



THE VOLUNTEER

MARCH 2022

EDITORIAL

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THE VOLUNTEER welcomes any articles and ideas that will help improve the content. If you have questions or comments, please contact Lt. Col. Travers Hurst, CCE/PAO at extension 336-3205, or travers.hurst@us.af.mil.

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Cover:
KC-135R Stratotanker aircraft taxi as a formation better known as an "elephant walk" during a routine training exercise at McGhee Tyson Air National Guard Base. Routine training 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



Welcome!

Chaplain Hammond named Wing Chaplain



Rank Up!

March Promotions



Sometimes life is hard

Challenges come to make us stronger!



A word from your DPH

Sleep is good for mental health!



EMT Training!

Medical Airmen receive new training



Blue Skies Airmen!

March Retirements



Top III & JEA Meetings

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



Easter Egg Hunt!

The Easter Bunny is coming to McGhee Tyson ANG Base!



Medical schedule

March 134th MDG Schedule

HAMMOND SELECTED AS NEW WING CHAPLAIN

By Staff Sgt. Melissa Dearstone, 134th Public Affairs

Maj. Seth Hammond has been accepted as the wing chaplain of the 134th Air Refueling Wing Chaplain Corps here.

Hammond has been with the unit for approximately six years and was preceded by Lt. Col. Derrick Wakefield who accepted a position as chaplain for the I.G. Training and Education Center.

“I’m thrilled for this opportunity,” said Hammond. “Chaplain Wakefield has done a phenomenal job building our team, setting the vision and implementing a great strategic plan. He has really knocked it out of the park and has been a great leader and mentor to me to help make this transition smoother.

Hammond said some of his duties will include overseeing the staff chaplains and religious affairs Airmen, advising and working with leadership and continuing to support all 134th Airmen.

“As chaplains we want to focus on two things; One is objectively, by continuing our Strong Bonds programs, continuing to provide religious services and continuing to provide confidential counseling to all Airmen and their families,” said Hammond. “The second part would be subjective, and that would be that Airmen know who we are and know they can call on us anytime and we are going to be there for them.”

Wakefield served the 134th Chaplain Corps for 12 years and is grateful for all the opportunities and support the Wing has given him.

“I leave having great appreciation for the opportunities that were extended to me and for the responsibilities that were entrusted in me during my time at the 134th,” Wakefield said. “I was also given opportunities to be an advisor to our leadership whom always supported the ministry that the Chaplain Corp carries out.”

Wakefield’s role as chaplain for the TEC will be to provide services such as counseling and spiritual care by way of religious education or Sunday worship opportunities to the students.

“I’m looking forward to this new opportunity and the challenges,” said Wakefield. “I’m thankful that we are a resident tenant of McGhee Tyson because that gives me the opportunity to not only take on new challenges, but also maintain relationships that I’ve made over the years and to hopefully be a bridge in some way to help create an even stronger bond between the TEC and 134th.”

Chaplain Hammond is pictured on the left in the accompanying photo, along with Chaplain Wakefield.



(Air National Guard photo by Ben Cash)



PROMOTIONS

Senior Master Sergeant

William Harvey 134 CES
James Robinson 134 SFS
Roger Steele 134 SFS

Master Sergeant

Alicia Hudson 241 EIS

Technical Sergeant

Matthew Gray 134 CES
Charles Francis 134 LRS
Charles Cox 134 MOF
Andrew Dotson 134 CES

Staff Sergeant

Bradon Dykes 134 SFS
Cooper Brewer 134 MDG
Christopher Crowe 134 CES
Sara Boyanton 134 MDG

Senior Airman

Joseph Bach 134 MXS
Trevor Martin 134 MXS
Karl Griffith 134 CES
Joshua Dykes 134 CES
Zachariah Parsons 134 MXS
Hunter Franklin 134 MXS
Sarah Costen 134 ARW

Airman First Class

Matthew Haun 134 FSS
Brittany Keys 134 FSS
Shelby Hoogenboom 241 EIS

Airman

Andrey Mascioli 134 FSS

CONGRATULATIONS TO ALL!

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



Sleep – An Essential Part of Self-Care for Good Mental Health

I'm sure it comes as no surprise that there's a strong correlation between sleep and mental health. We know that as adults, the CDC recommends that we get somewhere between 7-9 hours of sleep every night. (If you just read that and thought, "I wish!" then keep reading.) I have talked with many people over the years who struggle with getting adequate, quality sleep. They may try an intervention for a short amount of time and when it doesn't produce more sleep, they get frustrated and become convinced that nothing will help.

So, what exactly does sleep do for us? On the surface, you recognize that yes, it gives our bodies rest. But sleep is essential to our functioning and good mental health because of what our brain is doing during sleep. When we sleep, our brain is at work processing and filing away memories, information and emotions. Without this "clean up" work being done if we lack sleep, we become forgetful and irritable. So, why can't your brain do this processing while you're awake? An article from the Primary Care Collaborative explains it like this:

Think about it like this: sleep for the mind is like the quiet hours at the office. When there is less to respond to, you get more work done. Same goes for the brain. When we are asleep, the brain can really get to work because it doesn't have to respond to all the external stimuli we encounter when we are awake. (www.pcpcc.org)

Sleep allows our amygdala and prefrontal cortex to do their very important and necessary work to process our emotions. If we don't get enough sleep, our amygdala stays ramped up and so do our emotional reactions. Our prefrontal cortex is responsible for our impulse control. When communication between the amygdala and prefrontal cortex gets messed up due to lack of sleep, we pave the way for not thinking things through and acting impulsively and with a high emotional response.

