



# THE VOLUNTEER



VOL. 15 NO. 10

134TH AIR REFUELING WING

OCT 2015

## ICONIC ORANGE HANGAR GETS FACELIFT



By Senior Airman Melissa Dearstone, 134 ARW Public Affairs

The Phase Dock, or as many refer to it as the orange hangar, has been an icon to many people throughout the years here at McGhee Tyson Air National Guard Base. In April, new plans started for an 18 month renovation to give the hangar a facelift inside and out.

Modernization, energy efficiency and functionality are going to be the main highlights of the renovations.

"The hangar was transferred here in the early 1950's from California and is in desperate need of modernization and energy efficiency upgrades," said 1st Lt. Robert Ortmann, aircraft maintenance officer with the 134th Aircraft Maintenance Squadron. "The hangar will be brought up to the latest building codes, fire suppression systems for fighting an indoor aircraft fire and accessibility access."

Building codes and safety are not the only upgrades that will be addressed during this re-model, a lot of physical features are changing as well.

Ortmann said the hangar will receive a new roof, renovated bathrooms and locker rooms and a more efficiently laid out office space.

The outside of the hangar is also changing and will no longer be the iconic Volunteer orange.

"We can't get orange paint that won't fade," said Ortmann. "A dark gray color will only fade to a lighter gray, however, the corners of the hangar will maintain some heritage by being painted orange checkerboard."

Once the extensive renovation is completed, it will help Airmen become more effective with the 134th Air Refueling Wing mission.

"This update will provide a much needed tool room, allow us to locate shops in a manner that makes geographical sense and will provide much needed creature comforts like expanded shop space," said Lt. Col. Jason Brock, commander of the 134th Aircraft Maintenance Squadron.

Brock said that the 134th Civil Engineering Squadron has been a huge help during this project and they are more than grateful for the opportunity to freshen up and modernize their existing hangars.





# "Volunteers Supporting and Defending America"

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**Chief Master Sergeant**

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Col Burl Lambert - Maintenance  
Col Russ Gaby - Support  
Col Jeff King - Medical  
**Group Commanders**

Maj Gary L Taft  
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Air National Guard photos by Master Sgt Kendra Owenby, 134 ARW Public Affairs

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

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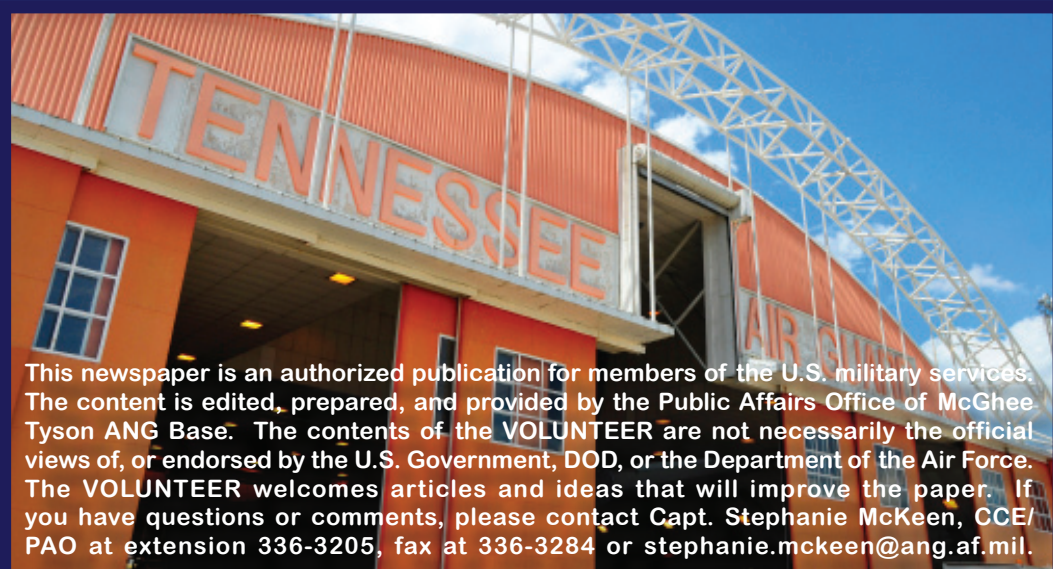
**Mon-Thur CLOSED**  
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Photos by Master Sgt. Kendra M. Owenby, 134 ARW Public Affairs



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# MAINTAINING THE WARRIORS

By TSgt. Jonathan Young, 134 ARW Public Affairs

Members of the 134th Air Refueling Wing received flu vaccines all over the base during the September drill. Members of the medical group were busy in the clinic along with going out to different shops to administer the vaccines.

