



VOL. 17 NO. 9

134TH AIR REFUELING WING

SEPT 2017

McGhee Tyson 60th Anniversary Event Slated for Oct



Aerial photo of McGhee Tyson ANG Base. (Air National Guard photo and illustration by Master Sgt. Kendra Owenby, 134 ARW Public Affairs)

2017 marks the 60th Anniversary for McGhee Tyson ANG Base! The 60th Anniversary event will be held on Oct. 14 (Saturday drill). It will kick off with a formal ceremony held at the new McGhee Tyson Air Park.

The approximate half-hour ceremony will end with a formal retreat. Commemorative 60th Anniversary coffee table books, coins and t-shirts will be available for purchase (barring the books aren't already sold out online prior to that time).

After the ceremony there will be a social hour that kicks off at 1700 followed by a dinner at 1800 at the new "orange" hangar.

Tickets for the social hour/dinner and/or the commemorative coffee table book can be purchased online at <https://134arw60th.eventbrite.com>

The ticket prices are: Standard ticket (social hour / dinner) - \$20, Bundle ticket (saves \$5 and includes a coffee table book) - \$50, or the coffee table book, alone, is \$35. Tickets are first come, first served. The coffee table books are limited. Shirts (t-shirts, sweatshirts and polos) are available for purchase online at <https://134arw60th.itemorder.com/sale>. 60th Anniversary commemorative coins are also available for \$10 each. You can contact any member of the Chief's Council to purchase the coins.



134TH AIR REFUELING WING CHAIN OF COMMAND

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Col Lee Hartley
Vice Commander

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Col Jason Brock - Maintenance
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"Volunteers Supporting and Defending America"



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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Sat Drills 1300-1500
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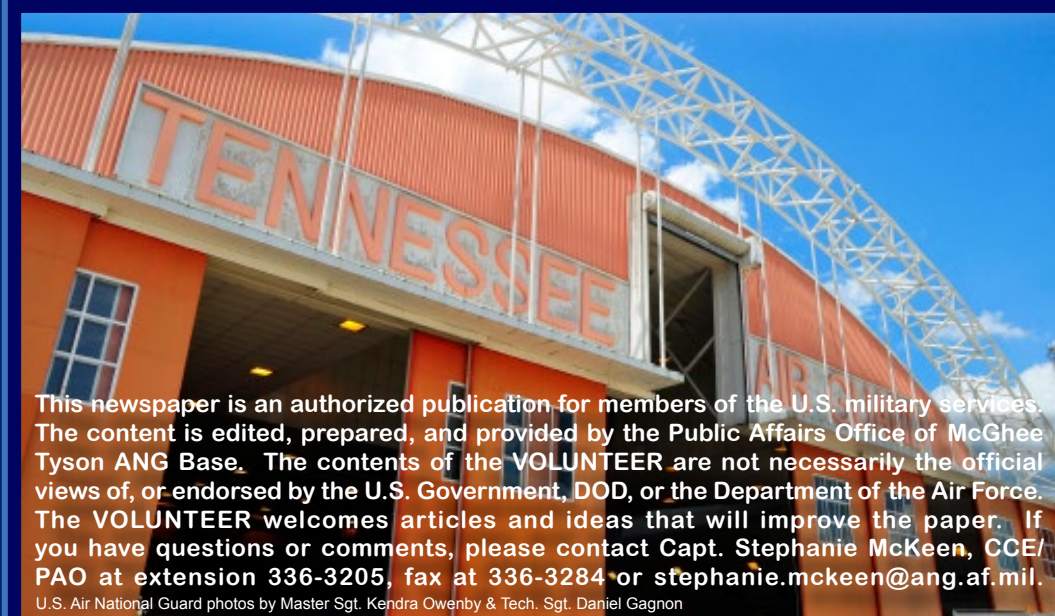
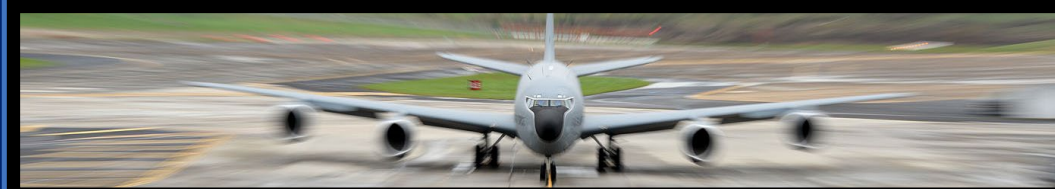
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Sat 0830 - 1100 & 1215 - 1530
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Clothing Issue: Customer Service Hours

