



THE VOLUNTEER

April 2020

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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.c.hurst.mil@ang.af.mil.

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Cover: Cookeville residents erected an American flag and collected their belongings following a surprise tornado devastated their homes. (U.S. Air National Guard photo by Staff Sgt. Treven Cannon)

Opposite: 'Pineapple', 'Cup', and 'Covid Mona Lisa' courtesy of Pexels.com

'Chief's Coin on flag' (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

'Thunderbirds' courtesy of DVIDShub.net

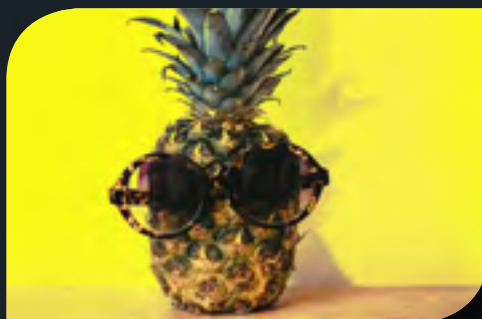
'Shots' (U.S. Air National Guard photo by Master. Sgt. Jonathan Young)

April feature stories



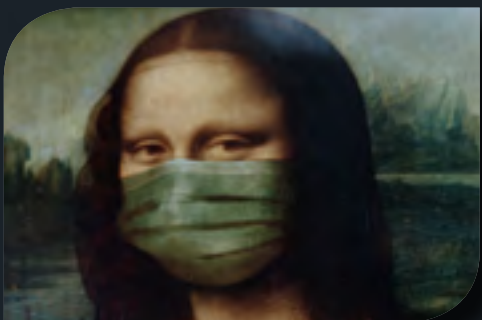
Volunteers in Cookeville

Members of the 134th traveled to Cookeville to assist with cleanup in the wake of the tornadoes in March.



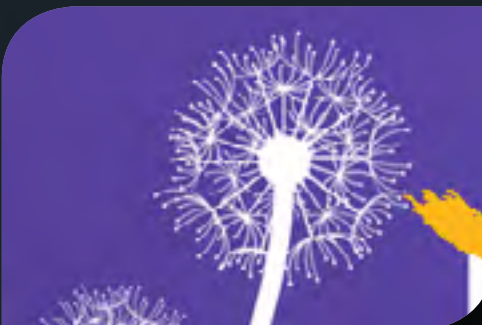
Like to sketch?

The Club needs a new logo and is offering a prize for the winning submission!



Coronavirus, pandemics, and the common cold

Maj. Jennifer King explains a 'novel' virus, the implication of a pandemic, and the relationship with the common cold.



The Month of the Military Child

Mr. Bill Conner offers some perspective and tips on managing your job and your children full time.

Monthly columns



The Chaplain's Cup

Capt. Nathan Tarr discusses making the best of the situation you're in.



Medical Service Hours

By appointment only



The Chief's Corner

Look for next month's column!



Follow the 134th ARW on social Media



Rank Up

Promotions will be posted at a later date



Dining Hall Guidance

Check your email for current procedures



Clothing Issue

Contact Clothing issue for Customer Service hours

Cookeville Tornado Recovery

Members of the 134th Air Refueling Wing traveled to Cookeville, Tennessee, to assist with disaster recovery efforts alongside members of the Tennessee Army National Guard.



Coronavirus, pandemics, and the common cold

by Maj. Jennifer King, 134th ARW Medical Group



If you've been watching the news, you've surely heard about the recently identified coronavirus, COVID-19. It started in December in the Hubei province of China, specifically in Wuhan, and has now spread to multiple countries with 213,144 cases and 4,513 deaths* in the US as of April 2nd.

Coronaviruses were first identified in animals in 1931 and humans in 1965. The first four, 229E, NL63, OC43 and HKU1, all cause a common cold-type illness, while the two severe types cause significant illness and are more commonly remembered names, MERS-CoV and SARS-CoV. This new strain, COVID-19, so far appears to be somewhere in the middle as far as severity goes. It appears to be more virulent than the common cold, but not as severe as MERS and SARS.

Coronaviruses are spread person to person the same way a cold is. The symptoms are the same—runny nose, cough, maybe fever, etc. Most people who catch a coronavirus never realize that this is the cause of their illness and not the common cold, or rhinovirus. The treatment for both is the same: Tylenol, over the counter cough medicine, and monitoring for spread to the lower respiratory system. Difficulty with breathing and/or coughing can indicate pneumonia, the most concerning side effect of all viral respiratory syndromes. Pneumonia causes the deaths we are hearing about, and is most likely to occur in the elderly, individuals with lung or heart disease, and those with weakened immune systems.

