



THE VOLUNTEER

March 2021

THE VOLUNTEER MAGAZINE IS
PUBLISHED MONTHLY BY:

134th ARW Public Affairs
134 Briscoe Dr
Louisville, TN 37777
(865) 336-3214

CHIEF OF PUBLIC AFFAIRS:

Lt. Col. Travers Hurst

PUBLIC AFFAIRS OFFICER:

Capt. Jonathon LaDue

PUBLIC AFFAIRS SUPERINTENDENT:

Senior Master Sgt. Kendra Owenby

PUBLIC AFFAIRS SPECIALISTS:

Master Sgt. Jonathan Young

Master Sgt. Daniel Gagnon

Tech. Sgt. Teri Eicher

Staff Sgt. Melissa Dearstone

Staff Sgt. Darby Arnold

Staff Sgt. Justin Lillard

Senior Airman Kaylee Patterson

ADMIN:

Airman 1st Class Sarah Costen

Airman 1st Class Christa Pellham

ABOUT THE VOLUNTEER

This magazine is an authorized publication for members of the U.S. military services. The content is edited, prepared, and provided by the McGhee Tyson ANG Base Public Affairs Office. The contents of THE VOLUNTEER are not necessarily the official views of, or endorsed by, the U.S. Government, DOD, or the Department of the Air Force.

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.

All imagery is produced by 134th ARW Public Affairs, is public domain, or otherwise specified.

Cover: KC-135R Stratotanker refueling aircraft sit on the tarmac in the fog while ongoing construction continues in the background on a new hangar. (U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)

This page:

'Cup', 'rabbit', 'eagle' photos courtesy of Pexels.com

Medical images courtesy of Pixabay.com

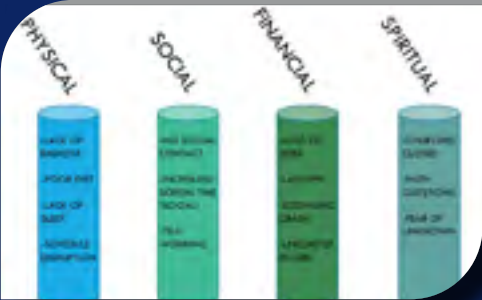
'Air Force Thunderbirds' photo courtesy of DVIDShub.net

"Best Warrior" photo courtesy of Master Sgt. David Grugin, 134th SFS

Honor guard photo by Senior Master Sgt. Kendra M. Owenby

Resiliency graphic courtesy of Mr. Bill Conner, 134th Airman & Family Readiness

March features



Resilience during Covid

A handful of resources



Best Warrior 2021!

134th SFS Airman takes 2nd Place overall



March is Women's History Month

To all the military women, Thank You!



Easter Egg Hunt!

Come join the EGGstravaganza!

Monthly columns



Rank Up

Check out the new promotions!



Blue Skies to our retirees!

Military Retirements



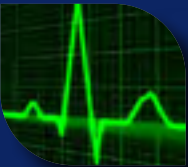
Chaplain's Cup

How to bounce back after a setback!



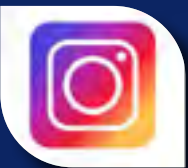
TOP III meeting

All E7's and above welcome!



Medical Schedule

March 134th MDG Medical Schedule



Social Media Links

Follow the 134th ARW @134_ARW

Resilience During COVID: A Handful of Resources

By Mr. Bill Conner, 134th Airman & Family Readiness

Nearly all of us have been through some form of resilience training during our military careers. In a nutshell, resilience is our ability to rebound or “bounce back” from the stresses and obstacles we face in our day-to-day lives. Resilience training typically involves a Pillars model promoting a balance within our mental, physical, social, and spiritual lives.

One year ago, whatever balance we had was thrown completely out of alignment when we began to grasp the effects of the COVID pandemic. Each of our pillars was affected in some way, this diagram shows but a few of the ways that COVID has made it more difficult to maintain our resilience stability.