Troops lined up as they were efficiently processed and vaccinated in different areas. 1st Lt. Cassie Malone is the Officer In Charge of immunizations and said the medical group has already administered over 500 flu vaccines.

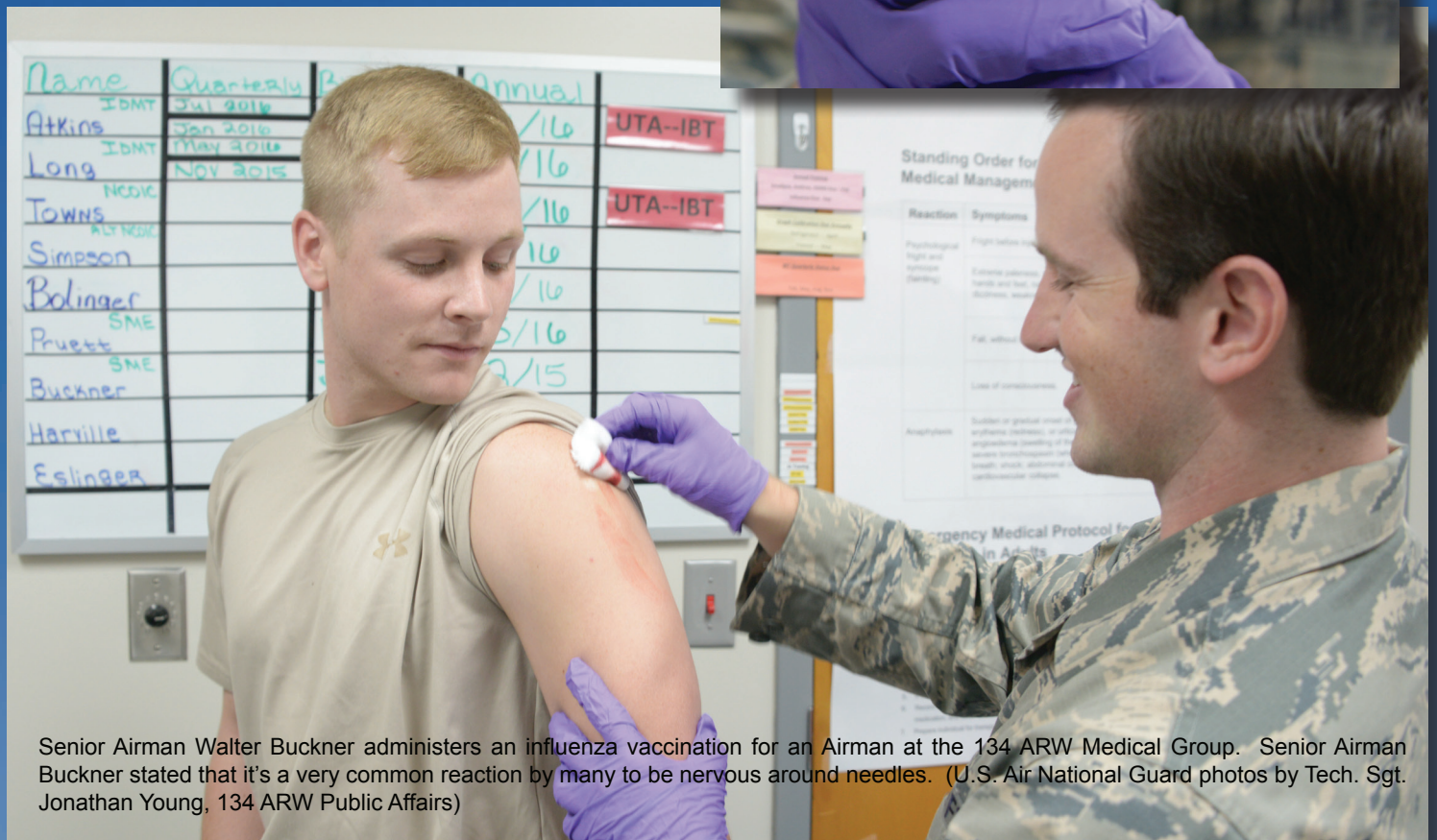
"None of them really want shot," said Malone, but said the medical group tries to make it as fun as possible.

