, a medical technician with the 134th Medical Group and a member of the JEEA. "...we raise our money to provide three scholarships per year and



Col Thomas Cauthen, 134 ARW Commander, (above) shares some down time with airmen during the McGhee Tyson Chili Cook-off on Nov 17. The event was for a good cause and allowed for some positive camaraderie. Col Randy Gratz, 134 ARW Vice Commander, (right) serves some of his famous chili to Senior Airman Desmond Brittle during the Cook-off. (National Guard photos by Staff Sgt Scott Hollis, 134 ARW Public Affairs)



we've raised that money. We don't need that money to go towards us. It would be better for the Santa Cops." Shortly after Santa Cops organizers learned that the McGhee Tyson Chief's Council would also be donating their proceeds to the Cops.

"We have our money already designated for our scholarship," said Chief Master Sgt. John Gresham of the 134th Aircraft Maintenance Squadron and the president of the McGhee Tyson Chief's Council, "so that's already been dedicated for that. We thought that it would be a good idea to take those proceeds and donate them to Santa Cops."

Master Sgt. Joey Hungate, of the 134th Security Forces Squadron and the 2012 Santa Cops program point of contact, described his thoughts at learning all of the proceeds would be going toward his program.

"I think it's fantastic, and it's humbling," said Hungate.

Hungate, who will be dressing up like an elf for the eleventh year, described how these extra proceeds will help the Santa Cops program.

"This is always one of those events that November's the month that we always put money together," said Hungate. "We'll come in in November knowing that we're doing this two to three weeks out. There's not much money there. Are we going to be able to pull it off like we did in the years past? And always November drill it's an explosion. This is when we get a huge amount that can make a change come December."

(Chili Cook-off cont. on pg 6)

(Chili Cook-off cont. from pg 5)

Voting remains open through Saturday evening of Dec drill with the final result being announced on Sunday during Commander's Call. As of Nov. 18, more than \$1,300 had been received, all of which will go to the Santa Cops program.

Hungate said the Santa Cops program has raised more than \$90,000 since the program's inception. The money is used to buy gifts for the patients at the East Tennessee Children's Hospital, and the patients' siblings. Hungate, his fellow elves, and a small assortment of personnel from the base will deliver this year's gifts on the afternoon of Dec. 1.

For more information, or to donate to the 2013 Santa Cops program, contact Master Sgt. Joey Hungate at 865-336-3287.



Col Wally Houser, 134 MSG Commander, (above) serves up some spicy chili to Capt Derrick Wakefield, 134 ARW Chaplain, during the McGhee Tyson Chili Cook-off on Nov 17. Proceeds from the Cook-off was originally planned to be divided equally by the Chief's Council, Junior Enlisted Advisory Association, and Santa Cops. Both the Chief's Council and the Junior Enlisted Advisory Association donated their portions to the Santa Cops program this year. Maj David Barrett, 134 CES Deputy Commander (right), casts his vote (or votes) for the best chili. The trophy (below) for "hottest chili" sits in wait for the winner. (National Guard photos by Staff Sgt Scott Hollis, 134 ARW Public Affairs)





MEDICAL GROUP SCHEDULE



SATURDAY UTA

0815-1130 HOURS
 0830-0850 HOURS
 0830-1130 HOURS
 0830-0900 HOURS
 0830-1130 HOURS
 0900-1100 HOURS

1000-1030 HOURS
 1130-1230 HOURS
 1230-1430 HOURS

1300-1415 HOURS
 1300-1400 HOURS
 1300-1330 HOURS

SUNDAY UTA

CLOSED FOR TRAINING

0900-1000 HOURS
 1300-1330 HOURS
 1400-1500 HOURS

PHAS

FITNESS FOR DUTY EVALUATIONS
IMMUNIZATIONS/FLU SHOTS
SHOT TEAMS TO BAND
QNFT TESTING
ALL DEPLOYMENT PROCESSING/ANAM TESTING (CAPT KING)
NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)
LUNCH
ATSO CIRCUIT TRAINING—GROUP A MEDICAL REQUIREMENTS
BALLISTIC EYEWEAR & M-50 GAS MASK INSERTS
IMMUNIZATIONS/FLU SHOTS
FITNESS TESTING EVALS (ATKINS)

BALLISTIC EYEWEAR & M-50 GAS MASK INSERTS
IMMUNIZATIONS/FLU SHOTS
WING COMMANDER'S CALL-ACTIVITIES BUILDING

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.

Stress Tips from Elizabeth, Your Wing Director of Psychological Health

By Elizabeth Arnold, 134 MDG, Director of Psychological Health



*Merry Christmas,
 Due to the holiday schedule in December, I will be in and out of my office. I can be reached on the Blackberry at 865-201-8129.
 - Until next time,
 Happy Psychological Health!!*

NEW AIR GUARD MEMBERS



**A1C Chelsea Land
134 MDG**



**A1C Peter Macrellis
134 SFS**



**A1C Tyler Thomas
134 SFS**



**A1C John Warfield
134 MDG**



**SrA Adam Underwood
119 CACS**

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 prior to roll-call through the recruiting office supervisor, Master Sgt. Curtis LaRue.