May UTA Weekend
Thurs - Fri
0800-1100 1230-1500



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U.S. Air National Guard photos by Master Sgt. Kendra Owenby & Tech. Sgt. Daniel Gagnon

Strong Bonds Weekend Gives Airmen Opportunity to Laugh

By Tech. Sgt Daniel Gagnon, 134 ARW Public Affairs

MCGHEE TYSON AIR NATIONAL GUARD BASE, Tenn. (Aug. 5, 2017) – Air National Guard members from the 134th Air Refueling Wing, 119th Command and Control Squadron and 241st Engineering Installation Squadron laughed their way through the weekend as they participated in a Strong Bonds weekend in Gatlinburg, Tenn. May 19.

Laughter bellowed from the meeting room of the Edgewater Hotel throughout the weekend as married military couples watched videos of Mark Gungor; author of "Laugh Your Way" to a Better Marriage, discussed marital topics, and enjoyed the weekend in Gatlinburg.

The ANG Strong Bonds is a key resiliency and relational program designed to increase Airmen Warrior readiness by assisting commanders in building and strengthening the structure of ANG Families. The chaplain-led program embraces Gungor's humorous and informative perspectives on topics such as the differences of men and women's brains, improving communication, intimacy and the "Four Country" analogies: the lands of Control,



Staff Sgt. Chad Davis and his wife Kimberly (above) listen during a seminar at the Strong Bonds weekend in Gatlinburg, Tenn. Air National Guard members (upper right) from the 134th Air Refueling Wing, 119th Command and Control Squadron and 241st Engineering Installation Squadron participated in a Strong Bonds weekend in Gatlinburg, Tenn. May 19, 2017. The program is sponsored by the 134th ARW Chaplain's office. (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

Perfect, Peace and Fun country. Also, not to forget the "Nothing Box" and the "Flag Page."

"This seminar provides good information for better dealing with and understanding the marriage relationship," said Master Sgt. Norman Gaither, a material management technician from the 241st EIS. "It was good to meet and interact with people from the 134th and I'm looking forward to developing a working relation with Knoxville."

Participating Airmen enjoyed getting away for the weekend and identifying new aspects of marriage with their spouses.

"It gave me aspects of communication and dealing with conflict that I hadn't considered in seven years of marriage,"

said Staff Sgt. Caleb Hargraves, an engineering assistant from the 241st EIS. "Also, it gave us the chance to disconnect from the craziness of home life and have some peaceful time together."

The program can reveal why and how spouses may react to different every day issues.

"The information provided identified things about myself and spouse that were not apparent and explained why sometimes issues may occur," said Senior Master Sgt. William Ammons, electronic superintendent from the 241st EIS.

There are different personality backgrounds to be discovered and explained in the program, which promote connectivity in a marital relationship.

"The Strong Bonds Retreat introduced us to the different personality backgrounds people come with into a marriage," said Lt. Col. Todd Smith, senior duty officer from 119th CACS. "The retreat helped me understand the strengths and motivations that drive my wife and me. It is a great opportunity for married couples to focus on understanding their spouse's personality drive and how to work through inevitable conflicts."

"Above all, the content is focused on military families; addressing the challenges of schedules, deployments, moves, etc." said Smith. "I would recommend the weekend for all married TNANG married couples."

1st Sgt. Jason Graf, wing staff first sergeant from the 134 ARW, said Strong Bonds was an amazing opportunity for him and his spouse to connect and improve their relationship.

