



# THE VOLUNTEER



VOL. 14 NO. 09

134TH AIR REFUELING WING

SEPT 2014

## Fueling the Fight



A B2 Stealth Bomber aircraft from Andersen AFB, Guam is refueled over the Pacific Ocean by a KC-135R Stratotanker during a mission on Aug 7. Members of the 134th Air Refueling Wing recently deployed to Andersen AFB in support of operational sorties and on-going training missions. (U.S. Air National Guard photo by Staff Sgt. Ben Mellon, 134 ARW Public Affairs)



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**Sat 1300-1500**

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

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**Security Forces:**

**Mon/Wed/Fri 0800-1100**

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**Clothing Issue:**

**Mon-Thur CLOSED**

**Fri - 0700-1100 & 1230 - 1600**

**UTA Weekends**

**Sat 0830 - 1100 & 1215 - 1530**

**Sun 0730 - 1100**

**134TH AIR REFUELING  
WING CHAIN OF COMMAND**

Col. Tommy Cauthen  
**Commander**

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**Vice Commander**

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**Chief Master Sergeant**

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**Knowledge Operations**



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 1430 Sunday @ Wilson Hall**



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# 134TH AIR REFUELING WING FUELS THE FIGHT IN THE PACIFIC

By Staff Sgt. Ben Mellon, 134 ARW Public Affairs

More than 60 Airmen from the 134th Air Refueling Wing deployed to Andersen Air Force Base, Guam July 28. During this trip, the 134th ARW provided KC135-R Stratotanker refueling support for the Pacific Air Forces for training missions and operational sorties.

“The mission here is to stand up a tanker task force as a deterrent and show of force in the Pacific region,” said Col. Randall E. Gratz, Vice Commander of the 134th ARW. “There is a tanker presence here on Guam all the time and we are glad to be a part of it.”



Airman First Class Nicholas Wytrawal, Senior Airman Logan Shamblin, and Senior Airman Michael Lindsey, KC-135R Stratotanker maintainers check the tire pressure of the aircraft during a mission at Andersen AFB, Guam on Aug 7. Members of the 134th Air Refueling Wing recently deployed to Andersen AFB in support of operational sorties and on-going training missions. (U.S. Air National Guard photo by Staff Sgt. Ben Mellon, 134 ARW Public Affairs)

“We are averaging three missions a day and working six days a week, so I’d say we will complete about 115 to 120 different sorties whether training or operational while in Guam,” said Master Sgt. James Taylor, 134th ARW Maintenance Squadron 1st Sergeant.

While operations are on-going, the less noticed piece of the puzzle is the maintenance crews who are working around the clock to keep the birds in the sky.

“Those guys are out in the heat, humidity, and rain turning those airplanes getting them ready to fly,” said Gratz.

“There’s no way we could send this many airplanes conducting flying operations without maintenance support. We have the best maintenance support in the world in Knoxville, and I’m proud of those guys and gals. I love them to death.”

Operations and Maintenance are not the only vital career fields present that make the mission possible. “Besides Ops and Maintenance, we also have Judge Advocate, Logistics, Medical, Public Affairs and Communications here with us, and it takes everyone to complete the mission,” said Taylor. “Although it takes only pilots and maintainers to physically get the planes off the ground, all career fields are crucial for our personnel to complete the mission effectively.”

The 134th ARW works as a total force with other units both active and reserve at Andersen Air Force Base which has been vital to the success of mission. “The active duty side of it, through the 36th Ops Group here at Andersen, has been very supportive and helpful,” said Gratz. “They have permanent party staff here to support the transient aircraft and the bombers as well.”

A lot of times, Airmen do their job daily never knowing what impact they may have had, but each and every Airman on base plays a role in making sure that the mission is performed successfully. “It’s really neat knowing I’m a part of something much bigger than I am that could have worldwide effects without me ever knowing it,” said Airman 1st Class David L. Perry, 134th ARW Aircraft Structural Maintenance Flight. “It’s awesome to think that the aircraft I’m working on could be going to refuel a bomber that is headed to drop a payload somewhere, and that I directly affected that mission. It helps me to realize the importance of not just my role but everyone’s role here.”

