



# THE VOLUNTEER



VOL. 13 NO. 4

134TH AIR REFUELING WING

APRIL 2013

## NORI RESULTS: EXCELLENT!!!



**Congratulations to all for your hard work and dedication!**

U. S. Air Force photos by Master Sgt. Kendra Owenby, 134 ARW Public Affairs



**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**

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**Multimedia NCOIC**

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Staff Sgt Scott Hollis  
Staff Sgt Joe Pitney  
**Photojournalists**

Airman 1st Class Jackie Keeney  
Airman Basic Darby Arnold  
**Broadcast Journalists**

Vacant  
**Knowledge Operations**

**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 - 1330**



“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**

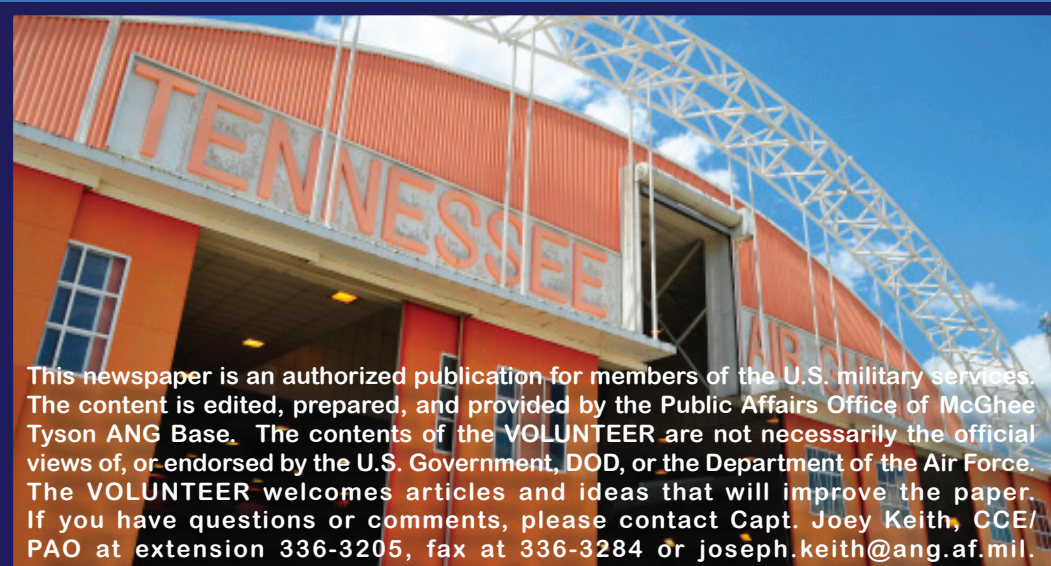
**WARNS OF A CREDIBLE TERRORIST THREAT AGAINST THE U.S.**

**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**

**COMMANDER'S CALL @ 1400 SUN DRILL**



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22 March 2013

Fellow Guard Airmen

Today General Frank Grass will preside over an Assumption of Responsibility ceremony for me as I formally take the reins as the Director of the Air National Guard (ANG). This is quite an honor and I am humbled at this opportunity to serve all of you. I actually arrived in Washington two weeks ago but the responsibility found me immediately! I arrived during a period of budget turmoil and uncertainty but I view this time as a period of opportunity as well. My commitment to you and your Adjutants General is clear... my staff and I will do everything within our authority to ensure our Airmen have clear policies, equipment, training, and resources to accomplish assigned missions.

We have a great organization and culture. We remain community based, team oriented, and experienced. The National Guard is unique—we reflect the history of our nation and the constitution as well. The dual role of supporting homeland operations and defending our national interests abroad is a noble and righteous duty. I know that all of you are passionate about being in the Guard, and it shows. Your families, employers, and state leadership should be rewarded for their unwavering support as well.

We operate as a part of the Total Force. Chief of Staff of the Air Force, General Mark Welsh, always speaks in terms of the “690,000 Airmen.” We are an important part of the overall team; indeed, we are inseparable. We meet the same standards, we take the same inspections, and we are on the first string when it comes to operations. With this in mind, let me ask you to do something—continue to serve with distinction.

ANG Command Chief Jim Hotaling and I have the distinct pleasure in recognizing and honoring our best. But please make our job harder by driving up the competition to be acknowledged as the best. How you present yourself as a professional Airman could not be more important at this time. Extra resources aren't required for this effort and your commitment to serve with distinction as an honorable and committed Airman will pay off in ways you can't imagine. Not just for you personally, but for your unit, your state, the ANG, and the USAF. I hope you take this challenge seriously.

The National Guard has come a long way since I joined it over 20 years ago. But we can go farther, much farther. It has been a pleasure for me to be a part of the National Guard experience and journey. I am really looking forward to serving as the 15<sup>th</sup> Director of the ANG and serving all of you with distinction.