Rationally or not, many of us saw the New Year as a new start, and if we could just make it to 2021 we could begin to put the pandemic behind us. Sadly, that has not been the case, and even as our nation is receiving the COVID vaccination it's clear we still have a long way to go before we will be close to a “normal” life again.

Now is a perfect time to take stock of our current resilience and take actions to improve our state of well-being. The standard self-care rules of exercise, rest and proper eating are always a sure bet, but there is also a great deal of assistance and support right in the palm of your hand.

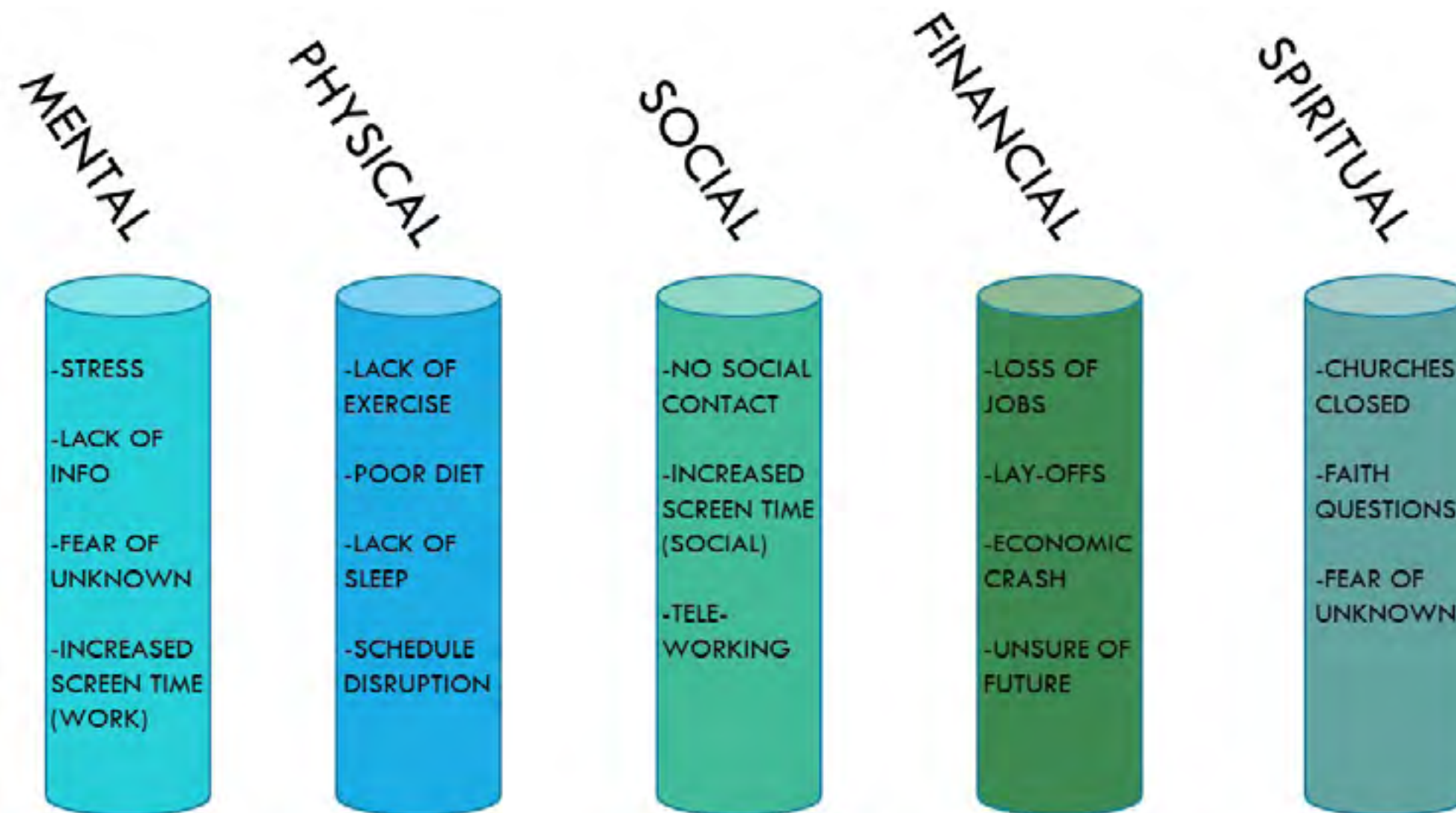
Phone apps designed to assist with stress, mood, mindfulness and resilience are available for every phone operating system. Most are low-cost and some of the very best options are free. Here are a few highly-rated free options, designed for military members and families.

