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134TH AIR REFUELING WING

JUL 2018

134th guardsmen train with 100th Air Refueling Wing at RAF Mildenhall

By Tech. Sgt. Daniel Gagnon, 134th ARW Public Affairs Specialist

RAF MILDENHALL, England (June 22, 2018) - Tennessee guardsmen from the 134th Air Refueling Wing traveled to RAF Mildenhall, England for annual training June 11-22.

During the two-week temporary duty Airmen completed training and worked with their active-duty counterparts

learning best practices to bring home. Working with active-duty Airmen was mutually beneficial, allowing both active duty and traditional guardsmen to accomplish necessary training.

"It's outstanding training because we get away from the unit, integrate with active-duty and learn how they do things," said Lt. Col. Jonathan Pinkard, 134th ARW deputy mission support group commander. "It allows us to be more prepared for how we could deploy and be ready for those types of missions."

134th Guardsmen also volunteered to assist the 100th ARW with their inspection by portraying victims in a terrorist attack response exercise. Airmen spent several hours having simulated wounds applied to limbs, head and torso. This is referred to as "moulage", which is French for "casting". Moulage helps give a realistic element to training by creating a dramatic visual of injuries



Airmen from the 134th Air Refueling Wing recently assisted the 100th ARW in a base-wide terrorist attack response exercise by playing "victims" with various simulated injuries and moulage applications. The Tennessee guardsmen traveled to Mildenhall for their two-week annual training. (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

that could occur.

"It gives us an opportunity to compare active-duty exercises with the Air National Guard," said Lt. Col. James Blanton, 134th Air Refueling Wing inspector general. "It allows us to observe how Mildenhall does their exercises and how we can benefit from their practices and processes."

The Airmen worked together seamlessly and the experience provided valuable training for both parties.

(Mildenhall cont. on pg. 3)



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

(Mildenhall cont. from pg. 1)

"We were thrilled that the 134th ARW volunteered to participate in our challenging exercises, specifically the protests and vehicle ramming scenarios," said Capt. Joseph Brzozowske, 100th ARW chief wing readiness inspector. "I was very happy and appreciative for Lt. Cols. Blanton and Thiele's expertise on the Inspector General side."

One specific training the Airmen found beneficial was the Individual Airman Professional Development class. The course was designed to help Airmen achieve success and develop interpersonal relationships. It taught Airmen about different personalities, strengths and potential relationship pitfalls and how best to work with the differences.

Training helps Airmen learn to work as a team, but experiencing "down time" together is equally important. Morale and welfare trips reduce stress and create an atmosphere for bonding with others. Most members on the TDY took advantage of the off days to visit London and the surrounding areas as well as nearby countries like Scotland, Ireland, France and Spain.

Karen Abeyasekere, 100th ARW Public Affairs photojournalist, (above) applies materials to Staff Sgt. Derek Kee's head and face in preparation for a terrorist attack response exercise at RAF Mildenhall, England. Kee is a Network Administrator with the 134th Communications Flight and was helping as a "victim" in the exercise. Members of the 134th assisted the 100th Air Refueling Wing (right and below) by playing the "victims" during a base-wide terrorist attack exercise. The exercises test and train the Airmen for real-world emergencies and responses. (U.S. Air

National Guard photos by Tech. Sgt. Daniel Gagnon)

"We have people from different sections that did not know each other, but through this TDY, now they do," said Pinkard. "This will benefit us back at home station for years to come."

The 134th ARW Airmen benefit from these trips with improved skills and morale. However, collaboration between guardsmen and active duty Airmen strengthen the total force mentality which benefits the Air Force as a whole.

"The leaders I've met here have been very excited about the interaction, teamwork and integration of our unit with them and have welcomed us back," said Pinkard. "We will definitely keep the 100th ARW on our short list of places to come back to."



134th Civil Engineer Squadron conducts training in Latvia

By Staff Sgt. Ben Mellon, 134th ARW Public Affairs Specialist

CAMP ADAZI, LATVIA (May 8, 2018) – Airmen from the 134th Civil Engineer Squadron traveled to Latvia for their annual deployment for training here, May 4-19.

Each year the 134th CES participates in an annual DFT to help keep skills sharp and to train new Airmen joining the ranks.

