

VOL. 15 NO. 7

124TH AIR REFUELING WING

JULY 2015

F104 Starfighter Static Display Gets Makeover



An old familiar face is getting a make-over. Tail Number 60880, an F104 Starfighter static aircraft on display at the McGhee Tyson Base Exchange was brought down temporarily from it's perch on July 7. For a short while the aircraft seemed to fly once again with the assistance of two heavy cranes and some dedicated Airmen as they manuevered it onto a flatbed truck. A visual reminder of the active duty days at McGhee Tyson ANG Base, the aircraft will be remounted at it's original location after it receives a remodel and a fresh coat of paint. (U.S. Air National Guard photo by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs)



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"Volunteers Supporting and Defending America"



Mission Statement:
Federal: Project Global Reach
& Global Power in the interest of
National Defense by providing world
class personnel, vital Air Refueling
& Airlift capabilities for contingency
response & sustained combat
operations

State: Provide personnel and equipment to protect life & property during emergency response operations as directed by the Governor of Tennessee & the Adjutant General

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Sat 1200-1500

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

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Security Forces:

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McGhee Tyson ANG Base Welcomes New Director of Psychological Health

It is with great excitement that I introduce myself to you all! Some of you heard my intro at last drill, but for those of you that I may have missed, I'll share some tidbits about myself:

I began my Social Work journey in Virginia, graduating from VCU in 1993 with my Masters in Clinical Social Work. I am licensed and have been practicing within the field of Social Work for over 20 years at settings to include Inpatient Psychiatric and Medical Hospitals, Outpatient Psychiatric Facilities, Child and Adult Protection, Emergency Rooms, Middle School Counseling, the VA and, lastly, I taught at a local technical school in Wisconsin. In addition, I have established several businesses to include a State Certified Outpatient Family Practice, a Life Coaching Consulting Practice and an Equine Assisted Learning Center. In addition to serving at the Wing as the DPH, I am a Behavioral Health Officer for the WIARNG 132D BSB; Don't be surprised if you see me walking around in my Army uniform as some drills will overlap.

On a personal note, I have been married to my husband, Mark, for 21 years and we have three daughters. My oldest will be attending college this Fall and the other two will be at Hardin Valley Academy. Some of my hobbies include running, cycling, horseback riding, Triathlons and hiking, so feel free to forward to give me advice on places or groups to check out for TN adventures!

If you would like to chat, feel free to contact me: Stephanie Senogles, LCSW Medical Group, Bldg 420 865.201.8129, stephanie.senogles@us.af.mil



134 ARW RECIEVES ESGR SEVEN SEALS AWARD

The 134 ARW was recently Seven Seals awarded the Award. The Seven Seals Award is in recognition of significant individual or organizational initiative, achievement, or support that promotes and supports the Employer Support of the Guard and Reserve (ESGR) mission, to include the efforts of the more than 4,700 volunteers who carry out ESGR's mission across the Nation on a daily basis.



What Do You Know About the JEAA?

Submitted by Staff Sgt. Jordan Welch, 134 ARW Base Education

1. What does JEAA stand for?

Junior Enlisted Advisory Association - We are a non-profit organization that promotes professionalism in the enlisted corps through fostering and mentoring. As members, we encourage a spirit of camaraderie and unity of purpose according to standards, traditions, and customs of the United States Air Force and the Air National Guard. We seek to promote the general welfare, improve morale, quality of life, working conditions and recruiting at McGhee Tyson Air National Guard Base for all enlisted personnel. We also provide support to local community activities when called upon.

2. How much food did the JEAA collect for the food drive in March and where was it collected from?

We collected around 18 boxes of food (at least 1500 cans/pieces if not more). They were donations from each squadron. LRS was our top donator with 700 cans.

3. What were the start and end dates for the food drive?

We started the food drive in February after the Blount County Veteran's Affairs Office asked for help via Facebook. We closed it officially yesterday.

4. Is this the first time you guys have participated in this?

This is the first time as a group we have delivered food. However, last year we assisted and supported the TEC with their food drive for the Veterans Affairs office.

5. Is this something you will be doing in the future and if so, when is the next one?

Absolutely. Unfortunately hunger in our community is something that is year-round. The Veteran's Office especially seems to need assistance in the winter months with collections. I would love to make this a New Year food Drive every year, and we will definitely be presenting this idea in our next JEAA meeting.

