



THE VOLUNTEER



VOL. 13 NO. 1

134TH AIR REFUELING WING

JAN 2013

Santa Cops 2012 Another Great Success Story!

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



Air National Guard photo by Tech. Sgt. Jack West, 134 ARW Public Affairs

Members of the 134th Security Forces Squadron, and some very special helpers, visited the East Tennessee Children's Hospital, in Knoxville, delivering gifts to the patients and staff members Dec. 1.

The visit to the hospital was the culmination of the Santa Cops program for 2012. More than 50 patients, some of their family members, and hospital staff received gifts to celebrate the Christmas season.

Santa Claus, Mrs. Claus, Santa's elves, Sponge Bob Square Pants and members of the 134 SFS visited most of the patients, delivering gifts specifically requested by the patient/family or giving age appropriate gifts to those who had not made specific requests.

The Santa Cops program, which first began as a community service project, has now grown into something that the members of the 134 SFS look forward to undertaking every year. 134th

Security Forces Squadron Commander, Capt. Art Douglass, explained why it's important to the members of the squadron to participate in the program.

"I think just the opportunity to get out and do something for the community and something that's a little bit different," said Douglass. "We train very hard for what we do. Our jobs are very physically demanding and this in some ways is a stress relief for us to get out and be able to work in the community; do something; see the smiles. This is also therapeutic to us and is a great opportunity to help out those in need."

Douglass went on to explain that more members of the squadron wanted to participate, but the number of personnel able to attend was limited by bus space.

"A lot of folks helped out last night with the shopping," said Douglass, "and some folks that have done this in previous years

Santa Cops (cont. on page 3)



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Commander

Col Randy Gratz
Vice Commander

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Sun 0830 -1430**



“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.”

Anti-Terrorism Force Protection Threat Levels Defined

IMMINENT

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

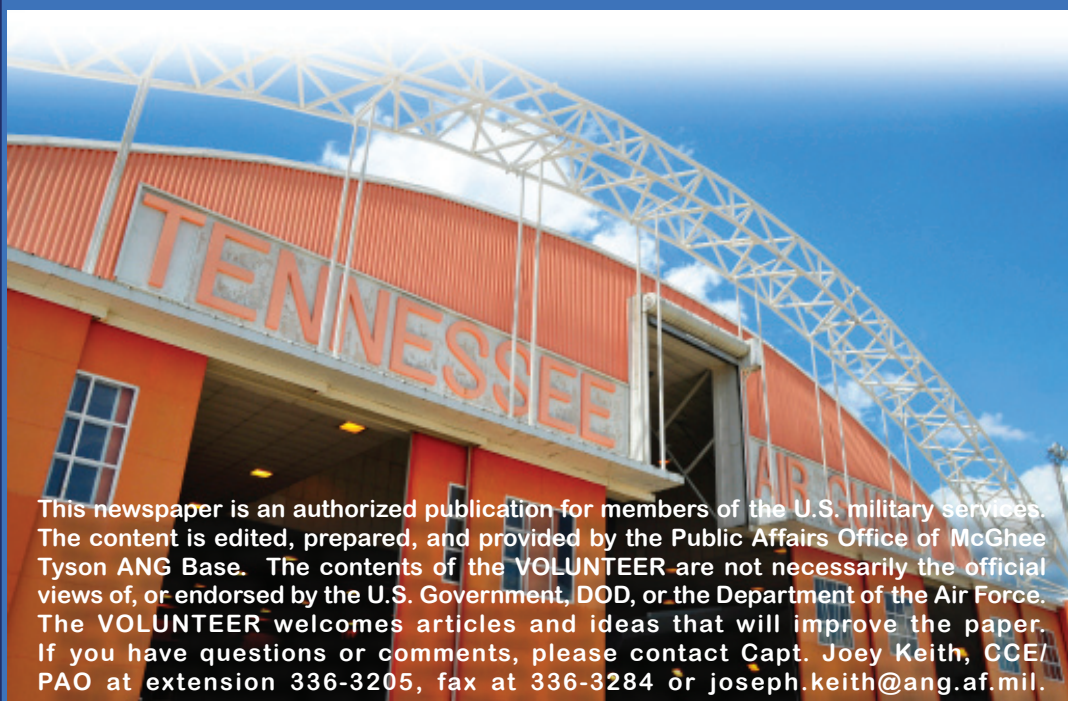
ELEVATED

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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gave way so that folks that haven't done it before could come along."