The next Strong bonds weekend is scheduled for October 27-29, more events are scheduled throughout the year. The program is sponsored by the 134th ARW Chaplain's office. For more information contact Chaplain Maj. Rick Steen, at 865-336-3217.

The Soldiers & Airmen of the

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Registration 11am - 1:30pm @ TN National Guard Armory | 1721 W. Lamar Alexander Pkwy | Maryville, TN
Kickstands Up at 1:30pm to Bootlegger Harley-Davidson | 605 Lovell Road | Knoxville, TN
Music Begins at 2:30pm @ The Back Porch on The Creek

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August 2017

24 - Southern Biker Magazine



Air Force Personnel Accountability and Assessment System

What is AFPAAS?

AFPAAS is the Air Force Personnel Accountability and Assessment System. It is a website designed to help Air Force personnel and their families directly affected by natural and man-made disasters.

- Update Current Accounting Status
- Update Contact/Location Information ("My Info" tab)
- Add/Remove Family Members
- Update Family Members Contact/Location Information

How does AFPAAS Work?

AFPAAS allows you and your family members to submit vital accountability information into a secure website using a computer. Simply complete the eight basic steps.

What if I do not have access to the Internet?

If you are displaced from your home or office, or do not have access to a computer, you can contact someone with Internet access and ask them to use AFPAAS on your behalf. You can also access AFPAAS from any computer available to you. Alternatively, you can request assistance from local authorities and relief agencies. If you don't have Internet access, call your command representative or one of the telephone numbers below:

Air Force Personnel Readiness Cell
1-800-435-9941
1 (210) 565-2020/DSN 665-2020
or
Installation Personnel Readiness
Com 865-336-3256/DSN 266-3256



Step 1: Logon to AFPAAS

<https://afpaas.af.mil/>

Step 2. Click the "Airmen/Civilians" Click Here button.



Step 3. Select Login Method



Login with the sponsor's SSN and DOB

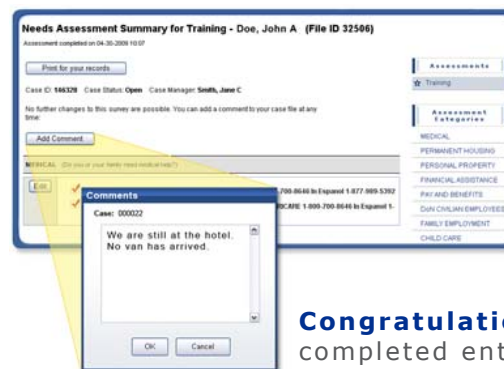
Step 4. Verify and update your information

Step 5. Review the survey introduction

Step 6. Complete the assessment survey

Step 7. Review the confirmation window

Step 8. Print, edit or view your entries



Congratulations! You have completed entering your accountability status.

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Volunteer Airmen: 60 Years of Service - The Berlin Crisis

By Tech. Sgt. Teri Eicher, 134 ARW Public Affairs

In 1961, the first Six Flags amusement park opened in Texas. Pampers began manufacturing the first disposable diapers, and a stamp cost five cents. The average American salary was \$5,700, minimum wage was \$1.15 per hour, and if you wanted to see "West Side Story," or "Breakfast at Tiffany's," in the theater, a ticket would cost you 25 cents.



Members of the 134th Fighter Interceptor Group load a weapon onto an F-104 Starfighter aircraft. (U.S. Air National Guard photos courtesy of archives, 134 ARW Public Affairs)

On the world stage, cosmonaut Yuri Gagarin was the first man in space on April 12, and on May 5th NASA's Freedom 7 brought the first American, Alan Shepard, to space. On May 25th, President John F. Kennedy asked Congress for \$531 million with the goal to put a man on the moon before the end of the decade. The United States took their first direct action in Vietnam, and 20 percent of East German residents sought refuge in West Germany. On August 13, 1961, the German Democratic Republic closed the border to West Germany, and on August 17 began construction on the famed Berlin Wall.

In response to aggressive action at the border by Soviet troops, President Kennedy called 148,000 National Guardsmen and Reservists to active duty. It was this recall that brought the 134th Fighter Interceptor Group's 151st Fighter Interceptor Squadron to Ramstein Air Base, Germany. Retired Lt. Col. Charles Brakebill recalls how the unit arrived in Germany in November of 1961.

