



THE VOLUNTEER



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134TH AIR REFUELING WING

JUNE 2014

Smoke Signals



Mt Etna, an active volcano near Sigonella Naval Air Station, Italy, billows smoke as an E-3 Sentry AWACS (Airborne Warning and Control System) aircraft is refueled by a KC-135R Stratotanker from the 134th Air Refueling Wing, McGhee Tyson ANG Base, Tennessee. (U.S. Air Force photo by Master Sgt. Dave Hudson)



**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
Col. Jeff King - Medical

Group Commanders

Maj. Gary L Taft
Wing Executive Officer

**134TH AIR REFUELING
WING EDITORIAL STAFF**

Capt. Stephanie McKeen
Chief of Public Affairs

2nd Lt. Marcie Mascaro
Public Affairs Officer

Master Sgt. Kendra Owenby
Public Affairs
Multimedia NCOIC

Tech. Sgt. Jonathan Young
Staff Sgt. Ben Mellon
Staff Sgt. Joe Pitney
Photojournalists

Senior Airman Jackie Keeney
Airman First Class Darby Arnold
Broadcast Journalists

Staff Sgt. Jessica Seiferth
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:

Mon-Thur CLOSED

Fri - 0700-1100 & 1230 - 1600

UTA Weekends

Sat 0830 - 1100 & 1215 - 1530

Sun 0730 - 1100



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.”



This newspaper is an authorized publication for members of the U.S. military services. The content is edited, prepared, and provided by the Public Affairs Office of McGhee Tyson ANG Base. The contents of the VOLUNTEER are not necessarily the official views of, or endorsed by the U.S. Government, DOD, or the Department of the Air Force. The VOLUNTEER welcomes articles and ideas that will improve the paper. If you have questions or comments, please contact Capt. Stephanie McKeen, CCE/PAO at extension 336-3205, fax at 336-3284 or stephanie.mckeen@ang.af.mil.



COMMAND CHIEF'S CORNER



By Chief Master Sgt. Rich Parker, 134 ARW Command Chief Master Sgt.

Please join me in congratulating Chief Master Sgt. Steve Payne on his retirement and on being an outstanding Command Chief at McGhee Tyson ANG Base for the past several years! Below are some final thoughts from Command Chief Payne as he bids McGhee Tyson, the Air National Guard and the Air Force goodbye after a long distinguished military career:

No More Payne! - All good things must come to an end! After twenty-six years of service the time is here for me to move on to the next phase of my life. It has been a sincere honor for me to play a small part of the greatest Wing in the Air National Guard/United States Air Force. It's truly been a humbling experience and privilege to work alongside such a team of extraordinary professionals that are the women and men of McGhee Tyson Airbase. You have and always will rise to every occasion when challenged. I would like to thank each of you for your service and sacrifice to our nation and the friendship you have given me over the years. I have been fortunate enough to be mentored by some of the greatest SNCO's and Officers to wear our uniform. Here are five things that I have learned from them that have served me well to remember over my career that may benefit you as your individual careers progress:



- 1) "Honesty & Integrity," it's the foundation of who you are not only as an Airman but also a person, it must be the foundation for everything you do. Once it's gone there's no replacing it!
- 2) "Perspective & Humility," never forget to put things in context, don't sweat the small stuff. Most of it is small stuff and doesn't matter any way. A sense of humor goes a long way!
- 3) "Compassion & Caring," take time to learn about your wingmen, their families, hobbies and passions. A favorite quote of mine states, "People don't care how much you know until they know how much you care."
- 4) "Make a Difference," there is not one AFSC any more important than another, no matter your job, be the best you can be at it each and every day, leadership will notice you are making a difference!
- 5) "Mission First, People Always", in the end, do whatever you must to ensure mission success, it has to be this way to uphold our very way of life as Americans. Sometimes personnel will put you in a position as a Leader where you can't help them but the mission must come first!

I entered Basic Military Training in 1988 assigned to the 3701st Squadron, for which the motto was "Lead, Follow, or Get Out of the Way." It's time for me to "Get Out of the Way!"

