



# THE VOLUNTEER



VOL. 14 NO. 03

134TH AIR REFUELING WING

MAR 2014

## 134th Medical Group Commander Promoted to Colonel



Lt. Col. Jeff King, 134th Medical Group Commander was recently promoted to Col. during a ceremony held Feb. 1 at Wingman Hall. Col. King's family and friends were in attendance. (U.S. Air National Guard photo by Staff Sgt. Jonathan Young, 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. Wally Houser - Support  
Lt. Col. Jeff King - Medical

**Group Commanders**

Maj. Gary L Taft  
**Wing Executive Officer**

**134TH AIR REFUELING WING EDITORIAL STAFF**

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**Chief of Public Affairs**

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**Public Affairs**  
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**Knowledge Operations**

**Customer Service Hours for Public Affairs Photo Studio:**

**Sat 1300-1500**

Please adhere to the scheduled times as staff will only be available during those hours

**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**



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

“The Mission of the 134th Air Refueling Wing is to project Global Reach and Global Power in the interest of our National Defense by providing vital Air Refueling and Airlift for rapid deployment, sustained combat operations and effective training as directed by the Secretary of Defense.”



**Commander's Call Sunday, 1400 @ Wilson Hall**



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# First Sergeant Position Open for Logistics Readiness Squadron

There is a vacancy at this time for the position of First Sergeant (Master Sergeant) at the 134 ARW Logistics Readiness Squadron.

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



Minimum Qualifications – Must be currently serving in the grade of Master Sgt., Tech. Sgt. may be selected if they are immediately promotable, and they must be promoted on or before the date of assignment to the UMD position of First Sergeant.

Selected candidates must sign the following statement: "I agree to attend the USAF First Sergeant Academy within 12 months of my assignment as First Sergeant. Failure to complete this requirement will result in my removal from the First Sergeant position and immediate demotion (if promoted as a result of assignment to this position.)"

- Must be highly motivated and capable of fulfilling the role of the First Sergeant as prescribed in AFI 36-2113, Chapter 1.
- Must have exceptional leadership and managerial skills
- Must have ability to speak distinctly
- Must have a minimum physical profile PULHES 32221
- Must be financially stable

-Must meet minimum weight and body fat standards and overall image must exceed minimum standards.

-Must have completed the NCO Academy either in residence or by correspondence prior to application.

-Must agree to serve no less than 3 years as a First Sergeant after completion of the First Sergeant Academy.

-Must pass Air Force Physical Fitness Test.

## How to Apply:

Prepare the following documents:

- AF Form 1206, Nomination for Award. (Use this form to document your individual qualifications)
- Current RIP

Submit your application to the 134 Command Chief, Chief Master Sgt. Steve Payne no later than Wed., Apr. 2nd, 2014. Qualified applicants will be scheduled to personally appear before a selection board. Candidates must wear the service dress uniform to meet the selection board. The selection board will be held during April Drill (5th-6th, 2014). Applicants will need to be prepared to perform their fitness test prior to this date, most likely on Friday, April 4th.

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

## 134 ARW COMMAND CHIEF MASTER SGT. VACANCY

There will soon be a vacancy for the position of Command Chief Master Sergeant for the 134th ARW. Applications are now being accepted for this position. Follow the instructions in the "How to Apply" section below if you are interested in this position. You must meet the minimum qualifications to apply.

### Minimum Qualifications

- Currently be serving in the grade of Chief Master Sgt. with the eligibility to complete minimum three year assignment
- Must be highly motivated and capable of fulfilling the role of CCM as prescribed in ANGI 36-2109
- Have strong leadership and managerial skills
- Possess strong computer skills
- Meet fitness standards and project the proper military image
- Possess excellent communications skills including ability to speak publicly
- Possess the ability to establish a close rapport with the following groups: commanders, senior officers, chiefs, first sergeants, recruiting and retention, training, family readiness.
- Establish effective communications by attending; chiefs/ first sergeant/ junior enlisted advisory association council meetings, commander calls, and unit visits.
- Ability to attend/ participate in official functions such as: promotions, retirements, awards ceremonies, social functions, graduations, and special events, as required.
- It is essential the Command Chief Master Sgt be available and extremely flexible in order to attend required conferences at the state and national level and selection boards at the wing and joint force headquarters level.

### How to Apply

Prepare the following documents:

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

Applicants may be required to perform a fitness test. Qualified applicants will be interviewed/ boarded during the April 2014 UTA. The selection board will be chaired by the TN ANG State Command Chief. Candidates must wear the service dress uniform to meet the selection board.

If you have questions concerning the duties of the Command Chief Master Sergeant, please refer to ANGI 36-2109. Questions relating to the selection board can be addressed to Command Chief Master Sgt. Payne at 336-3229 or [steve.payne@ang.af.mil](mailto:steve.payne@ang.af.mil).

