



TN AIR GUARD

THE VOLUNTEER



We will not tire We will not falter We will not fail

VOL. 18 NO. 02

134TH AIR REFUELING WING

FEB 2018

Squadron Marks History at Change of Command Ceremony

By Staff Sgt. Brittany Crocker, 70th MPAD Army National Guard for 134th Air Refueling Wing Public Affairs

Air National Guard troops commemorated several milestones during the Jan. 6 unit training assembly at McGhee Tyson Air National Guard Base. Airmen assembled in the early afternoon to bid farewell to their outgoing commander, Col. Vincent Franklin. Before the unit guidon could change hands in the traditional symbol of transferring authority, it had to go through a few iterations—much like the unit itself.



The 119th Cyberspace Operations Squadron used to be called the Command and Control Squadron when it supported United States Strategic Air Command. Some members of the 119 COS, including Franklin, came to the unit when the 228th Combat Communications Squadron was disbanded. The 228 CBCS was never ceremonially deactivated, however, so the old unit members gathered at the change of command ceremony to bid it a final farewell.

Brig. Gen. Donald Johnson, Tennessee Assistant Adjutant General, Air, passes the 119th Cyberspace Operations Squadron guidon to new commander Lt. Col. Chris Smith, as 119th COS First Sgt. Eric Konpuka observes. The Change of Command ceremony was held Jan. 6, 2018 at McGhee Tyson Air National Guard Base. (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

“The 228th always carried itself with distinction,” said Brig. Gen. Donald Johnson, the Assistant Adjutant General, Air, for the Tennessee National Guard. “It’s good we can turn the page today and move on to the next chapter.”

“This simple ceremony represented a lot of hard work on moving the 228th to the 119th, and now the new mission change,” Franklin added. The crowd stood while Franklin rolled up the guidons of the 228 CBCS and 119 CCS.

Franklin spent time as the commander of both units, first leading the 228 CBCS’s support of Operation Iraqi Freedom and Hurricane Gustav humanitarian relief. As the 119 CCS Commander, he led the Air National Guard

(119 COS. cont. on page 3)



"Volunteers Supporting and Defending America"

134TH AIR REFUELING WING CHAIN OF COMMAND

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Commander

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Vice Commander

Chief Master Sgt Stanley Drozdowski
Command

Chief Master Sergeant

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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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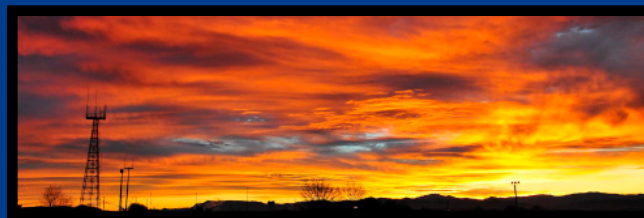
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Sun 0730 - 1100**



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cyber weapons system, supporting more than 15 cyber squadrons and the Air Force Information Network.

Franklin will now move on to Nashville, where he will serve as the Chief of Staff of the Tennessee Air National Guard. Incoming commander Lt. Col. Chris Smith will take his place commanding the 119 COS.

Smith previously served as the commander of the 241st Engineer Installation Squadron in Chattanooga supporting combat and domestic missions. Before that, he served as an expeditionary logistics officer in the Navy.

“Always be looking to take this unit and evolve it to meet the future needs—not the present needs—of the National Guard,” Franklin told Smith before he handed over the new squadron guidon. Smith thanked the unit and thanked Franklin, whom he considers a mentor.



Col. Vincent Franklin, out-going 119th Cyberspace Operations Squadron Commander, and First Sgt. Eric Konupka, 119th First Sergeant, retire the 228th Combat Control Squadron guidon. The 228th CBCS was officially retired in a ceremony on Jan. 6, 2018, at McGhee Tyson Air National Guard Base. (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

Resiliency

If you want to change your life, you first have to change your reality.