Congratulations once again to Chief Master Sgt. Parker on being selected as the next Command Chief Master Sergeant of the 134th Air Refueling Wing. He will certainly raise the bar and take care of you on both a professional and personal level. Blue Skies to each one of you!

Sincerely,
Chief Payne

134th Members Train at Combat Readiness Training Center

by Tech. Sgt. Jonathan Young, 134 ARW Public Affairs

Members of the 134th Air Refueling Wing recently joined forces with other Tennessee Air National Guard Airmen for training at the Combat Readiness Training Center in Gulfport, Mississippi May 18-24. It was the first time in several years that the 118th Wing based in Nashville, the 164th Airlift Wing based in Memphis, and the 134th Air Refueling Wing based in Knoxville conducted training together.

Training consisted of leadership building exercises, classes on the evaluation processes for Air Force inspection programs, and basic military training such as land navigation. However, the emphasis was team building by strengthening partnerships and sharing knowledge. Maj. Tiffery Dodson and Maj. Marty Malone, from Joint Force Headquarters, were tasked with



coordinating training and the exercise itself, which initial planning began in January of this year. Dodson mentioned that coordinating with three wings to get everyone here in such a short amount of time was a challenge, but it all came together.

"I didn't expect for everything to go so smoothly, which basically attributes to the quality of individuals that were selected or volunteered to be on the planning committee for the exercise," Dodson said.

Many Airmen also commented on how helpful it was to meet their counterparts and interact with them. Malone mentioned several times to invest in networking, because it really helps out. He explained that it is great to have someone to call when something cannot be figured out.

Maj. Gen. Terry M. "Max" Haston, the Adjutant General of Tennessee, and Brig. Gen. Donald L. Johnson, Assistant Adjutant General, Air, arrived a day before the training concluded to meet with Airmen and hold a leadership symposium. Both Haston and Johnson emphasized suicide prevention and the need for Airmen to

Senior Master Sgt. Cory Croegaert, First Sgt. for the 134th Air Refueling Wing Security Forces and Maj. Art Douglass, Commander for 134th Air Refueling Wing Security Forces (left), head up the land navigation course during a training exercise here. Members of the Tenn. Air National Guard (above) participate in a land navigation class as part of a training exercise. The 118th Wing based in Nashville, the 164th Airlift Wing based in Memphis, and the 134th Air Refueling Wing based in Knoxville were all represented in the exercise, which emphasized in teamwork and partnership amongst the three Tenn. wings. (U.S. Air National Guard photos by Tech. Sgt. Jonathan Young)

(Members Train, Cont. on Pg 5)

look after each other. Haston also explained that there isn't a problem that cannot be resolved among troops and leadership. He explained that his door is always open and went as far as holding up his cell phone and giving out his number. He said "if there's a problem, it will get fixed".



Maj. Gen. Terry M. "Max" Haston, the Adjutant Gen. of Tenn., holds up his buddy card emphasizing the importance of protecting members of the Guard from suicide during a Tenn. Air National Guard training exercise. Suicide prevention is one of Maj. Gen. Haston's top priorities and he gave examples of how there have been documented cases where concerned wingmen have prevented tragedies by acting on concerns. (U.S. Air National Guard photo by Tech. Sgt. Jonathan Young)

Johnson spoke about the Air Mission within Tennessee and how it affects everyone in the state. He explained how some cuts need to be made and how the force needs to adapt to budget constraints. He also mentioned moving to make the Tennessee National Guard joint and the role the Air Guard plays in that. He said finding the right missions is key to keeping the wings in Tennessee. Johnson gave an example by highlighting what a great mission air refueling is for the Guard. He further elaborated on the great success the 134th Air Refueling Wing has demonstrated in that arena since 1976. The Wing's proven record of excellence has been a great benefit to the State of Tennessee.

Both leadership and Airmen agreed on the success of the training exercise and hope similar opportunities arise, where all of the Tennessee Air National Guard can work together to strengthen the state's air component.

