



THE VOLUNTEER

FEBRUARY 2022

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Cover:
An Airman with the 134th Air Refueling Wing Maintenance Squadron performs routine maintenance on a KC-135R Stratotanker aircraft at McGhee Tyson Air National Guard Base. Routine maintenance is critical to keeping the aircraft mission-ready! (Air National Guard photo by Tech. Sgt. Darby Arnold)

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



Combative tactics!

SFS Airmen hone combative skills



Sometimes life is hard

Challenges come to make us stronger!



Chow time!

Salute to those who plan & prepare the meals for all the Airmen!



134th Maintenance

Keepin' em flyin'!

Columns



Rank Up!

February Promotions



A word from your DPH

No health without mental health!



Blue Skies Airmen!

February Retirements



Top III & JEAA Meetings

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



Medical schedule

February 134th MDG Schedule

134th SFS Airmen train in combative skills

By Staff Sgt. Melissa Dearstone, 134th Public Affairs

Airmen from 134th Security Forces Squadron participate in combative skills training that will help provide skills and techniques to defend the home station and fellow Airmen here Jan. 9.

Combative training is vital in order for 134th SFS members to properly protect themselves and fellow Airmen and is taught early on in the career field.

“Combative training is Air Force wide, whether in the guard, reserve, or active duty Air Force,” said Master Sgt. Kirk Lewellyn, 134th SFS unit training manager. “The training starts in technical school where they teach basic hand-to-hand combat and how to handcuff a subject.”



After technical school, it is the role of the combative instructors at home stations to further Airmen’s education by providing more skills while wearing gear, holsters, and also various weapon retention techniques.

Lewellyn says a lot of this training is like Ju-Jitsu and different types of martial arts.

“I like to think of this training as “Cop Jitsu” because it is a little bit different than your standard Ju-Jitsu practice,” said Lewellyn. “We have to train in our gear and with our weapons on our bodies so changing up the curriculum a bit is crucial in order to make our officers and defenders safe when dealing with

potential subjects and going hands-on to defend ourselves.”

In order to stay fresh and up-to-date on training the Air Force requires Security Forces members to have 10 hours of combative training annually.

“We do this training in two different intervals annually so everything stays fresh throughout the year,” said Lewellyn.

Airman First Class Cole Duty, journeyman with the 134th SFS, said he enjoys this training because it uses real world scenarios, and he is hoping to expand his combative skillset in order to become a better cop.

“A lot of times there are situations where lethal force is not an option and hands-on with subjects is the only way we are able to get cuffs on them so knowing how to defend yourself and put the subjects at a disadvantage is crucial for our job,” said Lewellyn.

Being a combative instructor since 2012 and practicing martial arts for over 30 years, Lewellyn said combative training is a great way to show where you are physically, and is also an important self-defense skill to have whether you are in uniform or not.

(Air National Guard photos by Staff Sgt. Melissa Dearstone)



PROMOTIONS

Chief Master Sergeant

James Cutshaw

134 CES

Joey Hungate

134 SFS

Senior Master Sergeant

James Palmer

134 FM

Technical Sergeant

David Perry

134 MXS

Justin Farrington

134 MXS

Matthew Payne

119 COS

Nathaniel Hartley

119 LRS

Chad Hood

134 FSS

Matthew Adams

572 BAND

Brian Biddinger

134 LRS

Senior Airman

Emily Burrer

134 MDG

Andy Gallegos

134 CES

Matthew Lovingood

134 AMXS

Conner Smith

134 MXS

John Rasori

134 MXS

Master Sergeant

David Diamond

572 Band

Aaron Garner

134 SFS

Staff Sergeant

Skyler Huffstetler

134 AMXS

Marshall Sanner

151 ARS

Chad Bright

134 CES

Christian Newman

134 AMXS

CONGRATULATIONS TO ALL!

CHALLENGES COME TO MAKE US STRONG

By Chaplain Derick Wakefield, 134th Chaplains Corp.

I read a fascinating article about a disoriented loggerhead sea turtle. An interesting fact about those animals is that the mother turtles come on shore to lay their eggs in holes over a foot deep that they dig in the sand with their flippers. After a period of incubation, the baby turtles hatch from their eggs and have to laboriously make their way to the surface of the sand and out into the ocean. They aren't well adapted to walking on the sand, so it's a slow and difficult ordeal for them. Experts, however, warn people not to try to "help" the turtles by carrying them into the ocean. The little, immature animals need to make that slow path for themselves because it builds their muscles and gives them the strength they will need for their long journey once they reach the ocean. If someone "helps" them and makes the struggle shorter, the turtles stand less chance of surviving and making it to their destination.



