



THE VOLUNTEER

JANUARY 2022

EDITORIAL

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Cover:
Members of the 134th Air Refueling Wing pause for a photo on the new runway 5L-23R during the Grand Opening event held Dec. 17 at McGhee Tyson Airport. The runway has been under construction for over 10 years for lengthening, and is shared by both the airport and McGhee Tyson ANG Base. (photo provided by MKAA)

This page:
F-16 mid-air refueling image by Master Sgt. (Ret.) Daniel Gagnon

Body:
Chaplain's Cup image courtesy of Pixabay.com
Medical and Airman & Fam. Readiness images courtesy of Pixabay.com

Air Force Thunderbirds' photo courtesy of DVIDShub.net

Flags, Rocky Top DF Menu Page food photos, prescription drug photo & red blood cells photos courtesy of Pixabay.com



134th Air Refueling Wing

Volunteers

VISION

“Volunteer Ready”

FEDERAL MISSION

Support rapid global mobility & sustainment by providing world-class personnel, vital air refueling & airlift capabilities for contingency response & sustained combat operations

STATE MISSION

Provide personnel & equipment to protect life & property during emergency response operations as directed by the Governor of Tennessee & the Adjutant General

PRIORITIES

Mission/Readiness Focused Activities
AFSC Focused Training
Developing Airmen
Saving Airmen's Time
Wrapped in a Culture of Safety



JEM

Molding well-rounded Airmen



JEAA food drive

Helping out the community is what it's all about!



The season of giving!

Airmen assemble bikes for kids at local Children's Camp



134th Children's Christmas Party

a big hit!

Columns



Top III & JEAA Meetings

E-7's and above welcome!
E-6's and below welcome!



Blue Skies Airmen!

January Retirements



Rank Up!

January Promotions



Medical schedule

January 134th MDG Schedule



A word from your DPH

Welcome to 2022!

Mentorship program molds well-rounded Airmen

By Senior Airman Kaylee Patterson, 134th Public Affairs

Members of the Junior Enlisted Mentorship Program (JEM) were given the opportunity to tour several Air and Army National Guard units, including the 151st Operations Squadron, the 134th Security Forces Squadron, the 134th Maintenance Group, and Army National Guard 1-230th Assault Helicopter Battalion.

Touring the facilities help the new Airmen understand different career fields on base, their impact, and the 134th Air Refueling Wing's mission.

"Knowing what each squadron does and knowing how it fits into the bigger picture is extremely important," said Col. Martin L. Hartley, 134th ARW commander.

"It is important because when the mission changes and the mission-set priorities are different, then you know who and how to interact or relate to because a lot of those relationships that you build with other sections on the base are still required."

The purpose of the JEM is to create well-versed Airmen to serve the 134th ARW, the Air National Guard, and the U.S. Air Force in the future.

According to 134th JEM guidelines, there are three primary objectives to accomplish the goal of Airmen development:

- 1) Build an awareness of wing organizations beyond a participant's specialty
- 2) Build and maintain relationships
- 3) Prepare members for future opportunities

"Being able to coordinate and develop relationships among the different career fields is important throughout your military career," said Chief Master Sgt. Michael Johnson, 134th ARW command chief. "As you rank up, you will know someone from different sections of the base. You may need their help one day, so cherish the friendships that you make."

JEM also gives Airmen opportunities to volunteer throughout the local community.

JEM Airmen participated with Security Forces for the annual Santa Cops program by helping with shopping for gifts for children at East Tennessee Children's Hospital. Airmen also helped out at the American Legion by assisting with repairing of floors.

The JEM is a 12-month program overseen by the Top 3 Council. Participants are the rank of E4 and below. They are nominated by their respective chiefs and then voted on during a Top 3 Council meeting. During the year JEM Airmen participate in base tours, community volunteer events, commander-driven events, and other team building activities.



(Air National Guard photos by Senior Airman Kaylee Patterson)

JEAA food drive for Blount Co. Veterans Affairs successful!

By Senior Airman Gregory Adamson, 134th Force Support Squadron

The Junior Enlisted Advisory Association (JEAA) visited the Blount County Veterans Affairs Office on Friday to deliver multiple boxes of various food items they collected for the Veterans Food Pantry.