ENVIRONMENTAL MANAGEMENT SYSTEM (EMS)

Submitted by Capt. Jack Carley, 134th Environmental Manager

Protecting the environment is one of our highest priorities and will be a major factor in decision-making. The 134th Air Refueling Wing located at McGhee Tyson Air National Guard Base is dedicated to the continued improvement of our processes to prevent and reduce waste generation, with particular focus on regional air quality non-attainment for 8-hour ozone and PM 2.5 standards. The Wing endorses the development and execution of an installation-wide EMS and a commitment to compliance with federal, state, and local environmental laws and regulations. Our mission is to provide air operations and support in response to any call of the military command structure.

The 134th ARW Environmental Policy Statement, "SOAR":

- Set Objectives. We will fulfill or exceed our environmental objectives to improve operational readiness.
- Obey requirements. We will comply with environmental regulations while reducing compliance costs & liabilities.
- Achieve improvement. We will continuously improve our programs and processes.
- Reduce Pollution. We will reduce or eliminate the use of hazardous materials and releases of pollutants, while encouraging recycling.

U.S. Air Force Medal of Honor Recipient - Maj. Jay Zeamer Jr.

Article Courtesy of National Museum of the US Air Force

ZEAMER AND THE 'EAGER BEAVERS" - TENACITY OVER BOUGAINVILLE



Capt. Jay Zeamer, Jr. (photo courtesy of the National Museum of the U.S. Air Force)

“Jay Zeamer and his crew performed a mission that still stands out in my mind as an epic of courage unequaled in the annals of air warfare.”

- Gen. George Kenney, 5th Air Force Commander

Capt. Jay Zeamer’s remarkable crew was the most highly-decorated aircrew in history. Zeamer and the bombardier, 2nd Lt. Joseph Sarnoski, received the Medal of Honor, while seven other members of the crew were awarded the Distinguished Service Cross, the Nation’s second highest honor. Nearly all received the Purple Heart for wounds sustained in combat.

In the spring of 1943, a 43rd Bomb Group crew headed by Zeamer salvaged a wrecked and bullet-ridden B-17E and fitted it with extra machine guns -- 19 in all. Nicknamed the “Eager Beavers,” they regularly volunteered to take their B-17E Old 666 on the most dangerous missions, including a seemingly impossible one on June 16, 1943.

In preparation for a planned major amphibious landing, they flew 600 miles unescorted over open sea to photograph Buka and Bougainville islands. While passing over Buka, about 20 Japanese fighters took off to intercept the lone aircraft. Rather than break off the mission, however, Zeamer continued on. As the crew

finished the photo run down the coast of Bougainville, the first of several vicious, coordinated attacks began. Zeamer and his crew desperately fought against overwhelming odds to bring back their B-17 and its precious reconnaissance film.

During the first attack, the bombardier, Sarnoski, shot down a Japanese fighter, but he was knocked back by cannon fire. Although mortally wounded, he crawled back to his gun position and shot down another Japanese fighter before collapsing. He had been scheduled to go home just a few days later.

Zeamer maneuvered the B-17 to shoot down a fighter with a fixed gun in the B-17’s nose, but cannon fire shattered his left knee, paralyzed his legs, and caused profuse bleeding. Enemy fire also shot the rudder pedals away, started a fire, and disabled the hydraulic, oxygen, and interphone systems. Zeamer refused medical attention, and continued to forcefully maneuver the aircraft while the crew, many of whom were also wounded, fought back.

Finally, after 45 minutes of continuous combat, several Japanese aircraft had been shot down, and the attacks ceased. For the rest of the flight, Zeamer passed in and out of consciousness from blood loss. The B-17 had received nearly 200 machine gun and five cannon hits. The flaps and brakes were inoperable, but Zeamer managed to land the aircraft at Dobodura without further injury. With about 120 metal fragments in his body, Zeamer’s life hung in the balance for several days, but in the end, he survived.

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

A Look Back...



(photo from archive)

First Sergeant Position Open for 134 ARW Medical Group

There is a vacancy at this time for the position of First Sergeant (Master Sergeant) at the 134 ARW Medical Group.

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 322221
- 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 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
- Current PT score print off

Submit your application to the 134 Command Chief, Chief Master Sgt. Richard Parker no later than Wed., Jul 16th, 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 July 18th, 2014. Applicants will need to be prepared to perform their fitness test prior to this date.