Submit your application to the 134 ARW Command Chief Master Sergeant Steve Payne no later than 2 March 2014 (Sunday of March UTA COB).



# Obama to Award Medal of Honor to 24 Army Veterans

Article from the American Forces Press Service

WASHINGTON, Feb. 21, 2014 – President Barack Obama will award 24 Army veterans the Medal of Honor for conspicuous gallantry during a White House ceremony March 18.

These veterans will receive the Medal of Honor in recognition of their valor during major combat operations in World War II, the Korean War and the Vietnam War, according to a White House news release. Each of these soldiers' bravery was previously recognized by award of the Distinguished Service



Artwork courtesy of the Congressional Medal of Honor Society

Cross, the nation's second highest military award. That award will be upgraded to the Medal of Honor in recognition of their gallantry, intrepidity and heroism above and beyond the call of duty.

In 2002, Congress, through the Defense Authorization Act, called for a review of Jewish American and Hispanic American veteran war records from World War II, the Korean War and the Vietnam War, to ensure those deserving the Medal of Honor were not denied because of prejudice, according to the release. During the review, records of several soldiers of neither Jewish nor Hispanic descent were also found to display criteria worthy of the Medal of Honor. The 2002 Act was amended to allow these soldiers to be honored with the upgrade -- in addition to the Jewish and Hispanic American soldiers.

The President will award the Medal of Honor to:

-- Spc. 4 Santiago J. Erevia will receive the Medal of Honor for his courageous actions while serving as radio telephone operator in Company C, 1st Battalion (Airmobile), 501st Infantry, 101st Airborne Division (Airmobile) during search and clear mission near Tam Ky, Republic of Vietnam.

-- Staff Sgt. Melvin Morris will receive the Medal of Honor for his courageous actions while serving as commander of a strike force drawn from Company D, 5th Special Forces Group (Airborne), 1st Special Forces, during combat operations against an armed enemy in the vicinity of Chi Lang, Republic of Vietnam, on September 17, 1969.

-- Sgt. First Class Jose Rodela will receive the Medal of Honor for his courageous actions while serving as the company commander, Detachment B-36, Company A, 5th Special Forces

Group (Airborne), 1st Special Forces during combat operations against an armed enemy in Phuoc Long Province, Republic of Vietnam, on September 1, 1969.

The President will posthumously award the Medal of Honor to the following individuals who distinguished themselves by acts of gallantry and intrepidity above and beyond the call of duty while serving during the Vietnam War:

-- Sgt. Candelario Garcia will receive the Medal of Honor for his courageous actions while serving as an acting team leader for Company B, 1st Battalion, 2nd Infantry, 1st Brigade, 1st Infantry Division during combat operations against an armed enemy in Lai Khe, Republic of Vietnam, on December 8, 1968.

-- Spc. 4 Leonard L. Alvarado will receive the Medal of Honor posthumously for his courageous actions while serving as a rifleman with Company D, 2nd Battalion, 12th Cavalry, 1st Cavalry Division (Airmobile) during combat operations against an armed enemy in Phuoc Long Province, Republic of Vietnam, on August 12, 1969.

-- Staff Sgt. Felix M. Conde-Falcon will receive the Medal of Honor posthumously for his courageous actions while serving as an acting Platoon Leader in Company D, 1st Battalion, 505th Infantry Regiment, 3rd Brigade, 82nd Airborne Division during combat operations against an armed enemy in Ap Tan Hoa, Republic of Vietnam, on April 4, 1969.

-- Spc. 4 Ardie R. Copas will receive the Medal of Honor posthumously for his courageous actions while serving as a Machinegunner in Company C, 1st Battalion (Mechanized), 5th Infantry Regiment, 25th Infantry Division during combat operations against an armed enemy near Ph Romeas Hek, Cambodia, on May 12, 1970.

-- Spc. 4 Jesus S. Duran will receive the Medal of Honor posthumously for his courageous actions while serving as an acting M-60 machine gunner in Company E, 2nd Battalion, 5th Cavalry, 1st Cavalry Division (Airmobile) during combat operations against an armed enemy in the Republic of Vietnam on April 10, 1969.

The following individuals distinguished themselves by acts of gallantry and intrepidity above and beyond the call of duty while serving during the Korean War:

-- Cpl. Joe R. Baldonado will receive the Medal of Honor posthumously for his courageous actions while serving as an acting machine gunner in 3rd Squad, 2nd Platoon, Company B, 187th Airborne Infantry Regiment during combat operations against an armed enemy in Kangdong, Korea, on November 25, 1950.

-- Cpl. Victor H. Espinoza will receive the Medal of Honor posthumously for his courageous actions while serving as an Acting Rifleman in Company A, 23d Infantry Regiment, 2nd

(MOH, cont. on page 6)

(MOH, cont. from page 5)

Infantry Division during combat operations against an armed enemy in Chorwon, Korea, on August 1, 1952.