Lack of sleep also messes with our hormone production. Our brains use hormones to communicate with our body systems so that we can function in all areas. Without adequate sleep, our hormones can send wrong information throughout our systems – and surprise, surprise – that takes a negative toll on our mental health.

So how do we get more sleep? If you've not already implemented the basics of sleep hygiene, that's a great place to start. Here is the link for more info: <https://www.sleepfoundation.org/sleep-hygiene>. Next step, talk with your primary care doctor about options, or see a provider in Sleep Medicine. If you need help finding a provider, please let me know and I would be happy to help find options for you.

Another option is counseling, specifically, Cognitive Behavioral Therapy for Insomnia (CBT-I). If you're not ready to take that step, the great news is that the VA created the CBT-i Coach app which is free and can be used by Veterans and non-Veterans. Of course, it is not a full replacement for actual therapy, but it does provide great information and tools that you can use, so check it out and give it a try.

As always – I am here to help and support you in any way that I can, so please don't ever hesitate to call/text/email/stop by anytime. Natalie Pankau, LCSW, Dir of Psych Health. 865-201-8129. Moon Hall, Bldg 417, 2nd floor.



Retirements

**Maj Mark Farley (119 COS)
MSgt Randall Ferguson
TSgt Thomas Allen
TSgt Shawn Stoner**

Doc ID: 6614801

Approved for Release by NSA on 04-17-2018, FOIA Case # 83661



**No Trick to Security
IT'S JUST
COMMON SENSE**

NSA SECURITY EDUCATION PROGRAM

Thankfulness in an Age of Anxiety

By Chaplain (First Lt.) Christopher Hodge, 134th Chaplains Corp.

We live in an age of anxiety, with worry seemingly lurking around every corner. The “what ifs” are endless. COVID-19, war in Europe, and inflation are just a few of the headlines that will grab those so inclined to watch the



news. Whether you're a glutton for punishment or not, those of us in uniform are more aware than most of what's going on in the world. It's enough to drag even the most optimistic of us down a peg or two.

But that's why one of my favorite passages in the Bible is Philippians 4:6-7, which says, “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” I'll be honest, I wish it said, “Do not be anxious about everything,” like what my mother-in-law thinks of me or my fantasy football league. I think I can handle the small things. But let me worry about the big things like protecting my family and my career and retirement. Because quite frankly, those are really important!

That's not what God wants for us though. Ugh! He says anything, meaning everything! Nothing is too big for God to handle and anxiousness on our part, as therapeutic as it might feel, is truthfully just a lack of faith in action. I think the key is the “thanksgiving.” When your heart is stirred to a need - ask God. But the true remedy for anxiousness comes from a combination of

trust in God to hear and know your need PLUS a posture within us to recognize and love the giver instead of just the gifts.

When we are in the habit of loving and thanking God for the small things (often the greatest blessings) in life, the big things might just not seem so big after all.

134th Medical Airmen Receive New EMT Training

By Tech. Sgt. Darby Arnold, 134th Public Affairs

134th Medical Group Airmen continue to improve and expand their skill set through a new Emergency Medical Technician (EMT) training conducted here February 7.

Senior Amn. Sara Boyanton, an instructor for the Med Group, taught five aerospace medical technicians on managing airway, breathing, circulation, trauma, and different medical scenarios that could arise when taking care of patients.

Boyanton, as well as Tech. Sgt. Shea Redhorse, were selected by wing leadership to attend the week-long instructor training course in Wisconsin. During the course, the Airmen were taught important points as instructors and how to properly start a new EMT program within the unit level.

“I enjoy this part of my job, in general,” said Boyanton. “I am in medical at my civilian job as well, therefore this part especially holds a passionate space for me personally. I enjoy teaching and the hands on skills that I’m able to conduct with my colleagues and fellow Airmen.”

The training the Airmen learn from this course will allow them to hold an EMT certification through the National Registry of Emergency Medical Technicians (NREMT), which is the certification held by EMT’s in the civilian sector.

“Our unit can have faith in our medical personnel that we are fully trained at the national level, as well as at the Air Force level, to take appropriate care of our members,” said Boyanton.

These refresher courses are conducted every two years so that Airmen stay up-to-date on their certification.



(Photos by Tech. Sgt. Darby Arnold, 134th Public Affairs)

JEAA

Junior Enlisted Advisory Association

All E-6's & below welcome!



Meeting - Sat, 1030 @ Air Park

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



Are YOU
Volunteer Ready?

The background of the entire image is a vibrant pink surface. Scattered across this surface are numerous Easter eggs of various colors and designs. Some are solid colors like light blue, purple, pink, and orange. Others are decorated with patterns such as polka dots in yellow and blue, stripes in orange and yellow, and abstract shapes in blue and orange. The eggs are arranged in a way that frames the central text.

Easter Egg Hunt

Date: Saturday, April 16th

Time: Noon

Location: Track

Prizes, eggs, candy, and a special
appearance from the Easter Bunny
himself!

134 ARW MEDICAL GROUP

SATURDAY - 05 MAR

- 0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)
- 0800-1200 HOURS COVID VACCINATION CLINIC (Lobby area at BX)
- 0900-1130 HOURS PHYS. 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 - 06 MAR

- 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.



Top III



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

**Meeting is Sat, Mar. 5
@ 1030 at the Air Park**

**If you would like to purchase extra
OCP wing patches, please see the
134th Chief's Council.**

The patches are \$5 each.





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 Mar

Honey Ginger Pork
Mustard Baked Chicken
Rice Pilaf
Brussel Sprouts
Roasted Carrots
Navy Beans
Grilled Chicken
French Fries

Sunday 06 Mar

Meatloaf
King Ranch Chicken Casserole
Mashed Potatoes
Broccoli
Fried Okra
Pinto Beans
Hot Dogs
Tater Tots
Chili