"Every civil engineer squadron has to take all of their crafts or as many as possible from plumbing to electrical, and from engineering assistants to the officer corps on a deployment for training to actually enact their AFSC," said



Airmen from the 134th Civil Engineer Squadron construct concrete pads during their annual deployment for training May 4-19 at Camp Adazi, Latvia. (U.S. Air National Guard photo by Staff Sgt. Ben Mellon)

Senior Master Sgt. Kim Bowers, 134th CES Superintendent. "We do all the academics, prelims and safeties at home station and then on a yearly basis we take a DFT to execute that training."

This year the 134th CES traveled to Camp Adazi, Latvia to assist with a multi-rotation construction project.

"This trip to Latvia is part of our two week DFT," said Lt. Col. Brian Austin 134th CES Commander. "It's a time to get away from the normal drill weekend and do a lot of AFSC training and also training outside of our AFSC with other members in civil engineering."

Due to some unforeseen issues the project that the group was scheduled to work on was pushed back on the timeline, which changed the scope of work when they arrived.

"Just like any construction project, not everything is going to go as planned and that's why we have learned to adapt and overcome," said Austin. "Part of that was some

of the initial drawings and permits weren't signed off, which put the first rotation behind. We thought we would be putting up walls right now, but instead we are doing the foundation work for the buildings, but that's just how CE operates. We hit the ground running and make the best of every situation."

The DFT environment lends a unique opportunity for not only training on AFSC duties, but an opportunity to grow as a team and as a unit. Airmen had the opportunity to spend some time together sight-seeing and experiencing a different culture together.

"The DFT environment allows Airmen to work with other Airmen they may not get to work with and that builds relationships," said Austin. "That's one of the biggest things about a DFT. It builds relationships. So, five, 10, even 20 years down the road folks can look back and recall fond memories."

These types of projects are more than just an opportunity to visit and train in foreign countries. Through the State Partnership Program, initiated (over 20 years ago) by Department of Defense to successfully build relationships between the United States and our allies, projects like these are a mutual benefit to both countries involved.

"I hope this will affect our relationship in a positive way," said Austin. "I know that NGB has had DFT's here before. Latvia is Michigan's state partner. I think it will open the door for more United States involvement here, not only in construction, but in some other NATO exercises as a way to show support for this Baltic region."

During the DFT 134th CES Airmen worked alongside active duty Airmen, which allowed them the opportunity to showcase their abilities to their active duty counterparts.

"Total force, the Air National Guard and especially the Tennessee Air National Guard are right there in line with our active duty counterparts," said Austin. "We are able to do the job. We have to maintain the same level of training they do on limited days and this DFT allows us to not only get additional training, but also to showcase our skills alongside active duty".

134th maintainer earns perfect score and ACE award in training

Originally published by 82nd Training Wing Public Affairs



Airman 1st Class Justin Walker, an instrument and flight control systems apprentice course student in the 365th Training Squadron, performs a system check on an attitude heading reference system, which provides a frame of reference for pilots flying an aircraft, at Sheppard Air Force Base, Texas, June 21, 2018. Walker, a native of Maryville, Tennessee, scored a perfect 100 on all of his tests in the nine-block, 51-day course, earning him the ACE award. (U.S. Air Force photo by Senior Airman Kevin Clites)

SHEPPARD AIR FORCE BASE, Texas – Two Airmen in the 365th Training Squadron's instrument and flight control systems course scored perfect 100s on all of their tests to earn ACE awards June 21, 2018, for their accomplishments.

Airman 1st Class Justin Walker and Airman Cameron Guzewicz learned the basics of aircraft instrumentation and flight controls during the 51-day, nine-block course. Walker, Guzewicz and others in the course graduated June 22, 2018. Airman 1st Class Justin Walker, an instrument

and flight control systems apprentice course student in the 365th Training Squadron, performs a system check on an attitude heading reference system, which provides a frame of reference for pilots flying an aircraft, at Sheppard Air Force Base, Texas, June 21, 2018. Walker, a native of Maryville, Tennessee, scored a perfect 100 on all of his tests in the nine-block, 51-day course, earning him the ACE award. (U.S. Air Force photo by Senior Airman Kevin Clites)

Rank and Name: Airman 1st Class Justin Walker

Unit going to: 134th Air Refueling Wing, McGhee Tyson Air National Guard Base, Knoxville, Tennessee

Duty title: Instrument and flight control systems apprentice

Hometown: Maryville, Tennessee

Time in Service: One year

Why you joined the Air Force: To earn experience in the military and start a career in aircraft maintenance.

Family: Nena Walker, wife

Hobbies: SCUBA diving, hiking, motocross

Favorite aspect of job: The hands on approach required to troubleshoot an aircraft.