(photo courtesy of pixabay)

God's Word speaks much about waiting for the Lord. Psalm 27:14 says, "Wait for the Lord; be strong and take heart and wait for the Lord." Lamentations 3:26 admonishes, "It is good to wait quietly for the salvation of the Lord." Yet, as soon as we get into a situation that requires us to put forth effort or go through any struggle, we expect God to IMMEDIATELY rescue us. We get tired of trudging through our circumstances and we want to be freed from all the "sand" that makes our way so difficult. But all the while, the Lord is allowing us to continue on the difficult path because He knows it is building our strength for what lies ahead.

Have you ever considered that the very thing in your life you thought was there to HARM you, is actually there to HELP you! Challenges are not always meant for our destruction but instead for our development.



**Operations Group– AFSC: 1A0X1 POSITION VACANCY
ANNOUNCEMENT** Location: 134th OG

MILITARY POSITION VACANCY (Non Prior Service/DRILL STATUS E1-E5)

OPENING DATE: 01 Jan 2022

CLOSING DATE: 31 Mar 2022

Major Duties:

1. Performs in-flight refueling aircrew duties. Checks forms for equipment status. Performs visual and operational check of air refueling and associated systems and equipment. Performs preflight, through-flight, and post-flight inspections. Accomplishes preflight and post-flight records and reports. Performs in-flight operational check of air refueling systems. Directs receiver aircraft into air refueling position. Operates in-flight air refueling controls and switches to safely affect contact between tanker and receiver aircraft. Monitors control panel for proper operation of equipment during air refueling, and advises receiver pilot of actions required to safely maintain position within the air-refueling envelope. Keeps tanker pilot informed as to progress of air refueling operations. Performs emergency operations and procedures as required for emergency off-load and on-load of fuel. Computes and completes aircraft weight and balance documentation. Visually monitors aircraft clearances (interior and exterior), identifies proximal threats to the aircraft and initiates corrective actions (aircraft scanning).
2. Receives and performs cargo/passenger load briefings and reviews load plan and cargo documentation. Accomplishes load planning of cargo/passenger loads if required. Supervises cargo/passenger loading and off-loading operations. Directs the placement of material handling equipment to accomplish cargo on/off loading operations. Ensures cargo/passengers are placed according to load plans. Determines cargo restraint requirements according to criteria and directs and checks the application of cargo restraint equipment. Checks cargo/passenger loads against manifests to ensure the proper airlifting of Hazardous Cargo.
3. Ensures availability of fleet service equipment and receives and stows in-flight meals. Accomplishes passenger briefings to include the use of emergency equipment, evacuation procedures, and border clearance requirements. Demonstrates the use of passenger emergency oxygen systems and life vests. Supervises passengers in-flight.

Performs other duties as assigned.

Required Application Documents: (Only send required Docs.)

1. **Resume** (Military and/or Civilian, SF171 not accepted)
2. **Letter of Intent** (why you feel you have the desire and skills to become a Boom Operator)
3. **Official College Transcript** (If Applicable)
4. **RIP or SURF**(print one from vMPF/Prior Service Only)
5. **Copy of current Physical Fitness Test History Report** (Prior Service Only)
6. **Copy of FEF** (current Enlisted Aviators Only)
7. **Letters of Recommendation** (2 minimum)

Mandatory Qualification Requirements for 1A0:

- Must be able to obtain a Top Secret Security Clearance
- Must be able to pass a Class III Flight Physical
- Minimum general ASVAB score of 55 or higher

To apply for the position, please scan all required documents into **ONE** PDF file and email to **CMSgt Tyler Ott** at **Tyler.Ott@us.af.mil**. You may also hand deliver or mail the application to Attn: CMSgt Tyler Ott, 132 Briscoe Dr, Louisville, TN 37777.



**McGhee Tyson ANGB
Spring Sprint**

**5K
RUN
& WALK**

**Saturday,
April 30, May UTA**

**T-SHIRT PROVIDED FOR
THOSE WHO PRE-REGISTER**

T-Shirts. Door prizes. Trophies.

REGISTRATION FEE: \$15
(SUBJECT TO CHANGE)

MORE INFO & REGISTRATION:

CALL (865) 336-4031

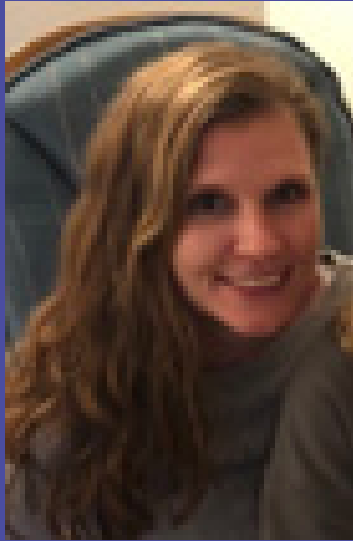
***ALL PROCEEDS BENEFIT**
SANTA COPS*

Chow Time!



A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



Greetings all!