Submitted by Senior Master Sgt. Jason Graf, 134th ARW Human Resource Advisor

The human brain receives eleven million pieces of information every second from our environment, it can process only forty bits per second. This means it has to choose what tiny percentage of this input to process and attend to, and what chunk to dismiss or ignore. (Zimmerman, 1986). Thus your reality is a choice; what you choose to focus on shapes how you perceive and interpret your world.

How we choose to look at the world is in our minds. Only when we choose to believe that we live in a world where challenges can be overcome, our behavior matters, and change is possible can we summon all our drive, energy, and emotional and intellectual resources to make that change happen. Choose to focus on your successes and learn from your failures. Choose to be grateful. Accept that bad things happen to everyone.

Choose to believe that this set-back is temporary. We're not talking about simply being optimistic. It also don't mean adopting some sort of deluded view of the world in which simply wishing for wealth will suddenly result in a windfall of millions or envisioning your cancer disappearing will cure you forever. Before potential, there is motivation. Before motivation, there is an emotion. And before emotion, there is your reality. Choose the most valuable reality to reach your potential.

References

- Achor, S. (2013). Before happiness: The 5 hidden keys to achieving success, spreading happiness, and sustaining positive change. New York: Crown Publishing Group.
- Zimmerman, M. (1986). Neurophysiology of Sensory Systems (3 ed.). (R. F. Schmidt, Ed.) New York: Springer.



134th Air Refueling Wing

53 Years - 180,000 Mishap-Free Flying Hours



Monthly Premiums for Tricare Reserve Select

Submitted by Staff Sgt. Brent Leach, 134th Force Support Squadron

Member: \$46.09

Member + Family: \$221.38

Tricare East: 1-800-444-5445

Below are the cost share and deductible information for Tricare Reserve Select. Make sure all dependents are registered in DEERS for Tricare. Please see the 134th Force Support Squadron personnel department for making the updates. Contact Staff Sgt. Brent Leach with questions at (DSN) 266-3254 or via the commercial line 865-336-3254.

| Service | Cost |
|---|--|
| Monthly Premiums | |
| Annual Deductible | E1-E4: \$50 per individual and \$100 per family E5 & above: \$150 per individual and \$300 per family |
| Ambulance Services | Network: \$15 Non-Network: 20% of allowable charge |
| Ambulatory Surgery (Same Day) | Network: \$25 Non-Network: 20% of allowable charge |
| Mental Health (Inpatient) | See TRICARE Mental Health Costs |
| Mental Health (Partial Hospitalization) | See TRICARE Mental Health Costs |
| Mental Health (Outpatient) | See TRICARE Mental Health Costs |
| Clinical Preventive Services | Network: \$0 Non-network: \$0 for the following services: <ul style="list-style-type: none"> Cancer screenings* (colorectal, breast, cervical, prostate) Immunizations* Well-child care for children under age 6 (birth through age 5) <p><i>*This includes the office visit for beneficiaries age 6 and older when a covered cancer screening or immunization is provided during the visit.</i></p> <p>For all other preventive services, non-network: 20% of allowable charge</p> |
| DME, Prosthetic Devices, Medical Supplies | Network: 10% of negotiated fee Non-Network: 20% of allowable charge |
| Emergency Services | Network: \$40 Non-Network: 20% of allowable charge |
| Home Health Care | \$0 <i>Note: You may have separate costs for additional services when receiving home health care. For example, DME, drugs, vaccines, orthotics/prosthetics, and nutritional therapy, among others.</i> |