Still, let's put this into perspective: Is a "new" virus spreading worldwide and leading to deaths sensational? Yes. Is it terrifying? On first glance, yes. More importantly, what is important for us to do right now?

First, basic hygiene and social distancing. Wash your hands, cover your coughs/sneezes with your elbow and don't touch your face. Stay home if at all possible. If you have to work like my husband and I do, limit exposure to those who are sick and wear personal protective equipment if you must be in contact with those who are sick. If you have to run out for essentials, keep it brief, keep a distance and wash hands before touching face or eating.

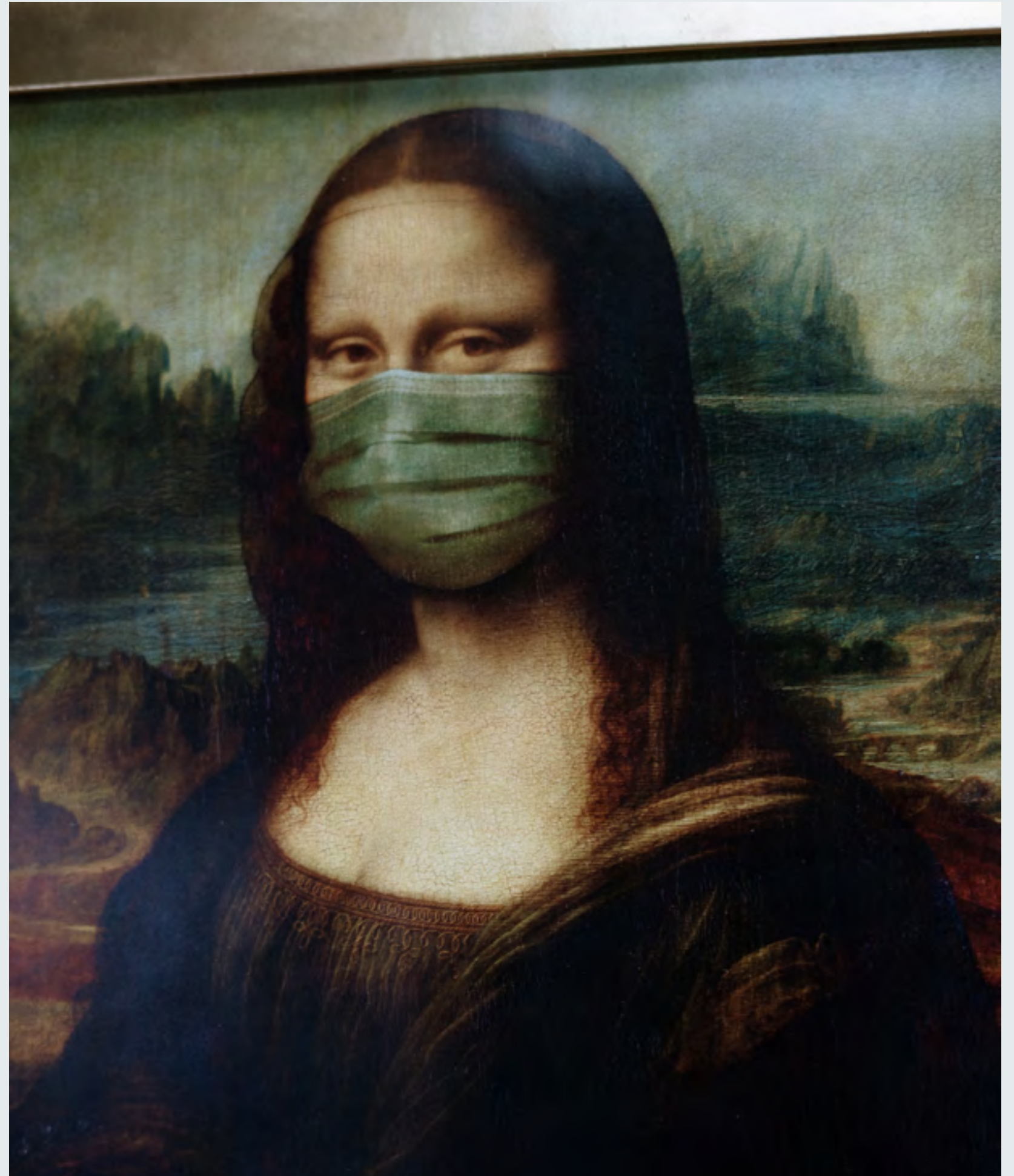
**Statistics courtesy of the World Health Organization report dated April 2, 2020*