-- Sgt. Eduardo C. Gomez will receive the Medal of Honor posthumously for his courageous actions while serving with Company I, 8th Cavalry Regiment, 1st Cavalry Division during combat operations against an armed enemy in Tabu-dong, Korea, on September 3, 1950.

-- Pfc. Leonard M. Kravitz will receive the Medal of Honor posthumously for his courageous actions while serving as an assistant machine gunner with Company M, 5th Infantry Regiment, 24th Infantry Division during combat operations against an armed enemy in Yangpyong, Korea, on March 6 and 7, 1951.

-- Master Sgt. Juan E. Negrón will receive the Medal of Honor posthumously for his courageous actions while serving as a member of Company L, 65th Infantry Regiment, 3rd Infantry Division during combat operations against an armed enemy in Kalma-Eri, Korea, on April 28, 1951.

-- Master Sgt. Mike C. Peña will receive the Medal of Honor posthumously for his courageous actions while serving as a member of Company F, 5th Cavalry Regiment, 1st Cavalry Division during combat operations against an armed enemy in Waegwan, Korea, on September 4, 1950.

-- Pvt. Demensio Rivera will receive the Medal of Honor posthumously for his courageous actions while serving as an automatic rifleman with 2nd Platoon, Company G, 7th Infantry Regiment, 3rd Infantry Division during combat operations against an armed enemy in Changyong-ni, Korea, on May 23, 1951.

-- Pvt. Miguel A. Vera will receive the Medal of Honor posthumously for his courageous actions while serving as an automatic rifleman with Company F, 38th Infantry Regiment, 2nd Infantry Division in Chorwon, Korea, on September 21, 1952.

-- Sgt. Jack Weinstein will receive the Medal of Honor posthumously for his courageous actions while leading 1st Platoon, Company G, 21st Infantry Regiment, 24th Infantry Division in Kumsong, Korea, on October 19, 1951.

The following individuals distinguished themselves by acts of gallantry and intrepidity above and beyond the call of duty while serving during World War II:

-- Pvt. Pedro Cano will receive the Medal of Honor posthumously

for his courageous actions while serving with Company C, 8th Infantry Regiment, 4th Infantry Division during combat operations against an armed enemy in Schevenhutte, Germany, on December 3, 1944.

-- Pvt. Joe Gandara will receive the Medal of Honor posthumously for his courageous actions while serving with Company D, 2d Battalion, 507th Parachute Infantry Regiment, 17th Airborne Division during combat operations against an armed enemy in Amfreville, France, on June 9, 1944.

-- Pvt. First Class Salvador J. Lara will receive the Medal of Honor posthumously for his courageous actions while serving as the squad leader of a rifle squad with 2d Platoon, Company L, 180th Infantry, 45th Infantry Division during combat operations against an armed enemy in Aprillia, Italy, on May 27 and 28, 1944.

-- Sgt. William F. Leonard will receive the Medal of Honor posthumously for his courageous actions while serving as a squad leader in Company C, 30th Infantry Regiment, 3rd Infantry Division during combat operations against an armed enemy near St. Die, France, on November 7, 1944.

-- Staff Sgt. Manuel V. Mendoza will receive the Medal of Honor posthumously for his courageous actions while serving as a platoon sergeant with Company B, 350th Infantry, 88th Infantry Division during combat operations against an armed enemy on Mt. Battaglia, Italy, on October 4, 1944.

-- Sgt. Alfred B. Nietzel will receive the Medal of Honor posthumously

for his courageous actions while serving as a section leader for Company H, 16th Infantry Regiment, 1st Infantry Division during combat operations against an armed enemy in Heistern, Germany on November 18, 1944.

-- 1st Lieutenant Donald K. Schwab will receive the Medal of Honor posthumously for his courageous actions while serving as the commander of Company E, 15th Infantry Regiment, 3rd Infantry Division, during combat operations against an armed enemy near Lure, France, on September 17, 1944.

The Medal of Honor is awarded to members of the Armed Forces who distinguish themselves conspicuously by gallantry above and beyond the call of duty while:

-- engaged in an action against an enemy of the United States;

-- engaged in military operations involving conflict with an opposing foreign force;

-- serving with friendly foreign forces engaged in an armed conflict against an opposing armed force in which the United States is not a belligerent party.



Artwork courtesy of the Congressional Medal of Honor Society



# HRA MINUTE

Submitted by: Chief Master Sgt. Rich Parker, 134th ARW Human Resource Advisor

## MARCH IS WOMEN'S HISTORY MONTH:

### *Remembering Those Who Gave the Ultimate Sacrifice*

There were many women who were first in different endeavors and achievements, sadly there are women in the U.S. Air Force who have been the first to die in the most recent conflicts. We now pause to honor them and their ultimate sacrifice during this 2014 Women's History Month.

