



THE VOLUNTEER

APRIL 2022

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ABOUT THE VOLUNTEER

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Cover:
Mobility Air Forces Communications and Navigations Journeyman, Senior Airman James Dilling, tests communications equipment of a KC135R Stratotanker at McGhee Tyson Air National Guard Base, Tennessee. Routine training is critical to keeping the aircraft mission-ready. (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

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*

Features



The sky is the limit!

World Traveler Avionics Airman makes Knoxville home



How's it going?...2022

Airman & Family Readiness wants to know!



Improving Mission Effectiveness!

134th Airmen participate in Tesseract program



Easter Egg Hunt!

The Easter Bunny is coming to McGhee Tyson ANG Base!

Columns



Rank Up!

April Promotions



A word from your DPH

ACE



Blue Skies Airmen!

April Retirements



Chaplain's Cup

The importance of empowering others



Top III & JEAA Meetings

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



Medical schedule

April 134th MDG Schedule

WORLD TRAVELING AIRMAN CALLS 134TH AVIONICS HOME

By Tech. Sgt. Teri Eicher, 134th Public Affairs



Senior Airman James Dilling checked a fair number of items off his bucket list before joining the Air National Guard, including traveling and working overseas. However, years after graduating college, he still hadn't fulfilled his desire to join the military. Dilling credits numerous family members who had all served as the inspiration for his long-standing desire to enlist.

But when he was ready to sign up, he knew exactly which unit he wanted to join.

"I was always aware of the 134th Air Refueling Wing, even from high school," Dilling explained. "I grew up in Knoxville, and coming home seemed like the best choice when my wife wanted to attend nursing school, and I wanted to join the Air National Guard."

Originally, Dilling was interested in a position with the fire department or intelligence squadron. However, as with most guardsmen, there were many jobs at the unit he had never realized the Air Force offered. This led to his current position as a communications, navigation, and mission systems Airman with the avionics department of maintenance.

Now, of course, Dilling is convinced he has the best career in the Air Force. "My favorite part of being an avionics Airman is having the opportunity to troubleshoot issues and use my problem-solving skills in the air or pre-flight to ensure the mission is successful," Dilling said. The dynamic responsibility for determining the source of an issue and fixing it, sometimes mid-flight, has made a fulfilling career of the four years since his initial enlistment.

With the mission frequency that the 134th ARW maintains, there are plenty of opportunities for avionics Airmen to travel—they are often asked to join missions of two or more days in case an issue arises with the radios or navigation equipment. Having our own avionics personnel on board ensures the flight crew will be able to troubleshoot issues and get back in the air as quickly as possible.

Even so, Dilling insists the best part of his job isn't flying. "The missions are cool, and the trips are fun, but my favorite thing about this unit is definitely the people I work with," Dilling said. "We plan things outside of work throughout the year, even if it's just a barbecue in the park. Our supervisors do a lot to make sure we always feel like a team."

If you're interested to find out what kind of opportunities the 134th Air Refueling Wing has for you, please call us at 865-336-3242.

(U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)



PROMOTIONS

Senior Master Sergeant

Michael Cartwright	134 MXS
Jonathan Stills	134 ARW

Senior Airman

Leesha Chaney	134 MXS
Nina Pacheco	572 BND
Leslie Sullivan	572 BND
Donald Watson	134 LRS

Master Sergeant

Matthew Webster	134 CES
Clint Charles	134 FSS

Staff Sergeant

Craig Asher	134 MXS
Dylan Burkhalter	134 MXS
Jeremy Johnston	134 MDG
Ethan Neumann	134 CES
Noah Waters	134 FSS
Alex Colclough	572 BND
Derek Matthews	572 BND
Hunter Price	134 MXS
Jonathan Thurston	572 BND

Technical Sergeant

Jesse Ogle	119 COS
Ryan Shelton	134 CF
Tilda Taylor	134 FSS
Douglas Neilsen	134 FSS

Airman First Class

Colby Clark	134 LRS
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CONGRATULATIONS TO ALL!

GRADUATES!

Wear your military pride!



Do you have children graduating from high school or college?
Are **YOU** a 2022 college graduate?

The 134 ARW and Airman & Family Readiness wants to
recognize your accomplishment with a military Honor Cord!