"Our Airmen were so over-qualified that we had to have what I called an 'altitude adjustment,' because we had guys who came to us from Nashville with five or six years of experience, and the active duty guys we were there to help only had two," Brakebill said.

Brakebill served on active duty and reserve status before joining the 134th FIG for its inception in 1957. When he traveled with the 151st FIS he was once again in active status. The eight-month mission during the Berlin Crisis was to fly alert combat patrols. During this time, the 151st FIS set a U.S. Air Force Europe record of 836 hours and 5 minutes flying time in May 1962. Additionally, they set the record for the highest flying time ever recorded for an Air Force jet fighter in a single month. The 134th Volunteers set the standard for Air National Guard performance on active duty.

"I am 100 percent sure that what the 151st Fighter Interceptor Squadron did at Ramstein proved what well-trained guard units could do," Brakebill said.

However, the wins did not come without losses. On March 19, 1962, 1st Lt. James Rideout III and 1st Lt. Edward Schultz died while attempting to land their F-104 Starfighter. On Memorial Day 2017, these men were added to the East Tennessee Veteran's Memorial in Knoxville's World's Fair Park in honor of their sacrifice to their nation.

Upon completing the deployment, the 134th FIG was chosen to be the subject of the fifth National Guard Heritage painting by Ken Riley. Titled, "Watch over the Rhine", it depicts a 134th pilot flying an F-104 over the Rhine River, and was the first of the series to hang in the Pentagon.

The 134th FIG returned home to a new challenge. The Cuban Missile Crisis prompted the Air Force to call the F-104s to Florida, and the 134th had to convert to the F-102A Delta Dagger. After completing the conversion in only six months, the 134th FIG was combat ready and prepared for the next task. In 1964 the 134th received a new mission as the 134th Air Refueling Group and converted to the KC-97 Stratotanker. With the nation now in the grips of the Cold War, the 134th ARG was set for an expanding role in global defense.



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 rollcall 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>



Air National Guard photos by Master Sgt. Kendra Owenby and Tech. Sgt. Daniel Gagnon, 134 ARW Public Affairs



MEDICAL MINUTE

By Maj. Jennifer King, 134th Medical Group

Happy Fall everyone! Starting this month and for the next 6 months or so, we will be discussing a chronic health issue each month. Chronic health issues account for the majority of the waivers on our base and each one has a specific set of criteria that must be met to retain our member. Once you are diagnosed with a health issue and/or put on a medication, we at the Med Group need to know about it so that we can get it documented in your record and determine if you need a waiver. When looking at a condition, our first concern is your health and welfare, then the welfare of your coworkers and the mission. If a condition is controlled, stable, has no effect on your coworkers and is compatible with accomplishing the mission, we complete a waiver packet and submit it to the approval authority at the ANGB.

Once waived, we do a yearly follow-up with biannual renewal of waiver, assuming the condition remains stable. First up, we will discuss Hypertension (HTN), or high blood pressure (BP).

High blood pressure is the force that the blood in your circulatory system puts against the walls of your arteries as it circulates.

This pressure naturally fluctuates throughout the day, typically within a range of normal values. If it goes too high, and especially if it stays too high, it can cause damage to the circulatory system itself and lead to heart disease, heart attacks and strokes.

Statistics show that 1 in 3 Americans will develop high blood pressure and the majority of the time, there are no symptoms. Most hypertension is diagnosed during a routine BP check during a physical at your doctor's office, during an urgent care visit for those that do not undergo regular physicals or by us in the Med Group during a five year exam. Once a high reading is noted, diagnosis is made via a 3 or 5 day blood pressure check. This is where you return to the doctor or a local drug store that has BP check capability and have your pressure checked for 3-5 days. This ensures you are not diagnosed based on one high reading and also gives your doctor an idea of how high your BP is on average, which helps guide initial treatment.