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. Richard Parker, the Wing Command Chief Master Sergeant.



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, 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>



A1C JACOB WHITTEN
134 MXS



A1C EZEKIEL HOLDEN
134 CES



A1C NATHAN RUDDER
134 MXS



A1C DAMIEN HODGE
134 CES



A1C MOIRA WARE
134 CES



AB DALTON STEAKLEY
134 MXS



INFORMATION ASSURANCE

Information Assurance Awareness: Mitigating Risk Through Knowledge

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



How to guarantee your Android phone isn't spying on you...

Last week, a developer revealed to the world just how easy it is for a nefarious hacker to use your Android phone to spy on you. With some simple code that utilized a serious security hole, the developer was able to create a program that caused an Android handset's camera to covertly capture photos on command, and then transmit those photos to a remote server without the user ever knowing. The idea that your smartphone might be taking photos of you and sending them to a hacker without your knowledge is absolutely terrifying. But as it turns out, there's an app that can guarantee your phone isn't spying on you. Shortly after our story about the aforementioned security hole was published, we were contacted by app developer Ziklag Systems. The company has created several security apps for the Android platform, but one in particular could be of interest to those who want to go the extra mile in order to ensure their privacy isn't being violated by their own smartphones. Dubbed Office Anti-Spy, Ziklag's app basically puts your Android phone in a locked down mode that disables most functions. Apps can no longer transmit data, the camera and mic are no longer accessible, and any attempts apps might make to access any system functions are blocked. Incoming phone calls and text messages will still be received while Office Anti-Spy is enabled.

Read more here:

<http://news.yahoo.com/guarantee-android-phone-isn-t-spying-155621233.html>

Broad Data Classifications in the National Security Environment

"This month a series of things to remember to properly safeguard our Sensitive Unclassified and Classified information. Remember to always think about the classification level or potential classification level of the information you are handling. One piece of information in and of itself may not be classified, where more than 2 specific pieces together could make it classified secret."

Unclassified Information:

- Avoid sharing sensitive information using shared applications (e.g., SharePoint, Google Docs)
- Do not post sensitive (e.g., CUI) information on shared folders or publicly accessible sites
- If building security:
 - Is provided, store FOUO/CUI in a cabinet or drawer
 - Is not provided, store FOUO or CUI in locked drawers or secure containers

Classified Information:

- Must use in area with security appropriate to classification level
- Must store in a GSA-approved vault or container when not in use
- Only grant access to recipients who have:
 - Appropriate level security clearance,
 - Signed, approved non-disclosure agreement, and
 - Need-to-know.

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



HRA MINUTE

Traditional Vacancy for 134 ARW Human Resource Advisor

There is a projected traditional vacancy at this time for the 134 ARW Human Resources Advisor.

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 Sergeant. The position is promotable to Senior Master Sergeant.

Human Resources Advisor:

1. Specialty Summary. Human Resources Advisors advise and assist ANG senior leadership on strategic initiatives that directly affect organizational culture and on the development and effective utilization of all Airmen in the ANG. HRAs are responsible for working with key individuals in the human resource process to achieve force management, force development and diversity objectives within the organization.

2. Duties and Responsibilities:

2.1. Develop and maintain liaison and facilitate team relations with the Wing Commander, Vice Commander, Executive Officer, Equal Opportunity Officer, State and Wing Command Chief Master Sergeant (CCM), Unit Career Advisors, First Sergeants, Recruiters, Retention Office Manager, Chaplain, Family Support Services, Yellow Ribbon Program Coordinators, and Community Leaders.

2.2. Chair the wing Cultural Leadership Council to address cultural and diversity initiatives throughout the Wing.

2.3. Develop and implement a Goals and Objectives (GO) Plan, which is relevant, measurable and aligned with the Wing Strategic Plan to support mission readiness in areas of diversity, force development and force management.

2.4. Utilize available databases to produce base demographics reports to support force management and diversity situational awareness.