6. Why did you choose this as an event?

I love the concept of serving those who have served us. I think it really speaks to the pride and dedication we all have in serving in the Air Force, and in the Air National Guard. This is just a small way we can say "thank you" to those who have come before us.

7. Is there any other important information to share about JEAA?

Membership in the JEAA is free and open to any enlisted individual rank E-1 through E-6. We meet every UTA Saturday at 1400 in the FSS Break room. We also have a JEAA Group page on Facebook. It is a closed group, so if you would like to be a member please send a request to Jordan.welch@ang.af.mil.

Also, because of the success of this food drive, and the high demand for food during the fall and winter months, JEAA will be doing another food drive for the Veterans Affairs Office starting 1 Aug to 8 Nov. Please see your JEAA Section Representative for more information, and for collection of canned and non-perishable food items.

The July UTA meeting will be held at 1430 in the FSS Breakroom on Saturday.

134 ARW Members Support Local Dragon Boat Race

Submitted by Chief Master Sgt. Jana Johnson, 134 MDG

On June 20 members from the 119 CACS, 134 FSS and 134 MDG participated in the 13th Annual Knox Area Rescue Ministries (KARM) Dragon Boat Races. For several of the members, it was their first time paddling in the event. The wind and rain held off for most of the day, but that didn't prevent Team Services, Personnel and Medical (S.P.A.M.) from getting wet on their maiden voyage. They capsized halfway through the first race. No one was injured and it made for a memorable day. Between the races, Master Sgt. (Ret.) Jeff Bridget and Master Sgt. Jan Bridget volunteered their time to cook for the teams. Maj. Uvalde Mendez and Tech. Sgt. Laura Morgan were the top two donation fund raisers for both teams.

Team S.P.A.M. and Blood, Guts and Paper Cuts performed well enough to take 1st place in the Civic/Government/Military division and 2nd place in the Tiger Division (mixed team), respectively. Over \$1000 was raised by both teams to benefit KARM's mission in providing meals, rehabilitative services and temporary housing to the homeless and disadvantaged population in Knoxville. Thank you to everyone who donated their time, money and resources to make this a successful event for our units!



Airmen Complete the Satellite Airmen Leadership Course

By Staff Sgt. Ben Mellon, 134 ARW Public Affairs



Nine students from the 134th Air Refueling Wing completed the Satellite Airmen Leadership School July 2 at McGhee Tyson Air National Guard Base, Knoxville, TN.

The Satellite ALS course is a five week intensive course that gives students in-residence credit for ALS. Students come to McGhee Tyson ANG Base for five consecutive weekends for four hours per day, then spend two weeks in-residence at the I.G. Brown Training & Education Center also located on McGhee Tyson ANG Base.

"This course is significant because it offers the students flexibility. For five weekends the members are able to come out here and still work at their civilian job during the week and only spend two weeks in residence versus six," said Jordan Welch, a satellite ALS facilitator at the 134th Air Refueling Wing. "It doesn't ask as much of their employer to give them time off to come and take this course."

This course is also significant because even though you are only spending two weeks at the end of the course in-residence, you gain full in-residence credit for taking the satellite ALS course.

"It is the more difficult path but you get full in-residence credit for taking the satellite course," said Welch.

In the satellite portion of the course Airmen are only in class with other students form their base. During the in-residence course students are intermingled with students from Air National Guard bases all over the United States. Some students felt it was a good thing because it allowed them to meet other airmen from their base in the first portion that they may not have been able to meet otherwise, while also getting the two weeks in-residence to spend time meeting airmen from other bases across the country.

"This Satellite ALS program I feel offers a more close-knit bond with other airmen from my base that I haven't met before," said Senior Airman Matthew Cross, a crew chief from the 134th Maintenance Squadron. "Also, it gives me the opportunity to meet and spend time with airmen from other bases and other units during our time in-residence.

There were six facilitators of the Satellite ALS course that voluntarily took this additional duty to come out here and spend the five weeks mentoring and training these Airmen during the course. They also had to go through the same training that the TEC instructors went through.

"There are six of us that volunteered to be facilitators here for the course. Five from the 134th Air Refueling Wing and one from the TEC. We all had to go through an intensive instructor school to be a part of this," said Welch.

Information Assurance Awareness: Staying ahead of cyber threats!