COVID Coach: Built by the Veterans Administration, this excellent app provides tools for self-care and emotional well-being, pandemic education and trackers for marking progress over time.

Mindfulness Coach: Another great VA app, this one is used to train yourself in mindfulness. It begins with simple exercises that teach you to focus on relaxation. This app is used widely both in and out of the military.

My Military OneSource: All of the services and resources of Military OneSource in one convenient app.

There are almost limitless other app resources out there, take some time and explore options that may work for you. As always, you can also reach out to our base Chaplains, SAPR, DPH and myself, we're here to provide any and all assistance we possibly can. Let us know if we can help!





A big CONGRATULATIONS to 134th Security Forces Squadron's Tech. Sgt. Michael Cornett! He placed 2nd Place Overall in the 2021 Best Warrior Competition.

The competition included a 12-mile road march with 35 pounds of gear, stress shooting with M4 & SIG, grenade toss/launchers, Army field skills, formal board review and written tests.

Tech. Sgt. Cornett finished first in the Army's combat fitness test (ACFT) and first place in day/night land navigation with all points found.



Best Warrior 2021

RETIREMENTS



*Lt. Col. Jaime Blanton
Chief Master Sgt. Stephen Galyon
Chief Master Sgt. Anthony Russell
SMSgt Troy Long
SMSgt Jack Brooks
MSgt. Jeffrey Hurst
MSgt. John Latham
TSgt Darin Ford*



CONGRATULATIONS & BLUE SKIES TO ALL!

How to bounce back after a setback

By Chaplain Derick Wakefield

It is coming upon one year since we were introduced to the COVID-19 Pandemic. The pandemic has changed everyone's lives in so many ways. It has touched our lives physically, mentally, emotionally, socially, relationally, financially and spiritually. Some may be asking the question, "How do we survive such an experience?"

It is not only possible to survive the pandemic, but to thrive in spite of it. Life has taught me several things but one thing is for sure! Setbacks will occur in our lives. However, they do not have to destroy us. Setbacks, or problems as they are more commonly referred to, are both NATURAL and NEUTRAL. Natural in the sense that they happen to everyone. No one is exempt from problems in their life. No matter your race, ethnicity, nationality, educational background or socio-economic status, setbacks occur.

Setbacks are also Neutral. They are not good or bad, right or wrong, moral or immoral. They take on negative attributes or positive characteristics, depending on how you respond to the problem. For example, a problem could come in your life and if you respond negatively, then it can devastate you. The same problem can attack your life, but if you respond positively, it can benefit you in ways unimaginable. Life is a classroom, every experience is an education and every trial is a test. We must ask the question, what lesson am I supposed to learn in order to pass the test?

Dr. Frederick D. Haynes III, senior pastor of Friendship-West Baptist Church in Dallas, TX, has a book entitled "Soul Fitness". The last chapter is called "You Can Bounce Back." He says if you throw a plate down, it will break. If you throw down a bag of sand, it will stay down. But if you throw down a ball, it will bounce back. Pastor Haynes says the difference in whether something will break, stay down, or bounce back is determined by what it is made of.