*****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>

Medical Minute

By Capt. Jennifer King, 134 MDG



It's December... yay! As a youngster, Christmas was always my favorite holiday and strangely enough, not because of the presents. I absolutely reveled in the cookie baking parties, caroling sessions, special Advent and Christmas music

at church and the Hanukkah celebrations at one of my best friends synagogue. It never occurred to me that each of these activities was master-minded by my already busy parents. As an adult, when it comes to this season, I'm a split personality. I love the music, decorations, visiting family and special services of the season. I suffer through the preparations, long days, trying to meet crazy high expectations and keeping all the "normal" balls of everyday life in the air at the same time. With all this in mind, please permit me to revisit the same topic as last year this time...stress management.

What can we do to make sure our holiday season is remembered as a time of celebration and not as a time of frustration? For my family, it comes down to prioritizing and planning ahead. There are certain activities that mean the world to me and mine this time of year. Midnight Mass has been my favorite as long as I can remember. Yes, it's a pain to stay up so late and keep my kids out into the wee morning hours, but there's a moment of wonder that touches my soul to the core. This moment is looked forward to with great relish and makes all the difficulties leading up to it amount to nothing. Several hours after "the moment," comes one of my favorite meals of the year as we celebrate with my in laws at the family Christmas breakfast. Again, the process of arriving home around 2-3 am and then eating around 8 am is somewhat strenuous, but it is so very rewarding that we couldn't conceive of changing it. What are your "moments"? Are they the parties, the quiet morning opening presents with young ones or the silent nights watching old movies? These are the times we need to focus on, plan ahead and protect. Go ahead and engage in some of the activities that matter to others in your world, but not at the expense of your "moments" or your rest or sanity.

As always, continue to support your general health with well-rounded eating, exercise and sufficient sleep. Pay attention to your mood and those of your friends and loved ones. If someone seems down or just not right, engage them in conversation. Let them know you care and if needed, seek help. This season is one of the most important times to be a good "battle buddy." This past drill, the Medical Group Commander, Col Strobel, requested that we each contact our buddies at least once during the month just to check in. Please do the same yourselves. One of the biggest benefits we have in the Guard is our "Guard Family." Let's take care of each other and enjoy the celebrations in a joyful, yet healthy and balanced way. Have a Merry Christmas (or Happy Hanukkah or delightful whichever other holiday you celebrate) and we'll see you here next year.



ROCKY TOP DINING FACILITY

Saturday:

Spaghetti w/meat sauce
Crispy Baked Chicken
Steamed Rice
Parsley Buttered Potatoes
Peas w/Carrots
Fried Cauliflower
Gravy
Soup

SHORT ORDER:

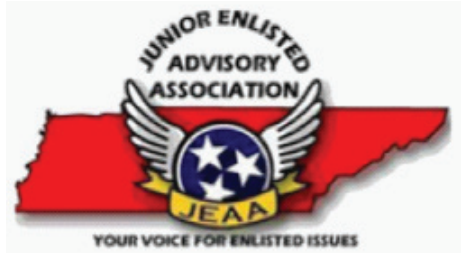
BBQ on a Bun
Onion Rings
Baked Beans



Sunday:

Roast Rib of Beef
(carved on the line)
Roast Turkey
Roast Ham
Shrimp Cocktail
Fresh Mashed Potatoes
Glazed Sweet Potatoes
Parsley Buttered Potatoes
Peas
Corn
Green Beans
Corn Bread Dressing
Salad Bar
Turkey Gravy
Fresh Fruits
Canned Fruit
Dinner Rolls
Assorted Breads
Zesty Bean Soup
French Apple Pie
Pecan Pie
Cherry Cobbler
Almond Pound Cake
Christmas Cookies
Assorted Candies
Ice Cream
Strawberry Topping
Candy Topping
Nuts
Choc Syrup
Eggnog
Cider
Assorted Nuts
Yogurt

JEAA



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!

134th Air Refueling Wing



*Merry Christmas
& Happy New Year!*



MCGHEE TYSON ANG BASE CHRISTMAS PARTY

**December 1st
Wilson Hall**

1630: SEC Championship Game on big screen

1800: Social Hour

1930: Prize Giveaway

Music throughout the Evening

Dress: Casual

Menu: Heavy Hors D'oeuvres

Music: DJ/Karaoke throughout evening

Tickets: \$10 in advance (\$12 at the door)

**Tickets can be purchased from
First Sergeants and Section Chiefs**





U.S. AIR FORCE

*Holiday
Greetings*