Normal BP is 120/80. Prehypertension is 120-139/80-89. Once prehypertensive, it is typically recommended that one pursues a more active lifestyle and healthy diet at this point to avoid developing HTN. Once the reading is more than 140/90, it is considered HTN and unless reduced quickly via diet/exercise changes, requires treatment. For our purposes in the Med Group, consistent uncontrolled HTN (BP more than 140/90) is not compatible with service. Notice I said "uncontrolled", for once your BP is controlled with medication, the condition is "waiverable", meaning a medical waiver can be obtained to allow you to continue serving with HTN. It is important to notify the Med Group that you are under care for HTN or taking an anti-hypertensive medication. As mentioned above, our main concerns are your health, the welfare of those around you and the mission. There are a few BP medications that are not considered safe for pilots and air crew, and which we prefer non-flyers avoid as well, based on their side effect profile including hypotension (when your BP drops low enough it can cause dizziness, weakness or loss of consciousness). Uncontrolled HTN is a danger to yourself (increased risk of heart attack and stroke) as well as your coworkers and the mission, in that your incapacitation could cause harm to them or hinder the completion of the mission. As such, uncontrolled HTN is followed very closely by our medical team until we know it is controlled.

Long term, the biggest concern with HTN is that it damages the circulatory system, increasing the risk of heart attack and stroke. It can also cause permanent damage to the vessels in your eyes effecting vision, damage to your kidneys, heart failure, sexual dysfunction and aneurysm (a bulge in a blood vessel that can pop, causing life threatening internal bleeding). HTN is a serious health issue and needs to be monitored by your PCP as well as us in the Med Group. Please feel free to call with any questions and please let us know if you are under care for HTN so we can better care for you.





MEDICAL SCHEDULE

SATURDAY UTA

- 0815-1130 HOURS PHYSICAL HEALTH ASSESSMENTS (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
- 0830-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING
- 1000-1100 HOURS FITNESS TESTING EVALS (MacLellan/Blythe)
- 1130-1230 HOURS LUNCH
- 1230-1400 HOURS WAIVER/MEDCON/LOD APPS w /DOCs & Pas
- 1300-1400 HOURS BALLISTIC EYEWEAR for DEPLOYERS (OPTOMETRY)
- 1300-1400 HOURS HEARING EXAMS/ANAM
- 1300-1430 HOURS IMMUNIZATIONS

SUNDAY UTA

- 0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS
- 1130-1230 HOURS LUNCH

**** CONTACT 134MDG AT 336-4277 TO MAKE ARRANGEMENTS TO BE SEEN OUTSIDE OF THESE TIME FRAMES**



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.



AROUND BASE

OPSEC

Quote of the Month:

"You can see a lot of things just by looking"

- Author Casey Stengel

Follow the 134th ARW on Social Media

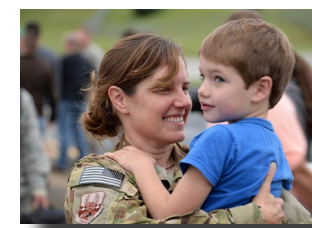
Keep up with your fellow Airmen and 134th Air Refueling Wing stories, photos and videos by checking out the 134th ARW website, DVIDS (Defense Video Imagery Distribution System), The quarterly Volunteer State Guard Magazine and by liking our FACEBOOK page:

www.facebook.com/134ARW

www.134arw.af.mil

<https://www.dvidshub.net/>

<http://www.tnmilitary.org/volstate-guard-magazine.html>



Top 3 and JEAA will be meeting at the club 1100-1200 Sunday.

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. JEAA meeting times/locations are announced at Sat. roll calls. Hope to see you all there!



ROCKY TOP DINING FACILITY

Sat:

- Stuffed Peppers
- Lemon Pepper Fish
- Steamed Rice
- Parsley Buttered Potatoes
- Carrots
- Broccoli
- Cauliflower
- Gravy/Sauce

Sun:

- Mexicana Pot Roast
- Mojo Baked Chicken
- Spanish Black Beans
- Refried Beans
- Mexican Rice
- Roasted Okra
- Mexican Corn
- Queso Dip
- Chili