# TENNESSEE TAG MARKSMANSHIP MATCHES OFFER OUTSTANDING OPPORTUNITY

By Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs

“Lock, load, watch and shoot...fire”. These were the all too familiar commands at the 2014 Tennessee Adjutant General (TAG) Marksmanship Pistol Match. The event was held at the Army National Guard Range in Tullahoma, Tennessee Aug. 14-17. The match is the first of two marksmanship proficiency training exercises this year for members of the Tennessee Army and Air National Guard. In past years both rifle and pistol matches were held at the same time, but this year they were scheduled separately so that more focus can be placed on training on each weapon system.

The purpose of the exercises is to provide training and promote marksmanship skills within the Army and Air National Guard. Service members from both branches come together to train with some of the most knowledgeable and talented marksmen in the nation. The match instructors are previous winners of state, regional and national championships making the training provided at the matches second to none.

Each match consisted of three days of training and competition. On the first day, the Soldiers and Airmen spent the morning in the classroom learning weapons safety, proper small arms techniques and fundamentals. They finished off the afternoon on the range with live fire exercises and hands-on training putting those techniques and fundamentals into practice. Shooting from different distances in the standing, kneeling, crouching and prone positions they were acclimated to the Beretta M9, which is the issued U.S. service pistol.

On the first day of training the soldiers and Airmen were visited by the Tennessee Adjutant General, Maj. Gen. Max Haston, and Assistant Adjutant General, Air, Brig. Gen. Donald Johnson at separate times during the day. Both were excited to see the Soldier's and Airmen's participation in the program. Recent budget cuts have affected many programs across the military and the TAG Match has not been immune. Both generals spoke briefly on the importance of the future of the match to the Tennessee National Guard and how cuts have decreased funding for the program.

“I appreciate you guys and gals coming out here and taking part in this event. It is a very important event”, stated Maj. Gen. Haston. He talked with the Soldiers and Airmen about the necessity of the training and the benefits of learning the fundamentals of marksmanship for all service members.

Brig. Gen. Johnson also stressed the high value of the training. He expressed his appreciation for the service members' dedication to making it to the event in spite of the funding cuts. “Thank you all for

coming out here and spending your weekend to take part in this event. I know some of you came out here on your own.” Brig. Gen. Johnson joined the soldiers and Airmen with his M9 service pistol for some range time during the first stage of live fire training. He received some pointers from one of the course instructors, Sergeant First Class Dave Keenom, a national marksmanship champion, on handgun techniques, fundamentals and range commands.

The second day consisted of a series of matches at different distances. During these matches scores are taken into consideration for qualifying service members for future invitational matches such as the Winston P. Wilson match and other similar events held throughout the year. Teams were formed and competition began with an Alternate Pistol Qualification Course (APQC). Next came the Excellence In Competition (EIC) match. The EIC match points can qualify service members for a permanent award in the form of a marksmanship badge that is authorized for wear in the service dress uniform. Finishing up the days competition was the Anti-Body Armor match which simulates engaging an enemy combatant wearing

(TAG Match, Cont. on Pg 5)



Brig. Gen. Donald Johnson, (top) Tennessee Assistant Adjutant General, Air takes some pointers on the Beretta M9 service pistol by Sergeant First Class Dave Keenom, TAG Match instructor, during a live fire exercise at the Tennessee Adjutant General Pistol Match in Tullahoma, Tennessee on Aug 15. Specialist Eric Vasilyev, 777th Maintenance Co. and Master Sgt. Kendra Owenby, 134 ARW Public Affairs (above) fire M9 handguns from the standing position during the EIC portion of the match. (U.S. Air National Guard photos by Master Sgt. Robin Olsen, Joint Force Headquarters, and Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)

body armor and conducting rapid fire engagements on multiple targets. This is a fast paced match that raises the stress factor by testing marksmanship skills and the shooter's accuracy and timing simultaneously.

Brig. Gen. Terry Ethridge, Director of the Joint Staff, Tennessee National Guard, visited the service members on the second day of the match. He echoed what Maj. Gen. Haston and Brig. Gen. Johnson had said during day one. He stressed the importance of marksmanship and how every service member should be proficient in these skills. During his visit, Brig. Gen. Ethridge was presented with the 2013 1st Place Team Combat Rifle plaque by the winning team to show their appreciation of his support of the program.