Senior Airman Khristian Pickett, a security forces specialist with the 134 SFS, visiting the hospital with Santa Cops for the first time, had a personal reason for helping out.

"I missed last year," said Pickett, "and yesterday I helped out with the shopping and everything, so far it's been really awesome. A few months ago I actually spent a week here with my son. He's a year old now. It's a great thing. Just gives me a lot of honor to be here for these kids that can't be home for Christmas. I love seeing the faces, the little glow, for some of them it's a really big glow."

Staff Sgt. Dana Presnell, an administrative specialist in the 134th Maintenance Group, explained her motivation for dressing up as Mrs. Claus.

"I just wanted to help out the kids, bring some Christmas joy," said Presnell. "It's been a great experience."

Airman 1st Class Charles Smith, a security forces specialist in the 134 SFS, was helping out with Santa Cops for the second time. He had similar sentiments about why he liked to help.

It's "another way to give back," said Smith. It makes me feel good. "Seeing the parents smiling and the kids smiling,

it just makes you feel really good inside."

Elizabeth Freeman, a Child Life Specialist for the hospital, explained the effect the Santa Cops program has on the hospital staff and the patients.

"It's wonderful," said Freeman. "It's a really good gift for our families to show that there are people in the community who are thinking about them, who do realize it is hard for families to be in the hospital around the holidays. It's wonderful for our staff to see that there are people that really do support the hospital, and it's a lot of fun for staff and for families."

Since its inception in 1999, the program has raised just over \$110,000 in donations and toys to support the children and various programs at the hospital. This year alone, more than \$9,200 in donations has been provided to the program. In addition to purchasing toys, two families, whose needs extended beyond just having a hospitalized child, have been adopted by the program. Those families received gifts to assist their household and overall well-being while their child received care.

Donations can be made to the Santa Cops program throughout the year. For more information about the program or to make a donation, contact Master Sgt. Joey Hungate at 865-336-3288.



Air National Guard photos by Tech. Sgt. Jack West, 134 ARW Public Affairs

Christmas Worship

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

Members of the 134th Air Refueling Wing and students at the I. G. Brown Air National Guard Training and Education Center gathered together for a Christmas worship service here Dec. 2.

Although this service was announced as a Protestant worship service, anyone who wanted to come was invited.

“Traditionally, Christmas has been a Christian celebration,” said Lt. Col. Stan Giles, a chaplain with the 134th Air Refueling Wing. Oddly, we never really celebrated it until the 3rd or 4th century, unlike Easter which was celebrated early on. Christmas kind of became a celebrated holiday later in the church’s history.”

Despite Christmas being a traditionally Christian celebration, Giles said Christmas is for everyone, even

those who have non-Christian beliefs or no beliefs at all.

“I respect people and all their beliefs,” said Giles. ‘I have my own beliefs. The beauty of Christmas is it’s become

a civil holiday. So we are allowed to take a few weeks off and rest, recoup, and kick back and celebrate other things. Family and friends and food, those are all good things to celebrate. I don’t begrudge anyone for that. Personally I celebrate Christ and his birth, but I also celebrate family and friends and food.

This particular Sunday morning found those present singing Christmas hymns, accompanied by an ensemble from the Air National Guard Band of the Smoky Mountains (572nd Air Force Band), and listening to a sermon about the birth of Jesus Christ by 134 ARW Wing Chaplain Lt. Col. Jimmy Wilson.

Giles went on to say that many Americans traditionally attend a church service, particularly a Christmas Eve service, this time of year. He said we often do that for ourselves or for family traditions which are good things.

“I don’t judge anybody for any reason they go to church or worship,” said Giles. “We all have our reasons.”

Protestant worship is held every Sunday morning of UTA weekend at 9 a.m. in the Academy of Innovative Ministries facility located between Base Headquarters and Wilson Hall. Members of other faith groups can contact any chaplain or chaplain assistant for assistance in contacting a local representative of their particular faith group.



Air National Guard photos by Tech. Sgt. Jack West, 134 ARW Public Affairs

2012 MTAB Christmas Party A Big Hit

By Capt Joseph Keith, 134 ARW Public Affairs Officer

More than 325 people were in attendance at the 2012 McGhee Tyson Air National Guard Base Christmas party held December 1 in Wilson Hall. Those in attendance seemed to relish the time with their families and peers, while also enjoying the opportunity to relax a bit.