Classified Message Incidents & You

What do you do if you are sent an email that you suspect contains classified information?

Refer to: 134ARW/VA 33-200c; *Green-Red-Yellow card posted near your computers/phones

A CMI is a classified message that has been sent and/or received over an unclassified network. It can be in the body of an email or in an attachment.

Step 1 – Stop! If the system has wireless capability (laptop) turn off the wireless.

Step 2 – Disconnect the LAN cable unless otherwise instructed by communications personnel.

Step 3 – Secure the affected system(s) and or printers in a GSA approved container or vault, OR post someone with appropriate clearance.

Step 4 – Report Immediately! Use a secure phone or convey in person to your unit security manager or commander. Notify your CSA; if unavailable contact the NCC at ext. 4908 or the Wing IA at ext. 4936.

** Over unsecure channels use the acronym "CMI" do not discuss details via this method.

If you need our assistance or have questions please don't hesitate to call us. Always glad to help.

MSgt Dora Jennings, ext. 4924 TSgt Adam Huskey, ext. 4936 SrA Aaron Johnson, ext. 4925 Submitted by Senior Airman Aaron Johnson, 134th Communications Flt

Protecting Your Identity is a Never Ending Battle

Most of you are undoubtedly aware of the recent data breech discovered by the U.S. Office of Personnel Management (OPM) that may have exposed your personal information. Rest easy knowing that since the incident was identified, OPM has partnered with the U.S. Department of Homeland Security's U.S. Computer Emergency Readiness team to determine the impact to Federal personnel. OPM has already implemented additional security measures and will continue to improve the security of the sensitive information they manage. In light of recent events here are some tips for personal use in order to protect your identity and personal affairs and how to avoid becoming a victim.

- Be suspicious of unsolicited phone calls, visits, or email messages from individuals asking about you, your employees, your colleagues or any other internal information.
- If an unknown individual claims to be from a legitimate organization, try to verify his or her identity directly with the company.
- Do not reveal personal or financial information in email.
- Do not send sensitive information over the internet before checking website's security.
- Pay attention to the URL of a website. Malicious websites may look identical to a legitimate site.
- Install and maintain anti-virus software, firewalls, and email filters.
- If you are unsure whether an email request is legitimate, try to verify it by contacting the company directly. Do not use contact information from the email or any links attached to the email.
- Monitor financial account statements and immediately report any suspicious activity.
- Review these thinks for additional information:
- o www.identitytheft.gov

What to do if your identity is stolen

- o https://www.us-cert.gov/ncas/tips/ST04-013 Protecting Your Privacy
- o https://www.us-cert.gov/ncas/tips/ST04-005 Understanding Anti-Virus Software

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



Submitted by Lt. Col. James Blanton, 134 ARW IG

The January 2015 edition of the Volunteer told the story of New Hampshire Army National Guard LTC Raymond Valas' fall from being a decorated war veteran to convicted sex offender stemming from his involvement with a child prostitute.

Valas, an Army War College fellow at Syracuse University, testified at his trial that he brought the girl to his room to interview her for a research project on human trafficking. A jury convicted Valas of sex trafficking of a child. On February 27, 2015, a Federal U.S. District Judge in New York sentenced Raymond Valas to serve a 15 year prison sentence followed by 15 years of supervised probation. Valas, now 41 years old, will have to serve over 12 years of his sentence before being eligible for release.



The judge stated that he took Valas' 20 years of military service, loss of a \$120,000 per year salary, and potential \$80,000 per year pension as factors in his sentencing decision. The judge, while choking back tears, also remarked that Valas' special needs daughter, who now thinks her father is dead, was also greatly impacted by his actions.

If you suspect human trafficking in your area please contact your local law enforcement agency or the Tennessee Bureau of Investigation at 1800-TBI-FIND. If you have further questions about human trafficking or this article please contact Lt Col. James Blanton, 134 ARW/IGQ, CTIP Coordinator at 336-4444. Just as a reminder, for those scheduled for OCONUS TDY/deployment, you must have completed CTIP Training with the past 365 days (AFI 36-2931).

Photos by: Bob Owen, San Antonio Express; News photo from Syr.edu



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 Sqt. 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/equip, 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

McChiee Tyson air base Environmental news

SINGLE STREAM RECYCLING COMING SOON!