Most memorable Air Force experience: Graduating technical training with the ACE award

How do you make responsible choices: Before I made a decision, I asked myself, "How can this affect myself and my family?"

Instructor comment:

"Receiving this award is not a common occurrence. It means that the student put the time and the effort in to not miss a single question throughout the course, graduating with a 100 percent average," said Staff Sgt. Michael Edwards, instrument and flight control systems instructor. "Airman 1st Class Walker had an outstanding work ethic throughout the course, taking the time that requires to achieve the ACE award while at the same time helping the rest of classmates reach their full potential."

134th ARW Services Airmen support DFT in Latvia

By Staff Sgt. Ben Mellon, 134th ARW Public Affairs Specialist

CAMP ADAZI, LATVIA (May 8, 2018) – Airmen from the 134th Force Support Squadron traveled to Latvia to support the 134th Civil Engineer Squadron on their annual deployment for training here, May 4-19.

Each year the CES travels to different locations for their DFT. Typically they bring two members of Services to as-

sist with the planning of food and morale activities for the

Airmen on their trip.

"So this year the 134th CES brought us on this trip to possibly help out with meals, plan Morale, Wellness and Recreation activities for Airmen during downtime, and plan the end of DFT party for our guys," said Master Sgt. Deonna Woodlief, a services technician with the 134th FSS. "When we got here we found the base had a very large full-functioning dining facility which provided all the meals. We spent some time working with CES on their job site learning a lot about what they do, but as soon

> as we got the opportunity we decided to go see if we could help out in the DFAC and maybe even get some training while we were there."

> After realizing they would not need to provide meals to the 134th CES on the trip, they quickly realized this was going to be a great training opportunity for them to work in the chow hall here on site with the Canadian military members who run the facility.

> "This was an incredible Woodlief. "We not only got Latvian and Polish troops actually do most things formatted slightly different are from completely difthe same job and we do it

large number of troops means it takes a pretty large

amount of food to keep everyone fed. To process this much food it takes some unique equipment able to handle large portions which the 134th FSS troops don't get a chance to work with often.

"The kitchen in the DFAC is enormous," said Woodlief. "Everything in there was just huge. I had a great opportunity to train on equipment that I have never seen and the Canadians and Latvians took us right in and were happy to help us out and give us the training we needed."

Any time Airmen can work and train as joint force with allied nations it is an opportunity to strengthen both parties. "It's very important for us to train with other nations like the Canadians," said Staff Sgt. Brent Leach, services technician with the 134th Force Support Squadron. "We need to work with them. We need to see how they do it differently and even the same because you could find yourself in a deployed location and be the only American services troop there. We need to be able to jump right in and work along-side them."



Master Sgt. Deonna Woodlief (above), a services technician with the 134th Force Support Squadron, prepares food for the 134th Civil Engineer Squadron during their annual deployment for training at Camp Adazi, May 4-19. Staff Sgt. Brent Leach (right), services technician with the 134th Force Support Squadron, prepares watermelon for the Airmen. The services Airmen had the unique opportunity to work and train in the dining facility with Canadian military troops who ran the facility. (U.S. Air National Guard photo by Staff Sgt. Ben Mellon)

training opportunity for us," said to work with Canadians but also the as well. It was great to see how we the same. Some of the forms are but it's amazing that although we ferent countries, we do basically mostly the same way."

The Camp Adazi DFAC feeds a from many different countries, which

Force Development

"Knowledge Promotes Understanding, Understanding Promotes Teamwork, Teamwork Promotes Success"

Bryan College

Chief Master Sgt. Michael Kennedy, USAF (ret.) will be onsite, Saturday, 14 July from 1000 – 1300 in the DFAC. He will be answering questions regarding Bryan College's academic programs and benefits to military members.

Bryan College offers several online and on campus Bachelor's and Master's degree programs.

For more information, contact Chief Master Sgt. Kennedy at 423-599-1509 or email mkennedy9613@byran.edu

In & Out Processing

Those attending Formal Training Schools must out-process with their Unit Training Managers and in-process with the Force Development Office, prior to and after attending school.

This ensures that members meet the requirements for attendance, issues can be resolved in a timely manner, and DTS authorizations and vouchers are completed.

For more information, please contact your Unit Training Manager.

Testing Hours

Wednesdays & Fridays 0800 & 1300

Drill Weekend – Saturday 1300

Required Items for CDC Testing
CDSAR Printout
Completed Authorization to Test Form

Required Item for PME Testing Email or Printout from Air University

Members MUST schedule testing through their Unit Training Managers

CCAF UPDATES:

To update your CCAF Web Progress Report, you must request a transcript from your civilian college and/or university and have that institution send it directly to CCAF. CCAF will not take transcripts from members or the Force Development Office.