Similar to previous events, the casual holiday party involved catered food buffets, a DJ providing entertainment and dancing, as well televising the NCAA college football championship games on the big screen. This year, the football games provided great excitement, really livening up the crowd in attendance.

Later in the evening, more than 30 door prizes, donated from local corporations, were distributed to those in attendance. These donations ranged from complimentary movie passes, to free meal gift certificates, Harley-Davidson motorcycle rentals and even a free weekend getaway to a local resort including spa treatments.

A special thank you goes out to the local companies who donated door prizes and/or financial assistance for the event. We definitely could not have conducted this Christmas Party without their generous assistance. As we have now moved into the 2013 year, our next McGhee Tyson ANG Base Christmas Party is tentatively scheduled for Saturday, December 7, 2013. We hope each and every one of you is able to attend.

McGhee Tyson ANG Base would like to thank the following entities for supporting the 2012 basewide Christmas Party:

East Tennessee Military Affairs Council

ETMA Federal Credit Union

McGhee Tyson Armed Forces Club

Sysco Foods, Knoxville

B&G All Occasion Catering

Gann's Entertainment, LLC

Saw Works Brewing Co.

Smoky Mountain Harley-Davidson

River Stone Resorts & Spa

Regal Cinemas

Waterfront Bar & Grill

Bill's Outpost

Lambert Acres Golf Club

Alcoa Highway Liquor Store

Starbucks, Alcoa



RADIO COMMUNICATION PROCEDURES



PROPER RADIO COMMUNICATION CONSIST OF USING YOUR CALL SIGN AND THE UNIT YOU ARE CALLING FOR QUICK, CONTROLLED, AND PRECISE COMMUNICATION.

DO'S OF RADIO COMMUNICATION:

SPEAK CLEARLY AND SLOWLY, USE PHONETIC ALPHABET, BE SURE OF THE UNIT YOU ARE CALLING, USE YOUR CALL SIGN, RELAY INFORMATION NEEDED, USE PLAIN TALK, CALL SIGNS INSTEAD OF PROPER NAME, PUSH/WAIT/TALK (NO REPEATER WILL BE USED), BE SURE OF RADIO MESSAGE BEFORE TRANSMITTING

DON'TS OF RADIO COMMUNICATION:

USE FOUL LANGUAGE, USE ACRONYMS, USE OVER AND OUT, USE 10 CODES, USE PROPER NAMES, USE RANK , DISCUSS CLASSIFIED

HOW TO CONTACT OTHER MEMBERS ON YOUR CHANNEL:

FIRST USE THE RADIO CALL SIGN OF THE UNIT YOU ARE CALLING, THEN SAY "THIS IS" AND SAY YOUR CALL SIGN. THIS IS SO THE CALLED UNIT KNOWS TO LISTEN. WAIT FOR THE RECEIVING UNIT TO SAY "GO AHEAD" THEN RELAY MESSAGE. DON'T ASSUME THAT THE UNIT COPIED YOUR MESSAGE. MAKE SURE THE RECEIVING UNIT SAYS "COPY/ROGER/NEGATIVE".

EXAMPLE : (YOU ARE DELTA-4)

DELTA-4: "DELTA-6 THIS IS DELTA-4"

DELTA-6: "GO AHEAD DELTA-4"

DELTA -4: "DELTA-4 ALL SECURE"

DELTA-6: "COPY"

ROUTING YOUR MESSAGE TO OTHER UNITS:

IF YOU NEED TO CONTACT ANOTHER UNIT, ENSURE YOU USE THE PROPER CALL SIGN AND TURN TO THE APPROPRIATE CHANNEL ON THE RADIO

EXAMPLE OF CALLING ANOTHER UNIT: "DEFENDER THIS IS CHARLIE-6"

IF YOU NEED TO CONTACT SECURITY FORCES FOR ANY REASON, THE SFS/BDOC CALL SIGN IS "DEFENDER"

RADIO LINGO:

COPY: MESSAGE RECEIVED

SAY AGAIN: REPEAT MESSAGE

ROGER/AFFIRMATIVE: YES

NEGATIVE: NO

PHONETIC ALPHABET

A – ALPHA

B - BRAVO

C- CHARLIE

D - DELTA

E - ECHO

F - FOXTROT

G – GOLF

H – HOTEL

I – INDIA

J – JULIET

K - KILO

L – LIMA

M- MIKE

N – NOVEMBER

O – OSCAR

P – PAPA

Q – QUEBEC

R – ROMEO

S – SIERRA

T - TANGO

U – UNIFORM

V – VICTOR

W - WHISKEY

X - XRAY

Y - YANKEE

Z - ZULU

CALL SIGNS:

SFS - DEFENDER

MISSION-ORIENTED PROTECTIVE POSTURES (MOPP)



MOPP
LEVEL
READY

MOPP
LEVEL
0

MOPP
LEVEL
1

MOPP
LEVEL
2

MOPP
LEVEL
3

MOPP
LEVEL
4

AT THE DISCRETION
OF THE INSTALLATION
COMMANDER

WORN

WORN

WORN

WORN

WORN

ALL GEAR SHOULD
BE READILY
AVAILABLE

HELMET, RIFLEMAN'S
VEST, PROTECTIVE MASK
AVAILABLE FOR
IMMEDIATE WEAR

HELMET, OVER-
GARMENT, RIFLEMAN'S
VEST, PROTECTIVE
MASK AVAILABLE FOR
IMMEDIATE WEAR

HELMET, OVERBOOTS,
OVERGARMENT, RIFLE-
MAN'S VEST, PROTECTIVE
MASK FOR IMMEDIATE
WEAR *M9 TAPE
APPLIED WHEN
COMMAND
DIRECTED

HELMET, OVERBOOTS,
OVERGARMENT, RIFLE-
MAN'S VEST, PROTECTIVE
MASK

HELMET, OVERBOOTS,
OVERGARMENT, RIFLE-
MAN'S VEST, PROTECTIVE
MASK, GLOVES

ATSO QUESTIONS

- 1.) When making a report of ground attack forces, what format should the report follow?
 - a) ADAT
 - b) BDT
 - c) SALUTE
 - d) ALAD

- 2.) The "A" in SALUTE stands for?
 - a) Airfield damage
 - b) Aircraft type
 - c) Activity
 - d) Agent type

- 3.) Which of the following can cause widespread disease through infected water, food supplies, plants, and animals?
 - a) Blister agent
 - b) Nerve agent
 - c) Biological agent
 - d) Poor supply discipline

- 4.) What preventative measures would you take to protect yourself from a biological threat?
 - a) Maintain good physical fitness
 - b) Know how to properly use M8 paper
 - c) Maintain personnel hygiene at the highest level possible
 - d) Avoid food products not approved by military public health
 - e) A, C, and D



- 5.) If an individual had influenza-like symptoms with fever, fatigue, cough, and chest pain, which of the following would best describe the suspected biological agent?
 - a) Yellow rain
 - b) Spores
 - c) Anthrax
 - d) Toxins

- 6.) What three forms that chemical agents are delivered in?
 - a) Solids, liquid, vapor
 - b) Aerosol, vector, spores
 - c) Ingestion, inhalation, absorption
 - d) Pre, trans, post attack

- 7.) What is the initial symptom of nerve agent poisoning?
 - a) Unusual facial expressions
 - b) Pinpointing of pupils
 - c) Malaise, fever, vomiting
 - d) Rash, pustule lesions of the skin area

- 8.) M⁸ paper has a shelf life of how many years?
 - a) 7 years
 - b) 15 years
 - c) 20 years
 - d) 10 years



- 9.) An individual is experiencing symptoms of skin redness, skin irritation, and blisters. In addition other symptoms are inflammation of the eyes, nose, throat and trachea. What chemical agent has the individual been exposed to?
 - a) Nerve
 - b) Blister
 - c) Blood
 - d) Choking

- 10.) What type of chemical agent do we have a field antidote for?
 - a) Nerve
 - b) Blister
 - c) Blood
 - d) Choking



Answers: 1) C p 91 2) C p 91 3) C p 91 4) E p 140 5) C p 142 6) A p 144 7) B p 144 8) D p 133
 9) B p 147 10) A p 145 11) B p 145 12) A p 145

MTAB CHILI COOK-OFF OFFICIAL RESULTS ARE IN!

