



# THE VOLUNTEER

January 2021



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Cover: Members of the 134th ARW JEAA deliver canned goods to the Blount County Veterans Pantry at the Blount County Courthouse. (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

This page:  
'Cup' courtesy of Pexels.com  
Medical images courtesy of Pixabay.com

Deployers (U.S. Air National Guard photos by Staff Sgt. Treven Cannon)

'JEAA' and 'Chief's coin on flag' (U.S. Air National Guard photos by Tech. Sgt. Teri Eicher)

'Air Force Thunderbirds' and OPSEC photos courtesy of DVIDShub.net

'Angel Tree Delivery' (U.S. Air National Guard photo by Master. Sgt. Daniel Gagnon)

'Stockings' photo courtesy of Master Sgt. Kevin Jackson

# January features



## JEAA Canned Food Drive

JEAA delivers food to the Blount County Veterans Pantry



## 134th Angel Tree

Members of the 134th ARW deliver gifts to needy children via our annual Angel Tree



## 134th Family Readiness Stockings

134th Volunteers deliver cheer to Wing families



## Deployers Return

Members of the 134th ARW return from CENTCOM deployments just in time for the holidays

# Monthly columns



## Rank Up

Check out the December promotions!



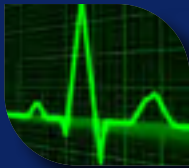
## The Chaplain's Cup

Major Seth Hammond - Keep the Faith



## The Chief's Corner

Get to know this month's Chief: Chief Master Sgt. Anthony Russell



## Medical Schedule

January 134th MDG Medical Schedule



## Updated PT Testing Schedule

Make sure you're ready!!



## Social Media Links

Follow the 134th ARW @134\_ARW



# JEAA Canned Food Drive

Members of the 134th ARW's Junior Enlisted Advisory Association, or JEAA, visited the Blount County Veteran's Affairs office to deliver over 2500 food items.

The Veteran's Pantry has been run by the organization since 2014, and for several years the JEAA has collected shelf stable goods through the months of October and November to deliver for veterans in need throughout Blount County.

"It's the least we can do, as currently-serving veterans, to help those that have come before us," said JEAA President, Staff Sgt. Laura Reagan. "The base looks forward to this event every year, and it has become a competition among the units to see who can collect the most items. It's all in the spirit of giving, and of course the Volunteers of the 134th ARW are always ready to serve."

The Airmen received a tour of the pantry as well as the Veterans Affairs Office, and as a special thank you, hand-made walking sticks courtesy of a Vietnam veteran from Blount County.



U.S. Air National Guard photos by Tech. Sgt. Teri Eicher



Air National Guard (Title 32 AGR/DSG) Fitness Guidance due to COVID-19  
Due Date Matrix

Current as of 7 Dec 2020

| ANG Official Physical Fitness Assessment Due Date Matrix EXCELLENT/ SATISFACTORY and PASS |                 |                                     |
|---|-----------------|-------------------------------------|
| DATE OF LAST IN-PERSON FITNESS ASSESSMENT   | COVID-19 EXEMPT | DUE DATE OF NEXT FITNESS ASSESSMENT |
| Mar 2019  | Mar 2020        | Apr 2021*                           |
| Apr 2019  | Apr 2020        | Apr 2021                            |
| May 2019  | May 2020        | May 2021                            |
| Jun 2019  | Jun 2020        | Jun 2021                            |
| Jul 2019  | Jul 2020        | Jul 2021                            |
| Aug 2019  | Aug 2020        | Aug 2021                            |
| Sept 2019   | Sept 2020       | Sept 2021                           |
| Oct 2019  | Oct 2020        | Oct 2021                            |
| Nov 2019  | Nov 2020        | Nov 2021                            |
| Dec 2019  | Dec 2020        | Dec 2021                            |
| Jan 2020  | Jan 2021        | Jan 2022                            |
| Feb 2020  | Feb 2021        | Feb 2022                            |
| Mar 2020  | Mar 2021        | Mar 2022                            |

\* NOTE: If last in-person test was March 2019, Airmen will test April 2021. Ensures readiness and fairness as all other Excellent Score category personnel receive 2 years between testing.

| Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON-CURRENT SCORES |                                     |
|--|-------------------------------------|
| DATE OF LAST IN-PERSON FITNESS ASSESSMENT  | DUE DATE OF NEXT FITNESS ASSESSMENT |
| Mar 2019 – Mar 2020  | April 2021                          |

| FITNESS CATEGORIES |   |
|--------------------|---|
| Excellent          | All Components have been tested and the member received a score 90 or higher      |
| Satisfactory       | All Components have been tested and the member received a score 75 to 89          |
| Pass               | Member Passed the Components with an Exemption in one or more Components          |
| Unsatisfactory     | All Components have been tested and the member didn't pass one or more components |
| Fail               | Member failed one or more Components with an Exemption in one or more Components  |
| DNF                | Didn't finish the Assessment  |



Members of the 134th Air Refueling Wing had the privilege to contribute to the Blount County Foster Families Angel Tree program again this year. Dozens of Christmas gifts were loaded into a trailer recently, just in time to be delivered to eager young little ones across the county.

Thank you to Mr. David Cates, 134th ARW Yellow Ribbon Coordinator, The 134th Force Support Squadron, and Mr. Bill Conner, 134th ARW Airman and Family Readiness Program Manager.