With appreciation and admiration,

STANLEY E. CLARKE III  
Lieutenant General, USAF  
Director, Air National Guard

# Family Tradition - C-87A-CF Liberator 41-24174

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

It was Feb. 26, 1945. The United States had been involved in World War II for a little over three years, since being attacked by the Japanese at Pearl Harbor on Dec. 7, 1941. C-87A-CF Liberator serial number 41-24174 was tasked to fly senior staff members of the U.S. Army Air Forces, from Guam to Hawaii. These senior staff members were to join high-level discussions on the final assault on Japan.

The flight crew consisted of: Pilot, Maj. Francis E. Savage; Co-Pilot, 1st Lt. Jack M. West; Navigator, Maj. Archibald D. Anderson; Radio Operator, Tech. Sgt. Steve Geist; Engineer, Master Sgt. Douglas Anderson; and Assistant Engineer, Pfc. Arthur Ofner.

The passengers included: Commanding general of the USAAF Pacific Operations Area, Lt. Gen. Millard F. Harmon, Brig. Gen. James R. Andersen, Col. William Bell, and Tech. Sgt. Charles McInerney.

The weather was reported as broken clouds from 3,000 to 6,000 feet. The aircraft launched from Guam on the first leg of the trip to a refueling point on Kwajalein. The aircraft arrived safely, was refueled, and departed on the final leg of its flight to Hawaii. Sgt. Stanley H. Long, contacted the aircraft at 12:15 p.m., where its location was reported to be 11 degrees, 15 minutes north by 174 degrees, 15 minutes east. This would be the last known contact with the aircraft. The aircraft was lost at sea somewhere between Kwajalein and Hawaii.

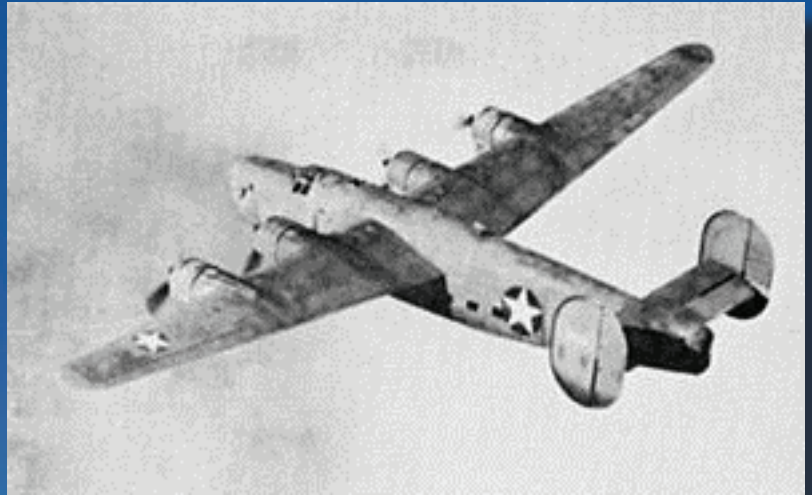
The crew and passengers were all declared "missing in action" and assumed "killed in action" when the aircraft failed to arrive at its scheduled time. They were all officially declared dead the evening of the 26th, hours after the aircraft failed to arrive at its destination, no radio contact could be made with the aircraft, and its fuel supply was estimated to have been exhausted.

Depot Field on Guam was renamed Harmon Field in honor of Lt. Gen. Harmon. North Field, also on Guam, was renamed Andersen Field, and now known as Andersen Air Force Base, in honor of Brig. Gen. Andersen.

All of these men died as war heroes. Each was a life sacrificed for the good of this country. But, as important as the generals were who were on that ill-fated flight, there is one man who is incredibly more important to me, the co-pilot, 1st Lt. West.

West left behind a wife, Helen, and a 15-month old son, Alan. Over the years, Helen raised her son, and she went on to marry Vic, a U.S. Navy veteran, who eventually retired from the U.S. Naval Reserve as a Master Chief Petty Officer. Alan grew up and did a tour in the U.S. Army in the early 1960s. Despite the fact he never really knew his father, Alan felt it was important to honor his father, and named me for him when I was born.

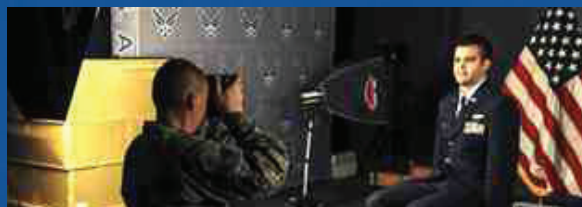
Yes, 1st Lt. Jack M. West was my grandfather, Helen West Neibert was my grandmother, and Alan West is my father. Following in the steps of my father, my grandfather, and my step-grandfather, I have had the distinct privilege to serve my country in the Air Force and the Air National Guard for the last 20 years. If I have children someday, I will do my best to instill in them the love for country that was passed down to me, and I will encourage them whole-heartedly to serve their country, just as their father, their grandfather, and their great-grandfather did.



Some information for this article was found at <http://www.pacificwrecks.com/aircraft/b-24/41-24174.html>

# Public Affairs Photojournalist Position Available

There is currently a traditional Photojournalist (3N0X5) position available in the 134 ARW Public Affairs Department. We are looking for a motivated individual who wants to share in telling the Air Force story through their writing and photography.



