



VOL. 18 NO. 12

134TH AIR REFUELING WING

JAN 2018

134 ARW Crew Chief & family treats troops during the holidays

By Senior Master Sgt. Kendra Owenby, 134th ARW Public Affairs Superintendent

While most people are looking forward to some much-needed down-time, Lynne Verbowksi, wife of Master Sgt. Troy Verbowski, crew chief with the 134th Maintenance Squadron, and their daughter Andr'eanna have something in common with the military - they are usually working hard through the holidays for the well-being of others. They have a tradition of baking home-made goodies for the troops every year for Christmas to show their appreciation for those in uniform.

"We have been making the cookies since 2000. We started the tradition in Mountain Home, Idaho when Troy was



Master Sgt. Troy Verbowski (right) and his wife Lynne (center left), along with their daughter Andr'eanna (center right) pause with some of the 134th ARW Aircraft Maintainers to display a couple of the tins of Christmas goodies that they hand make for the Airmen during the holidays. The Verbowski's made approx. 7,000 candies, cookies and treats this season for the troops. (Air National Guard photo by Senior Master Sgt. Kendra M. Owenby, 134th Public Affairs)

still active duty." said Lynne.

She wanted to find a way to give something back to those who serve, and from the reactions of their faces when they sample the delicious home-made treats they are well-received and appreciated.

"Word has gotten around over the years and now some of the maintainers actually ask me "when is Lynne bringing the cookies?" stated Master Sgt. Verbowski. They want to make sure they are at the hangar when she delivers the goodies because they know they won't last long around a bunch of hungry maintainers!" he laughed.

When asked why she does it, Lynne responded with a very matter-of-fact manner.

"Well, I am going to start off by saying that being a military spouse is an honor. A lot of people wonder how we do it.

(Crew chief cont. on page 3)



“Volunteers Supporting and Defending America”

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Commander

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

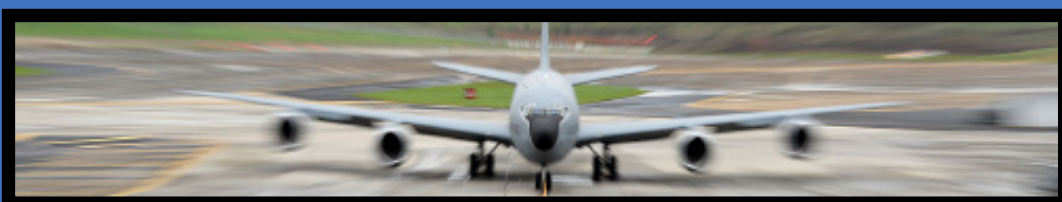
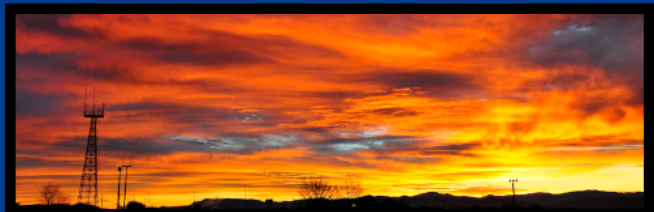
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Federal: Project Global Reach & Global Power in the interest of National Defense by providing world class personnel, vital Air Refueling & Airlift capabilities for contingency response & sustained combat operations
State: Provide personnel and equipment to protect life & property during emergency response operations as directed by the Governor of Tennessee & the Adjutant General

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

(Crew chief cont. from page 1)

Saying goodbye to our loved ones and watching them leave, wondering if they are going to be coming back home. Some say it's too much, or too hard. Being a military wife I experience first-hand what it's like, and I am forever grateful for the sacrifice these men and women make. I know cookies are such a small token of how deeply I appreciate that sacrifice, but as long as there are men and women serving this country I will be serving them cookies!"

The Verbowskis make and deliver between 5,000-6,000 cookies every Christmas. Chocolate chip, vanilla chip, butterscotch, double chocolate chip, oatmeal butterscotch, Butterfinger, caramel chip, peanut butter, snickerdoodle, cinnamon thumbprints, Reese's cup thumbprints, Oreo balls (regular and red velvet), and hand-decorated sugar cookies are just a few of the many varieties they produce. Between the three of them, they spend hundreds of hours preparing and delivering treats throughout the holidays.

"We change some out from year-to-year and add new ones that we try out and perfect over the summer. It can take anywhere from two to three weeks of baking to get them all ready and we usually separate them into sections giving two large aluminum pans full to each group when they are delivered."