2.5. For a complete listing of Duties and Responsibilities of the Wing HRA, Please review ANGI 36-2110, THE HUMAN RESOURCES ADVISOR

3. Specialty Qualifications:

3.1. Mandatory Requirements for appointment to Wing HRA position: Attend the ANG Human Resources Advisor Orientation Course within 12 months of appointment to wing HRA position is mandatory. Failure to complete the course requirements within 12 months of validation can result in removal from the position. Selectee will retain his/her primary AFSC.

4. Remarks.

4.1. Reports to the Wing Commander. Length of the initial tour will be for three years.

4.2. The HRA positions are controlled grade positions funded for Traditional Guard only.

IAW ANGI 36-2110, Military Technicians or Active Guard Reservists are not militarily compatible or eligible to fill the HRA position.

4.3. Promotion within the HRA position cannot take place until the individual is formally validated by NGB/CFT IAW ANGI36-2110, THE HUMAN RESOURCES ADVISOR.

4.4. Selection Method. The 134 FSS/CC will review all packages prior to any applicant meeting the selection board. Only qualified applicants will be forwarded to the board.

4.5. Date of HRA appointment is effective upon final validation of manpower requirements and the approval of the Program Manager.

How to Apply:

Prepare the following documents:

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

-Letter of Recommendation from your current unit Commander

-Current Fitness Assessment

-Current RIP

Submit your application to the 134 FSS/CC (Chief Master Sgt. Ricky Wise) no later than Sunday, June 8th, 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 chaired by Chief Master Sergeant Rich Parker will be announced at a later date.



MEDICAL SCHEDULE

SATURDAY UTA

0815-1130 HOURS

0830-0850 HOURS

0830-1130 HOURS

0830-1130 HOURS

0830-1130 HOURS

0900-1100 HOURS

1000-1100 HOURS

1130-1230 HOURS

1230-1430 HOURS

1300-1430 HOURS

1300-1400 HOURS

PHAS

FITNESS FOR DUTY EVALUATIONS

NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)

IMMUNIZATIONS

QNFT TESTING

ALL DEPLOYMENT PROCESSING/ANAM TESTING

FITNESS TESTING EVALS

LUNCH

SCHEDULED WAIVER/MEDCON/LOD APPOINTMENTS

IMMUNIZATIONS

DEPLOYMENT HEALTH ASSESSMENTS

SUNDAY UTA

CLOSED FOR TRAINING WITH EXCEPTION OF FOLLOWING TIMES:

0830-0850 HOURS

FITNESS FOR DUTY EVALUATIONS



U.S. Air National Guard photo by Staff Sgt. Ben Mellon, 134 ARW Public Affairs

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

Stress. The topic of stress is often raised as a major source of issues in our society today. Almost every illness and evil has at some point been blamed on stress. The military even makes it a point to be aware of which jobs tend to be more stressful and make sure there are processes in place to monitor and alleviate those workers stress levels. What is the big deal about stress? Everyone has it and everyone deals, right? Unfortunately, there is more to it than that. Stress raises the levels of a hormone called cortisone in your body. An increase in these levels lessens the body's ability to fight off illnesses and disease, increases the risk of high blood pressure, high cholesterol, heart disease, depression and mental illness and decreases our ability to learn, think and respond. These issues, in turn, lead to more stress and decreased performance that affects not only the individual, but also the mission.

As I mentioned above, the topic of stress is everywhere these days and is truly a major focus of our leaders. There is concern that our airmen through all ranks are struggling to keep up with all of the various demands placed on them not only by the Air Force, but by general life. So many of us have so much on our plates, that we are only a few forced down days (illness, death in the family, etc) from losing control of our worlds. This is especially true in the Guard, where we balance not only the everyday demands, but also the military demands. In the past, I have addressed the immediate effects of stress (increased heart rate, insomnia, anxiety, etc) and how we can neutralize them (exercise, rest, proper nutrition, etc). With this series, however, I am more concerned with the overreaching causes of stress. We, as a society, seem to pride ourselves on being busy and while some are able to balance it all with seemingly no issues, more and more of us are expressing that our lives are not what we want, expected, planned for, etc. In my research into stress and lifestyle, I have come to believe that it is not so much how busy we are that brings us stress, but rather, what we are busy with. I believe that when people are busy with things they love and view as worthwhile, the busyness fades away and they just live. On the opposite hand, those whose days are calm and slow but not filled with things they love and value tend to be just as stressed as those with fully booked calendars. This is what I want to address not only for you all, but also for myself. I truly believe it's not so much lifestyle or level of busyness, but quality of content that determines our stress level.