Here are a few comments from some of the Airmen highlighting their thoughts on the program:

“The members of the JEAA truly love the event as it provides the opportunity for us to give back to the men and women who helped lay the foundation. Often times the month of Dec. can truly be the best of time for some, but for others this is the hardest time of year. So whether helping with bringing food, donating money, or donating time, all were truly showing the VOLUNTEER spirit and making an impact in our local community! Here’s to raising the bar each year and striving to make an even greater impact in 2022!”

- Senior Airman Gregory Adamson

““Our motto here at McGhee Tyson Air National Guard Base is to be Volunteer ready. The canned food drive we held is a prime example of how we are able to help our community and put our volunteer readiness to use.”

- Airman First Class Zach Sawyer

“During these uncertain times, one thing remains certain. When you put good out, you get good back in return. It was an honor and privilege to provide food resources to our local veterans.”

- Master Sgt. Michael Bowers

The Airmen were given a tour of the office and each was presented with a hand crafted walking stick made by local veterans. Local ROTC students, as well as Tennessee Representative Jerome Moon, visited with the Airmen and assisted with the unloading of the items. A great day of giving for all involved. Thank you to all who participated!



(Photo by Senior Airman Gregory Adamson)

Airmen help assemble dozens of children's bicycles for Christmas

Tech. Sgt. David Wethington, a 134th Force Support Squadron personnelist, was recently featured on our social media outlets as one of our Wednesday Warriors. Even warriors have a soft side during the holidays, right? Christmas is the season of giving, and there was no shortage of those willing to give at McGhee Tyson ANG Base (this doesn't come as a surprise). 134th ARW Airmen are always ready and willing to take on any project, especially one that benefits children!

So, Tech. Sgt. Wethington went to work formulating a plan to raise money for bicycles for children at a local children's camp, and with the help of a generous donation from a local motorcycle shop, he was able to gather the donated bicycles. They will be donated to the children at a local non-profit children's camp (Camp Tipton).

Wethington was overwhelmed with Airmen wanting to assist with the project! Of the 180+ bicycles that were donated, many required assembly. Several members of the 134th Maintenance Squadron eagerly rolled up their sleeves and assembled 48 children's bicycles on Monday - during their lunch break! A true testament to how our Airmen are always willing to help out!

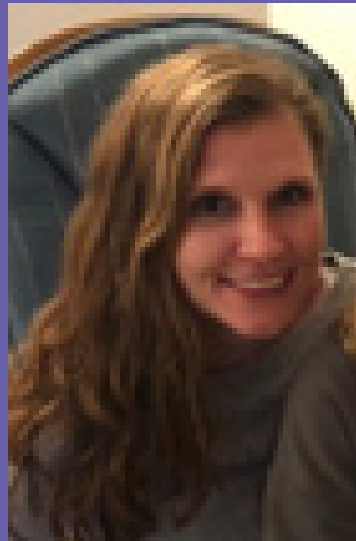
Thank you Tech. Sgt. Wethington for making a difference in the community!, and thank you to the 134th Maintenance Squadron members for spending time to ensure the bikes reached the children by Christmas! There undoubtedly was a lot of little smiling faces on Christmas day due to your selfless efforts! Way to be "Volunteer Ready" Airmen!



(Air National Guard photos by Senior Master Sgt. Kendra M. Owenby)

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



Welcome to 2022! As we kick off this next trip around the sun, you may have thought about – or even followed through with setting a New Year’s Resolution. How’s it going so far? If you didn’t set one or you’ve already broken yours, you’re not alone. Change is hard and if our New Year’s Resolution – something we firmly decide to start or stop doing – was something easy for us, why would we wait until January 1st to institute it? After all, we start a new month 12 times a year and we start a new week 52 times a year – it’s not like we don’t have a plethora of “new” timeframes to make our changes.

I think that perhaps setting a New Year’s Goal may be a better way to work on positive changes. What is it that we want our efforts to lead to? What is the result we are looking for? To me, a resolution is laid out so strict that if I break it – I think, crud – well, better luck next year. But a goal – that feels like an ongoing effort, something that I may work better and harder at some days more than others. If I don’t work on it one day, or even take a step backward, I feel that all is not lost and that I can take a deep breath and keep working on it instead of scrapping the whole thing altogether.