## Prerequisites:

- Applicants must have a **minimum** score of 72 in the General category of the ASVAB test.
- Must have distant visual acuity correctable to 20/20 with normal color vision.

Technical training for the 3N0X5 career field is at the Defense Information School (DINFOS) located at Ft. George G. Meade, Maryland and is 17 weeks 2 days in length.

## DINFOS Basic Photojournalist Course

**Scope:** This course trains Airmen to perform as basic Public Affairs photojournalists. This course provides instruction in command information, community engagement, media relations, internet based communication capabilities news writing and basic still photographic techniques. This course provides training in guidelines for the release of information and imagery, news reporting, and public affairs theory, concepts and principles. This course also provides training in the theory and application of photographic fundamentals, captioning, optics, light sources, camera operations for controlled and uncontrolled photography, exposing, processing, and printing color images. Training also includes electronic imaging with digital cameras, imaging and graphic software, image transmission, archiving, and editing.

For more information on the Photojournalist 3N0X5 position please contact Master Sgt. Kendra Owenby at 865-336-3214.



U. S. Air Force photos from archive

## UNDERGRADUATE PILOT TRAINEES SOUGHT

The 151st Air Refueling Squadron will be convening a selection board on for fiscal year 2013. The following criteria must be met to be considered for an Undergraduate Pilot Training position:

- Age 28 or younger
- Completed the AFOQT and TBAS test
- Able to pass a Class I Flying Physical
- Eligible to obtain a Top Secret security clearance
- A Bachelor's degree completed by Dec 2013
- Previous flying experience with a minimum private pilot certificate preferred
- Able to commit approximately 2 years for training



Prospective candidates are asked to follow the guidelines on the attached Pilot Announcement. Submit your application package no later than 17 May 2013.

Mail or turn in your package to MSgt Curtis LaRue (865) 336-3242.

**Attn: MSgt Curtis LaRue**  
**134 Briscoe Drive**  
**McGhee Tyson ANG Base, TN 37777-6401**

ANNOUNCEMENT OF VACANCY

MILITARY DRILL-STATUS OFFICER

POC: MSgt Curtis LaRue  
865-366-3242  
Curtis.larue@ang.af.mil

POSITION: Pilot KC-135R

OPENING DATE: 12 Apr 2013

AFSC: 11M3 GRADE: 2LT Thru Major

CLOSING DATE: 17 May 2013  
1630 HOURS

UNIT: 151<sup>st</sup> Air Refueling Squadron

**SPECIALTY DESCRIPTION: (SEE ATTACHED JOB DESCRIPTION FOR DETAILS)**

**1. GENERAL REQUIREMENTS AND PROCEDURES:**

Prior Enlisted personnel, Commissioned Officer in the grade of Major or below (Active or Reserve) or non-prior service civilian may apply if qualified for commission as follows:

- **NON-COMMISSIONED APPLICANT AGE:** Due to the length of administrative processing involved in the commissioning process, applicants **must** be selected by age **28** and be no more than age **30** by the start date of the board's first available **Undergraduate Pilot Training Class (UPT)**. This will allow time for **non-prior commissioned** applicants to graduate from the Academy of Military Science as an ANG officer prior to attending UPT. **Prior-Commissioned Applicant** must have not exceeded rank-age ceiling. Call MSgt LaRue at 865-336-3242/DSN266-3242 for eligibility clarification.
- **MEDICAL REQUIREMENTS:** Applicants **must** pass a Flying Class 1 physical (Appointment ANG/AF Commissioning physical).
- **AIR FORCE OFFICER QUALIFYING TEST (AFOQT):** Applicants **must** have taken the AFOQT and qualify with a minimum score of **Verbal-15; Quantitative-10; Pilot 25; Navigator 10; Sum-50 (Sum is the minimum composite score required by adding both the scores of Pilot and Navigator.) Applicants must meet or exceed the minimum Pilot and/or Navigator scores to qualify for appointment and attendance of Undergraduate Pilot Training (UPT).**
- **EDUCATION:** Applicants **require** as a minimum a Bachelor's Degree from an educational institute listed in the current Accredited Institutions of Post Secondary Education. For entry into this specialty, undergraduate degree specializing in physical sciences, mathematics, administration, or management is desired. Applicant must have attained the degree or scheduled to attain the degree no later than **Dec.** of the year they are interviewed.
- **SPECIALTY QUALIFICATIONS:** Knowledge is mandatory of theory of flight, air navigation, meteorology, flying directives, aircraft operating procedures, and mission tactics. For entry into this specialty, completion of Air Force Undergraduate Pilot Training (UPT).
- **PILOT CANDIDATE SELECTION METHOD (PCSM):** Must complete Test of Basic Aviation Skills (TBAS) to obtain score. PCSM information website: <https://pcsm.aetc.af.mil/>
- **LETTER OF AGREEMENT:** Applicants **must** submit a letter of agreement to attend within one year (pending availability of school quotas) of commissioning (or assignment if prior commissioned officer) any initial formal training as listed in the Training Requirements section. **Applications are considered incomplete without this letter (see attachment 1).**
- **COMMISSION REINSTATEMENT:** Prior commissioned officers must be eligible to reinstate commission and retrain. Cross-component service officers will not be required to attend the Academy of Military Science.