These cords are intended for wear at graduation ceremonies. The red, white, and blue cord is worn by military members earning their college degree. The purple cord is for military family members earning a high school or college degree. Most colleges encourage the wearing of the military cord but most high schools DO NOT allow cords from organizations outside of school. In this area, Maryville High School is the only school we're aware of allowing the cord, ask your school to be sure.



134 ARW PHOTO SHOOT!

We're celebrating our 134th graduates with a photo shoot here at the wing!

Saturday, April 30, 0930 hrs at Bldg. 113, flightline side of the "orange" hangar.

We'll pass out the cords at the photo shoot, families are welcome to take photos as well!

*Cap and Gown is welcome for individual shots, group photos are in OCP uniform.

Questions? Call Bill at Airman & Family Readiness, (865) 336-3107.

CONGRATULATIONS TO ALL OF OUR GRADUATES!



Inaugural Santa Cops Golf Tournament and Fundraiser

0700 July 25th, 2022 Tennessee National Golf Course

DETAILS: \$200.00 entry fee per team. Spots will be limited to the first 18 teams. 4-person team best ball (Scramble style) tournament. At least one Military member per team. There will be four division winners based on score, also prizes for closest to the pin, longest putt, and longest drive. Team registration form and money due NLT 15 July 2022. Registration form and entry fee can be mailed to Gregory Herbst 787 Sunset Bluff Lane, Friendsville TN, 37737 (Make checks payable to the 134th ARW TOP 3), dropped off to the fuel shop in Hangar 111, or can be taken by any Top 3 Council Member (Top 3 Council: Gregory Herbst, Dana Joyce, Rachael Harness, or Travis Pruett). Registration/check in will begin at 0700 with 0800 tee times. Mulligan Bags will be available for purchase at the time of registration. There will also be a raffle for autographed Tennessee Vols memorabilia (tickets will be \$1.00 each or 6 for \$5.00).



Presented by the 134th Top 3 Council

For more information please call Gregory Herbst @ (865) 336-3439

Team Registration Form

Team Member 1. _____
Team Member 2. _____
Team Member 3. _____
Team Member 4. _____

Team POC phone number _____



Retirements

MAJ JASON HOOD
MSGT WENDY SOULE
MSGT TIMOTHY VANOVER
MSGT RICHARD COUCH
MSGT KEVIN RISNEY
TSGT BRIANNA GRIGGS
TSGT RICHARD HARRIS



Scan to Register

McGhee Tyson ANGB
Spring Sprint



5K RUN & WALK

**Sunday,
May 1st, May UTA
@0900**



T-Shirts. Door prizes. Trophies.

All proceeds benefit Santa Cops

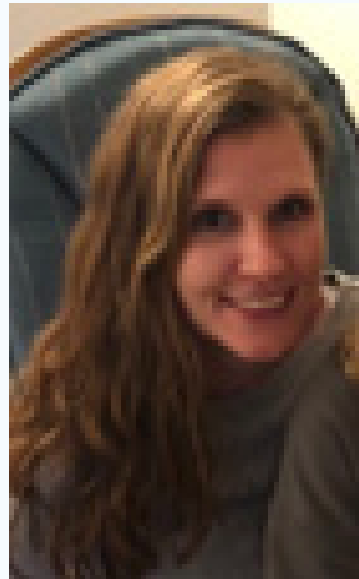
**T-Shirt provided for those who pre-
register. Pre-registration ends
April 10 at 1600**

**REGISTRATION FEE: \$15
(Includes T-Shirt)**

**MORE INFO & REGISTRATION:
CALL (865) 336-4031**

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



When you see ACE, you may think “Ask, Care, Escort” for suicide prevention, but did you know that ACE is also the acronym for “Adverse Childhood Experiences”? For those unfamiliar with the latter, these are traumatic experiences in childhood (age 0-17). Kaiser Permanente, a large medical provider, partnered with the Centers for Disease Control to research ACEs and how they affect health and wellbeing later in life. The 2-year study (1995-97) found that the more ACEs a person has, the greater the risk of having poor health and mental health later in life. Numerous studies since – on humans and animals – have found the same correlation.