This year was a record number produced with over 7,000 goodies being made and distributed.

"The 134th Air Refueling Wing means "family" to me! I am proud to be part of such a wonderful group of people. These men and women give so much and ask for so little. My heart literally aches for those who are injured and it breaks for those who don't come home. I feel such gratitude and love for all of them, for all that they do. The 134th is a family I am proud



Tins of Christmas goodies line the kitchen counters during the holidays at the Verbowski house. They hand-made over 7,000 cookies, candies and treats for the Airmen during the 2017 holidays. Afterwards they delivered the treats to the base and distributed as they do every year as a way of saying "Thank you" to the service members. (Air National Guard photo by Senior Master Sgt. Kendra M. Owenby, 134th Public Affairs)

to be a part of and I will continue to serve them for as long as I am able."

When asked how Master Sgt. Verbowski contributes to the cookie-making business for the troops Lynne answers quickly with a chuckle, "well he plays the biggest part of all...he pays for them! Without him there would be no cookies at all. His second job is just as important, though...he taste-tests them all to make sure they are tasty treats for the troops! He escorts us around base so we can get them delivered and most importantly, he serves! Troy has been serving for 28 years this year and I could not be more proud of that man. He is dedicated and a hard worker. I am truly blessed to have the love of that man!"

Community Involvement is very important to the Verbowski's as it is with a lot of military families. Another one of their community involvement undertakings, one that takes a lot of their personal time but is extremely rewarding, is providing a home to foster children. Currently they have taken in 27 children and have made positive influences in each of their lives.

"They come to us via word-of-mouth. Some DCS kids aging out of the system and we take them in. We receive no funding from DCS or the state. Everything we do is out-of-pocket. These are kids who we have affectionately labeled as "last resort" kids - kids from broken homes, abused, neglected, and abandoned. We take them in, clean them up, get them education when we can, make resumes and get them get into programs and jobs. We try to send them out into the world health and happy individuals."

The Verbowskis are a very humble military family who seek no fame for what they do but instead take pride in giving back to others who give. They are the perfect example of the Volunteer spirit - always giving in hopes of making a difference and looking for nothing in return.

Lynne says she plans on handing down the cookie delivery tradition to Andr'eanna someday.

"Once I hand over the apron, so to speak, Andr'eanna will continue this family tradition with her kids for many years to come. We are very blessed to be living in this great country and protected by America's finest! God Bless America and the 134th Air Refueling Wing!" stated Lynne.