Even though we have some leeway with goals and may want to challenge ourselves, we still need to set goals that we can realistically attain. In her article

You Might Be Doing Your New Year’s Resolutions All Wrong (psychom.net/mental-health-resolutions), Libby MacCarthy writes, “We often set ourselves up for failure by setting goals that are vague, unrealistic, or heavily influenced by what we believe others expect of us. And when we do ‘fail’, we’re left feeling guilty, disappointed, and self-loathing – a far cry from the strong sense of confidence and empowerment we were after.” Ouch. I don’t know about you, but I’ve definitely been there, done that. If we want long lasting positive changes, we need to set goals that are feasible for our time, resources, fitness level, abilities, etc.

As your DPH who wants each of you to have the best mental health, I encourage you to set a New Year’s Goal that improves your mental health. There are numerous articles online to give you ideas and here are some of the most common suggestions:

- *Limit Social Media to a set amount of time and only once or twice per day**
 - *Put your phone away – during meals, during visits/conversations with others, when you have a few minutes in between activities, at least an hour before bedtime**
 - *Get moving – and better yet, get moving outdoors where you can get some sun – doesn’t have to be a 5 mile run, try for a 20-30 minute walk 3-4 days a week**
 - *Increase positive thinking by being grateful – start and end each day thinking about at least three things you are thankful for**
 - *Connect and communicate with others – instead of just texting or emailing, make a phone call and have a real conversation; be intentional about making and following through with plans to spend time with your loved ones (be present and in the moment with them, put those screens away ☺).**
- Let’s make 2022 the year that we prioritize our mental health and encourage and support others to prioritize their mental health, too. I am here for YOU, so please call, text, email or stop by anytime.**

Cell 865-201-8129 / Natalie.Pankau@us.af.mil / Moon Hall, Bldg 412-A, 2nd Floor

(photo courtesy of bing.com)



Retirements

**Lt Col Hiram Williamson
Maj Jason Harper
CMSgt Gary Ornduff
SMSgt Ronald Rochat
MSgt Dora Jennings
MSgt David Thomas
TSgt Sherry Hovorka
TSgt Charlie Jones**

AIRMEN VOLUNTEER WITH WREATHS ACROSS AMERICA

Several members of the 134th Air Refueling Wing and the 119th Cyber Operations Squadron volunteered to assist in the unloading of dozens of boxes of wreaths on Dec. 16. The wreaths were placed on the graves at the East Tennessee State Veteran's Cemetery on Saturday, Dec. 18 as part of the Wreaths Across America program.



(photos by Lt. Col. Travers Hurst)



The magic of Christmas was alive and well at McGhee Tyson ANG Base Dec. drill! The events kicked off with a tree lighting ceremony. Children's eyes lit up at the sight of Santa appearing from a KC-135, his elves accompanying, waving to the crowd. Music from the very talented ANG Band of the South filled the air. Arts and crafts and seasonal decorations galore! Candy and goodies for the kiddos, and even live reindeer to help spread the spirit of the holidays! The event was a wonderful time for all! Thanks to all who made it a big success!



(Air National Guard photos by Mr. Ben Cash)

Local uniform drive a success!

Submitted by Chief Master Sgt. Donald Hill, 134th Force Support Squadron



Students at a couple of Knox County schools recently participated in a uniform drive, collecting old Airman Battle Uniforms, better known as ABU's. Over 110 students participated in the JROTC Programs at Karns and Austin East High Schools. Members of the 134th ARW, 119th COS, 241st EIS, and 572nd Air National Guard Band of the South rallied together to meet their need!

With the ABU being phased out, a uniform drive was coordinated by Senior Master Sgt. Bertie Wiggins of the Force Support Squadron. She worked directly with Mr. JD Faulconer, Career/Technical and Career Readiness Specialist, who oversees the JROTC Programs.



"We are so appreciative to receive this generous donation. The students were thrilled, and send all their thanks!" said Faulconer.

The impact of this uniform drive was especially felt by the students at Austin East High School. In 2021 alone, six students died due to gun violence. This has left the students, teachers, and staff disheartened. Our donation helped bring some much needed joy to these students. The students are always in need of uniforms to supplement their current inventory.