Staff Sgt. Anissa A. Shero (far right) was the first Air Force service woman to die during Operation Enduring Freedom. She and two other Americans were killed when their MC-130H crashed shortly after takeoff south of Gardez, Afghanistan June 12, 2002.

The 10-year Air Force veteran, a seasoned loadmaster, was only 31.

Slightly more than three years later, on Sept. 28, 2005, a young security forces member, Airman 1st Class Elizabeth N. Jacobson (right), became the first Air Force female to die supporting the war in Iraq.

Elizabeth Jacobson and her Army driver lost their lives instantly when a roadside bomb detonated near their vehicle. She was barely 21.

Elizabeth, a Florida native, "envisioned herself rising to the rank of chief master sergeant, but also dreamed of having a family, with two sons, after returning to live in sunny Florida."



## FLY GIRL

First Lt. Erica McCaslin, 816th Expeditionary Airlift Squadron pilot, taxis a C-17 Globemaster III in at an air base in Southwest Asia March 10, 2010. Lieutenant McCaslin was part of an all-female crew in honor of Women's History Month and is deployed from the 14th Airlift Squadron at Charleston Air Force Base, S.C. (U.S. Air Force photo/Senior Airman Kasey Zickmund)



# New Process for Active Duty Orders

Submitted by Airman First Class Sarah Strange, 134 ARW Financial Management

Effective February 6th, we started paying active duty orders a little differently than in the past. You may remember seeing an email from MSgt Tullock in Military Pay outlining a brief rundown of what has happened. PLEASE READ. It is very important that you do to GET PAID!

Here is a recap:

We have two types of active duty orders that we pay: short tours (29-days or less), and long tours (30 days or more).

In the past on a short tour, you took your hardcopy order to your supervisor/certifying official on the last day of the order. Your supervisor/certifying official signed it, and the order was sent to us here at Finance. On a long tour, the steps were the same, but you submitted your order on the first day of your tour. When we got the order, we processed it for payment.

Here are the changes:

You, the member, will login to AROWS, electronically select, and digitally sign your long OR short tour order. You will then electronically route to your supervisor/certifying official to digitally sign it. From there, the order is routed to Finance electronically where the order will be processed.

MILEAGE ONLY orders that you used to submit through DTS will now be paid on the electronically filed AROWS military pay order. If you live outside the commuting distance where per diem is authorized on your travel days in addition to mileage, the order is still filed in DTS (just like before).

FAQs

1. Can someone else certify my order for me?

Effective 6 February, YOU, the member, will have to electronically certify your order in AROWS for payment of duty. The AROWS supervisors/certifying officials and orders clerks CANNOT perform the initial certification. This applies to all orders built in AROWS ON/AFTER 6 February.

2. Are the orders that were built in AROWS BEFORE 6 February still able to be filed the old fashioned paper way?

Yes, with one exception. The member must manually print name, sign name, and date the order on the last page (below the mileage certification-make your own line to certify). The member's supervisor/certifying official also signs as they did before.

3. How do I get into AROWS?

Use the following link:

<https://arows.sscno.nmci.navy.mil/arows/> , (use your DOD certificate, not the email certificate) or go to the Air Force Portal and search for "AROWS", when the search items pop up, click on the "Air National Guard AROWS System", follow prompts. You will be activating your

profile in AROWS. When in doubt, look for the "first time users" link on the AROWS home page.

4. What if I forget to electronically sign my orders after 6 Feb (applies to those orders built in AROWS on or after 6 Feb)?

The orders CANNOT be paid without your electronic certification.

5. Can I electronically certify my orders from outside MTAB?

Yes. If you have a CAC reader at home, you can login to AROWS and certify from home. In general, if you can get to the Air Force Portal, then you can certify via AROWS (CAC-enabled).

6. Can I manually add/change my mileage?

Yes; however, your mileage only claims amounts (number of miles) should be already populated in your military pay orders at time of electronic certification (the orders clerk will perform this function).

7. I never got mileage before, do I now?

No (unless you have moved out of the corporate limits). If you live in the corporate area limits (Blount and Knox Counties, the "mileage only" does not apply to you.)

8. Can you clarify the "mileage only" certification part again?

Before this change, if you were entitled to mileage only on your Military Pay order, you submitted one certified copy of the order to Military Pay (for pay), and you filed your mileage only travel claim in DTS (for travel). With the new changes, you are now doing both at the same time with the electronic filing. When you see your LES, it will reflect both pay and travel mileage reimbursement.

9. Are there any orders that will not use the AROWS certification?

Yes. Full and Partial Mobilization orders (started as normal via FSS), Formal School orders (started as normal-you send back the certified copy from schoolhouse to start pay).