The clinic on an average drill day gives 50-60 immunizations on top of all their other responsibilities. Malone is a nurse in her civilian job and said that knowledge is very helpful working in the clinic.

Airmen are grateful for the the care they are given, but are often nervous. Airman 1st Class Amanda Wasson said,

"It wasn't that bad, but I was freaking out at first."

They were really nice and took good care of me, she added. Senior Airman Walter Buckner said that people are usually nervous and say funny things, and he's heard most of them. The most common is when he asks Airmen if they have any allergies. Many will pause and then say, "yes -- needles."



Senior Airman Walter Buckner administers an influenza vaccination for an Airman at the 134 ARW Medical Group. Senior Airman Buckner stated that it's a very common reaction by many to be nervous around needles. (U.S. Air National Guard photos by Tech. Sgt. Jonathan Young, 134 ARW Public Affairs)

# EMAIL AUTHENTICATION

The new email system is frequently disconnecting and asking for your PIN. This does not mean that your email is broken, configured wrong or that there is a problem with the network.

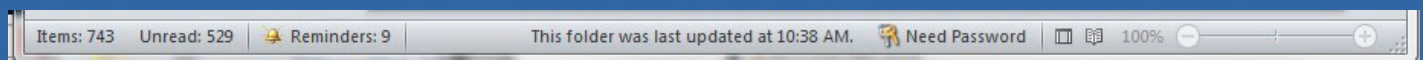
The DEE mail system requires you to re-authenticate approximately every 15 minutes. If you don't enter your pin, you will be disconnected and not receive email updates until you enter your pin. It also disconnects you when it perceives a period of inactivity.

Below are screenshots of the bottom bar of your Outlook window.

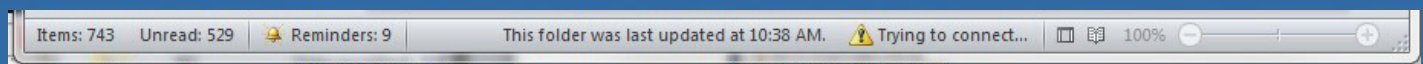
This is what your bar should look like if you are successfully connected. "All Folders are up to date"  
"Connected to Microsoft Exchange"



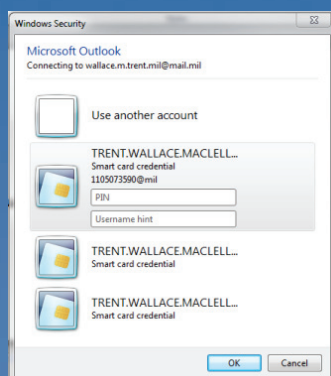
If the bar looks like this... Click "Need Password"



The bar should now change and say "Trying to connect"



Soon, a box will pop up asking for your PIN (PIV users must choose their PIV cert when entering their PIN). Once you enter your PIN, the status bar should change back to "All Folders are up to date"  
"Connected to Microsoft Exchange".



**Note:** Please also pay attention to your junk email folder. It is possible that people could be sending you emails and they go straight to the junk folder before hitting your inbox.





# INFORMATION ASSURANCE

## Information Assurance Awareness: Risk Avoidance through Education!

Submitted by Senior Airman Aaron Johnson, 134th Communications FT



### Tips For Avoiding Credit Card Fraud As We Approach The Holidays

- \* Before using the site, check out the security/encryption software it uses.
- \* Make sure you are purchasing merchandise from a reputable source.
- \* Obtain a physical address rather than simply a post office box and a telephone number, and call the seller to see if the telephone number is correct and working.
- \* Send an e-mail to the seller to make sure the e-mail address is active, and be wary of those that utilize free e-mail services where a credit card wasn't required to open the account.
- \* Check with the Better Business Bureau from the seller's area.
- \* Check out other websites regarding this person/company.
- \* Don't judge a person or company by their website. Flashy websites can be set up quickly.
- \* Be cautious when responding to special investment offers, especially through unsolicited e-mail.
- \* Be cautious when dealing with individuals/companies from outside your own country.
- \* If possible, purchase items online using your credit card, because you can often dispute the charges if something goes wrong.
- \* Make sure the transaction is secure when you electronically send your credit card number.