Martin Luther King Jr. Day

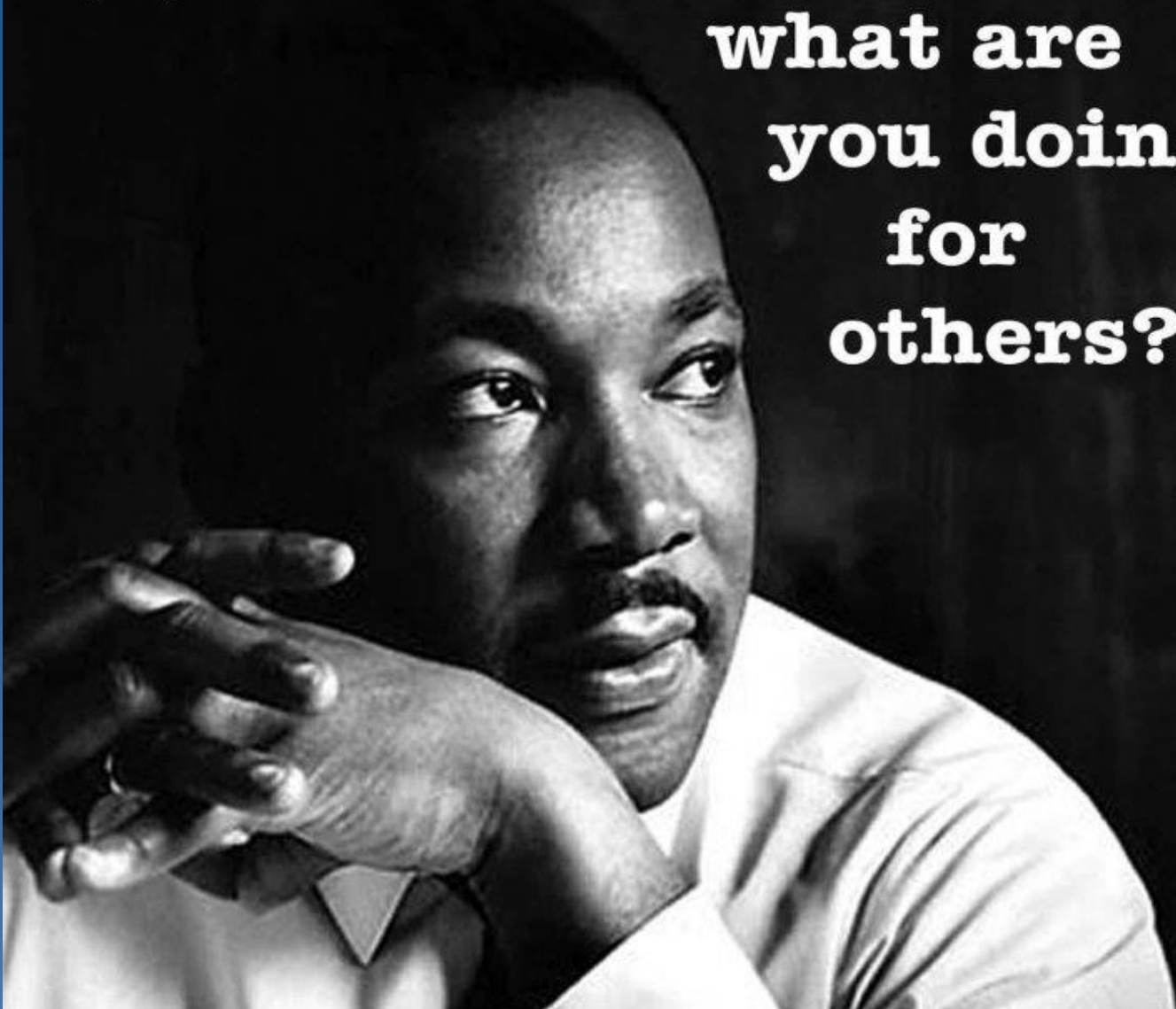
Submitted by Tech. Sgt. Stephanie Justus, 134th ARW Military Equal Opportunity

Dr. King's dream represents our country's most important ideas – that all people are created equal - and he understood that freedom comes with a cost and a burden. The cost is the blood, sweat, and tears wrought for that service obligation. The burden is service to something beyond you. Veterans on active duty or in a reserve component perform military duty and functions at home and abroad daily. Many veterans have laid down their lives, minds, and spirits for that ideal goal as well. Dr. King altered the social conscience of our nation and forged the common ground on which Americans from all walks of life could stand together on. Service to others, he realized, was the great equalizer. Diversity was central to Dr. King's vision and is a key readiness factor for our military workforce. Diversity in the military provides equality and strength by ensuring it reflects the same American population it's called to defend. Dr. King's vision of service and his strong moral purpose inspires all to believe in being better. He taught us that our faith can redeem us, individual sacrifices can sustain us, and moral courage can guide us. Everyone can be great because anyone can serve.



Life's most persistent and urgent question is,

**what are
you doing
for
others?**



134 ARW Security Forces First Sergeant Vacancy

There is a vacancy at this time for the position of First Sergeant (Master Sergeant) at the 134 ARW Security Forces Squadron. We are currently accepting applications for retraining and assignments to this duty. If you are interested in applying for this position and if you meet the minimum listed requirements, please follow the instructions in the "How to Apply: section below.