Send Transcripts to:

CCAF/DESS 100 South Turner Blvd Maxwell-Gunter AFB, AL 36114-3011

Did You Know?

Did you know that CLEP and DSST tests are available free of charge to military members? Did you know that this is a great way to earn college credit for the knowledge you already have? Did you know that testing is available at several of the Pellissippi State Community College campuses? For more information on CLEP and DSST testing, visit their websites at: https://clep.collegeboard.org/ and <a hre

Air National Guard affords Airman first taste of Europe

By Tech. Sgt. Daniel Gagnon, 134th ARW Public Affairs Specialist

RAF MILDENHALL, England (June 18, 2018) – One of the exciting benefits of being a member of the Air National Guard is having the opportunity to travel the world.





Staff Sgt. John Romines, Staff Sgt. Lindsey Vitola, and Airman 1st Class David Morgan, 134th Air Refueling Wing members (above left), toured London, England June 15, 2018. The Airmen spent some down time touring the area during a Temporary Duty (TDY) to RAF Mildenhall. Airman David Morgan, (above) 134th Commander Support Staff member, is promoted to Airman 1st Class during a Temporary Duty (TDY) at RAF Mildenhall. Pictured with Morgan is Lt. Col. Todd Pinkard, 134th Mission Support Group Deputy Commander. (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

19-year-old Airman 1st Class David Morgan, a 134th Commander Support Staff member, recently traveled to Mildenhall, England for annual training.

Originally from Chattanooga, Tennessee, the young Airman was excited to travel overseas for the first time. With only two years in the Tennessee Air National Guard, he was surprised to receive a temporary duty assignment to a foreign location.

"While getting to go out and explore England, London has been my most favorite place here so far," said Airman 1st Class Morgan. "I like the architecture and the history that goes with it, the parliament building especially."

Morgan was promoted to Airman

1st Class while on TDY. This is a
unique opportunity for any Airman, and
particularly special for someone on his first trip

abroad.

"I joined the military to serve my country and I want to fly, this is a very good opportunity for that," said Morgan.

The 100th Air Refueling Wing held a simulated terrorist attack response exercise on base during the visit by the Tennessee Guard members. Morgan voluntarily assisted by portraying a victim with a broken leg, requiring immediate medical attention from the active duty members. He played an important part in the mock attack, keeping it as real as possible for the players to ensure they had the opportunity to learn valuable skills for use in case of any future threats.

"Our mission here was to help CSS and learn what personnel would do at an active-duty base, such as training on how to organize things, internet roaming, editing different documents, learning what the active-duty [Airman] does and how they take care of the commander," said Morgan.

Morgan soaked up the experience and took the knowledge he acquired back to his home station McGhee Tyson Air National Guard

Base, Tennessee.

"It has been a very positive experience in the guard, I really love everybody at our base and the location," said Morgan. "It's great to be a part of it, I don't take it for granted."





TN STRONG Act 2017 Tuition Reimbursement Program

Tennessee Public Chatper No. 229.

This is a **tuition assistance program** that provides **reimbursement to an educational institution** on behalf of eligible members of the Tennessee National Guard. The reimbursement will be in the **amount equal to 100% of the maximum resident undergraduate In-State tuition** charged by the post-secondary institution member attends.

This program will fund **no more than 120 credit hours or 8 full time semesters or equivalent towards an assoicates or first bachelor's degree** when attending a regionally accredited postsecondary institution within Tennessee.

Regionally accredited community colleges, 4 year public and private schools that are THEC and FTA approved are authorized. School's primary campus must be domiciled in the state of Tennessee.

Must maintain satisfactory academic progress with **2.0 GPA minimum** for the academic period for which STRONG Act tuition reiumbursement is being sought.

Website for current TN STRONG Act information:

http://tn.gov/military/section/education-incentives

TN STRONG Act Contacts

Tech. Sgt. Joseph Wilson Air Guard State Tuition Assistance
Manager Telephone: 615-313-0849 Email: <u>joseph.wilson82.mil@mail.mil</u>

Sgt. 1st Class Edward Mosher Army State Tuition Assistance Manager Telephone: 615-313-2697 Email: edward.p.mosher.mil@mail.mil

Spc. Christopher Barriere
Telephone: 615-313-0737
Army State Tuition Assistance Manager
Email: christopher.h.barriere.mil@mail.mil



Tennessee National Guard trains to identify hazards in United Kingdom

By Tech. Sgt. Daniel Gagnon, 134th ARW Public Affairs Specialist

RAF MILDENHALL, England (June 18, 2018) - Emergency Management personnel from the Tennessee Air National Guard trained on Chemical, Biological, Radiological, Nuclear and Explosive equipment while on temporary duty here June 11-22.