The third day consisted of a mini-Bianchi style match where teams are required to run a distance of 100 yards prior to assuming their battle positions and taking on the "enemy", which consisted of a series of steel targets, paper silhouette targets, and some long range targets thrown in for bonus points. During this timed match the Soldiers and Airmen were tested on their physical fitness, breathing control, and marksmanship skills in a battlefield environment.

Safety, which always takes top priority when dealing with weapons, was continually stressed throughout the course and there were many positive comments on how well the range was operated. Capt. Timothy Butler (Army), the range safety OIC, stressed the importance of making use of the valuable skills and training that the service members had gained over the past few days. "Take this new knowledge and training that you have learned back to your units and pass it on to the Soldier or Airman on your left or on your right." The idea behind the program is to train the ones who are available and then have those individuals carry their new skills and knowledge back to their units. It can only improve units as a whole since not every individual will be



Master Sgt. Kendra Owenby, 134 ARW Public Affairs, (above) fires an M9 from behind barricade during a live fire exercise at the Tennessee Adjutant General Pistol Match in Tullahoma, Tennessee on Aug 17. Staff Sgt Scott Cavin, 134 ARW Security Forces, (left) serves as a Range Safety observing another Airman's shooting techniques during the match. Safety is stressed throughout the course. Members of Team "Knox-Vegas" (lower left) display their 3rd Place trophy for a mini-bianchi match on the last day of the event. This match required a 100 yd run and shooting from behind barricades. From left to right, Sergeant Justin Marlow, CW2 James Guthrie, Master Sgt. Kendra Owenby, and Staff Sgt. Scott Cavin. (U.S. Air National Guard photos by Master Sgt. Robin Olsen, Joint Force Headquarters, and Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)



able to take advantage of the training first-hand.

Of the twelve Army and Air National Guard teams that competed this year, three took home awards to show for their efforts. The 1st Place trophy went to Nashville (Air), 2nd Place went to Memphis (Air), and 3rd Place was awarded to Nashville (Army). There were individual awards as well for the top shooters with the highest aggregate scores in the matches. A new test portion of the program this year was the mini-Bianchi style match where Memphis (Air) took 1st Place, Nashville (Army) placed 2nd, and Knoxville (Air) captured 3rd Place.

After the awards ceremony, Sergeant First Class Keenom addressed the Soldiers and Airmen before they departed for their home stations. "I hope everyone here will leave today feeling more confident in their marksmanship abilities; feeling like they are leaving with better marksmanship skills than they came here with a few days ago."

The Tennessee Adjutant General Marksmanship Match is an outstanding opportunity for Soldiers and Airmen of the Tennessee Army and Air National Guard to receive training from some of the best instructors in the military and strengthen their marksmanship skills. Joint-force events such as the TAG Match build camaraderie between the sister services making this a win-win program for all.



# AIR NATIONAL GUARD HAZ-MAT TEAMS PREPARE TO SUIT UP WITH LOCAL AGENCIES

Story & Photos by: Staff Sgt. Nicholas Carzis

"Great weather and a great facility, that's what Ventura has to offer like no other location in the country," said Oscar Soto, retired Senior Master Sgt. and former Installation Emergency Manager for the 146th Airlift Wing. "Putting on a hazmat suit, a person gets very warm, so no one wants to be doing that in 100 degree heat or in the humid southern states. We have nice temperatures plus the very best training center right here with the Ventura County Fire Department."

Eight Air Guard wings from five states came out June 12, 2014 to participate in Haz-Mat training and recertification. The Ventura County Regional Fire Training Center is renowned as being especially advanced training for hazmat first responders. There are several hazardous tanker and rail car accident and spill props; an industrial tank farm leak prop area; and a simulated methamphetamine lab, built inside a shipping container, and situated in a miniature orange grove.

146th Airlift Wing Vice Wing Commander Col. Brian Kelly joined in the games to get a first-hand look at what the training was about. Donning the hazmat suit which includes a self-contained breathing apparatus substan-

tial pack of equipment on his back, he aided in the recovery of a 180-pound training manikin during a search and rescue scenario.

"The experience was eye opening," Kelly said. "The training facilities here offer so many options for training scenarios, and create the ideal place to train our Airmen."