## 2. HOW TO APPLY:

Each officer application package submitted **will** consist of the following (*but not all requested documents apply to all applicants*):

- **Cover letter** (State for which job(s) you are applying for.)
- **Air Force Qualifying Test (AFOQT) Scores:** (Scores used to determine if you meet the minimum score requirements for appointment consideration. It is your **responsibility** to take the test and include the test results with you package.)
- **Flying Qualification** (List all flying qualifications to include **Time Breakdown, Certificates, Awards, and Flying Experience**).
- **Officer Applicant Formal Training Agreement** (You agree to attend any formal training required). (see attachment 1)
- **Officer Applicant Questionnaire** (Do not leave any question unanswered.) (see attachment 2)
- **DD Form 214 (Certificate of Release or Discharge from Active Duty)** (Provide a copy of each DD Form 214 long form showing special additional information (i.e. Type, Character, Authority, and Narrative Reason for separation, etc.) (**prior service only**))
- **Resume must** reflect your experience and qualifications (to include civilian and military employment history) with detailed coverage of duties and responsibilities that relate to the job you are applying for. List both personal and professional references (include reliable phone numbers). Do not state, "References available upon request".
- **Record Review RIP/Personnel Information RIP** (Provides detailed military career information, (i.e., Individual Data, Duty Assignment Data, Qualification Data, Honors Data, etc.) (**prior service only**))
- **Letters of Recommendation** (It is optional to include letters of recommendation)
- **Pilot Candidate Selection Method (PCSM):** Must complete Test of Basic Aviation Skills (TBAS) to obtain score.

It is your **responsibility** to complete and return the above requested documents(s) **No Later Than closing date of this announcement**. Your package **will only** consist of the requested documents. **Keep your application simple and in the order listed above**. An incomplete package could make the difference in the officer selection process. Submit officer package(s) to 134 FSS, 134 Briscoe Dr, MTAB TN 37777, ATTN: MSgt Curtis LaRue. **The Wing Commander or Vice Commander will review the OG recommendations and forward his/her recommendations to the Assistant AG/Air. The AG/Air will be the final approval authority for the selection of the officer candidate.**

## 3. TRAINING REQUIREMENTS

- Medical Flight Screening (MFS)/ Wright Patterson AFB, Ohio, 5 days : **Must** bring medical records
- Initial Flight Screening (IFS)/ Pueblo, Co, 4 weeks:: All pilot candidates who do not possess a Private Pilots License will attend IFS prior to entering UPT
- Non-prior commission officer selectee: **Must** attend the Academy of Military Science (AMS), 6 weeks, at Maxwell AFB Montgomery, Alabama
- Undergraduate Pilot Training/ Columbus AFB, MS or Vance AFB, OK or Laughlin AFB, TX, 1 year.
- Initial Pilot Qualification/ Altus AFB, OK, 22 weeks.
- Combat Survival and Water Survival Training/ Fairchild AFB, WA, 3 1/2 weeks.
- Seasoning Training/ Home Station, 45 days (**Mandatory Training**)

4. PRE-REQUISITES: None

5. SPECIAL REQUIREMENTS: **Upon selection: Selectees must agree to live within 50 miles of McGhee Tyson ANGB upon Formal training completion and throughout their career.**

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In accordance with applicable directive, selection for this position vacancy will be made on a **BEST QUALIFIED** basis without regard to race, national origin, ethnic background, religion, color, or gender. Age restrictions in accordance with federal statutes apply. For more information, call MSgt Curtis LaRue at (865) 336-3242/DSN 266-3242.



# Human Trafficking

Submitted by Maj James Blanton, 134 ARW Inspector General

Even though we recently celebrated the 150th anniversary of President Lincoln's announcement of the Emancipation Proclamation, manifestations of slavery in other parts of the world still affects the U.S. Today, slavery unwittingly touches our lives through the businesses we patronize and the products that we purchase. Modern day slaves are bound by coercion and intimidation and forced to work, often under deplorable conditions, with little or no personal gain or hope of relief. In June 2012, the U.S. Department of State released its annual report on Trafficking In Persons. Throughout the 2012 Trafficking in Persons report, you will find further examples of how people from around the world are being coerced and tricked into slavery to manufacture products that may eventually be sold in the U.S. To understand more how trafficking in persons affects our lives through the products we purchase visit [www.slaveryfootprint.org](http://www.slaveryfootprint.org) or the corresponding smartphone application "Free World." The following address will direct you to the 2012 U.S. State Department Trafficking in Persons Report: <http://paei.state.gov/documents/organization/192587.pdf> 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/IG TIP Coordinator at 336-4444. Just as reminder, ensure that your HUMAN RELATIONS CBT and those you supervise is current. For those scheduled for OCONUS TDY/deployment, you must attend TIP Training with the past 365 days (AFI 36-2931).