Guardsmen from the 134th Air Refueling Wing, Tennessee Air National Guard, emergency management shop attend a training class while on temporary duty June 18, 2018 at RAF Mildenhall, England. The members learned to work with their active duty counterparts on MultiRAE Pro equipment training. (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

"Our job is to ensure that the base can respond and recover from all hazards and natural disasters," said Master Sgt. Steven Breeden, 134th Air Refueling Wing Emergency Management section manager.

Emergency Management uses varied equipment to detect and neutralize threats, and staying up to date on training as well as calibrating the equipment is time consuming.

"The equipment we are using today is a MultiRAE Pro unit," said Breeden. "It is used for constant air monitoring."

Personnel can use the equipment to help identify any gases in an area and determine if it is hazardous to the base populace or not.

The unit is mostly used for testing air in confined spaces, but not limited to it.

"The MultiRAE Pro can use 25 different sensors that each detect different hazards," said Staff Sgt. John Romines, 134th ARW EM journeyman. "It helps to identify almost any air hazards in a testable area. Six sensors can be used at once."

The MultiRAE Pro can also detect explosive gases and will inform personnel to evacuate the area.

"We like the flexibility of that," said Breeden. "This equipment keeps us out of harm's way, so if there is something in the air that takes all of the oxygen out... it can tell you."

While on TDY at RAF Mildenhall, the 134th EM personnel had the opportunity to train with their counterparts at the 100th ARW.

"We like the opportunity to work with active-duty [Airmen]," said Breeden. "Their equipment may not be exactly what our equipment is, but it matches up very well. If we deploy downrange, we deploy with active-duty forces, we don't just deploy with National Guard forces."

Active duty focuses on wartime situations, but on the Guard side, EM can also focus on domestic operations. If the State calls, the guard answers. Active

duty must have a federal request in order to report. For example, if the civil support team (civil entity that responds to CBRNE emergencies) is three hours away from an event, the state could call the ANG to perform the initial response. The guard unit would then transfer the data to the CST when they arrive.

"Active-duty [service members] can't really do that, said Breeden. "In the state mission we are hazardous materials technicians and when we respond to a contingency we are nuclear, biological and chemical guys. It's nice to work with active duty in a non-contingency location. We can actually see which equipment works well together. If something ever arises that we can both respond to or recover from, we know how to better work with the active-duty force." stated Breeden.



OPERATIONAL SECURITY (OPSEC) GUIDE

An adaptation of Dr. Seuss's Green Eggs and Ham.¹

Do you like OPSEC and ham?

I do not get it, Sam I am. I do not get OPSEC and ham.

We must use it here and there... we must use it everywhere.

You can share it in a car.

But you CANNOT in a bar.

You CANNOT share it in a text.

You CANNOT share it at the PX, MCX, or NEX.

You can say it in your house.

But you should not tell a spouse.

You can say it in the shower.

But please DO NOT at happy hour.

Don't make the Command sweat.

Don't post it on the internet.

You CANNOT share it in a tweet.

That would not be so very sweet.

Beware of Facebook and Myspace too;

It's tempting to let your feelings through.

You cannot tell it to a friend.

Not even at the very end.

It is a privilege to know a date.

Don't tell anyone or they may be late!

Oh, I get it, Sam I am. Now I get OPSEC and ham! I will not tell anyone. I will keep hushed until they're done! I will not tell him or her. I will not tell my dog with fur. I will not tell my child's teacher. I will not tell any creature. Thank you, thank you, Sam I am. Thank you for clearing up OPSEC and ham!!!



¹ Anonymous Author; Used by USMCRC and ARNG; Updated March 2013

134 ARW Civil Engineer Squadron First Sergeant Vacancy

There is a vacancy at this time for the position of First Sergeant (Master Sergeant) at the 134 ARW Civil Engineering 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
- 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.