10. I am an AGR, what does this mean to me?

These changes do not apply to individual AGR orders; however, as an AGR, you may be required to electronically certify orders in AROWS for your staff.

11. When I log in to electronically certify my order, what should the block for housing status reflect? For Military Pay purposes, the housing block should read "Gov't Quarters not assigned". Billeting and/or contract quarters are not considered government quarters (you pay to stay there). "Assigned Gov't quarters" means that you were in the dormitories (at no cost-initial BMT/TECH school) or you were assigned privatized housing (PCS).

12. I can see my order in AROWS early; can I electronically certify my AROWS order for payment before the start date (long tours) or before the end date (short tours)?

(New orders, cont. on page 9)



(New orders, cont. from page 8)

No. Long tours can be electronically certified on the duty start date or any time after for payment. Short tours can be certified on the last day of duty or any time after for payment.

POCs at Finance: AROWS Certifying roles and general information: Capt Hunt 336-4234, TSgt Brock 336-4233, MSgt Tullock 336-4244, TSgt Ricker 336-4297.

Happy AROWSing!

## FOR THE LOVE OF FLYING

Submitted by Capt. Tarren Barrett, 134th Military Equal Opportunity Officer



Archive photo - Nancy Harkness Love, [www.pbs.org](http://www.pbs.org)

There was a huge need from the Army Air Force to transport planes from factories to bases during the Second World War. Many of the military men had left to fight the war, so they needed to find alternate pilots to assist with this mission.

With having a father as a wealthy physician, Nancy Harkness went to all the right schools and started flying when she was a teenager. Nancy had married an Air Corps Reserves officer, Robert Love, who mentioned her daily commute from Washington D.C. to Baltimore by plane during a conversation with another military officer heading up the domestic ferrying division. Nancy Harkness Love then stepped up to become the director of the Women's Auxiliary Ferry Squadron (WAFS) and recruited 29 experienced female pilots to be under her command.

With Love knowing the military life, she also knew the perception the media could portray of them since women were not yet integrated into the military as capable pilots. Nancy knew that she would have to fight to be taken seriously. She pushed her recruits to be test pilots to show military leaders they were extremely capable to handle all types of planes. She was certified in 16 military aircraft, including the Douglas C-47 and B-17 Flying Fortress.

Interesting Fact: Nancy Love was the first woman in U.S. military history to fly the B-25, and one of two women to check out in a B-17. ([wasmuseum.org](http://wasmuseum.org))

## Think Twice Before Tossing Loose Batteries in Drawer

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

Most of us have a drawer or two in our homes or work place that is full of junk. Did you know the contents of that drawer could burn down your house or office? Take a close look at what you have stored in there. Batteries; old or new, a note pad, a pack of tissues, paper clips, coins, various metal objects, matches or even a cigarette lighter, are all ingredients to start a fire.

Improper storage and disposal of general purpose batteries can cause fires. Our research indicated three major battery manufacturers advise against storing groups of loose batteries together or along with metal objects like coins, paper clips or steel wool. These metal objects can short-circuit the battery leading to high heat or leakage. For example, if 9 volt battery terminals come into contact with each other, the batteries can generate enough heat to explode. To minimize accidents, we recommend storing batteries in their original packaging or placing insulated tape across the battery's contacts.

All three manufacturers state you may dispose of general purpose batteries in your household trash. Just remember to place insulated tape across the contacts before you toss them. If you have any questions about this article or any other fire prevention concern in your home or office, please contact Mrs. Sage Andersen at the 134th Civil Engineer Fire Emergency Services flight, Bldg. 124, extension 3319.





# 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.af.mil/careers/index.asp>



**SSGT JACOB JOHNSON**  
134 MXS



**SSGT JOHN LAIN**  
134 ARW



**SSGT BRIAN PARKER**  
134 ARW



**SRA DANIEL KUBATH**  
134 ARW



**A1C HANNAH AYERS**  
134 ARW



**A1C JOSHUA ALLEY**  
134 MXS



**A1C HEATHER DAVIS**  
134 SFS



**A1C TIMOTHY HARRILL**  
134 MXS



**A1C MEGHAN SWINSON**  
134 MXS



**A1C ETHAN NEUMANN**  
134 MDG



**A1C RYAN TAYLOR**  
134 MXS



**AB JOSH KEATON**  
134 MDG



# INFORMATION ASSURANCE

## Information Assurance Awareness: Avoid Becoming A Target!

Submitted by Staff Sgt. Adam Huskey, 134th Communications Flt



### Beware of the "Reactivate Your Microsoft Email Account" Email.

There have been emails circulating around by cyber crooks posing as Microsoft employees attempting to lure users to a phishing site where they are asked to hand over their passwords and other information. The emails carry the subject line, "REACTIVATE YOUR EMAIL ACCOUNT!!!" and read something along like this: "In compliance with the email upgrade instructions from Microsoft Corporation and WWW email domain host, all unverified email accounts will be suspended for verification. To avoid suspension of your email account and also to retain all email contents, please perform a one-time automatic verification by completing the online verification form. Please **CLICK HERE.**" These notifications have nothing to do with Microsoft. When the link is clicked, victims are taken to a phishing site where they're asked to enter their email address, password, date of birth, and phone number. If you come across such emails, delete them immediately. In case you've become a victim of this scam, change your password (or passwords if you've been using the same one for multiple accounts) as soon as you can.