Minimum requirements

- **Must be currently serving in the grade of Master Sergeant, Technical Sergeants may be selected if they are immediately promotable, and they must be promoted on or before the date of assignment to the UMD position of First Sergeant.**
- **As a condition of promotion under the retraining program, the member must sign the following statement; "I agree to attend the FSA within 12 months of my assignment as first sergeant and remain in the position for a minimum of 3 years. Failure to complete this requirement will result in my removal from the first sergeant position and immediate demotion."**
- **Must speak distinctly and without speech impediments.**
- **Candidates must have a minimum physical profile of PULHES 333231 and not have an Assignment Limitation Code (ALC) of C-3.**
- **Must be financially stable.**
- **Must have demonstrated exceptional leadership and managerial skills.**
- **The applicant's physical appearance and military image in all uniform combinations must meet the highest standards expected only of the most dedicated professional SNCO. - Must meet Air Force standard of good physical health and meet or exceed Air Force physical fitness standards IAW AFI 36-2905.**
- **For initial application, the member must have scored 80 or above on last two fitness tests, or 90 or above on most recent fitness test, no failure on any portion within the last 12 months or exemptions from any component. Note: No current PT exemptions; except deployment and/or pregnancy. Deployed members will have a current complete assessment prior to attending the FSA.**
- **The member must have a current fitness assessment valid through the graduation date of the in-residence portion of the FSA, and it must be a complete assessment with all components with the overall score meeting minimum standards as outlined in paragraph 3.2.13.1.**
- **ANG members must immediately enroll in the correspondence course upon selection for first sergeant duty (if not currently enrolled/complete), and must complete the course within 12 months after attending the FSA.**
- **Must possess a Community College of the Air Force degree. ANG members who do not already possess a CCAF must complete this degree within 18 months of completing the FSA.**
- **Must possess a 7 or 9-skill level awarded AFSC. Must not be projected to reach 6 years of non-performance in the awarded AFSC during the initial 3 year tenure as a first sergeant.**

How to Apply:

Prepare the following documents:

- AF Form 1206, Nomination for Award. (Use this form to document your individual qualifications)
- Current RIP
- Fitness Scores (See criteria above)

Submit your application to the 134th Command Chief, Chief Master Sgt. Stan Drozdowski no later than Sat., March 3rd, 2018 by 1500. Qualified applicants will be scheduled to personally appear before a selection board and must wear the service dress uniform. The selection board will be scheduled during April UTA.

If you have any questions concerning the duties of a First Sergeant, please refer to AFI 36-2113. Questions relating to the selection board should be addressed to Chief Master Sgt. Stan Drozdowski.



SLAVERY AND HUMAN TRAFFICKING

According to endslaverytn.org, approximately 94 teens per month are sold and utilized in the sex trade. Today's slaves are forced into labor, service or sex slavery to make money for their exploiters. Trafficking in Persons (TIP) is one of the fastest growing criminal industries in the world- just behind drug trafficking. Drug traffickers are quickly recognizing trafficking people is less risky than trafficking drugs. Recently, a human trafficking story has hit the national news. Celebrities Kim Kardashian, Rihanna and Cara Delevgne are using their fame and appealing for justice for a woman who was held as a sex slave when she was 16 years old, and has now spent 13 years in jail for killing her captor. Her captor, pimp named Kutthroat, was physically, sexually and verbally abusive to her and eventually sold her to a realtor in Nashville. The 43 year old Nashville realtor also held her captive and abused her, who was said to be a former Army sharpshooter. The woman feared for her life and killed the Nashville realtor with one of his own weapons. The woman was convicted and sentenced to 51 years-to-life in a Tennessee prison for first degree murder and prostitution.

What can you do?

As seen in the example above, human trafficking can happen anywhere and at any time. If you suspect someone is a victim of trafficking or witness activity that could be related to trafficking, you're asked to call Tennessee Human Trafficking Resource Center Hotline at 1-855-558-6484 or 1-800-TBI-FIND. All Air Force military and DoD Civilians must complete and document annual Combatting Traffic In Persons (CTIP) awareness training. Also, unit commanders will ensure all deploying members are current on their CTIP awareness training prior to deployment. If you have further questions about human trafficking, please contact Lt. Col. Chip Thiele, 134th ARW CTIP Coordinator, at 336-4444. Excerpts from this article were obtained from <https://www.endslaverytn.org/the-problem-1/> and <http://www.dailymail.co.uk/news/article-5105319/Kim-K-want-justice-sex-slave-jailed-killing-abuser.html>.



Civilian Employment Information

CEI (Civilian Employment Information). The collection of Civilian Employer Information facilitates open communications between the Department of Defense and the civilian employers of Guard and Reserve service members to inform service members and employers of their rights, benefits, and obligations.

Yes, it's Mandatory - We know that life in the National Guard can get busy. But don't let that be the reason you don't submit your Civilian Employment Information to the Department of Defense. Based on the information you submit annually, defense officials will know whom they can call to active duty without putting civilian jobs at risk.