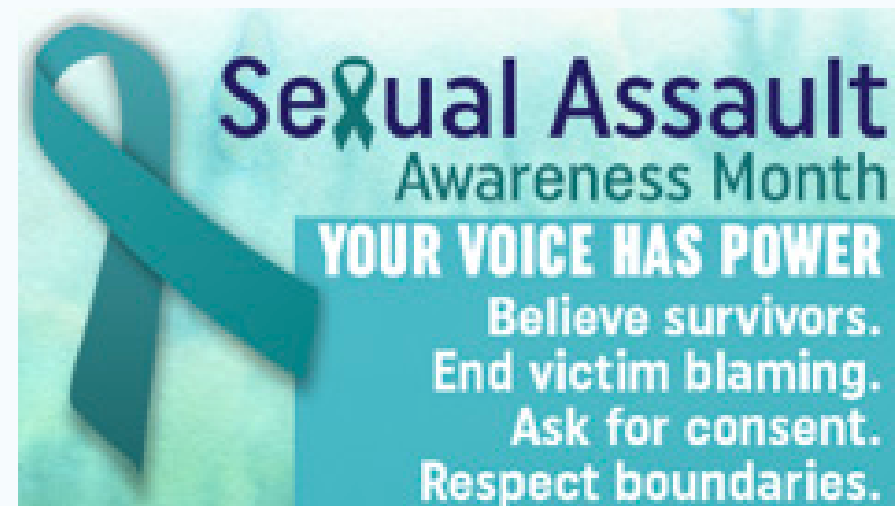
April is National Child Abuse Prevention Month, Alcohol Awareness Month, and Sexual Assault Awareness and Prevention Month. Since all of these are connected with ACEs, it seems appropriate to increase awareness of ACEs this month also. If you would like to know what your ACE score is, there is a 10-question ACE assessment available online; however, that assessment does not ask about ACEs outside of the household, so you would need to also include those to your score (e.g. being bullied; experiencing racism; surviving a natural disaster, etc). The higher the score you have, the more AT RISK you are for developing physical and mental health conditions.

Why do ACEs put us at greater risk? Because they can lead to “toxic stress” – that’s when we stay in the fight or flight response mode and overproduce stress hormones, like cortisol. Toxic stress takes its toll on our brains and bodies over time- especially if it leads us to risky and unhealthy behaviors to cope with it.

What your ACE score doesn’t take into account are protective factors you may have had, your genetic makeup which can affect your sensitivity to stress, positive childhood experiences, and the resilience you build up. Having several ACEs does not mean that you absolutely will develop health conditions, it just means that you are at a higher risk of developing them compared to someone with little or no ACEs. When you know you are at a higher risk, you can take preventative action.

If you have ACEs- take a moment to evaluate how you manage stress now. Do you comfort yourself with food, alcohol or other substances? Does your mind race with thoughts and worries, keeping you up at night? Do you experience stomach upset, headaches, or chest pains? If you answered yes to any of these or realized that you still have toxic stress now, it’s time to get some help. There are many different therapy treatment options that can help you process your ACEs to heal from them and develop healthy coping skills. Not only can you get help to improve your health and wellbeing, but in doing so – you could break the cycle of generational ACEs that may be in your family history.

If you would like more information, have any questions or want to talk, please contact me. As always, I am here to support YOU – so please don’t hesitate to reach out. 865-201-8129 / natalie.pankau@us.af.mil / Moon Hall, Bldg 417 2nd floor.



**BITS OF CARELESS TALK
ARE PIECED TOGETHER BY THE ENEMY**

Think OPSEC!



**Sexual Assault Awareness
and Prevention**

ELIMINATE

**SEXUAL
ASSAULT**

**KNOW YOUR PART
DO YOUR PART**

#Not just April

For additional information:



134th ARW SARC Office: 865-336-3206
134th ARW SARC 24/7 Hotline: 865-405-2828
DoD Safe Helpline:
<https://www.safehelpline.org> / 877-995-5247



DEPARTMENT OF VETERANS AFFAIRS

RESOURCES FOR SERVICE MEMBERS WHO EXPERIENCE MILITARY SEXUAL TRAUMA

The Veteran's Administration has a range of services available to meet Military Sexual Trauma (MST) survivors where they are at in their recovery. Services are available to current or former Active Duty personnel, reservists, and members of the National Guard.