## PROMOTIONS

<b>Simpson, Lacey L</b>	<b>134 MDG</b>	<b>M\$gt</b>
<b>Ewing, John C. Jr.</b>	<b>134 CES</b>	<b>T\$gt</b>
<b>McDonald, William T</b>	<b>134 LRS</b>	<b>T\$gt</b>
<b>Findley, Billy W</b>	<b>134 LRS</b>	<b>T\$gt</b>
<b>Henson, James E</b>	<b>134 CF</b>	<b>T\$gt</b>
<b>Irizarry, Carlos A</b>	<b>134 MXS</b>	<b>T\$gt</b>
<b>Mills, Brian W</b>	<b>134 MXS</b>	<b>T\$gt</b>
<b>Goosie, Matthew G</b>	<b>134 LRS</b>	<b>T\$gt</b>
<b>Kimbrough, Jason R</b>	<b>134 MXS</b>	<b>T\$gt</b>
<b>Strader, Rodney A</b>	<b>134 MDG</b>	<b>T\$gt</b>
<b>Kiely, John R</b>	<b>134 SFS</b>	<b>T\$gt</b>
<b>Mullins, Brian G</b>	<b>119 CACS</b>	<b>T\$gt</b>
<b>Boyd, Tony R</b>	<b>119 CACS</b>	<b>T\$gt</b>
<b>Schneider, Andrew P</b>	<b>134 LRS</b>	<b>T\$gt</b>
<b>Roberts, Dustin J</b>	<b>134 MXS</b>	<b>T\$gt</b>
<b>Jones, Ray M</b>	<b>134 AMS</b>	<b>T\$gt</b>
<b>Conner, Chadwick N</b>	<b>134 AMS</b>	<b>T\$gt</b>
<b>Knouff, Jeremy S</b>	<b>134 AMS</b>	<b>T\$gt</b>
<b>Lynch, John R</b>	<b>134 MXS</b>	<b>T\$gt</b>
<b>Lloyd, Joshua M</b>	<b>134 LRS</b>	<b>SSgt</b>
<b>Reeves, Joshua M</b>	<b>134 LRS</b>	<b>SSgt</b>
<b>Dill, Christopher J</b>	<b>134 AMS</b>	<b>SSgt</b>
<b>Brittle, Desmond A</b>	<b>134 MOF</b>	<b>SSgt</b>
<b>Trentham, Brittany P</b>	<b>134 FSS</b>	<b>SSgt</b>
<b>Cruze, Bobby J</b>	<b>134 OSF</b>	<b>SSgt</b>
<b>Robinson, James C</b>	<b>134 SFS</b>	<b>SSgt</b>
<b>Seal, Rickey A</b>	<b>134 MXS</b>	<b>SSgt</b>
<b>White, Joseph D</b>	<b>134 CES</b>	<b>SSgt</b>
<b>Plot, Tod B.</b>	<b>134 SFS</b>	<b>SrA</b>
<b>Smith, Daniel C</b>	<b>134 MXS</b>	<b>SrA</b>
<b>Westbrook, Bart M</b>	<b>134 AMS</b>	<b>SrA</b>
<b>Asher, Richard P., III</b>	<b>134 AMS</b>	<b>SrA</b>
<b>Spangler, Kelly R</b>	<b>134 AMS</b>	<b>SrA</b>
<b>Coleman, Michael L</b>	<b>134 MXS</b>	<b>SrA</b>
<b>Bentley, Jonathan L</b>	<b>134 MXS</b>	<b>SrA</b>
<b>Guynes, William A</b>	<b>134 MXS</b>	<b>SrA</b>
<b>Walker, Nels A</b>	<b>134 MXS</b>	<b>SrA</b>
<b>McKenzie, Kevin S</b>	<b>134 AMS</b>	<b>A1C</b>
<b>Head, Brandon M.</b>	<b>134 LRS</b>	<b>Amn</b>





# Are They Ski Patrol? Nope, They Are 134th ARW Firefighters!

Submitted by Chief Master Sgt Rob McCormack, 134 ARW Fire Chief



During the winter months, about a dozen 134th ARW Fire Department members go snow skiing and snowboarding after UTA on Saturday nights. Good fellowship and lots of fun is had by all. However, on 9 February, 2013 at Ober Gatlinburg Ski Resort in Gatlinburg, Tennessee the group of firefighters paused their good time and displayed exceptional and selfless acts of community service and heroism by rendering emergency first aid to injured skiers.

On one slope, Master Sergeants Charles Loveday and William Harvey provided initial care and directed the notification of Ski Patrol for a skier with a dislocated knee, while on another slope four firefighters responded to a snowboarder who fell 30 feet from a chairlift.