| | |
|--|---|
| Hospice Care | \$0 |
| Hospitalization (Inpatient Care) | Network: \$60 per admission Non-Network: 20% of allowable charge |
| Immunizations | \$0 |
| Laboratory and X-ray | Network: \$0 Non-Network: 20% of allowable charge |
| Maternity (office visits and hospitalization for delivery planned in a hospital in an inpatient setting) | Network: \$60 for hospital admission Non-Network: 20% of allowable charge |
| Maternity (office visits for delivery planning in a TRICARE-authorized birthing center) | Network: \$25 for delivery Non-Network: 20% of allowable charge |
| Maternity (office visits for delivery planned at home or other setting) | Network: <ul style="list-style-type: none"> Primary Care Provider: \$15 per visit Specialty Care Provider: \$25 per visit Non-Network: 20% of allowable charge |
| Newborn Care | Network: \$0 Non-Network: 20% of allowable charge <i>Note: If any family member is enrolled in TRICARE Prime, the newborn is also covered by Prime for up to the first 90 days and costs are \$0.</i> |
| Outpatient Visit | Network: <ul style="list-style-type: none"> Primary Care: \$15 Specialty Care: \$25 Non-Network: 20% of allowable charge |
| Skilled Nursing (Inpatient) | Network: \$25 per day Non-Network: \$50 per day <i>Only available in the U.S. and U.S. Territories.</i> |
| Urgent Care | Network: \$20 Non-Network: 20% of allowable charge |

***Do you have a concern that can be addressed by our Wing?
Are you in need of a resource for you or your family?***

The IDS wants to hear from you!

The Integrated Delivery System (IDS) is a team of personnel representing our military members and their families who review issues and trends that impact the readiness of our force, retention, resilience and quality of life. We bring in outside resources as well as develop and implement on base services and/or programs at the direction of the Wing's Community Action Integration Board (CAIB).

Who can you reach out to in your unit?

Any First Sergeant, JEAA representative, Top 3 Member or Chief's Council Member can channel the information they receive from their unit members to the IDS.

Or you can reach out directly to any IDS member or wing helping agency listed below:

| | |
|-----------------------------|--|
| CMSgt Patricia Cordell | IDS Chair - patricia.r.cordell.mil@mail.mil |
| Chaplain Office | 865-336-3217 |
| Safety Office | 865-336-4239 |
| SAPR Office | 865-336-3277 or 865-352-9048 |
| Equal Opportunity | 865-336-3222 |
| Health Promotions Office | 865-336-4277 |
| WDPH | 865-336-4017 or 865-201-8129 |
| Airman and Family Readiness | 865-336-3107 |
| IG Office | 865-336-4444 |

Announcements from IDS:

The next Strong Bonds Marriage Retreat is February 16-18th at the DreamMore Resort in Pigeon Forge (Contact Chaplain Office for info)

The next Individual Airman Professional Development will be Feb 23-25 in Boone, NC (Contact Chaplain Office for info)

Individual Financial Counseling and classes available at East Tennessee Federal Credit Union (Contact 865-268-2997 or info@etmafcu.net)

Planning a Summer Vacation? Contact Airman and Family Readiness for military discount information: 865-336-3107

The next IDS meeting will be 04 March at 1300



Information Assurance Awareness: Staying aware of today's cyber threats!

Defense Secretary considering ban on personal cellphones at Pentagon

Accessing the Internet & Protecting your Computer

By: TSgt Adam Huskey

* Many operating systems include firewall applications that provide an additional layer of security for your home computers. Make sure they are updated, properly configured and running.

* Operating system and browser updates often include security patches. Set your devices to automatically install them when they become available and you'll never miss an update.

* Configure your system to automatically scan USB thumb drives, hard drives, and other storage media upon connection. Also, ensure any "auto-run" features are disabled.

* Only download software, applications and other files from reputable sources.

* Do not click on links or open attachments from unknown users.

* Likewise, Adobe's Flash and Java's Runtime Environment (JRE) are common threat vectors. If you use these applications, we recommend you review the "Options" and update the settings to prompt the user before running.

- The DOD is already reviewing the use of smartphones and other electronic devices on military bases worldwide.
- The reviews follow heightened national security concerns about cellphones and other personal electronic devices used by U.S. troops.
- A recent report disclosed some fitness devices can expose locations where U.S. service members work out, including some secret bases.