Soto remains involved with the Emergency Management programs at the 146th, and has been working side-by-side with Senior Master Sgt. Ruel Gadbury who now holds Soto's former position. He has worked and trained in many exercises like this, and he agrees that the training center is a great improvement.

"This was our third year of providing this type of training and units from California, Nevada, Arizona, Utah, Wyoming and Tennessee," said Gadbury. "This type of training directly reflects and meets the TAGS intent of providing support to civilian agencies in domestic operations."



## HAZ-MAT TEAMS CONT.

The training included scenarios for Airmen to practice methods of entering and exiting hazardous areas, worked with strengthening their communications out in the field, and the proper ways to decontaminate their Haz-Mat protective suits when returning from their mission. Overall Gadbury says he's happy with the results his Emergency Management team and the Ventura County Fire Department Regional Training Center have been able to provide.

"Oscar Soto has built a reputation of ensuring that trainees receive the training they expect, and more," said Gadbury. "Visitors constantly compliment the facilities and the hospitality of the 146th. The event is so popular that some visiting units make plans to return even before the event has concluded."

Air Guard units included California's 129th Air Rescue Wing, 144th Fighter Wing, 134th Air Refueling Wing, the 164th Airlift Wing from Tennessee, 152nd Airlift Wing from Reno, the 162nd Fighter Wing from Tucson, and the 153rd Airlift Wing from Cheyenne.



"The combination of the unique facilities that the Ventura County Regional Fire Training Center offers the ideal place to train emergency management teams across the Air National Guard."  
- Col. Brian Kelly





# COMMAND CHIEF'S CORNER



**Please join me in welcoming SMSgt Melissa Tavilla as the new Wing Human Resource Advisor and Tech. Sgt. Scott Prichard as the new Medical Group First Sergeant. Both bring a wealth of education and experience to their respective jobs and will be great assets to the Wing!**

- Chief Parker

**Name:** Melissa Tavilla  
**Hometown:** West Plains, MO  
**Organization & Duty Title:** (new) 134ARW – Human Resource Advisor  
**Time in Service:** 21 years

**Best Part of Your Job:** Advising and assisting with the professional development of our airmen so that they may have a meaningful and significant service. I took that right out of the regulation for the HRA program, ANGI36-2110. My satisfaction in the service has always come from motivating and encouraging people.

**Best Air Force Memory:** Deploying to Pakistan and Afghanistan in support of OEF. I was never more proud of being in the US Air Force or more impressed with the caliber of people that I met performing the mission there.

**Favorite Place:** Muir Woods National Monument

**Favorite Music:** Classic Rock

**Favorite Sport:** Hockey

**Favorite Food:** Indian Food

**Favorite Hobby/Hobbies:** Reading, working in the yard, kettlebell training

**Career Goals:** I would like to deploy again, play a significant role in force development, and I would like to retire as a Chief.

**Comment from Supervisor:** Senior Master Sgt. Tavilla has been a member of the 134th Medical Group for over five years currently serving as the Group's NCOIC of Medical Readiness and also the Group's Training Manager. She is without exception one of the most effective and professional Senior Noncommissioned Officers we are privileged to have on MTANGB today. SMSgt. Tavilla came to the 134th Medical Group with a wealth of knowledge and experience from serving over 15 years in Air Force Reserve where she excelled and was recognized as a Superior Contributor by the Air Force Inspector General's Health Service Inspection Team in 2009. She repeated that accomplishment in Sept 2012 when she was once again recognized as an Outstanding Performer by the Air Force Inspector General's Health Service Inspection Team and also earned the honor of being the recipient of the State of Tennessee Outstanding Senior NCO of the Year for 2012. She recently graduated as the Valedictorian of her class where she earned a Bachelor of Science Degree in Conflict Resolution and Legal Studies from Brenau University in Gainesville, GA—graduating with an impressive 4.0 GPA. SMSgt. Tavilla's very deserving promotion to the rank of Senior Master Sgt. through the State of Tennessee's Exceptional Promotion Program is indicative of the kind of character and determination required to excel in today's demanding environment. I have the utmost confidence that, Melissa will excel at every opportunity she is afforded and will "Raise the Bar" as she transitions into her new role as the 134th Air Refueling Wing's Human Resource Advisor.