Witnessing a man lying on the snow in agony holding his knee, MSgt Loveday and MSgt Harvey stopped to see if they could help. Realizing the man had severely injured his knee they directed him to remain still, checked some basic signs and symptoms of his injury, and called for ski patrol to assist the man down the hill. After ski patrol arrived, they turned over care to the resort personnel.

Within minutes of the first incident, MSgt Jeff Cable, TSgt Kevin Hair, TSgt Clint Montgomery, and SSgt Aaron Kimberlin witnessed a man lean too far forward on a ski lift chair and fall approximately 30 feet to the ground below. The man landed in a wooded area, with multiple rocks and stumps scattered around. As quickly as they could, they

dismounted the lift, skied to the area of the accident and began rendering first responder care. They performed an initial assessment of the victim, determined level of consciousness, ensured an open airway, stabilized the

man's neck and back, and informed ski patrol that additional resources would be required due to the mechanism of the injury. When another ski patroller arrived with a long spine board and a rescue sled, the firefighters packaged the victim for transport. They carried him out of the woods and loaded him into the sled. By the time the man was being loaded into an ambulance he was talking, but did not know what had happened to him. The full extent of his injuries is not known.

As the Chief of the department, I was fortunate to have personally witnessed these extraordinary acts displaying the true volunteer spirit of a citizen soldier. These men utilized skills they have learned and practiced as Tennessee Air National Guardsmen. They acted while others stood and stared. They did not hesitate and hope that someone

else would do something: they took charge of the situation and improved these trauma victims' outcomes. As Air National Guard Firefighters, our motto is, "The desire to serve, the ability to perform, and the courage to act". Motto achieved! I am proud of these men and even though the people they helped will never know who they are or the great organization they are part of, we will always know what they did.





# INFORMATION ASSURANCE

## Information Assurance Awareness: A Risk to One is a Risk to All!

Submitted by Staff Sgt. Adam Huskey, 134 Communications Flt



**Smartphone users: be cautious of the apps that you download.**

As we all know, today there is an “app” for everything; but how can we be certain that what we are downloading is authentic/official?

Released on March 11: The Apple App store is offering a TSP (Thrift Savings Plan) Application that is not sanctioned by TSP - A free iPhone App, TSP Funds, currently being offered through the Apple App store asks TSP participants for their account login information. This app is not being offered through the TSP and the TSP does not recommend using this application to access your TSP account. Providing this information could result in a security risk to your account.

Read more from source article:

<https://www.tsp.gov/whatsnew/plan/planNews.shtml#iPhoneApp>

**Beginning this month, we will be including in the monthly newsletter a series of tips and food for thought pertaining to IA Security. Threats are out there. They exist and they are very real. It is easy for any of us to get complacent, but hopefully these tips will help build a mindset and awareness for our network users.**

### **Remember to: Create Secure Passwords**

- Do not use personal information
- Combine capital and lower case letters, numbers, special characters
- Longer passwords are more secure
- Do not use common phrases or words
- Never share, write down, or electronically your password - memorize it
- Change password regularly
- Use different passwords for home and work

### **Remember to: Avoid Phishing Attempts**

- Do not access the web by selecting links in e-mails or pop-up messages
- View all e-mail in the plain text format
- Contact the organization using a telephone number
- Report e-mails requesting personal information
- Type the web address or use bookmark
- Avoid visiting sites with expired certificates
- If officially directed to visit sites with expired certificates, report the site to your security POC or help desk
- Delete the e-mail

If anyone would like any further information or has questions please feel free to give the IA

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



# HRA MINUTE

Submitted by Senior Master Sgt Richard Parker, 134 ARW Human Resource Advisor

## National Days of Remembrance

April 7–14, 2013

UNITED STATES  
HOLOCAUST  
MEMORIAL  
MUSEUM



ushmm.org

## NEVER AGAIN

### heeding the warning signs

Seventy-five years ago, momentous changes were occurring in Central Europe. Few understood the historic significance of the times, and fewer still saw these events as precursors to what would become one of humanity's darkest hours.

By 1938 the Nazis had been in power for five years, during which they systematically removed Jews from public life in Germany, stripping them of their rights as citizens and severely limiting their employment opportunities. In that pivotal year, the year before Germany invaded Poland and ignited World War II, the treatment of Jews took a dramatic turn for the worse. With the German Reich's annexation of Austria in March and its incorporation of the Czech border areas—which the nations of the world failed to prevent at the Munich conference in September—an additional 200,000 Jews fell under Nazi rule and became targets of intense persecution, humiliation, and violence.

Many were desperate to flee, but no country would take them. Responding to mounting pressure to resolve the worsening refugee crisis, President Franklin Roosevelt proposed an international conference at Evian-les-Bains, France, in July 1938. The nations invited were reassured that “no country will be expected . . . to receive a greater number of immigrants than is permitted by existing legislation.” As a result, of the 32 nations represented, only one—the Dominican Republic—agreed to accept a large number of additional refugees. Then on November 9–10, 1938, came *Kristallnacht*, a wave of violence unleashed by the Nazis that resulted in the death of at least 91 Jews, the destruction of hundreds of synagogues and many more Jewish-owned businesses, and the arrest of some 30,000 Jewish men, most of whom were transferred from local prisons to the Dachau, Buchenwald, and Sachsenhausen concentration camps.