A huge thanks goes out to the members of the 134th Air Refueling Wing who donated over 750 ABU uniform items! A special thank you to Master Sgt. Michael Bowers of the Civil Engineer Squadron for collecting an entire pallet of uniforms! Because of our donations, the JROTC students of Knox County will be supplied with uniforms for years to come!



(photos provided by Senior Master Sgt. Bertie Wiggins)

134 ARW MEDICAL GROUP

SATURDAY - 08 JAN

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)

0800-1200 HOURS COVID VACCINATION CLINIC (WILSON HALL)

0900-1130 HOURS PHYSICAL HEALTH ASSESSMENTS (PHAs) /IMMUNIZATIONS (Bldg 246)

1000-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING (Bldg (246)

0830-1100 HOURS QNFT TESTING (Bldg 246)

0930-1000 HOURS PRIOR SERVICE INPROCESSING BRIEF (Bldg 246)

1130-1230 HOURS LUNCH

1300-1500 HOURS IMMUNIZATIONS (Bldg 246)

1300-1500 HOURS WAIVER/MEDCON/LOD APPS w /DOCs & PAs (Bldg 246/ 412A)

1300-1430 HOURS HEARING EXAMS/ANAM (Bldg 246)

SUNDAY - 09 JAN

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)

PLEASE ENSURE MILITARY MEMBERS REPORT ALL PRESCRIPTION MEDICATIONS THEY ARE TAKING TO THE 134MDG IMMEDIATELY!

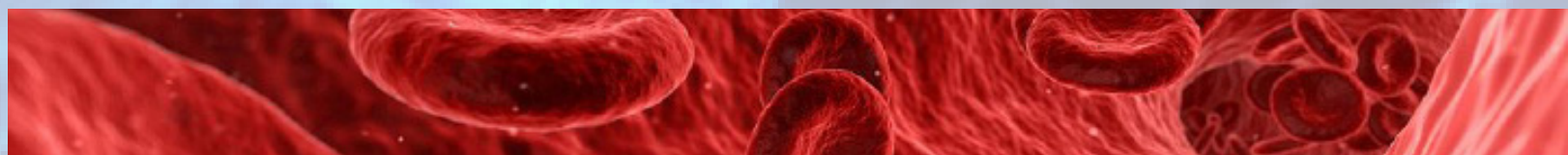
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

NOTE 2: INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL.

NOTE 3: IF YOU WEAR GLASSES YOU MUST BRING THEM WITH YOU FOR PHYSICAL. PLEASE DO NOT WEAR CONTACT LENS 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 WILL BE CONDUCTED FROM 0830-1100 HRS SAT. UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT THE SCHEDULED TIME.





PROMOTIONS

Chief Master Sergeant

Tyler Ott

151 ARS

Technical Sergeant

Timothy Niemeyer
Sy Keeble

134 CES
134 MXS

Senior Airman

Ian Adams
Chase Shaffer

134 CF
134 MXS

Master Sergeant

Richard Gause

134 MXS

Staff Sergeant

Justin Pelletier
Patrick Hollingsworth
Kimberly Jones

134 CF
134 SFS
134 MXG

Airman

Grant Vanvickle
Mycol Trumble

134 CES
134 LRS

CONGRATULATIONS TO ALL!

Top III



will meet 1030, Sat.,
@ CES Auditorium
Open to all E-7's
and above!

JEAA Meeting

Meeting TBD
All E-6's & below welcome!

Don't let your Guard down,

**THINK
OPSEC!**

Santa Cops 2021 raised over \$9600 thanks to you!



(photos provided by Senior Master Sgt. Joey Hungate)



134TH AIR REFUELING WING PUBLIC AFFAIRS

865-336-3214

To view official DoD imagery/video/graphics from the
134th Air Refueling Wing go to DVIDS:
<https://www.dvidshub.net/unit/134ARW>



134th ARW website - www.134arw.ang.af.mil

Follow us on social media!



134th ARW App - available on the App Store & Google Play



ROCKY TOP

DINING FACILITY MENU

Saturday 08 Jan

Cilantro Lime Chicken
Salisbury Steak & Gravy
Mashed Potatoes
Rice Pilaf
Asparagus
Carrots
Pinto Beans

Sunday 09 Jan

Savory Herb Pork
Mustard Dill Fish
Brown Rice
Sweet Potatoes
Roasted Carrots
Hoppin' John
Turnip Greens