**Name:** Scott Prichard  
**Hometown:** Cleveland TN  
**Organization & Duty Title:** 134th Security Forces Squadron, Security Forces Craftsman  
**Time in Service:** 16 Years

**Best Part of Your Job:** Working outdoors, in all types of weather!

**Best Air Force Memory:** My First TDY as a young airman to Germany. It was very exciting to go overseas.

**Favorite Place:** Neyland Stadium, on a fall Saturday afternoon!

**Favorite Music:** 80's music.

**Favorite Sport:** College football. Go Vols!

**Favorite Food:** Fried chicken.

**Favorite Hobby/Hobbies:** Fly fishing, hunting, and golf.

**Career Goals:** To retire from the Air National Guard one day knowing I had a positive impact on my fellow airman and NCO's.

**Comment from Supervisor:** After a tour with Civil Engineering, Tech. Sgt. Prichard came "back home" to the 134th SFS shortly after I was assigned as the Unit Training Manager. The timing for his return could not have benefited the unit more. I immediately recognized his experience and leadership abilities as that of a veteran and put him to work.

His ability to instruct and pass on his vast amount of expertise and knowledge, whether from his civilian career or military experience, has proven invaluable to our unit, in particular our younger airmen. TSgt. Prichard's attitude and eagerness encourages our young troops to want to learn more and to follow the example he sets. This was evident during a recent deployment to the Middle East where TSgt. Prichard served as a squad leader. The flight leader described Sergeant Prichard as serving more in a 1st Sergeant role due to the fact veteran and young airmen alike were constantly seeking not only his military advise, but personal advise as well. TSgt. Prichard's "can do" attitude and positive outlook are contagious amongst our unit members; his performance not only makes me stronger, but brings a strength to the 134th SFS that no one else could provide.





# INFORMATION ASSURANCE

## Information Assurance Awareness: Mitigating risk through knowledge



### Report: 50X Jump in Daily Average of Compromised Identities within UndergroundSoftpedia, 28 Aug 2014:

Delving into the muck of the underground forums ran by crooks, a risk intelligence company found that the criminal activity regarding the trade of personal individual records has increased from a 13,000 daily average to a 650,000 one. The data is provided by C6 Group and has been recorded with a focus on cities in the United Kingdom, over a period of two months, when researchers observed that the cyber crooks exchanged stolen emails, passwords, addresses, bank account numbers, passport numbers and dates of birth. Cyber gangs across the world have been seen browsing the pages of the online locations that cannot be found through the regular search engines. The price of the details varies from \$0.09 to \$50, depending on factors like the amount of information provided and the likelihood of successfully leveraging it, which is assessed based on a given score. Darren Innes, CEO of the company, said that passwords and data relating to credit and debit cards is the most valuable on the markets they monitor. Read more here:

<http://news.softpedia.com/news/50-Times-Jump-in-Daily-Average-of-Compromised-Identities-456503.shtml>

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

### TEMA: Be aware; Tennessee-based hospital network hacked, 4.5 million records stolen

BRENTWOOD, Tenn. — Community Health Systems, which operates 206 hospitals across the United States, announced Monday that China based hackers recently broke into its computers and stole data on 4.5 million patients.

Hackers have gained access to their names, Social Security numbers, physical addresses, birthdays and telephone numbers.

The company's hospitals operate in 28 states but have their most significant presence in Tennessee, Mississippi, Alabama, Florida, Oklahoma, Pennsylvania, and Texas.

CHS hospitals in the MidSouth include Helena Regional, Dyersburg Regional and Regional Hospital of Jackson according to WREG Chief Consumer Investigator Zaneta Lowe.

Anyone who received treatment from a network-owned hospital in the last five years — or was merely referred there by an outside doctor — is affected.

The large data breach puts these people at heightened risk of identity fraud. That allows criminals open bank accounts and credit cards on their behalf, take out loans and ruin personal credit history.

Community Health Systems hired cybersecurity experts at Mandiant to consult on the hack. They have determined the hackers were in China and used high-end, sophisticated malware to launch the attacks sometime in April and June this year.

The FBI said it's working closely with the hospital network and "committing significant resources and efforts to target, disrupt, dismantle and arrest the perpetrators. "

Federal investigators and Mandiant told the hospital network those hackers have previously been spotted conducting corporate espionage, targeting valuable information about medical devices.