The Jews of Central Europe struggled to maintain their communities and their dignity, but the impact of these events was devastating. In addition to the loss of life and the destruction of property, *Kristallnacht* ripped apart many families, as parents sought desperately to send their children to safety even if they could not secure exit visas for themselves as well. Those families fortunate enough to escape together had to build new lives far from home, in places like the United States, South America, the Caribbean, or China.

Although newspapers around the world reported on the escalating violence, very few nations, individuals, or groups chose to help. Those who did made a difference. Rufus Jones and Clarence Pickett, leaders of the American Friends Service Committee, a US-based Quaker aid society, were motivated to act and became ardent advocates for expanding refugee assistance for children. They worked closely with welfare agencies to help Jewish refugees in France, Spain, and Portugal.

In Britain, Lola Hahn Warburg was one of several prominent British and German Jews who convinced the British government to allow Jewish children under 17 from Nazi Germany to immigrate to the United Kingdom through a special Kindertransport program. The first group landed in Harwich on December 2, 1938, bringing some 200 children from a Jewish orphanage in Berlin that Nazi radicals had destroyed on *Kristallnacht*. Before it was ultimately halted by the outbreak of World War II, the rescue operation brought some 10,000 children, three-quarters of whom were Jewish, to relative safety in Great Britain.

Looking back at the events of 1938, the signs of impending war and the Holocaust—territorial expansion, disregard for international law, persecution of people based on their identity—are undoubtedly clearer today than they were then. Nonetheless, opportunities for international intervention, such as at the Evian Conference, existed and could have saved many lives. Why did so many countries and individuals fail to respond to the warning signs? And what can we learn from the few who chose to act, despite widespread indifference?

As we reflect on these questions, we remember all whose lives were lost or forever altered by the Holocaust. And we are challenged to think about what might motivate us to respond to warning signs of genocide today. History teaches us that genocide can be prevented if enough people care enough to act. Our choices in response to hatred truly do matter, and together we can help fulfill the promise of “Never Again.”



# MEDICAL SCHEDULE

## **SATURDAY UTA**

**0815-1130 HOURS**

**0830-0850 HOURS**

**0830-1130 HOURS**

**0830-1130 HOURS**

**0900-1000 HOURS**

**0900-1100 HOURS**

**1000-1030 HOURS**

**1130-1230 HOURS**

**1300-1400 HOURS**

**1300-1400 HOURS**

**1300-1400 HOURS**

**PHAS**

**FITNESS FOR DUTY EVALUATIONS**

**IMMUNIZATIONS**

**QNFT TESTING**

**SMALLPOX BRIEFING**

**ALL DEPLOYMENT PROCESSING/ANAM TESTING (TBDD)**

**NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)**

**LUNCH**

**BALLISTIC EYEWEAR & M-50 GAS MASK INSERTS**

**IMMUNIZATIONS**

**DEPLOYMENT HEALTH ASSESSMENTS**

## **SUNDAY UTA**

**0845-0900 HOURS**

**1130-1230 HOURS**

**1200-1400 HOURS**

**1300-1330 HOURS**

**FITNESS FOR DUTY EVALUATIONS**

**LUNCH**

**SABC INSTRUCTOR COURSE**

**IMMUNIZATIONS**

NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION.

NOTE 2: INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL EXAMINATION.

NOTE 3: IF YOU WEAR GLASSES YOU MUST BRING THEM WITH YOU FOR PHYSICAL. PLEASE DO NOT WEAR CONTACT LENSES 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.

**PLEASE REMEMBER TO REPORT ALL MEDICATIONS THAT YOU ARE TAKING TO THE MED GROUP ASAP.**

# NGB Develops New Officer Application Process



In an effort to decrease the number of Officer Vacancies across the Air National Guard, NGB has developed a new application process for those who are interested in becoming Officers in the Air National Guard.

The new process streamlines and gives interested applicants clear guidance for the Officer application process.

The steps for the new process are:

1. The process will begin with the applicant working through The Recruiting Office Supervisor's (MSgt Curtis LaRue)
2. The applicant will complete the officer prequalification package and identify what "type" of officer position they desire and where they are willing to go (State/Unit).
3. Once the package is uploaded on the CoP, NGB will quality check and approve/disapprove.
4. The approved prequalified applicants are entered into a pool of applicants and forwarded to the units/states as identified by the applicant.
5. The recruiter then has access to these prequalified packages and can forward to the commander for review/selection.

The packages are maintained for 2 years after initial submission.

Please direct any questions you may have regarding the new process to MSgt Curtis LaRue at 336-3242.