(continued from page 5)

Once home, strip inside your door, put clothes immediately into the wash, and shower before sitting down or hugging loved ones (yes, we do this every shift right now). If you develop symptoms of a cold, call your doctor and they will direct you on how/where to receive care. They may have testing and may also do drive-through visits. If not, they will direct you to their preferred local resource. Do not go to the emergency room unless you are having difficulty breathing, difficulty keeping fluids down, cannot control the fever with Tylenol (avoid aspirin and ibuprofen) or have no other option. At this point, many health departments and urgent care offices have drive through testing. Try to find and utilize these if possible.

As with any illness, monitor closely for worsening symptoms, including fever, chest congestion, difficulty breathing, dehydration and decreased urination. If any of these occur, seek immediate advanced care through the ER. This is the same recommendation regardless if your illness is from rhinovirus, coronavirus or influenza. As always, proper hygiene and self-care (good diet, quality rest, etc.) are the best prevention. Feel free to reach out to any of the providers here at the clinic with questions, and stay healthy!



Are you an artist?

**The Armed Forces Club is rebranding as
The Vol and would like your ideas on a
design!**

**What's in it for you? Well of course great
notoriety... but how about a \$50 credit at
The Vol, for you to re-hydrate after your
exhaustive design efforts?**

**Submissions should be emailed to Lt. Col. Travers Hurst
no later than 1530 Sunday of June UTA**





APRIL-month of the MILITARY CHILD

U.S. Air National Guard photos by Senior Master Sgt. Kendra Owenby and Tech. Sgt. Teri Eicher



The month (semester) of the military child

by Bill Conner, 134th ARW Airman and Family Readiness Program Manager

According to Military.com, “Each year, April is set aside as military child appreciation month, officially known as the Month of the Military Child. With its start in the mid-1980s, the Pentagon and other military support organizations and agencies use the month to recognize military kids for their sacrifice and bravery on the homefront.”

I’m guessing some you read that and thought, “it’s going to be Military Child Month until June,” when scholastic custody, also known as *teach-your-kids-what-you-can-at-home and good luck*, is mercifully over.

I’ve spoken with quite a few parents over the last few weeks, and what I’ve heard is that taking on the role of teaching your children has not been easy. Trying to balance a work-from-home schedule with a child’s home study requirements can be a monumental task, and it’s becoming apparent that this arrangement isn’t likely to change for the rest of the academic year. As you hunker down for the next two months, I want to remind you of a few things.

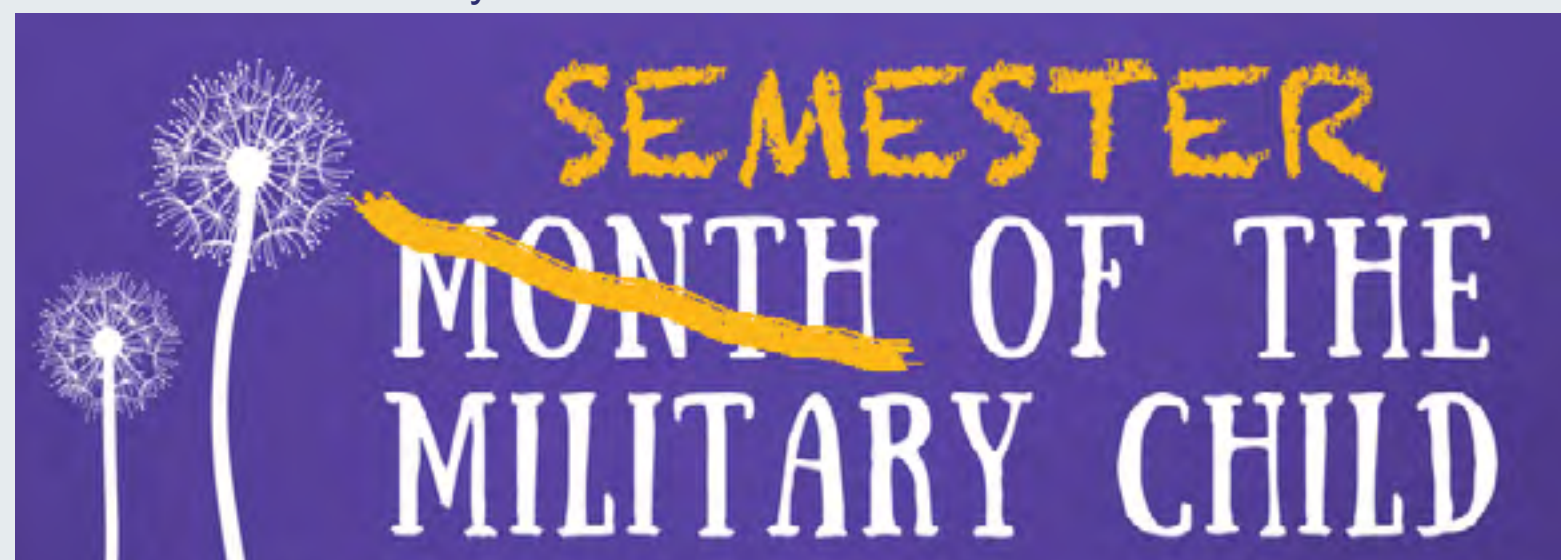
First and foremost, ***you are doing a great job.*** The expectations for the rest of the school year have been completely reshaped, and whatever you’re doing each day is wonderful. Your kids are going to bed each night knowing more than they did that morning, and that’s about all anyone is asking right now. Mission accomplished.