Over the next few months, we will be leaving behind the minutia of specific circumstances or demands and instead, view stress as a big picture topic and look at identifying what in our life is non-negotiable and what can shift. We will intentionally determine what changes we can make so that our lives look more like the lives we want. To start this process, the first thing we each need to figure out what we want our lives to look like. Where do we want to spend our time and energy? In short, what is our life Purpose? Life Purpose can be thought of many ways, from spiritual, to philosophical, to a specific lifetime goal. It is how we think of ourselves, what we want to accomplish, leave behind and be remembered for. It can be as specific as "invent ____" or "become a ____" or as broad as "learn to really love" or "find balance" or "take care of the poor and hurting". It can be all about you or all about others or one specific other. It really comes down to, "When I'm on my death bed, what will matter to me?" Life purpose is extremely individual and only you can figure out what your Life Purpose is. That's why I'm not giving specific suggestions. Please take a few minutes and put some thought into it this month. This will be the plumb line for you for the rest of this series. All obligations, options, goals, plans and dreams will be placed up against this goal as we move forward in dealing with stress as a big picture topic.

In the coming months, we will discuss how to "shift" our lives so that everything (or almost everything) either moves directly towards our life purpose or aids us in being able to move towards our life purpose. We will discuss what is worth holding on to and what to let go of (again, in the big picture, not the minutia). Hopefully, we will be able to bring a little more balance to our lives and start to live how we want to live and with less stress.



FORCE PROTECTION CONDITIONS (FPCONS)

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

The Force Protection Condition system is mandated by the DoD & DA. FPCONS are progressive levels of security measures that are the foundation of all AT plans and orders.

FPCON NORMAL applies when a general global threat of possible terrorist activity exists and warrants a routine security posture. As a minimum, access control will be conducted at all DOD installations and facilities. The minimum FPCON for the U.S. Air Force is NORMAL.

FPCON ALPHA applies when there is an increased general threat of possible terrorist activity against personnel or facilities, and the nature and extent of the threat are unpredictable. ALPHA measures must be capable of being maintained indefinitely.

FPCON BRAVO applies when an increased or more predictable threat of terrorist activity exists. Sustaining BRAVO measures for a prolonged period may affect operational capability and military-civil relationships with local authorities.

FPCON CHARLIE applies when an incident occurs or intelligence is received indicating some form of terrorist action or targeting against personnel or facilities is likely. Prolonged implementation of CHARLIE measures may create hardship and affect the activities of the unit and its personnel. NOTE: Expect traffic delays coming onto MTAB.

FPCON DELTA applies in the immediate area where a terrorist attack has occurred or when intelligence has been received that terrorist action against a specific location or person is imminent. This FPCON is usually declared as a localized condition. FPCON DELTA measures are not intended to be sustained for an extended duration. NOTE: Only Key Essential (KE) and select Mission Essential (ME) persons will be allowed on MTAB during FPCON DELTA.

**IF YOU SEE SOMETHING / SAY SOMETHING
CALL 911 or 865-336-3091**



AROUND BASE

JEAA



The Junior Enlisted Advisory Association

welcomes all junior enlisted members to join the group. All E-1s through E-6s are encouraged to attend. Stay tuned for upcoming meetings!



ROCKY TOP DINING FACILITY

Saturday:

Sunday:

Swedish Meat Balls
Lemon Garlic Buttered Fish
Brown Rice
Mashed Potatoes
Pinto Beans
California Blend Vegetables
Gravy
Gumbo

Jerk Chicken Quarters
Cuban Roast
Steamed Rice
Black Beans
Roasted Carrots
Bhagi (Steamed Fried Spinach)
Gravy
Cuban Green Soup