### Social Networking Security Tips

**Social Networks like Facebook, Google+, and Twitter have become an important part of our online lives. These web sites are a great way to stay connected and share with others, but you should be wary about the personal information you post for the world to view. Follow these tips to safely enjoy social networking:**

- **Privacy and security settings exist for a reason: Learn about and use the privacy and security settings on social networks. They are there to help you control who sees what you post and manage your online experience in a positive way. Strangers looking at your personal information can be limited to just an image and name by simply disabling public settings.**
- **Keep personal info personal: Be cautious about how much personal information you provide on social networking sites. The more information you post, the easier it may be for a hacker or someone else to use that information to steal your identity, access your data, or commit other crimes such as stalking.**
- **Once posted, always posted: Protect you and your reputation when using social media. Use the golden rule--what you post online stays online forever in some shape or form. Think twice about posting pictures you would not want to share with everybody (Remember OPSEC!)**
- **Avoid Geotagging: Avoid giving away your location publically through GPS or location links that continuously update places you visit or will be. An opportune moment to break into a home or other place of personal importance is just around the corner when a burglar knows you'll be at the movies for a few hours from your social media update.**
- **When in doubt, throw it out: Links in tweets, posts, or online advertising are often ways cyber criminals can compromise your computer. If it looks suspicious, even if you believe you know the source, its best to delete if appropriate or file as junk mail. Sometimes links titled "Win an iPad!" are in fact just too good to be true.**
- **Stay aware of changes to a social network's terms or service and privacy policy. You may be able to keep track of this by connecting to the official site's profile. For example, Facebook has a site governance page to inform their users.**

**Information Assurance POCs:  
Master Sgt. Jennings (865)336-4924  
Tech. Sgt. Huskey (865)336-4936**



# MEDICAL SCHEDULE

## **SATURDAY UTA**

<b>0815-1130 HOURS</b>	<b>PHAS</b>
<b>0830-0850 HOURS</b>	<b>FITNESS FOR DUTY EVALUATIONS</b>
<b>0830-1130 HOURS</b>	<b>NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)</b>
<b>0830-1130 HOURS</b>	<b>IMMUNIZATIONS</b>
<b>0830-1130 HOURS</b>	<b>QNFT TESTING</b>
<b>0900-1100 HOURS</b>	<b>ALL DEPLOYMENT PROCESSING/ANAM TESTING</b>
<b>1000-1100 HOURS</b>	<b>FITNESS TESTING EVALS</b>
<b>1130-1230 HOURS</b>	<b>LUNCH</b>
<b>1230-1430 HOURS</b>	<b>SCHEDULED WAIVER/MEDCON/LOD APPOINTMENTS</b>
<b>1300-1430 HOURS</b>	<b>IMMUNIZATIONS</b>
<b>1300-1400 HOURS</b>	<b>DEPLOYMENT HEALTH ASSESSMENTS</b>

## **SUNDAY UTA**

**CLOSED FOR TRAINING WITH EXCEPTION OF FOLLOWING TIMES:**

<b>0830-0850 HOURS</b>	<b>FITNESS FOR DUTY EVALUATIONS</b>
<b>1200-1400 HOURS</b>	<b>WING SABC INSTRUCTOR COURSE (MDG TRAINING ROOM)</b>
<b>1230-1330 HOURS</b>	<b>IMMUNIZATIONS</b>

**PLEASE ENSURE INDIVIDUALS WHO HAVE NOT RECEIVED THEIR FLU SHOT REPORT TO THE MDG AT 0815 ON SATURDAY, 1 FEB. INDIVIDUALS WHO HAVE NOT HAD THEIR FLU SHOT CANNOT DRILL FOR PAY AND POINTS.**

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

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.



# MEDICAL MINUTE

By Capt. Jennifer King, 134th Medical Group

As I'm sure many of you have heard by now, there is growing concern over prescription drug abuse in our society as a whole, as well as in the Air Force. The types of prescription drugs that are most of concern are pain, anxiety, ADHD and sleeping medications as well as muscle relaxants. These types of medications have what is called "abuse potential", meaning your body can become dependent on them to function comfortably. This is a big problem for military personnel because while the medication makes it feel as if you are functioning the way you are supposed to, most of these medications also create changes in how our bodies work that negatively impact our performance of our duties. This is why certain prescription medications have been added to the random drug screens.