### Social media guidelines: Some tips that we should all take into consideration!!

#### *Stay Within Regulations*

If it falls under Air Force Instruction 1-1, "Air Force Standards," it applies. The guide emphasizes "you are always an Airman." Service members are personally responsible for what they say or post on social networking sites whether they are on or off duty.

#### *Keep It Safe*

Airmen should not post information about their deployments or photos of secure areas within their workspace. Don't post classified, sensitive or "For Official Use Only" information — troop movement, force size, weapon details, etc. Disable "geotagging" to conceal this information. Geotagging adds geographical identification data to photos, videos, websites and text messages through location-based applications. "It can be something as simple as sharing your location when visiting your favorite store or restaurant," Schusler said. "This tells your social network one critical piece of information — you're not home."

#### *Opinions Are Like ...*

If you're going to get into a heated discussion on a social media site, remember it's out there permanently. Even if you delete something quickly, someone has already seen it. The comments can be printed, screen captured, copied, etc. Don't argue, just correct the record. The guide states to make clear that these are your personal opinions, not of the Air Force.

#### *Know When To Take Action*

If an airman posts a statement about hurting themselves or others, time is of the essence. Contact 911 if you know this airman and their location; if you do not know this person's location, contact the command post or your supervisor for help finding the airman.

\*\*If you need our assistance or have questions please don't hesitate to call us. We're always glad to help!!

**Information Assurance POCs:**  
**Master Sgt. Jennings (865)336-4924**  
**Tech. Sgt. Huskey (865)336-4936**  
**SrA Aaron Johnson (865)336-4925**



# MEDICAL SCHEDULE

## **SATURDAY UTA**

**0800-0900 HOURS**

**0815-1130 HOURS**

**0830-0850 HOURS**

**0830-1000 HOURS**

**0830-1130 HOURS**

**0830-1130 HOURS**

**0830-1130 HOURS**

**0900-1130 HOURS**

**1000-1100 HOURS**

**1200-1630 HOURS**

**MXG SHOT TEAM @ MXG BUILDING 101**

**OCT PHAS**

**FITNESS FOR DUTY EVALUATIONS**

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

**IMMUNIZATIONS/FLU SHOTS**

**QNFT TESTING**

**DEPLOYMENT PROCESSING/ANAM/DHAS (BIDDLE)**

**WAIVER/MEDCON/LOD APPS W /DOCS & PAS**

**FITNESS TESTING EVALS (MACLELLAN)**

**TAILGATE**

## **SUNDAY UTA**

**0830-0850 HOURS**

**0900-1100 HOURS**

**1230-1330 HOURS**

**1300-1430 HOURS**

**FITNESS FOR DUTY EVALUATIONS**

**DEPLOYER INPROCESSING**

**IMMUNIZATIONS/FLU SHOTS**

**DEPLOYER OUTPROCESSING**



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 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

Happy Fall, Everyone! Typically, my October article addresses the dreaded flu season. However, this year, I'm going to switch it up and address the dreaded PT test. While I recognize that this is the "wrong time of year" for a PT article, I am concerned enough about this topic to bring it up now. For those of you who routinely read these articles, I'm sure you're thoroughly tired of hearing about PT as I've been harping on it for the past four years, literally! My very first article as Health Promotions officer, back in August of 2011, was about PT. There have been several since, but this article, this one is different. This isn't a cheerleading session to encourage everyone to keep on keeping on. This is a warning session. This is the article to make sure your buddies read. Things are changing; the leniency we have seen in prior years is no longer available to us and it is time to get serious.

First off, let's address that last statement out in the open. In the past, commanders had the ability to advocate for a member based on job competency. They could fight to keep a member despite a failing PT score based on stellar performance in other areas. This is no longer the case. While our command intent has not changed, their ability to advocate for us has. The PT standards are now being strictly enforced and it is out of our commanders hands. Put simple, if a member is outside of regulation requirements for their PT test, is not on a waiver and does not accomplish a passing score within the required time frame, that member will no longer be retained. End of conversation.