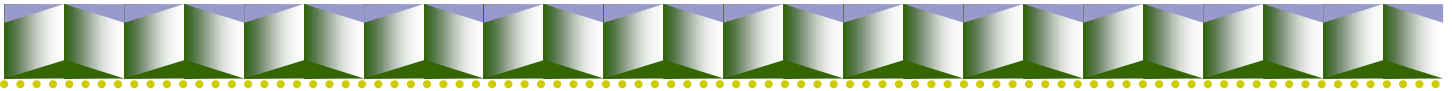
Reporting your CEI not only influences your chances of being called to active duty, it is used to determine whether your unit or unit members should be mobilized, as well as to ensure that you aren't on active duty beyond the time the Department of Defense needs you to serve. It also provides NGB Employer Support with information that can make helping you through employment issues much easier

What happens if I don't submit my CEI - Many National Guardsmen also serve as first responders in their community. Submitting your CEI information assists the DoD in ensuring those first responders are able to continue to help their communities in the case of an emergency or natural disaster. Moreover, if a business or public agency - like fire stations, hospitals, or police departments - must cope with multiple employees serving in the military at once, the impact on the local community can be severe.

It's secure, it's easy, and it's for your benefit.

CEI Link: <https://www.updatecei.org/submit/>

PRIVACY ACT OF 1974



Base Privacy Manager: TSgt Regina E. Trivette
 Phone: (865) 336-4981

Privacy Overview

What is privacy? Although there is not an official government definition of privacy, it generally refers to the notion of individuals maintaining control over information about them. For the Air Force, the framework of privacy requirements includes the Privacy Act of 1974, the E-Government Act of 2002 (specifically section 208), Office of Management and Budget (OMB) policy, DoD policy, and Air Force policy.

Failure to protect privacy can bring about risks to the individual, such as identity theft and risks to the Air Force, such as lawsuits for inappropriate disclosure that divert criti-



[Submit a Complaint](#)

cal resources away from our mission. Protecting privacy information is the responsibility of every federal employee, military member, and contractor who handles SOR or PII contained in AF records.

Penalties for Violation. An individual may file a civil law suit against the AF for failing to comply with the Privacy Act. In addition to specific reme-

dial actions, civil remedies include payment of damages, court costs, attorney fees in some cases against an AF employee. In addition to potential UCMJ actions, an AF employee may be subject misdemeanor criminal charges and a fine of up to \$5,000.

Report any PA violation to your Unit Privacy Act Monitor or the Wing Privacy Act Manager.

Reference: AFI 33-332

HOW TO REPORT A PII BREACH:

Anyone discovering a Personally Identifiable Information (PII) Breach must report it directly to the Unit Privacy Monitor (UPM). The UPM should then report the breach to the Base Privacy Manager, TSgt Regina Trivette at regina.e.trivette.mil@mail.mil or DSN 266-4981.

Unit PRIVACY ACT Monitors

| | |
|-------|--|
| 119th | Benita Connatser Phillip Rainey |
| 241 | Troy Constant Jordan Gnann-Bucher |
| 572 | Robert Chance Lori Reeves |
| ARW | Coy Williams Sarah Pritchard |
| CE | Kim Bowers Cheerful Wolfenbarger Jill Kennedy |
| CF | Michael Bean Natalie Daniel |
| FSS | Jordan Welch Janice Bridget |
| LRS | Lauren Lloyd Victoria McNalley |
| MDG | Jennifer Fortenberry Marlene Newroth Jeremy France |
| MSG | Matthew King |
| MXG | Dana Presnell Mark Myers |
| OLTN | Gary Upchurch Robert Krahn |
| OG | Johnathan Perkins Crystal Crump Deana Owens |
| SFS | Johnathan Dyer Dakota Ray |

Unsure what information to release or not release?

Ask your Unit Privacy Act Monitor for a copy of the 134ARW Visual Aid 33-332b, *Disclosing Records to Third Parties*.



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 **1245**. 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. Aaron Sawyer.

*****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 **30 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, Maj Jaime Blanton.**

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 New Year! Well, it looks like we've made it to 2018 and mostly in one piece! Just like 2016, 2017 was a really hard year for me and mine. My family, my friends, my civilian job...we all saw illness, death, accidents, strife and disappointments. In re-reading this article from last January, it spoke to me and it still feels applicable. Thus, I'll be honest...I'm recycling it. Some things are big and warrant repeating.

Each December, I make it a point to spend some time thinking about the accomplishments and failures of the past year, what I want to see in the following year, and then, I choose a word. Many of you are familiar with my "word of the year" habit and how I choose it based on one of three things; who I want to become, what I want to see done or what course correction I feel is needed. Past words have fallen essentially into three categories. Words that spur one on to action (ie - push, persevere, strive, do), that remind one to stay centered and be gentle with one's self (ie - breath, rest, release) or that focus on something that is lacking (ie - joy, faith, love). Each year, I use this word as a rudder; weighting it against whatever the circumstance is and it helps me to keep my bearing.