Category: **Best Chili**

- 3rd Place: 134th Fire Department
- 2nd Place: 134th Communications Flight
- 1st Place: Colonel Gratz - (photo)



Category: **Hottest Chili**

- 3rd Place: 134th Communications Flight
- 2nd Place: 134th Security Forces Sqd
- 1st Place: Colonel Gratz - (photo)



Category: **Worst Chili**

- 3rd Place: Colonel Houser
- 2nd Place: 134th Communications Flight
- 1st Place: A1C Brandon Head - (photo)



CONGRATS TO ALL WHO PARTICIPATED!!!



INFORMATION ASSURANCE

“Cyber Awareness Challenge” Released!

Submitted by Master Sgt. Dora Jennings, 134 Communications Flt



“Cyber Awareness Challenge,” the 2013 replacement for DoD’s annual information assurance (IA) awareness training product, was released today and posted on the Information Assurance Support Environment (IASE) website. The new product is a major departure from the previous format of the “DoD IA Awareness” series, featuring a modernized, game-like, three-dimensional environment with training users interacting with realistic colleagues to deal with the current challenges of cyber security.

The release of “Cyber Awareness Challenge” culminates a three-year developmental process under the sponsorship of the Office of the DoD Chief Information Officer (CIO), with feasibility studies in 2010, initial prototype testing in 2011, and full scale development in 2012. The “Cyber Awareness Challenge” product is unique in that it not only satisfies the mandate of the DoD 8570.01-M, Information Assurance Workforce Improvement Program, manual for use for annual

information assurance awareness training by all DoD personnel, but also services as DoD’s contribution to the Executive Office of the President’s Office of Management and Budget (OMB) Line of Business (LOB) Shared Service Center as a Tier I information assurance training for use by the entire Federal Government

The new product’s description states that “Cyber Awareness Challenge” is a serious game that simulates the decisions that Federal government information system’s users make every day as they perform their work. Rather than using a narrative format, the Challenge presents information assurance (IA) and information systems security (ISS) awareness instructional topics through first-person simulations and mini-games that allow the user to practice and review IA/ISS concepts in an interactive manner. The introduction explains that, in this role, information systems users are responsible for protecting sensitive and classified information and the information system on which this information resides. The introduction also orients users to the types of decisions they are expected to make throughout the Challenge including, understanding the scoring mechanisms. As a user makes these situational decisions, the user is introduced to threats associated with identity theft, spyware, malicious code, and phishing, as well as what to do when encountering classified or sensitive documents on the Internet and the importance of maintaining information security situational awareness when out of a secure area. Users learn security concepts they need to practice in their daily routine at work, while teleworking, and on their home systems. The new product’s play duration is approximately one hour.

The new challenge is located at: <http://iase.disa.mil/>

Currently, this new program has not been added to ADLS, but will be eventually. ***Continue to use the DoD Annual IA Awareness Training on the ADLS for initial and recurring IA Awareness Training until the new Cyber Awareness Challenge is added.***