A brief moment of shop talk. If you have an injury or illness that is preventing your being ready for your test, that is what the PT waiver system is for. Please come to us at the Med Group and let us work with you on the matter. There is no penalization for having a PT waiver. There is penalization for failing the test because you didn't come forward for a justifiable waiver.

Now that that's out of the way, let's move on to the cheerleading. The PT test is a "doable" goal. It takes time, commitment, perseverance and effort, but it can be done. I speak from experience as I had my boys less than two years apart with two major abdominal surgeries to get them out. I lost my strength. I lost my stamina. I passed my run by 6 seconds. 6 seconds! It was a wake-up call for me that the "prep for 3 months and chill for 9" PT style of my first 10 years was not going to cut it for the next 10. I used the C25K program (free online), home workouts (gym or classes work as well) and a reasonable healthy eating program. It wasn't fun. It didn't feel good. Yet, four years later, my PT test is no longer in question. Now that I've gotten through the hard work of re-conditioning, I can see the benefits this lifestyle has brought to both myself and my family. I'm able to not only keep up with, but out-play my boys. My energy, stamina and strength are consistently better than I imagined possible and, at this point, I only do a 30 minute workout 4-6 times a week. This lifestyle change is worth it!

Notice, I didn't say it's easy...I said it's worth it. Not only will it keep you from an unnecessarily early discharge, it will pay off in the long run for your health. Our Wing DPH, Mrs. Stephanie Senogles is working hard to find additional resources for nutrition plans and workout programs for those who need them. Details will be coming in the next few months. I, as well as the other providers in the clinic, are available and happy to assist you if you have questions about nutrition or exercise. Base leadership are doing everything they can to be in the fight with us and give us the resources to make the necessary lifestyle changes. Please take this seriously and put in the work on your end. It really is important.



# THANKSGIVING DINNER & CELEBRATION

LET US CELEBRATE WITH GRATITUDE

NOVEMBER 15TH  
6PM

FBA FAMILY LIFE CENTER  
(across from the church)



819 Gilbert Street  
Alcoa TN 37701  
865.982.2661

## SPECIAL INVITATION FOR ALL VETERANS

FBA and its members are very proud of the men and women who are serving and who have served, and we are honored to offer this meal as a way to thank them in person.

This dinner is FREE TO ALL VETERANS; past or present, young or old. First Baptist Alcoa wants to serve YOU!

We encourage you to wear your uniform; however, it is not required. It would be our pleasure to have you join us!

**RSVP REQUIRED**  
FOR VETERANS

by website: fbalcoa.org  
by email: info@fbalcoa.org  
by phone: 865.982.2661



## HIRING OUR HEROES® U.S. CHAMBER OF COMMERCE FOUNDATION

### 2015 Hiring Our Heroes – Knoxville TN

*A Free Hiring Fair for Veterans,  
Transitioning Service Members, and Military Spouses*  
**Knoxville Convention Center**  
701 Henley Street, Knoxville, TN 37902  
Wednesday, October 7, 2015

**EMPLOYMENT WORKSHOP: 8:30 a.m.**

**HIRING FAIR: 10:30 a.m. until 1:30 p.m.**

A **Workshop** for job seekers that focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation, and interviewing will start at 8:30 a.m.

#### EMPLOYERS

Must register for FREE at [HiringOurHeroes.org/events](http://HiringOurHeroes.org/events)

#### JOB SEEKERS

Register for FREE at [HiringOurHeroes.org/events](http://HiringOurHeroes.org/events)

Thanks to our local partners:

- Greater Knoxville Chamber of Commerce
- And all of our other local partners

For registration questions, please email [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call 202-463-5807.



[HIRINGOURHEROES.ORG](http://HIRINGOURHEROES.ORG)

Find Hiring Our Heroes online:

Download the free Hiring Our Heroes mobile app! All our powerful tools and resources at your fingertips.