There are changes coming for the recycling program on base. At the end of July we will have a new recycling service provider, Rock-Tenn Recycling. The new service will no longer require segregating recyclable materials (Single Stream Recycling). That's correct, you can put your plastic (#1.7), tin, aluminum, paper (office and mixed), and cardboard (broken down)...

ALL IN THE SAME CONTAINER!!!

We will be using their service at no cost, but on a trial basis. So, let's keep non-recyclable material out of the recycling bins and recyclable material out of the trash cans and dumpsters. Unfortuantely they don't take glass, so take it to your local recycling center until we can handle it here. Also, please bring in your household recyclables and take advantage of this new, friendlier service. If you need additional containers or have questions please contact Environmental Management (336-4256) or send me an email at jack.carley@ang.af.mil

Please let's make recycling a success here at McGhee Tyson!

MTAB Environmental Management System (EMS) Awareness

CERT OBJECTIVES: We will fulfill or exceed our environmental objectives to improve our operational readiness.

CREST RESCURPTIONS We will comply with environmental regulations while reducing compliance cost & liabilities.

ACHIEVE INDIVIDUES We will continuously improve our programs and processes.

materials and releases of pollutants, while encouraging recycling.



SATURDAY UTA

0815-1130 HOURS JUNE/JULY PHAS

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

0930-1000 HOURS NEW ACCESSION ORIENTATION (MDG TRAINING ROOM)

0830-1130 HOURS IMMUNIZATIONS

0830-1130 HOURS QNFT TESTING

0900-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING

1000-1100 HOURS FITNESS TESTING EVALS

1130-1230 HOURS LUNCH

1230-1400 HOURS WAIVER/MEDCON/LOD APPS W /DOCS & PAS

1230-1430 HOURS DTPAM CLASS (MDG TRAINING ROOM)

1300-1430 HOURS IMMUNIZATIONS

1300-1400 HOURS DEPLOYMENT HEALTH ASSESSMENTS

1300-1430 HOURS DEPLOYMENT PROCESSING/ANAM TESTING

1300-1400 HOURS BALLISTIC EYEWEAR FOR DEPLOYERS (OPTOMETRY)

1300-1430 HOURS DEPLOYMENT PROCESSING LINE

SUNDAY UTA

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

1230-1330 HOURS IMMUNIZATIONS

1300-1430 HOURS CE DEPLOYMENT PROCESSING



PLEASE REMEMBER TO REPORT ALL MEDICATIONS THAT YOU ARE TAKING TO THE MED GROUP IMMEDIATELY!!!

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

"Its summertime summertime sum summertime!" Who doesn't love the summer with its trips and late nights and outdoors fun? Yet, while this season can be spectacularly fun, there are some safety concerns it would serve us well to spend a few minutes considering.

The most well publicized outdoors dangers this year hail from two totally different climates...beaches and brush. Can you guess them? Yes, it's sharks and ticks! In regards to sharks, the safety advice is pretty simple. Stay close to shore, ideally where your feet can reach the bottom, don't swim alone at dawn or dusk, limit splashing and stay away from shark bait (pools of fish, seals, etc). As concerns ticks, the best way to protect oneself from tick bites is to avoid overgrown areas, wear long sleeves and pants and be vigilant about checking every inch of yourself and loved ones, each and every night after any time spent outside. Once a tick is found, the most reliable method of removal is to grasp it as close to the skin as possible with a pair of fine tweezers and gently pull out, applying steady force without jerking or twisting. The goal is to remove the entire tick without squeezing its contents back into your skin. You want to use a magnifying glass to make sure you have the whole tick, including the head and mouth parts. Wash the area with soap and water and keep it clean until it heals. If you develop any redness, warmth, rash (especially one that looks like a bulls-



eye), pain, fever or feel sick within the next few days to weeks, see your doctor immediately and make sure they know about the tick bite. Rocky Mountain Spotted Fever, Lyme's Disease and localized skin infection are all effectively treated with antibiotics, but they must be started as soon as possible to avoid serious, possibly permanent or life threatening complications. Also, if the tick has a white spot on it (Lone Star Tick), there is a very small risk of developing a reaction to red meat that can be life-threatening, so pay attention during your next burger.