The Department of Defense may ban the use of personal cellphones and other wireless devices such as Fitbits by civilian and military personnel at the Pentagon after new security concerns were raised about the threat they pose.

A Pentagon official told CNBC on Wednesday that no decision has been made on whether to go ahead with a ban.

The Pentagon already is reviewing the use of smartphones and other electronic devices on military bases worldwide. The Military Times newspaper reported Wednesday that Defense Secretary James Mattis considered a ban at the Pentagon even before the recent report about the Strava fitness app exposing locations around the globe where U.S. troops work out, including some secret military installations.

Entire Story: <https://www.cnbc.com/2018/01/31/mattis-considering-ban-on-personal-smartphones-at-pentagon.html>

134 CF Information Assurance POCs:

MSgt Dora Jennings, ext. 4924
TSgt Adam Huskey, ext. 4936

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.

Reserve Component Survivor Benefit Plan

(RCSBP)

Reserve Component Survivor Benefit Plan (RCSBP) is similar to term insurance, with a few significant differences. Unlike term insurance, RCSBP coverage never terminates due to your age. It also provides an inflation-protected annuity for the life of your spouse or other eligible beneficiary. Members who are eligible to retire will receive a letter advising how to retrieve their Notification of Eligibility for Retired Pay (NERP) letter commonly known as the “20 year” letter. Additionally, this letter includes a notice of their eligibility to participate in the RCSBP. When the member logs onto the myPers website, clicks on “Access the vPC Dashboard” under the “I Would Like To...” section, then clicks on the “Action Request” tab, then “Notification of Eligibility for Retired Pay/RCSBP Package”, the automatic RCSBP election codes and marital/dependency status will be visible to them. The member should download and print the RCSBP Information Packet to review. This RCSBP Information Packet will only be available once. At this point, the member has the option to concur or non-concur with the automatic election codes shown on the online record. The information that is displayed on the online record is populated by data updated in Military Personnel Data System (MilPDS). The member should visit their local Military Personal Section (MPS) to verify their dependents are up to date before logging into vPC. If the member agrees with the automatic election, they can give their consent by clicking the concur button. If the member disagrees, they need to click the non-concur button. They would then download and print off the DD Form 2656-5. The member will have 103 days from the date of the automatic RCSBP election to request a change to the election by completing the form and returning it to ARPC for validation, via e-mail, fax, and mail or through myPers.

RCSBP Options:

- **Option A** – Decline participation. You will be given another opportunity to make an election when you begin to draw retired pay.
- **Option B** – Deferred Annuity. Your beneficiary will receive annuity payments beginning on the anniversary of your 60th birthday.
- **Option C** – Immediate Annuity. Your beneficiary will receive annuity payments immediately after your death.

Coverage Options:

- **Spouse** – SBP annuity will only paid to the spouse and will stop at their death.
- **Spouse and Child** – Allow for payment to be made first to the spouse and, in their absence, to children (via a guardian).
- **Child only** – Annuity payments provided to children until age 18, or 22 if enrolled in the school, upon which payments cease.
- **Former Spouse** – Choice may be required by a divorce decree. Individuals who are under a court order to cover a former spouse cannot cover a current spouse.
- **Insurable Interest** – May be used by those with no spouse or children. Payments must be made to a person and the cost is different from the other coverage options. Those interested in this choice need to verify the eligibility rules and review the cost structure.

If you choose not to participate in RCSBP you will need to review your life insurance coverage, savings and investments to ensure that your loved ones will have the financial resources they need to take care of themselves if you pass away.

Please keep in mind that if ARPC does not receive a response, within the timeframe prescribe by law, an automatic election will be made for the member based on their dependent status in MilPDS. If members have eligible dependents they will be automatically enrolled into Option C; and if members do not have eligible dependents, they will be automatically enrolled into Option A. Please contact your servicing MPS or submit a myPers tickets to get expert guidance and assistance you need to make an election.