This isn’t easy for your children, either. They went on Spring Break expecting to go back in a week. Although they probably got excited when they first heard they’d be home longer, they’ve since had to make the adjustment to online learning, logging on to their daily assignments and largely tackling work on their own. Remind them that you are there to help, and be sure to talk with them about how the work is going. And when the work is over, get back to your family time as if they had gone to school and you had gone to work. It’s a new normal, let’s try to make it a good one.

Your children’s teachers are probably more worried about their education than you are. Don’t forget that teachers are available online for questions about work, and they are happy to help. This is new territory for them as well, and they want to be sure your child is getting everything out of the work that they possibly can during these unusual times.

Resources are limitless. I’ve been sharing information and links on our Facebook page, www.facebook.com/volreadiness, and our Chaplains and Director of Psychological Health (DPH) have been providing information and availability to our base members as well. We will continue providing information, but we are only scratching the surface of what is out there to help you keep your children educated and entertained. Anytime you run into a brick wall of what to do next, start by asking your question in an internet search. I’ve heard on the news that 90% of school-age children are home right now—if you have a question, many others are probably asking the same thing.

Keep in touch. Never forget that while we are all physically separated, it’s important that we keep a lookout for one another, and ask for assistance when we need it. Don’t hesitate to reach out to us at the base, either through your chain of command or through the Chaplains, the DPH, or myself. We’re going to get through this! Best of luck as you continue celebrating the Semester of the Military Child!



The Chaplain's Cup

by Capt. Nathan Tarr, 134th Air Refueling Wing Chaplaincy



It is not an exaggeration to say that, over the last three weeks, everything has changed. I've lost count of the changes affecting just the small circle of my family. My kids have faced a birthday without friends, an unexpected start of school online, sports seasons cancelled, dance recitals called off, and an overseas trip vanished into thin air. Those are small things in the grand scheme of life, but they mean a lot when they're yours. What unexpected changes has your family faced over the past month?

A complicating factor is how quickly the terrain is changing as the situation continues to develop. It often feels like trying to keep your footing on the beach when the tide slides the sand out from under your feet. There doesn't seem to be a clear goal line, and not knowing what we may need to do is difficult.

There are several strategies that can be helpful to combat encroaching anxiety when we find all the fixed points in our life tossed up in the air. One of my favorites comes from legendary basketball coach John Wooden. When they faced adversity, Wooden would remind his players that *things turn out best for those who make the best of the way things turn out*.

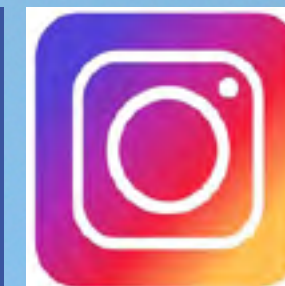
We don't need to take the fate of the world into our own hands. Rather, resiliency comes from recognizing we each have a limited amount of energy, especially when facing adversity. We should invest the energy we have in finding a way forward, rather than draining it away in frustration over things we can't control.

How might John Wooden coach you this week? Where might you be able to pivot to a positive mindset that takes advantage of unexpected opportunities? How can you make the best of the way things have turned out? The Chaplains would love to hear any successes you'd like to share.



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