But this time, the hackers stole patient data instead. Hackers did not manage to steal information related to patients' medical histories, clinical operations or credit cards.

<http://wreg.com/2014/08/18/tennessee-based-hospital-network-hacked-4-5-million-records-stolen/>

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





# 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>

## **Meet your IDS (Integrated Delivery System) Team**

The IDS is the action arm of the Wing's Community Action Integration Board (CAIB). Its sole purpose is to enhance resiliency by integrating and implementing outreach and prevention programs. Think of the IDS as the services part of the Wing. Below are the IDS team members along with their contact information:

Medical Group Deputy Commander – LtCol Lisa Godsey located in Medical Group Building 420. Phone number: 865-336-4274

Health Promotions- Captain Jennifer King located in Medical Group Building 420. Phone number: 865-336-4277

Suicide Prevention Program Manager – LtCol James Collins located in Medical Group Building 420 Phone number: 865-336-4277

MEO – Captain Tarren Barrett located in Wing Headquarters Building. Phone: 865-336-3222

Wing Director of Psychological Health –Ms. Elizabeth Arnold located in Medical Group Building 420. Phone: 865-336-4017/865-201-8129

Family Readiness- Steve Latham located in BX parking lot. Phone: 865-336-3107

HRA – SMSgt Melissa Tavilla located in Wing Headquarters Building. Phone: 865-336-3329

Safety – LtCol David Cline located in Wing Headquarters Building. Phone: 865-336-4239

Sexual Assault Response Coordinator – Captain Stephanie McKeen located in Wing Headquarters Building Phone: 865-336-3277

Chaplains located in Wing Headquarters Building

Phone: LtCol Jimmy Wilson: 901-359-7656 (cell) Major Rick Steen: 865-455-2931 (cell)

Major Derrick Wakefield: 865-314-4867 (cell)



### Free Financial Education and Retirement Planning Services

Provided by your Tennessee National Guard HRO – Take advantage of this valuable opportunity to learn more about how to plan for your retirement. Whether you are 20 years or one year from retirement, it is never too late to prepare.

Welcome **Hank Parrott**, <sup>ChFC, RFC, AEP</sup> and **FEFLA** in showing you how to maximize your TSP with asset allocation, plan your pension and benefits, and discuss many other important topics pertaining to your financial freedom in retirement!

# 16 SEPTEMBER 2014

## 0800 – 1100

**134 Air Refueling Wing  
Bldg. 102, Briefing Room**

We would like everyone who wants to participate to join us, and we encourage spouses of participants to attend, especially when it comes to the planning processes. Not only is it informative for you but it is also beneficial for your families to be involved and ask questions.

**Individual one-on-one sessions will be held on 17 September 2014 and 18 September 2014. Sign up for your session after the briefing.**

If you are unable to attend the briefing, please email [info@hankparrott.com](mailto:info@hankparrott.com), so we can set up a one-on-one session.

# JOIN US!

Services include  
TSP Allocations,  
Benefits Analysis,  
Estate Planning,  
Roth and  
Traditional IRA,  
401(k), 403(b),  
Inherited IRAs,  
Social Security,  
Insurance,  
Long-term Care,  
Annuities,  
Income Analysis,  
Veteran Aid &  
Attendance,  
And much more.

# FREE!

HANK PARROTT,  
CHFC, RFC, AEP

FEDERAL  
EMPLOYEE  
FINANCIAL  
LITERACY AGENCY

Email: [info@hankparrott.com](mailto:info@hankparrott.com)

16 September 2014

0800 – 1100



# MEDICAL SCHEDULE

## **SATURDAY UTA**

**0815-1130 HOURS**  
**0830-0850 HOURS**  
**0830-0930 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**  
**1400-1500 HOURS**

## **AUGUST/SEPTEMBER 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**  
**WING DTPAM CLASS (MDG TRAINING ROOM)**

## **SUNDAY UTA**

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

**0830-0850 HOURS**      **FITNESS FOR DUTY EVALUATIONS**  
**1230-1330 HOURS**      **IMMUNIZATIONS**



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

Over the past few months of discussing stress, we have focused on finding our life purpose and preferred life style pace with a view of changing our lives to better reflect ourselves. Now it's time to look at instituting said change. As with any process, the first step is to determine the problem. In this case, the problem is whatever it is that we need to shift to be satisfied with our lives. It's really easy to blame all our lifestyle imbalances on outside forces, but more often than not, we truly are the masters of our own world. Thus, I invite you to take a good look at your life and ask yourself "where am I now?"