Individuals Must Opt-In to BRS

The new plan puts decision-making responsibility on the individual. It's not just a by-rote system, based strictly on service time that resembles a worker who simply stays with the same company throughout their career.

Top rewards go to people who exercise financial savvy and discipline through a voluntary TSP, similar to the 401 (k) programs at civilian companies. By capitalizing on the concept of early retirement savings and the power of compound interest, the plan's payoff can be maximized.

The BRS is mandatory for those who join the military in 2018 and beyond. Current service members are grandfathered under the old plan, but those with less than 12 years of service can choose the new plan.

The Department of Defense said about 2.2 million military personnel can opt-in to the new system in 2018. It will be beneficial to many, but not everyone.

The bottom line for its existence: In the long term, it should mean big financial savings for the federal government. Also, it's simply keeping with the times in a diverse work force.

The new plan provides portability and additional options to service member, which will help to attract and manage a military force that requires ever-increasing diverse and technical skills.

Why Change Now? The Department of Defense has approached changing times in layers. In 2016, it created awareness about the BRS. In 2017, it instituted educational programs. In 2018, the emphasis will shift to helping service members make a decision about their retirement plan.



You can now Opt-in the BRS on myPay website.



• 18 U.S.C. § 1030 prohibits unauthorized or fraudulent access to government computer systems. If the credentials you enter are not your own, you are in violation of this law and should exit this system immediately. Continuing this action may subject you to a fine of up to \$5,000 or double the value of anything obtained via this unauthorized access, plus up to five years imprisonment.

Last Date myPay Accessed: 01/10/2018

| Your Air Force Reserve Duty Account | Your Department of Defense Civilian Pay Account |
|---|--|
| <ul style="list-style-type: none">● Blended Retirement System Opt-In● Leave and Earnings Statement (LES) <p>Savings Deposit Program (SDP)</p> <ul style="list-style-type: none">● SDP Statement / Withdrawal Request <p>Pay Changes:</p> <ul style="list-style-type: none">● Correspondence Address <p>Direct Deposit:</p> <ul style="list-style-type: none">● Net Pay EFT● Travel EFT● Miscellaneous EFT <p>Taxes:</p> <ul style="list-style-type: none">● Federal and State Withholding● Tax Statement (W-2)● IRS Form 1095● Travel / Miscellaneous Tax Statement (W-2)● Turn on/off Hard Copy of W-2 and 1099-INT● SDP Tax Statement 1099-INT● Turn On/Off Hard Copy of IRS Form 1095● Traditional TSP and Roth TSP● TSP Catch-Up - Traditional and Roth● View Court Orders● Travel Voucher Advice of Payment (AOP)● Email Address● Security Questions for Password Resets● Personal Settings Page (Click here for details) | <ul style="list-style-type: none">● Leave and Earnings Statement (LES)● Foreign Entitlements Statement <p>Pay Changes:</p> <ul style="list-style-type: none">● Allotments● Correspondence Address● Direct Deposit● Health Savings Account● Turn on/off Hard Copy of LES <p>Taxes:</p> <ul style="list-style-type: none">● Federal Withholding● State Withholding● Tax Statement (W-2)● IRS Form 1095● Travel / Miscellaneous Tax Statement (W-2)● Turn on/off Hard Copy of W-2● Turn On/Off Hard Copy of IRS Form 1095● Debt Letters● Turn On/Off Hard Copy Debt Letter● View Court Order● Travel Voucher Advice of Payment (AOP)● Email Address● Security Questions for Password Resets● Personal Settings Page (Click here for details) |

Decision Irrevocable

The decision to opt in is irrevocable, officials emphasized, even if a service member changes his or her mind before the Dec. 31 2018 deadline. Eligible service members who take "NO ACTION" will remain in the legacy retirement system. Prior to opting in, officials recommend that service members take advantage of all available resources to assist in making an informed decision on the financial implications specific to their retirement situation. The Defense Department endorses several training and informational tools to support a service member's decision, including the BRS Opt-In Course, the BRS Comparison Calculator and numerous online BRS resource materials.