The main changes the military is concerned with in regards to these meds (besides the obvious addiction potential) are the way they impact our reasoning, cognitive function and reaction times. In many ways, they create effects similar to alcohol intoxication. An intoxicated service member coming to work while still tipped and attempting to do their duties is not only dangerous to themselves, but also to their co-workers and to the mission. This is why it has always been made unequivocally clear that this behavior is unacceptable and grounds for disciplinary actions. In much the same way, a member under the influence of the above medications outside of a very specific set of circumstances is considered dangerous and is grounds for disciplinary action.

There are occasions when the use of these medications is necessary and even healthy. When your doctor prescribes them for a certain condition, at a certain dose and for a certain length of time, this is appropriate use. However, the military has some additional conditions that must be met for duty. It is your responsibility to make sure a military provider has the chance to review your medication and ensure you meet this criteria before you are pulled for a random drug screen. Thus, as soon as you are placed on a new medication, notify the clinic and provide documentation from your civilian doctor telling what the medication is, why you are on it, what the dose is and how long you will be on it. This documentation will be reviewed by clinic personnel and if it is a medication that has "abuse potential", you will be asked to see one of our military providers the next drill weekend. They will then review the prescription and documentation and decide if any further documentation is needed.

One of the recent trends in the drug testing program that most concerns me is individuals who are taking a medication that was appropriate prescribed by their civilian doctor, reviewed by a military provider and approved and yet, they are getting in trouble when it later shows up on a random drug screen. The reason this happens is that the drug is being used outside of the acceptable prescribed time frame. For example, I was given narcotics for pain control when I had by sons via c-section. If I had taken these same narcotics 8 months later for a twisted back and showed positive on my drug screen that drill weekend, the fact that it was my own appropriately prescribed medication would not protect me. I would still be subject to disciplinary action because I took it outside the intended time frame for a condition it was not prescribed for. Besides this risk, it would also be better for my own health if I let my provider check out my new complaint and treat it appropriately rather than masking the symptoms with old medication and possibly making myself worse. Even if your prescription is intended for your current complaint, if you are outside the intended time frame, you will be held liable for abuse of a substance.

In closing, please do not take any prescription medications that are not prescribed to you and please take them only for what they are meant for and only in the time frame intended by your provider. Please also notify the clinic immediately so that we might ensure you and your co-workers will be safe while you are on this medication. As always, feel free to contact myself or any of our providers with questions. Have a safe and happy early spring!



# ANTI-TERRORISM MEASURES

Submitted by Chief Master Sgt. Terry Hickle (Ret.), 134 ARW Anti-Terrorism Officer

## Active Shooter Response Guide

**Active Shooter (In Building):** If you witness any armed individual shooting at people or hear gunshots inside the building verbally announce: "ACTIVE SHOOTER IN THE BUILDING" or "AN ACTIVE SHOOTER HAS ENTERED THE BUILDING". This must be loud enough to alert other work areas within the building. Individuals should continue to give the alarm to ensure the entire building has been notified.

Note: If it's possible to do safely, exit the building or area immediately when you become aware of an incident, moving away from the immediate path of danger, and take the following steps:

**Run Tactic:** If it's possible to do safely, exit the building or area immediately when you become aware of an incident, moving away from the immediate path of danger, and take the following steps:

1. Evacuate to a safe area away from the danger and take protective cover (Avoid parking lots if all possible).
2. Notify anyone you may encounter to exit the building or area immediately (DO NOT ACTIVATE THE FIRE ALARM).
3. Call 911 or the Security Forces Police Desk at 336-3274/3275 and provide the dispatcher the following information.
  - a. State your name and that you are reporting an Active Shooter Incident
  - b. Location of the Incident (be as specific as possible)
  - c. Number of Shooters if Known
  - d. ID or description of person
  - e. Type of weapons used if known
  - f. Your exact location
  - g. Injuries to anyone if known
4. Individuals not immediately impacted by the situation are to take protective cover, staying away from the windows and doors until notified to do otherwise.

**Hide/Barricade Tactic:** If you are directly involved in an incident and exiting your building is not possible, the following actions are recommended:

1. Go to the nearest room or office then close and lock the door (Do not stay in the open hall).
2. Turn off the lights.
3. Seek protective cover and stay away from doors and windows. Barricade yourself in the room. Move heavy

objects to barricade the door. If barricading the door with objects in the room is not possible, use objects in the room as obstacles to slow down, fix, turn, or obscure the vision of the shooter. Even though an obstacle will not prevent a shooter from entering your area (i.e., sector), it will help you achieve a tactical advantage to "Defend Your Sector." The phrase "Defend Your Sector" simply implies the actions taken during the fight to protect yourself and others in the area where you have barricaded.