When multiple life areas are in flux, it can be hard to find your footing enough to even figure out what you want or need. How do you choose which is most important, if something is even reachable or what will have the most impact? Looking backward, "What has had the most impact on me in the past year?" It's the phone calls. The test results. The whispered words with tears hiding behind them. They changed our world in a moment. There were so many of these phone calls that I didn't want to answer anymore, being worn out with responding to crises. Please don't get me wrong...if anyone needs me, I would MUCH rather answer and respond and be there for you; as others being there for me has truly gotten me through 2017. The response isn't the problem, nor is the frequency and severity of the crises, it's the following spiraling out of control process that seems to be more and more common with these recent crises. It's one thing when life knocks one down. It's another thing entirely when one never gets back up.

Of course, I recognize that you can't prevent crises. People will pass away, get hurt and fall ill, they will lose relationships and positions, possessions and hope. Life happens and you can't control it. Yet, we can prepare ourselves for crises and set ourselves up for success in responding to, getting through and overcoming the difficulties. Not by preparing for specific circumstance, but for the handling of crises in general. If you take care of yourself on a daily basis and I take care of myself and we take care of ourselves, we are much more likely to bounce back. If I take care of me, I have the emotional reserves to help you through your dark times and vice versa. There's a lot that goes into "taking care", including all my typical Health Promotions soap boxes...nutrition, exercise, stress management, etc; yet, it's not really about any one answer or method. It's about taking the moment to pause, take stock of our little world and really see what it needs to become a healthier place for each of us to thrive.

If I could ask one thing of each of you this year, it would be to take care of yourselves and of each other. Rough things will come, but my sincere hope is that when they do, we weather them with resiliency and get through 2018 with no spiraling out of control. I'm tired of seeing my people hurting, but more so of seeing them quit. It's okay to be knocked down, but please, please don't stay down. Take care to rise again so we can all look back on 2017 with a lighter heart than we are carrying now. Guess that's it...my words for the year, again, are an encouragement to be there for yourself and yours. Please, TAKE CARE.





MEDICAL SCHEDULE

SATURDAY UTA

| | |
|-----------------|---|
| 0815-1130 HOURS | PHYSICAL HEALTH ASSESSMENTS (PHAs) |
| 0830-0900 HOURS | OVERDUE FLU SHOTS |
| 0830-0850 HOURS | FITNESS FOR DUTY EVALUATIONS |
| 0930-1000 HOURS | NEW ACCESSION ORIENTATION (MDG TRAINING ROOM) |
| 0830-1130 HOURS | IMMUNIZATIONS |
| 0830-1100 HOURS | QNFT TESTING |
| 1000-1100 HOURS | BAND DEPLOYMENT OUTPROCESSING (MDG TRAINING ROOM) |
| 0830-1100 HOURS | DEPLOYMENT PROCESSING/ANAM TESTING |
| 1000-1100 HOURS | FITNESS TESTING EVALS (MACLELLAN/BLYTHE) |
| 1030-1100 HOURS | SABC MONITOR MEETING |
| 1130-1230 HOURS | LUNCH |
| 1230-1400 HOURS | WAIVER/MEDCON/LOD APPS W/DOCS AND PAS |
| 1300-1400 HOURS | BALLISTIC EYEWEAR FOR DEPLOYERS (OPTOMETRY) |
| 1300-1400 HOURS | HEARING EXAMS/ANAM |
| 1300-1400 HOURS | IMMUNIZATIONS |

SUNDAY UTA

CLOSED FOR TRAINING W/EXCEPTION OF FOLLOWING TIMES:

| | |
|-----------------|--|
| 0830-0850 HOURS | FITNESS FOR DUTY EVALUATIONS |
| 1230-1430 HOURS | NEW SABC INSTRUCTOR TRAINING (MDG TRAINING ROOM) |

**** CONTACT 134th MDG 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



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>

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:

Chicken & Dumplings
Paprika Beef
Steamed Rice
Cottage Fried Potatoes
Carrots
Fried Okra
Pinto Beans
Vegetable Beef Soup

Sun:

Smoked Sausage
Mustard Dill Fish
Baked Sweet Potatoes
Brown Rice
Black Eyed Peas
Collard Greens
Asparagus
Pot Liquor Soup