(U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)



# Christmas Stockings

Due to Covid 19, the 134th ARW was unable to hold our annual Children's Christmas Party. However, that didn't stop Santa's elves! The 134th ARW Family Readiness team, led by Mr. Bill Conner, organized surprises for Wing children in the form of stockings stuffed with love that Airmen took home to their families.







# *The Chaplain's Cup*

## **5 Ways to Keep the Faith During COVID-19**

By Chaplain Seth Hammond

As we enter a new year and journey through COVID-19, will you be driven by fear or by faith? As we continue to deal with this pandemic, here are 5 ways to keep your faith.

### **1. Fear Not**

Proverbs 24:10 says, "If you falter in times of trouble, how small is your strength (NIV)." During this difficult season, it would be easy for each one of us to live in panic mode and allow our worry to control us. The Bible tells us over 356 times not to be afraid. It's as if God is telling us every day to fear not. God wants us to remain calm, steady, and confident in these times of trouble. Worry does nothing but weigh us down (Proverbs 12:26).

### **2. Acknowledge God's Power**

God is Almighty and is sovereign over all of this, and our lives are in His hands. He is stronger and more powerful than this virus and over any other natural disaster that may come our way. We must keep our perspective on Him and rely on Him through these times.

### **3. Invest in Others**

When crisis happens, it provides an opportunity for people to rise to the challenge and make a difference in the lives of others. This is a time when we really need each other, and I encourage each one of you to reach out to others and simply ask, "How can I help you during this time?" or "How are you holding up right now?" It's important that we don't leave an Airman behind, but instead we invest in one another.

### **4. Take Care of Yourself**

Not only must we invest in others, but we also need to take care of ourselves. This includes staying healthy and working on our own spiritual, physical, mental, and emotional health.

For us to be able to take care of others, we need to take care of ourselves. I would encourage you to continue to follow the health guidelines given to us from our leaders and maintain a strong level of physical and emotional fitness.

### **5. Hope**

One thing we know about history is that we should always hope. Pandemics have come and gone, and we must remember this is merely a season we are all going through and hope is on the horizon. Yes, it is a long season, but with God, there is always hope. Stay hopeful!

In the days ahead, don't falter in the days of adversity, but remain faithful and stay strong. Keep in mind these 5 things that will help us live by faith and not be fear:

*Fear Not*

*Acknowledge God's Power*

*Invest in Others*

*Take Care of Yourself*

*Hope*

(Photo courtesy of pexels images)





# Deployers Return







# Promotions

## Captain

Jennifer Hunt

MDG

## Technical Sergeant

Cody Lesuer

AMXS

## Airman First Class

Zachariah Parsons

MXS

## Chief Master Sergeant

Thomas Cole

OSS

## Master Sergeant

Cody Bacon

MXS

Christopher Fehlman

119

Richard Couch

COMM

John Romines

CES

Drew Cope

OSS

## Senior Airman

Joshah Fulbright

CES

Michael Morgenstern

CES

Jonathan Souther

CES

Lance Burton

241 EIS

Christopher MacDonald

241 EIS

## Airman

Charles DeFranco

OSS

Carter Andrews

119

Elizabeth Hall

MSG





# The Chief's Corner

## GET TO KNOW YOUR CHIEF:

Featuring Chief Master Sgt. Anthony Russell

- 1 - **Full name:** Anthony Scott Russell
- 2 - **Nickname:** Goob
- 3 - **Years in the military:** 40
- 4 - **Favorite food:** Mexican
- 5 - **Pets:** Three dogs
- 6 - **Hobby:** Working on trucks
- 7 - **Originally from:** Seymour, TN
- 8 - **Favorite vacation spot:** Wherever the grandkids want to go
- 9 - **Best TDY Location I've ever been to:** Too many to pick one
- 10 - **Favorite movie:** Any John Wayne movie
- 11 - **One thing you would go back to tell your Airman Basic self:** Get through more technical schools
- 12 - **Person who influenced military career most:** Chief Master Sgt. Brank (Bart) Wade. Some of the conversations we had changed my view on things.





# 134 ARW MEDICAL GROUP

## SATURDAY - JAN 9

0815-1115 HRS - PHYSICAL HEALTH ASSESSMENTS (PHAs)

0830-0900 HRS - FITNESS FOR DUTY EVALUATIONS

0830-1100 HRS - DEPLOYMENT PROCESSING/ANAM TESTING

0830-1130 HRS - IMMUNIZATIONS

0830-1130 HRS - QNFT TESTING

0930-1000 HRS - NEWCOMERS BRIEF (CC CONFERENCE ROOM)

1130-1230 HRS - LUNCH

1230-1500 HRS - IMMUNIZATIONS

1300-1700 HRS - WAIVER/MEDCON/LOD APPS w/DOCs & PAs

1300-1500 HRS - HEARING EXAMS/ANAM

1300-1700 HOURS  
WAIVER/MEDCON/LOD APPS w /DOCs & PAs

## SUNDAY - JAN 10

0730-0800 HRS - FITNESS FOR DUTY EVALUATIONS

***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.**



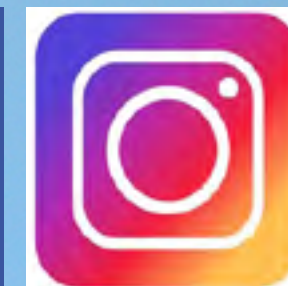






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Click to visit each app or website

To view the official 134th ARW website  
please go to: <https://www.134arw.af.ang.mil>

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



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