Service members can receive no-cost, personal support from an accredited personal financial manager or counselor available at their installation's military and family support center or by calling Military One Source at 1-800-342-9647.

*****Once you have selected to Opt-in the BRS your decision is irrevocable*****

McGhee Tyson ANGB Base Back Gate Re-opened

Many will be glad to hear the back gate will be re-opening on Tues., Feb. 6th. The entry and exit layout is much different than previous so please exercise extreme caution. Civil Engineering will be pushing out a map showing the layout of traffic flow. As everyone is aware, it has been quite some time since we manned the back gate, so please be patient as we work through any issues that may arise in the beginning. The hours for the back gate will be as follows:

Monday-Friday: 0615-0815
1045-1215
1615-1715 (work Mondays 1515-1615/closed off Mondays)

Drill weekends: 0615-0815
1045-1215
1615-1715 (Saturday)
1515-1615 (Sunday)

In addition, there is still a considerable amount of construction going on the south end of the base, so be sure to use caution, especially at end of day when many construction crews may also be departing the area. Thank you again for your patience. Any questions can be directed to Senior Master Sgt. Johnson at x3296.

“The Sun Never Sets on the Tennessee National Guard”



Master Sgt. Patrick Mclaughlin, 134th MXS, recently returned from a deployment supporting Operation Deep Freeze at the South Pole. The phrase that Maj. Gen. Max Haston, TN Adjutant Gen., frequently uses is, “The sun never sets on the Tennessee National Guard.” This phrase definitely rang true for Master Sgt. Mclaughlin while serving in Antarctica! (photo provided by Lt. Col. Jason Brock, 134 MXS Commander)



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 Senior Master Sgt. Kendra Owenby and Tech. Sgt. Daniel Gagnon, 134 ARW Public Affairs

134TH CHAPLAINS CORPS PRESENTS



FEBRUARY 16TH-18TH

MARRIAGE RETREAT

DOLLYWOOD'S DREAMMORE RESTORT IN PIGEON FORGE

IMPORTANT: Annual Training orders are permissible; childcare is NOT available for this event

**SIGN UP VIA EMAIL:
134THCHAPLAINGROUP@GMAIL.COM (PLEASE PROVIDE
YOUR CIVILIAN EMAIL, PHONE # AND YOUR SPOUSES
FIRST NAME)**



**It's time to order your 2018-19
Tennessee National Guard
OFFICER License Plates**

Go to

<https://www.tn.gov/military/resources-military/license-plate-request.html>

before 15 May 2018



MEDICAL SCHEDULE

SATURDAY UTA

| | |
|-----------------|---|
| 0815-1130 HOURS | PHYSICAL HEALTH ASSESSMENTS |
| 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) |
| 1300-1430 HOURS | HEARING EXAMS/ANAM |
| 1300-1430 HOURS | IMMUNIZATION |
| 1300-1400 HOURS | GROUND TESTING-OPS |

SUNDAY UTA

CLOSED FOR TRAINING W/EXCEPTION OF FOLLOWING TIMES:

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

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



Air National Guard photo by Tech. Sgt. Jonathan Young, 134th Air Operations Squadron



**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



Everywhere you go online, you leave footprints.

Is anyone following them?

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www.facebook.com/134ARW

www.134arw.ang.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:

*Pineapple Chicken Qtrs
Meatloaf
Steamed Rice
Mashed Potatoes
Broccoli
Carrots
Pinto Beans
Brown Gravy
Nacho Cheese*

Sun:

*BBQ Ribs
Baked/Fried Catfish
Roasted Sweet Potatoes
Macaroni & Cheese
Green Beans
Mustard Greens
Cauliflower*