**AFOQT Test dates: 26 April 2013 - 9 Aug 2013 - 8 Nov 2013**  
**Please contact SMSgt Wise at 336-3250 if you would like to sign up for the AFOQT**



# MEDICAL MINUTE

By Capt. Jennifer King, 134 MDG

As military members, we are watchful of our weight, health and fitness levels. This does not mean, however, that we never struggle with maintaining a healthy lifestyle. Until I had my children, I never felt the need to “diet.” Then, my two beautiful boys arrived within 22 months of each other and preparing for the PT test took on a whole new meaning. Over the past three years since the birth of my first son, I have tried various diets with less than fabulous results. It appears that severe restriction is not compatible with me. Then, about six months ago, I decided to return to my pre-baby, pre-diet mindset and focus on living life in a healthy way that is also satisfying. When we focus only on enjoying food, it often takes enjoyment out of life (in the form of weight gain, health issues, etc). When we focus only on eating healthy, food becomes a chore and life can be overtaken by the stress of healthy eating. There needs to be balance, and this is what I sought when I quit dieting and returned to a healthy eating plan.

The basics of losing and maintaining weight are simple. If calories burned are equal to calories eaten, you will maintain your weight. To lose a pound a week, you must have a deficit of 3500 calories a week or 500 a day. To determine your caloric needs, look up the Basal Metabolic Rate equation online. This will give you a framework for how much you should be eating a day. You don't have to count every single calorie, but knowing a general caloric goal per day can help keep your eating on a healthy track. There are also apps that assist you in tracking calories in and out without driving yourself crazy.

Last month, I discussed the various nutrients in a healthy daily diet. Those nutrients are what our body needs. Our bodies NEVER need refined sugar, trans fats, etc. Sometimes we need the treats these things are in for our mental and emotional health, but not on a daily basis. The goal is to eat first for health and energy, second for satisfaction. The good news is as you grow accustomed to choosing foods based on their health and energy benefits, you'll find yourself better satiated by the healthy foods and it will take less of the “treats” to satisfy the “sweet, salty, creamy, greasy, carb-y” cravings. A good rule of thumb is to fill half of your plate with vegetables (very filling for very few calories) and a quarter each with complex carbohydrates

and lean protein (filling and energizing for moderate calories). There should be a dab of healthy fat in there to aid in absorption of certain nutrients and maintain the feeling of fullness longer (make sure it's a dab, for while healthy fat is vital, it is also high in

calories). Also, pay attention to portions. One quarter of your plate should be about equal to the palm of your hand. For me and my little hands, this means my plate size is closer to a salad plate than a dinner plate. The healthy eating plan that works best for me is what I like to call the 95% rule. Put simply, 95% of the food I eat must meet two requirements. It has to taste good and it has to be good for me. I factor into my food plan at least one food a day that a “health nut” would say was unhealthy (mashed potatoes, peanut butter, a cup of coffee, etc) to avoid feeling deprived. One day a week (for me, Sundays) I allow myself one or two “treats” to avoid feeling as if the really good stuff is off limits (brownies, fries, ice cream, chips). We are all experts at knowing what tastes good to us. The hard part is discerning what is truly good for our bodies. A good place to start is the outer ring of the grocery store. If something is boxed, canned or has more than 5 ingredients, there is probably a better choice out there. There are tons of delicious, healthy and easy recipes on the internet, including copycats of many pre-made favorites. If you would like to further discuss healthy eating plans, caloric calculations or my favorite yummy-yet-good-for-you recipes, I would love to talk with you. Have a great spring and go try a new healthy food (preferably one freshly picked)!





# 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](http://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, Lt. Col. 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



**TSgt Eric Brumley**  
134 MXS



**SSgt Victoria McNalley**  
134 LRS



**SSgt Michael Lee**  
134 MXS



**SSgt Errol Hughes**  
134 JAG



**SSgt Howard Cox**  
134 MXS



**SSgt Audrea Cottell**  
134 MDG



**SSgt Trinity Cho**  
572nd AF Band



**A1C Andrew Ward**  
134 CF



**A1C Anthony Rodefer**  
134 CES



**A1C Michael Loy**  
134 CES



# AROUND BASE

## 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-1s through E-6s are encouraged to attend!



## ROCKY TOP DINING FACILITY

### Saturday:

SAVORY BAKED CHICKEN  
SPAGHETTI & MEAT SAUCE  
RISSOLE POTATOES  
GREEN BEANS  
CAULIFLOWER  
GRAVY  
ASST FRUITS & BREADS  
YOGURT  
SOUP  
SALAD BAR  
ASSORTED DRINKS  
ASSORTED DESSERTS  
HAMBURGERS  
HOT DOGS

### Sunday:

SWEET & SOUR PORK  
SPICY BAKED FISH  
COTTAGE FRIED POTATOES  
RICE  
CORN  
BROCCOLI  
GRAVY  
ASST FRUITS & BREADS  
YOGURT  
SALAD BAR  
ASSORTED DRINKS  
ASSORTED DESSERTS  
HAMBURGERS  
HOT DOGS



Earth Day - April 22nd

Cades Cove, Great Smoky Mountains National Park (Photo by Master Sgt Kendra Owenby, 134 ARW Public Affairs)