In an ongoing effort to break down barriers and stigma to getting mental health care and support, I wanted to share a couple of articles with you that I recently came across. Forgive me if you've already read these, but if you haven't before – I strongly encourage you do check them out.

The first is titled Mental Health & Security Clearances and was last updated October 2020. Here's an excerpt from it:

A detailed analysis of denial and revocation statistics involving psychological conditions clearly demonstrates that a cleared individual is not likely to lose or fail to gain clearance eligibility after seeking mental health care or experiencing mental health symptoms. Even for individuals with concerns in other adjudicative areas, the loss or failure to gain clearance eligibility was rare. During that same period, only 380 individuals with psychological concerns in addition to one or more other concerns had

their eligibility revoked or denied. Of particular note, none of the cases resulting in a denial or revocation were based solely on an individual seeking mental health care. Rather, other factors, such as non-adherence to medical recommendations or simply not seeking care in the face of a clear need for mental health support, were generally the disqualifying issues.

BOTTOM LINE: It is extremely rare for someone to lose a clearance for a psych issue standing alone.

It is important for the cleared workforce and prospective employees to understand that there are no automatically disqualifying conditions or treatments. For individuals suffering from psychological conditions, seeking and participating in a treatment plan helps demonstrate integrity and trustworthiness and may contribute favorably to decisions about eligibility. Avoiding care when needed, in contrast, can raise security concerns.

You can read the whole document at: https://www.dcsa.mil/Portals/91/Documents/pv/DODCAF/resources/DCSA-OnePager_MentalHealth_SecurityClearances.pdf

The second is titled Mental Health & Your Career and was last updated May 2021. It answers seven common questions that Service Members have in regards to utilizing mental health services. Here's the link: <https://www.resilience.af.mil/Portals/71/Documents/A.%20Prevention%20Documents/MENTAL%20HEALTH%20CAREER%20STIGMA%20-%20May%202021.pdf>

If you have any questions or concerns about talking with me or seeking other mental health support, please email/text/call/stop by and ask me. If I don't have the answer, I will do my best to find it. You can ask anonymously “for a friend” or “hypothetically” if you want. I just want you to have accurate information so that incorrect information is not stopping you from getting the mental health support you need. I am here for YOU so please contact me anytime and let's talk- nothing is too small or too big and the earlier the better. Natalie Pankau, Director of Psychological Health, cell 865-201-8129, natalie.pankau@us.af.mil, Moon Hall- Bldg 417, 2nd floor (please note that our buildings were renumbered – so we are now #417 instead of #412-A).



Retirements

**CMSGT DOUGLASS TAYLOR, 134 AMXS
CMSGT JOHN LIGHT, 134 LRS
SMSGT JAMES LEDBETTER, 134 ARW
MSGT CHARLES PARVIN, 134 LRS
TSGT RICHARD WATERS, 119 COS**

Blue Skies!



(Photo courtesy of Squadron Posters)

It's not just about the flight today,
but preparing for tomorrow!

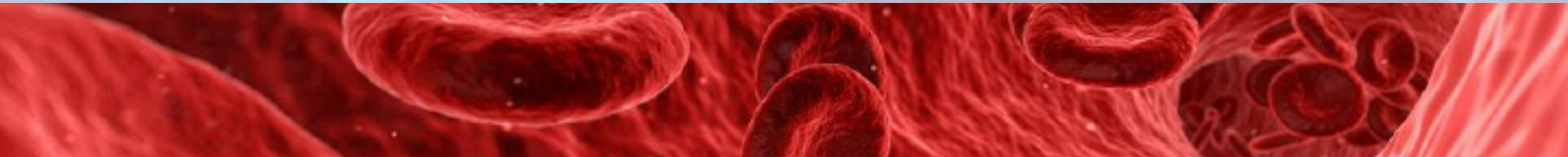
Airmen from the 134th Maintenance Group work diligently as they maintain and conduct inspections on all aspects of the KC-135R Stratotanker. We appreciate what the 134th ARW Maintenance Group does every day to keep the aircraft & the mission going and keeping us VOLUNTEER READY!



(Air National Guard photos by Tech. Sgt. Darby Arnold)

134 ARW MEDICAL GROUP

- 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)



- 0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)
- 0800-1200 HOURS COVID VACCINATION CLINIC (WILSON HALL)
- 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.

Top III



**Open to all E-7's
and above!**

**meeting time & location
will be announced**

JEAA

Junior Enlisted Advisory Association

All E-6's & below welcome!



Meeting TBD



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 05 Feb

Chicken Tetrazzini
Garlic Roast Pork Loin
Rice
Mashed Potatoes
Corn
Broccoli
Gravy
Hamburgers
French Fries

Sunday 06 Feb

Salisbury Steak
Fried Catfish
Hushpuppies
Mac & Cheese
Potato Wedges
Green Beans
Cauliflower
Grilled Chicken Breast
Tater Tots