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

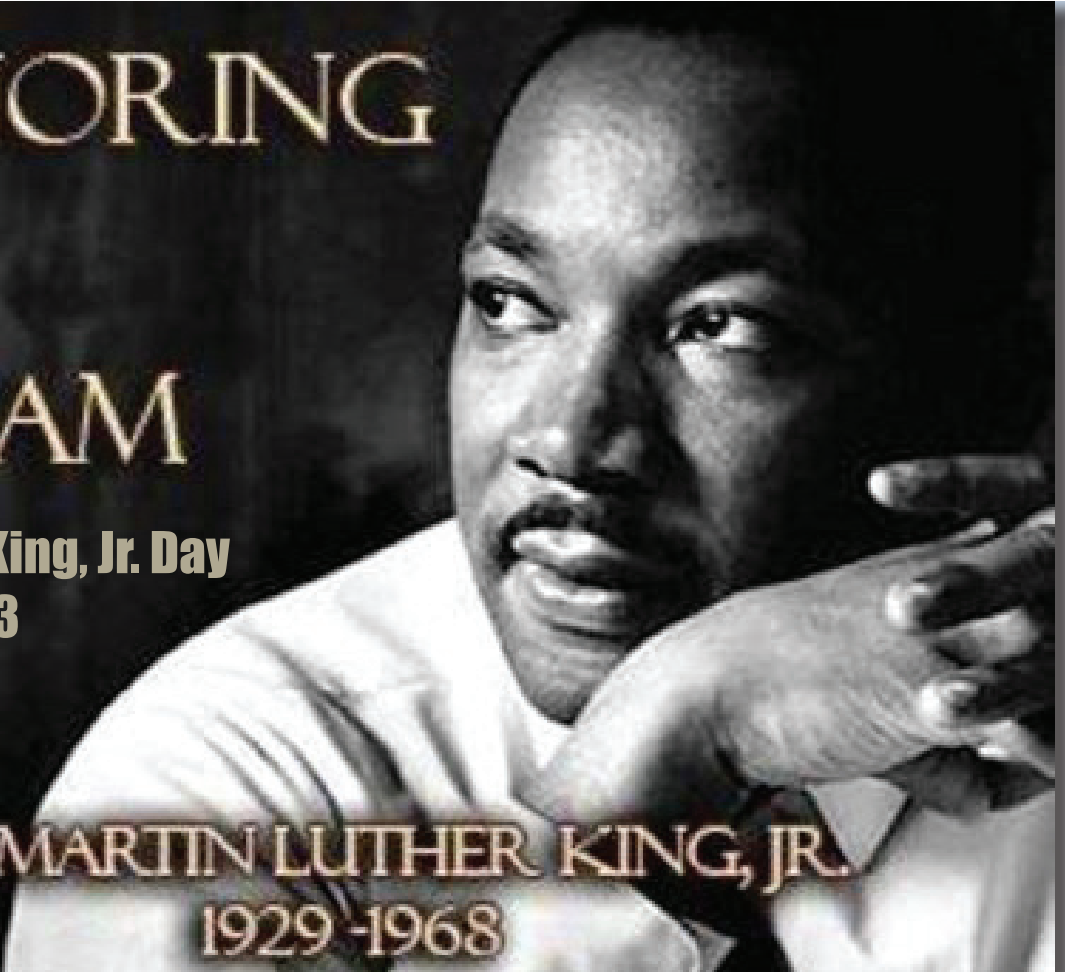


HRA MINUTE

HONORING THE DREAM

**Martin Luther King, Jr. Day
21 January 2013**

**DR. MARTIN LUTHER KING, JR.
1929 -1968**



Starting January 2013 ETMA will be open Saturday of each UTA from 1000-1400 to better serve our customers! Stop by and let us tell you about some of the new services we have to offer – on-line banking, our new mobile app, Kirby Kangaroo Program for the kids and lots more. Also, ask about our super low mortgage rates!

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Human Trafficking at Legitimate Businesses

Submitted by Maj James Blanton, 134 ARW IG

The CTIP article in the October 2012 edition of the Volunteer discussed the prevalence of human trafficking in Tennessee. The article highlighted the correlation between drug addiction and the susceptibility to human trafficking, specifically prostitution. While prostitution may not be a surprising trade due to its illicit nature, not all those held against their will will be employed in illegal establishments. Such “legitimate” businesses that are known to engage in human trafficking are nail salons, restaurants, spas, and dry cleaners.

While the majority of nail salons, restaurants, spas, and dry cleaners function as normal businesses, there are many that serve as fronts for illicit activities such as human trafficking, where women are made to work without getting paid or engage in commercial sex through methods of force, fraud, or coercion. For example, in York, Pennsylvania, three people pleaded guilty to a scheme that involved recruiting women from Vietnam to work in a nail salon. Owners of the nail salon traveled to Vietnam starting in 2000 to recruit workers and once they brought them to the United States, they were forced to work in their area nail salons. The women lived with the owner and were helpless, according to the U.S. Attorney’s Office. They had no money, did not speak English, and did not have identification or transportation to flee from their captors.

Human traffickers use methods of force, fraud, and coercion to recruit and maintain control over their victims. When these victims were brought to the U.S. it was under the pretense that they would work for the owner and pay her back from the wages they earned working at the salon. However, once they made it to the U.S. their working conditions were very different from what they were expecting. It is common for human traffickers to exploit the vulnerabilities of their victims as a way to maintain control; one way is to perpetuate an endless cycle of financial need and indebtedness.