4. Hide in a place that reduces observation from the shooter, but allows you to react if you must defend your sector.
5. These positions should provide cover and/or concealment. Cover is an object which protects you from weapons fire. Concealment protects you from enemy observation.
6. Keep quiet and act as if no one is in the room. Turn off any audio equipment.
7. Do not answer the door unless you are positive it's not the shooter(s).
8. Call 911 or the Security Forces Police Desk at 336-3274/3275.
9. Place your cell phone on silent or vibrate and wait for police to assist in evacuation.
10. Once, first responders make contact with you communicate with response forces as necessary.

**Fight Tactic:** Hopefully by now leaders have effectively leveraged the recommendations outlined in Active Shooter Awareness and Resilience training to properly condition their employees to react to a hostile threat. To clarify, fight is not a last option. As with each tactic previously discussed, fight is employed when it offers you the best chance for survival. Fight may be your first and only option. You would choose to fight if: (1) you are directly confronted with the shooter(s) or (2) the shooter(s) breaches your barricade and you need to defend your sector. In short, if you are directly engaged with a hostile force or engagement is imminent; your best chance for survival is to counter the threat with fight. As already stated, even if you select run and hide/barricade you must always be prepared to transition to fight if the tactical situation changes. It is important to note, pursuit

(Active Shooter, cont. on page 15)

(Active Shooter, cont. from page 14)

of an active shooter(s) is discouraged with the exception being armed security forces. However, violent and fierce fight for survival is advocated when the tactical situation dictates. Your ability to fight will greatly be affected by your weapon status (i.e., armed or unarmed) and your ability to engage with surprise, speed, and violence of action. The following are considerations that enhance your chances of survival when employing fight:

1. Secure an improvised weapon (e.g., something to strike or throw).
2. Throw objects aiming at the individual's head (surprise); followed by an immediate (speed) committed counter attack (violence of action).
3. Attempt to disarm or direct the weapons away from you and others.
4. Commit to the fight. There is no move that is "off limits." Use whatever is necessary to survive and incapacitate the shooter(s). Hit the shooter with an object or fist, eye gouge, bite, groin strike, pull hair, stomp on feet, head butt, punch individual in the throat (violence of action). Whatever it takes, become more violent than the shooter and do not stop until the threat is subdued or terminated.
5. Focus attacks on weak points in the shooter's defense:

eyes, nose, groin, throat (violence of action). Hit hard, hit fast, and hit often.

6. Seize the initiative. If you are directly in the vicinity of the shooter(s) and your fellow employee attacks the shooter(s), join the fight and overwhelm the shooter(s). Do not stop your attack until the shooter has been rendered incapable of continuing their act of violence. Evident by the actions of United Airlines Flight 93 a small number of unarmed individuals can overrun an armed individual in a singular united effort if they exploit surprise, speed, and violence of action.

#### Other considerations

1. No matter what the circumstances, if you decide to flee during an active shooting situation, make sure you have an escape route and plan in mind.
2. Do not attempt to carry anything while fleeing. Move quickly, keep your hands visible, and follow the instructions of any police officers you encounter.
3. Do not attempt to remove injured people. Instead, leave wounded victims where they are and notify authorities of their location as soon as possible.
4. Do not try to drive off until released by police or supervisors.



## AROUND BASE

### JEAA



The Junior Enlisted Advisory Association welcomes all junior enlisted members to join the group. There will be a JEAA meeting Sat UTA at 1430. All E-1s through E-6s are encouraged to attend. Stay tuned for upcoming meetings!



### ROCKY TOP DINING FACILITY

Saturday:

Sunday:

**Cajun Baked Fish**  
**Roast Beef**  
**Brown Rice**  
**Mashed Potatoes**  
**Creamed Corn**  
**Green Beans**  
**Brown Gravy**  
**Home Made Chili**

**Chicken Parmesan**  
**Spaghetti Sauce**  
**Spaghetti**  
**Franconia Potatoes**  
**Fried Cauliflower**  
**Italian Squash**  
**& Zucchini**  
**Italian Garden Soup**



# AROUND BASE

Happy Easter



## *Annual Family Program/ Operation Military Kids Base Easter Egg Hunt*

**WHEN-** *Saturday, Apr 19<sup>th</sup> 2014*

**TIME-** *OMK Activities  
(Arts/crafts, face- painting) 1:00pm  
Egg Hunt begins at 2:00pm*

**WHERE-** *Base Track*



*For- All Base Children (Civilian & Military)*

**Ages 1-4 and 5-10**

***(Come out and bring your baskets)  
and cameras***

*\*Please have Military ID ready to show at the Main*

***\* The McGhee Tyson Airman &  
Family Readiness Program Office\****