## 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 Villeneuve  
(615) 347-9372  
DoD Safe Hotline: 1-877-995-5247

**Director of Psychological Health**  
Stephanie Senogles  
(865) 201-8129





# RECRUITER'S CORNER

Submitted by the 134 ARW Recruiting Office

## Student Flight – Listen Up!

\*\*\***Pre-BMT class** – You will report to the FSS breakroom in the Headquarters building for roll call on **SATURDAY** of each drill at **1300**. This is a **mandatory** class (as directed by Col. Cauthen) until you ship out to BMT. You must report to roll call in order to get paid. Any absence must be cleared prior to roll-call through the recruiting office supervisor, Master Sgt. Curtis LaRue.

\*\*\***In-processing checklist - Saturday** at **1230** of your first drill weekend you are required to report to the Public Affairs/Multimedia Photo Studio (in the headquarters building) to have your **portrait** taken. This photo is **mandatory** in order to complete your in-processing checklist.

\*\*\***Security Clearance Process** - All new enlistees please ensure you have logged onto [www.opm.gov/e-quip](http://www.opm.gov/e-quip), to initiate your clearance. Once you have logged on, you have **60 DAYS** to complete this. This is a **mandatory** item. Failure to complete on time will result in a counseling session with the Force Support Squadron Commander, Lt. Col. Dean Thiele. Note: answer 'unknown' the first time and only the first time you answer the question 'place of birth.'

To Contact the Recruiters: Call DSN 266 or (865) 336-3242, 3257, 3258, or 3262; or go to: <http://www.134arw.af.mil/careers/index.asp>



Where: Base Track  
When: Saturday, October 3rd  
Time: 1100 – Until Tournament Ends  
What: Single Elimination Cornhole Tournament, \$20 Per Team/\$10 to buy back in (once) if eliminated. Prizes will be given to the first place winners!

To register send an email to:  
TSgt Crystal Crump  
([crystal.j.crump.mil@mail.mil](mailto:crystal.j.crump.mil@mail.mil))

Include the following information:  
-TEAM NAME  
-PLAYERS NAMES  
-SQUADRON

Registration closes EOD Oct 1st.

Where: Wingman Hall  
When: Saturday, October 3rd  
Time: 1300 – Until Tournament Ends  
What: Single Elimination Family Feud Tournament, \$20 Per Team

To register fill out information below Form (email the following information to TSgt Regina Trivette)

-TEAM NAME  
-PLAYERS NAMES  
(5 members to a team)  
-SQUADRON(s)

Registration closes EOD Sep 25th



# AROUND BASE



Psychological Health Program



## Wing Director of Psychological Health

*Available to Support You  
Professional Consultation & Referral  
Services are Free  
Dedicated to the Wing  
Confidential*



The Air National Guard's support of wartime efforts is stronger than ever before. You are asked to do more with less. It can take a toll on you and your loved ones.

### Contact Me Today!

Stephanie Senogles, LCSW  
Office Location: Medical Group Bldg, 420

865.201.8129 mobile  
Stephanie.f.senogles.civ@mail.mil



## ROCKY TOP DINING FACILITY

### Saturday:

Hamburger  
Hotdog  
Fish Patty  
Grilled Chicken Breast  
Fries  
Potato Salad  
Cole Slaw

### Sunday:

Grilled Polish Sausage  
Sauerbraten  
German Potato Salad  
Cottage Fried Potatoes  
German Sauerkraut  
Asparagus  
Gravy  
Soup

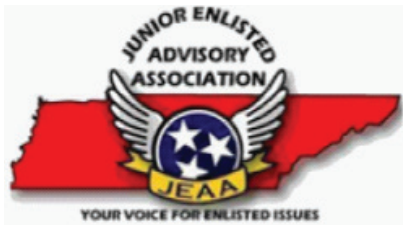
## Follow the 134 ARW on Social Media

Keep up with your fellow Airmen and their 134th Air Refueling Wing stories, photos and videos by checking out our FACEBOOK page and web site:

[www.facebook.com/134ARW](http://www.facebook.com/134ARW)  
[www.134arw.ang.af.mil](http://www.134arw.ang.af.mil)

Contact Public Affairs to become a UPAR today! (Unit PA Representative)  
Submit your articles, photos or videos to Public Affairs to help share your Air Guard story!

## 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!



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