A key indicator of human trafficking in a local business may be the frequent turn-over of young, immigrant employees. This frequent turn over in employees at a Chinese restaurant near Ft. Campbell led a DoD employee to report their suspicions which led the FBI to break-up a human trafficking ring. Human trafficking is hard to spot and almost requires the use of your “sixth sense” to say “something isn’t right here.” As you patronize your local businesses, be observant and pay close attention to your surroundings. If you suspect human trafficking report it to the authorities, you may give someone back their freedom or even save a life.

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 865-336-4444. Just as reminder, ensure that your HUMAN RELATIONS CBT and those that you supervise remain current.



MEDICAL SCHEDULE

SATURDAY UTA

0800-0830 HOURS
 0815-1130 HOURS
 0830-0850 HOURS
 0830-1130 HOURS
 0830-1130 HOURS
 0900-1000 HOURS
 0900-1100 HOURS
 0930-1000 HOURS
 1130-1230 HOURS
 1300-1400 HOURS
 1300-1415 HOURS
 1300-1400 HOURS
 1300-1330 HOURS

OVERDUE FLU SHOTS
 PHAS
 FITNESS FOR DUTY EVALUATIONS
 IMMUNIZATIONS
 QNFT TESTING
 SMALLPOX BRIEFING (MDG TRAINING ROOM)
 ALL DEPLOYMENT PROCESSING/ANAM TESTING (CAPT KING)
 NEW ACCESSION ORIENTATION (MDG CONFERENCE ROOM)
 LUNCH
 PREDEPLOYMENT INTERVIEWS(O'BRIEN)
 BALLISTIC EYEWEAR & M-50 GAS MASK INSERTS
 IMMUNIZATIONS
 FITNESS TESTING EVALS (ATKINS)

SUNDAY UTA

CLOSED FOR TRAINING WITH EXCEPTION OF FOLLOWING TIMES:

0845-0900 HOURS
 0900-1000 HOURS
 1300-1330 HOURS
 1400-1500 HOURS

FITNESS FOR DUTY EVALUATIONS
 FLIGHT SURGEON VISIT
 IMMUNIZATIONS
 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.
 NOTE 5: DNA TESTING IS CONDUCTED FROM 0830 - 1100 HOURS OF SATURDAY UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT SCHEDULED TIME.

FETAL PROTECTION PROGRAM INFORMATION

By Senior Airman Elizabeth Lloyd, 134 MDG Public Health Technician

Important Reminder!



In accordance with ANGI 40-104 *Pregnancy of Air National Guard Personnel*, ALL Air National Guard members must report a confirmed pregnancy before the end of her first trimester to allow her unit to accurately report operational and readiness capability, and to assess the members work environment for potential hazards. IAW ANGI 40-104, if the member wishes to perform UTA's on base after the beginning of the 34th week of pregnancy (possible, but not recommended) she and her obstetrical provider must co-sign a SF 600 overprint provided by Public Health. The members private OB provider should list any additional restrictions on this form; this "post-34th week" SF 600 overprint is turned into the Medical Group for review and approval by a credentialed provider. Pregnant females must have permission from the State Air Surgeon to perform any Active Duty service, which is only authorized prior to their 34th week of gestation.

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

Each pregnancy must be verified with written confirmation from the member's primary OB provider to Public Health. The documentation must include the anticipated date of delivery. Public Health can be reached at 865-336-4289.



MEDICAL MINUTE

By Capt. Jennifer King, 134 MDG

Happy New Year! I hope 2012 was a good year for you and pray that 2013 will be even better. In the past week, I've been hearing a lot about New Year Resolutions and reflecting on my use of the word "live" to guide my actions during 2012, rather than a specific resolution. Almost every discussion of resolutions I've heard has included someone stating something along the lines of "Every year I try to _____ and every year I fail." Take a look

at these statistics... 1 in 5 will not even get started on their resolution, 3 in 5 will quit by 6 months and 4 in 5 will ultimately fail. Talk about discouraging!

Why is it that we fail to keep resolutions despite our best intentions? Resolutions tend to be intrinsically hard to keep because they tend to be nebulous and all encompassing... get healthy, get organized, be successful, get out of debt, become a kinder person, enjoy life more, change my life! How are we supposed to achieve something with no specific goals and no benchmarks of success? What are we thinking? It took us years

to get where we are and we are in our comfort zone being here. We can't change everything about ourselves in a year and certainly not all at once and without a specific plan.