CURRENT ACTIVE DUTY, RESERVE OR NATIONAL GUARD

Any Veteran, or Service Member who was sexually traumatized while serving in the military is eligible to receive counseling. Members can access VA's Vet Centers confidentially and without a referral. There is no need to have reported the MST experience.

Military sexual trauma counseling may include individual or group counseling, marital and family counseling, referral for benefits assistance, liaison with community agencies or substance abuse information and referral to help deal with the emotions of military sexual trauma. To learn more about your eligibility and options:

https://www.vetcenter.va.gov/Military_Sexual_Trauma.asp

FORMER SERVICE MEMBERS

VA Health Care Services for MST

VA provides free treatment for any physical or mental health conditions related to a Veteran's experiences of MST. No documentation of the MST experience or VA disability compensation rating is required. Some Veterans can receive free MST-related care even if they are not eligible for other VA care: Former National Guard and Reserves members with federal active duty service or a service-connected disability who were discharged under honorable conditions or with an Other Than Honorable discharge; the service-connected disability does not need to be related to experiences of MST.

MILITARY SEXUAL TRAUMA (MST)

The Veteran's Administration (VA) uses the term military sexual trauma (MST) to refer to experiences of physical assault of a sexual nature, or sexual harassment, which occurred during military service regardless of duty status.

RESOURCES FOR MST AT THE VA

www.vetcenter.va.gov

1-877-WAR-VEWTS

Help With VA Benefits & MST Coordinator

For information about VA disability compensation visit for conditions related to MST, you can find a MST Coordinator at <https://www.benefits.va.gov/benefits/mstcoordinators.asp>

VA Non-Health Care-Related Benefits

The Veterans Benefits Administration (VBA) administers VA's non-health care-related benefits, including disability compensation for a mental or physical health condition that developed or worsened as a result of experiences of MST.

Accredited Veteran Service Organizations (VSOs) attorneys and claims agents are available to help claimants with their VA benefits claims. Service members are highly encouraged to use a representative. VSOs are free of charge.

Learn more about eligibility and start your claim today at www.va.gov.

inTransition

The inTransition program is free confidential and voluntary program that includes 24/7 coaching. inTransition is a program designed to assist service members who need mental health resources, coaching, and other help associated with PCS moves, coming home from or going to a deployment, transitioning from active duty to reserve component service, and those who are preparing to leave the military. For more information, call 1-800-424-7877 or visit <http://health.mil/inTransition>.

DoD Safe Helpline

DoD Safe Helpline is a crisis support service specially designed to provide live, one-on-one support to sexual assault survivors, their loved ones, and anyone within the DoD community looking for more information. All Safe Helpline services are confidential, anonymous, secure, and available worldwide, providing survivors with the help they need, anytime, anywhere.

Safe Helpline staff members have been trained to answer questions relating to military specific topics such as Restricted and Unrestricted Reporting and how to connect with relevant military resources, such as an installation or base's Sexual Assault Response Coordinator (SARC).

The Safe Helpline has a learning module and tool to find resources for transitioning members:

- Education Module: <https://www.safehelpline.org/TSMforASPs>
- Resource Tool: <https://www.safehelpline.org/tsm-search>

To learn more, visit <https://safehelpline.org/> or call the hotline at 877-995-5247. Live one-on-one chat is available at <https://chat-ohl4.safehelpline.org/tos/SHL>

OTHER RESOURCES

Military One Source

<https://www.militaryonesource.mil/>

800-342-9647

Military Crisis Line

<https://www.veteranscrisisline.net/get-help/military-crisis-line>

1-800-273-8255, Press 1

Text 838255

Employee Assistance

866-580-9078

DoD SAPRO

<https://www.sapr.mil/>

Department of Air Force Resilience <https://www.resilience.af.mil/>



THE IMPORTANCE OF EMPOWERING OTHERS

By Chaplain Seth Hammond, 134th Chaplains Corp.

In the Air Force, Airmen are taught to lead, train, and delegate tasks to those under their supervision. To lead successfully, one must inspire and motivate. A leader is someone who can empower others to succeed.

During World War I, Douglas MacArthur was a brigadier general. His brigade, entrenched in France, was given the responsibility of taking an enemy position that had already repulsed three American attacks and inflicted heavy casualties. MacArthur divided his troops into three wings for the assault and planned to lead the middle wing himself. But he realized that the left flank was the weakest, so before the charge he went over to talk to the major leading those troops. The general said, “Son, I want you to take that position over there. It is seventy yards away. Other men have tried and haven’t made it. But I know that you are going to make it. When you finish, I am going

to see to it that you get one of these.” He showed the young major a medal of bravery he had received earlier in the war from the French. Then he turned around and walked away.