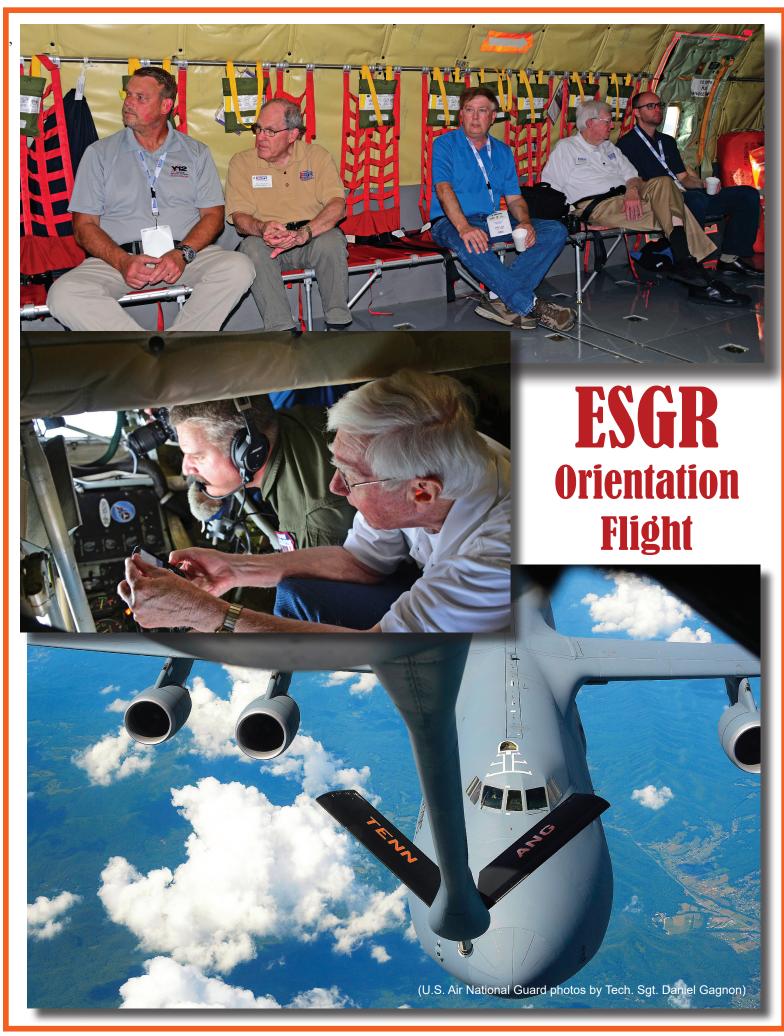
- The member must have a current fitness assessment valid through the graduation date of the in-residence portion of the FSA, and it must be a complete assessment with all components with the overall score meeting minimum standards as outlined in paragraph 3.2.13.1.
- ANG members must immediately enroll 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. (FYI Future changes to the AFI, during application process, to read Associates Degree from an accredited college or higher degree).
- 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., July 15th, 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 August 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.



SATURDAY UTA

0815-1130 HOURS PHYSICAL HEALTH ASSESSMENTS (PHAs)

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

0830-1130 HOURS IMMUNIZATIONS 0830-1130 HOURS ONFT TESTING

0830-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING (CHECK IN @ PUBLIC HEALTH)

0900-1000 HOURS DEPLOYMENT IN-PROCESSING (TRAINING ROOM)

1000-1100 HOURS FITNESS TESTING EVALS

1130-1230 HOURS LUNCH

1230-1400 HOURS WAIVER/MEDCON/LOD APPS w /DOCs & PAs

1230-1530 HOURS BLS REFRESHER
1300-1430 HOURS IMMUNIZATIONS

1300-1500 HOURS HEARING EXAMS/ANAM

Mental Health Assessments (MHAs) will be scheduled by appointment.

SUNDAY UTA

CLOSED FOR TRAINING W/EXCEPTION OF FOLLOWING TIMES: 0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS



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.

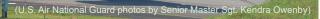


Follow the 134th Air Refueling Wing on Social Media!

Follow McGhee Tyson ANG Base & the 134th Air Refueling Wing on social media!
Check out our stories, photos, videos, graphics and current news at the 134th ARW website,
DVIDS (Defense Video Imagery Distribution System), the 134 ARW Facebook page, and the
quarterly Volunteer State Guard Magazine distributed by Tennessee National Guard Joint Force
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ROCKY TOP DINING FACILITY

Sat:

Blackened Fish Braised Beef Brown Rice Egg Noodles Okra Corn Green Beans Sun:

Ribs
Huli Huli Chicken
Mac Salad
Islander's Rice
Fried Cabbage
Broccoli
Carrots

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!