Aside from the current "hot topic" dangers, there are also things like drowning, sunburn and dehydration to consider. We covered drowning in detail a few summers ago, with the main focus being that it is not a loud, frantic, splashing type of event. Quite the opposite, drowning victims normally slip quietly under the water with less movement than gentle swimming and pass away before anyone notices anything is amiss (often even though the closest person is only a few feet away). Sunburn is one of those topics that has been beat to the ground, but it still remains one of the main contributing factors to skin cancer. According to a study cited by the Cancer Foundation in 2012, "over the past 40 years, rates of [melanoma (the most deadly form of skin cancer)] grew by 800 percent among young women and 400 percent among young men." This is a huge deal and based on the number of sunburns I've treated this past month alone, the word is still not getting out. Wear your sunscreen, reapply according to the bottle instructions and stay out of the sun during the peak hours between 10 am and 3 pm. This is such an easy injury to prevent! Now, on to dehydration. On a normal, non-sweating day, we should all be aiming for half our body weight in ounces of water consumption. That means if you weight 150 lbs, you should drink about 75 ounces of water a day and this does not include sugary, caffeinated or alcoholic beverages. You need to drink actual water to keep yourself healthy. If you're not urinating at least every few hours and your urine isn't clear to light yellow, you are likely dehydrated. If you think this is your normal, you're likely chronically dehydrated. In the acute state, dehydration leads to fatigue and headaches. If severe enough, it can lead to kidney failure, heat stroke, shock and death. Please drink your water! In closing, let's make this the best summer yet by preventing injuries and illnesses before they happen!

EMERGENCY REPORTING

By TSgt Jay Spry, 134th Fire Emergency Services Flight



You have just witnessed a car wreck on base and immediately think, "What should I do?" The normal reaction for airmen is to take charge and help out anyway possible. Although this is an admirable trait, it can sometimes cause additional problems.

Anyone witnessing an emergency on McGhee Tyson Air National Guard Base should call 911 from a base land line or dial 865-336-3091 from a mobile phone. This will allow the 911 dispatcher located at the Base Defense Operations Center (BDOC) to assess the nature of the emergency and deploy the appropriate emergency response forces to mitigate the situation.

Please do not attempt to determine what actions are required and then call individual work centers that you think can "fix" the problem. Doing so circumvents the emergency response process resulting in a

slower response time, increased asset damage, and greater risk to the public and first responders. When notifying 911, be prepared to give the location and nature of the emergency and a brief description of what is being witnessed. If you are in doubt as to whether it is a true emergency, err on the side of caution and call 911 or 865-336-3091.

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 – Lt. Col. Lisa Godsey located in Medical Group Building 420. Phone number: 865-336-4274

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

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

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

Wing Director of Psychological Health –Mrs. Stephanie Senogles located in Medical Group Building 420. Phone: 865-336-4017/865-201-8129

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

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

Safety - Lt. Col. David Cline located in Wing Headquarters Building. Phone: 865-336-4235

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

Chaplains located in Wing Headquarters Building Phone:

Lt. Col. Jimmy Wilson: 901-359-7656 (cell) Maj. Rick Steen: 865-455-2931 (cell)

Maj. Derrick Wakefield: 865-314-4867 (cell)

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 breakroom room on Saturday at 1430. Bring the most new members and win a prize! Hope to see you all there!

KNOW WHO TO CALL!

OPSEC

Capt. Shawn Poche (865) 336-4151

Combatting Trafficking in Persons & Wing Inspector General

Lt. Col. James Blanton (865) 336-4444

Sexual Assault Response Coordinator

Capt. Stephanie McKeen (865) 336-3277

Alt. SARC/TN Join Force Headquarters

MAJ. Scott Villeneueve (615) 347-9372

DoD Safe Hotline: 1-877-995-5247

Director of Psychological Health

Stephanie Senogles (865) 201-8129



Saturday:

Swedish Meat Balls Jer Lemon Garlic Buttered Fish Cu

Brown Rice Mashed Potatoes Pinto Beans

California Blend Vegetables Gravy

Sunday:

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

BASE SHRED DAY



FRIDAY, 17 JULY 2015

0900-1000 HRS

HEADQUARTERS PARKING LOT

A shredder truck will come out to the base and park at the HQ PARKING LOT. Paper-only items will be shredded on-site.

UNCLASSIFIED PAPER MATERIALS ONLY

POC: TSgt Regina Trivette, 336-4981 REGINA.TRIVETTE@ANG.AF.MIL