Whether you chose a word or a specific resolution, you have to make it realistic, achievable and organize it into smaller chunks. The reason the word "live" worked for me last year is that I then applied it to different areas of my life and set many little goals for each area. Rather than "lose weight", I chose "exercise at least 4 times a week and run the PT test at least once a week." Had I chosen "lose weight", I would feel like a failure today, despite the inches I've lost and the stamina I've gained (hello first 5K ever!). Even though my body is changing for the better and I'm wearing a smaller size, I have not lost a single pound. Have I failed? No! I've lived and it shows in my energy, strength and body.

What I'm getting at is, look at your life and decide what

you want to be different a year from now. Not what society says you should want, but what would bless you. Now, break the goal down into tasks or smaller achievements. If you want to get out of debt, make a series of small goals like "create a monthly budget, cut out _____ per week and put the extra cash towards debt" or "work _____ extra hours per week, stop looking at _____ stores online and put the extra cash towards debt". "If your goal

is to eat healthier, don't just stop eating unhealthy food as you'll run out of food. Instead, implement small steps such as "find yummy healthy recipes, make a grocery list, eat a healthy snack before going to the store, shop from the list, avoid the internal rows at the store, read nutrition labels and plan food prep time".

No matter what your goal is, take the time to look at why it's not already a reality in your life. Recognize where you are, identify what you can and can't control, take small steps to the change habits and celebrate each small success. Be sure to use a reward

that is not what you're trying to change (for example – a new book instead of a cupcake if you're dieting or a movie with a friend instead of a new knick-knack if you're organizing). Recognize that you are most likely going to fail and do not let the small failures snowball into a full failure. A failure today does not negate the success of yesterday or tomorrow...jump back up and do better the rest of the day. If your goal is proving to be too much, back off a little, make one of the steps the goal for the year and break it down further into do-able steps. Expect it to take time for all the small changes to add up to noticeable differences. In closing, if you need assistance in creating a plan for a healthier life, feel free to contact myself or one of the other clinic members. I'd be happy to help and to glean a tip or two from you in the process. For as pleased as I am with my accomplishments in 2012, I'm certainly not finished "resolution-ing" and I hope you're not either.





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>

NEW AIR GUARD MEMBERS



A1C Heather Cook
134 SFS



A1C Tyron Harrison
134 SFS



A1C Ray Dakota
134 SFS



A1C Sarah Strange
134 FM



AMN Darby Arnold
134 PA



SRA Justin Bradford
134 LRS



SRA Renee Cole
134 MDG



SSGT Juliette Williams
119 CACS



AROUND BASE



ROCKY TOP DINING FACILITY

Saturday:

Soup of the Day
 Roast Turkey
 Dressing
 Beef Ball Stroganoff
 Noodles
 Mashed Potatoes
 Fried Cauliflower
 Green Beans
 Turkey Gravy
 Salad bar
 Dinner Rolls
 Assorted Drinks
 Fresh Fruits

Grilled Cheese
 Fries
 Baked Beans
 Chicken Salad
 Tuna Salad
 Cold Cuts

Peach Cobbler
 Pineapple Upside Down Cake
 Chocolate Brownies
 Jello
 Ice Cream

Sunday:

Soup of the Day
 Southern Fried Catfish
 Pepper Steak
 Rice
 Cottage Fried Potatoes
 Peas
 Creamed Corn
 Dinner Rolls
 Assorted Drinks
 Fresh Fruits

Hot Dogs
 Hamburgers
 Cheeseburgers
 Chili
 Baked Beans
 Fries

Bear Claws
 Choc Chip Cookies
 Blueberry Cheese Cake
 Yellow Cake
 Apple Cobbler
 Ice Cream

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!

**THERE IS A CHAPLAIN ASSISTANT VACANCY (SSGT POSITION)
 FOR MORE INFO CALL 865-257-6280**

PROMOTIONS

| | | |
|---------------------|---------|-------|
| Romines, Michael S | 134 CES | SrA |
| Cope, Drew M | 134 OG | SrA |
| Justus, Stephanie C | 134 ARW | TSgt |
| Wolz, Dennis R | 134 AMS | SMSgt |



Air National Guard photo by Master Sgt Kendra Owenby, 134 ARW Public Affairs