WHAT ARE YOU MADE OF? All of us have coping mechanisms that we utilize whenever confronted with challenges in our lives. You must determine whether or not it is a healthy or unhealthy coping mechanism. Some individuals choose chemical dependency, alcohol or a dysfunctional relationship to name a few unhealthy coping mechanisms. As for me, my faith is what helps me to cope with the difficulties of a challenging life. Because God has made us resilient, we can bounce back. As a matter of fact, if we are positive, the harder life throws us down the higher we can come back up!

Be encouraged,
Chaplain Derick Wakefield



(photo courtesy of pexels.com)

Women's History Month

"Both in uniform and through the civilian sector, American mothers, daughters, sisters and wives have selflessly served to defend and protect the land of the free and home of the brave. Even in grim situations and under austere conditions, these women have persevered—standing tall and strong as defenders of freedom, liberty and justice."

~DoD Observance Memo



(U.S. Air National Guard photos by 134th Public Affairs)

Top III



*Top III will meet Friday, 05 Mar.

Time: 1300

Location: Bldg 102/CF Briefing Room

Open to all E-7's and above!



Promotions

Capt.

Jennifer Hunt

MDG

Technical Sgt.

Justin Keller

OG

Senior Airman

Braden Cole

MDG

Senior Master Sgt.

Marlene Newroth

ARW

Staff Sgt.

Justin Zanoni

119 COS

Jeremy Smith

SFS

Dalton Kirkland

SFS

Darien Jackson

CF

Daniel West

241 EIS

Airman First Class

Leslie Sullivan

BAND

Master Sgt.

Theodore Pelfrey

CPTF

Congratulations to all!



Resiliency Team Leadership



Mr. Terrell Patrick
Sexual Assault Response Coordinator
(865)405-2828/Bldg 134
terrell.patrick@us.af.mil



Mr. Bill Conner
Airman Family Readiness Manager
(865)336-3107/Bldg 92
william.conner.6@us.af.mil



Lt. Col. Derick Wakefield
Chaplain
(865)314-4867/Bldg 134
derick.wakefield@us.af.mil

Did you hear that?!

MTANG Base
Easter Egg Hunt
March 27th!
Eggs! Candy!
Prizes!

Hop on over!

Location: Base track Time: 12:00



134 ARW MEDICAL GROUP

SATURDAY - MAR 6

0815-1030 HOURS	PHYSICAL HEALTH ASSESSMENTS (PHAs)/IMMUNIZATIONS
0830-0900 HOURS	FITNESS FOR DUTY EVALUATIONS
0830-1100 HOURS	DEPLOYMENT PROCESSING/ANAM TESTING
0830-1100 HOURS	QNFT TESTING
0930-1000 HOURS	PRIOR SERVICE INPROCESSING BRIEF (CC CONFERENCE ROOM)
1130-1230 HOURS	LUNCH
1300-1500 HOURS	IMMUNIZATIONS
1300-1500 HOURS	WAIVER/MEDCON/LOD APPS w /DOCs & PAs
1300-1500 HOURS	HEARING EXAMS/ANAM

SUNDAY - MAR 7

0730-0800 HOURS 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.

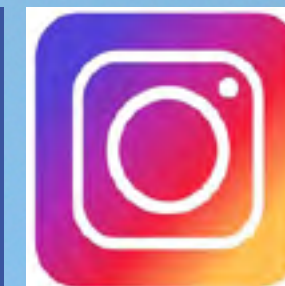
NOTE 4: IF YOU ARE DEPLOYING, PLEASE CHECK WITH THE CLINIC WELL IN ADVANCE OF DEPARTURE DATE FOR IMMUNIZATION REQUIREMENTS.

NOTE 5: DNA TESTING WILL BE CONDUCTED FROM 0830-1100 HRS SAT. UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT THE SCHEDULED TIME.



FOLLOW US ON SOCIAL MEDIA!

Download the 134 ARW App - available on
the App store & Google Play



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>



134th AIR REFUELING WING
PUBLIC AFFAIRS 865-336-3214