Typically, we say that \_\_\_\_\_ rules our life, but our actions and activities show that something else rules our lives. For example, imagine I were to say that participating in new and exciting events is my main goal and that it is the one thing that rules my life. Yet, I frequently watch four hours of TV a day. Do my actions support my words? They do not. My actions show that relaxation and distraction are what rule my life. Do your actions support what you say is your life purpose? Do they fit into the preferred life style you have identified? If not, shifting things around could positively affect your stress level.

Recognize that while it's nice to think about what we would change with unlimited resources, very few of us will ever have unlimited resources. Thus, what can we change, shift or let go of to get our lives to where we want them to be without increasing resources? I recommend a method I read about called the "HGTV Style" of looking at life. Basically, you start with an empty room; return to it what is vital to said room (stove for a kitchen, bed for a bedroom, etc); bring back in your beloved items (handmade quilt from your Grannie or framed picture of that one awesome day) and add one or two new "show pieces". Applied to our lives, this analogy brings structure to the process of organizing our worlds. First, empty the clutter. We are going for the 20% of effort that provides 80% of results. To do this effectively, do not hold on to anything at this stage. Next, put back in the vital items, such as work, chores and mandatory obligations. Rarely is work an individual's passion, yet it's necessary to provide the things we need to be able to go after our passion, so it has to go back in the room. Next, keep what is beloved to you, be it time to quietly read or watch old movies, go running, play sports, camp, hike, spend time with family and friends...etc. Make room for the things that bless you and yours. Lastly, the "show pieces". What's that one thing you have always wanted to see or do, but haven't managed yet because you've been too busy with the clutter? Make it happen! For me, this would be dancing, learning a new instrument or hiking with my kids.

Some of the most common things cut out of people's lives when they start to intentionally look at what they are doing include mediocre TV, draining non-mandatory relationships, tasks that can be streamlined and obligations that aren't really mandatory. When it comes to making the hard calls, the "maybe if I have the time in the future" mentality is not allowed. It's either worth the time now to really do it or it's not worth it. If it's going to sit in your mind and take up space, it's not helpful to you even if the "eventual payoff" would be worth it. Remember, no one can do everything at once. Thus, set your goals and work towards them daily with both little and big moves. Over time, your world should start to look more like you would prefer and that should bring a huge sigh of relief!





# AROUND BASE

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## ROCKY TOP DINING FACILITY

### Saturday:

### Sunday:

BEEF STEW  
POLYNESIAN FISH  
STEAMED RICE  
PARSLEY BUTTERED POTATOES  
CARROTS  
BROCCOLI  
GRAVY  
VEGETABLE SOUP

PORK LOIN MEXICANA  
MEXICAN BAKED CHICKEN  
SPANISH STYLE BEANS  
MEXICAN RICE  
FAJITA STYLE VEGETABLES  
MEXICAN CORN  
CHILI



## PROMOTIONS

### TSGT

KING, ANDREW J 134 LRS  
GARNER, YOLANDA 134 MDG

### SSGT

PICKETT, KHRISTIAN G 134 SFS

### SRA

PAIDOUSIS, CAMERON M 134 SFS  
EASON, MOLLIE E 134 FSS  
CORDELL, MAKAYLA R 134 FSS  
CRIGGER, KEVIN A 134 AMS  
PALMER, COREY A 134 LRS

### A1C

COLLETT, LONNIE E 134 LRS

### AMN

HOOD, CHADWICK D 134 FSS

## 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. The JEAA meeting will be in the FSS break room on Saturday at 1400. Bring the most new members and win a prize! Hope to see you all there!

# 2014 Medal of Honor Convention

"Valor consists in the power of self-recovery, so that a man cannot have his flank turned, cannot be out-generalled, but put him where you will, he stands."

Ralph Waldo Emerson • Author



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**For more information go to:**

**[www.mohknoxville.com/2014-convention/](http://www.mohknoxville.com/2014-convention/)**