When he was about ten yards away, he suddenly turned around and walked back to the man. “Son, I know you are going to get there,” MacArthur said, pulling the medal back out and handing it to the major. “So, you go ahead and take mine now.”

Do you think that young man was empowered? Do you think he sensed his leader really believed that he could get the job done?

When describing leadership, Jesus once said, “The greatest among you will be your servant (Matthew 23:11).” If you are leading others, how are you serving and equipping them? How are you inspiring and motivating them to success? How are you displaying service before self?

Throughout our military careers, we will each lead others at some point. When you find yourself in this position, remember the importance of empowering others.



(photo courtesy of pixabay)

So, How Is 2022 Working Out So Far?

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

We're into the fourth month of the New Year, and from the looks of my Covid Christmas midsection I can safely say my resolutions have gone pretty much...nowhere. It seems like when spring approaches, many of us take a second look at some goals we'd like to achieve, and finally start making a real effort. Maybe it's the warmer, sunnier days, maybe we get motivated because we just feel better when we get past the winter months. Whatever the reason, now is a great time to look at some of your goals, plans, or changes you'd like to tackle. Let's add in a few helpful techniques that could improve your chances of success.



First, see if your goal passes the SMART test. SMART stands for Specific, Measurable, Attainable, Relevant, and Timely. If you have an idea for something you'd like to work on or improve upon and it meets most of the SMART model, then you probably have a solid goal. If you find you're reaching too far too quickly, or if the goal just isn't rational, the SMART test will point that out to you.

If someone says their goal is to pay off their credit card debt, well that sounds wonderful and is a great personal goal. But if they intend to pay off \$5,000.00 of debt in a few months, they'll quickly find that the goal is impractical, and they'll be discouraged when the goal isn't met. Instead, they can apply the SMART model to build a practical plan, and it could look like this:

- Specific: Pay off \$5,000 of debt
- Measurable: Determine they can afford an additional \$200.00 a month in payment
- Attainable: At \$200.00 a month they'll pay \$2,400.00 a year and in theory they'd pay it off just over 2 years. I say in theory because the interest will keep adding to the amount owed, so part of making this step attainable is speaking with a finance professional for guidance on lowering interest rates, etc.
- Relevant: Reducing debt is always relevant.
- Timely: It will take some time, certainly more than a few months, but with planning and discipline it is possible to see this goal through to completion.

If you have plans, resolutions, or even just some wish you'd like to start putting some action into, I'm happy to help you turn them into solid, workable goals. We could look at something as short-term as building an action plan for a specific need, or maybe something more broad-reaching through some Life Coaching sessions. Whatever it is, you can't finish until you start, and I'd like to help you make that start a great one.

I'm here during normal weekday duty hours as well as UTA weekends, call me at 336-3107 or email me at william.conner.6@us.af.mil For the April UTA I'm available most any time on Saturday and Sunday, as the exercise allows. Let's make it happen!

JEAA

Junior Enlisted Advisory Association

All E-6's & below welcome!



Meeting - Sun, 1400 @ Air Park
Inclement weather - Rocky Top Dining Facility

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



Are YOU
Volunteer Ready?

Tennessee Airmen improving efficiency through Air Force Tesseract Air Force Logistics Office of Innovation

By Senior Airman Kaylee Patterson, 134th Air Refueling Wing Public Affairs

Airmen from the 134th Air Refueling Wing recently partnered with Tesseract, the Air Force's Logistics Office of Innovation, to increase mission efficiency. Tesseract's mission is to accelerate combat-focused logistics innovation by empowering Airmen and connecting them to a network of ideas and resources in order to improve the agile combat support and mission generation capabilities of the United States Air Force.

The 134th is the first Air National Guard unit to take part in the Tesseract team's "Slingshot" initiative, which is centered on improving Airmen and Aircraft Readiness by using the Theory of Constraints. Theory of Constraints involves finding key components that prevent or slow down the ability to reach a goal and uses new processes or adaptations to improve workflows.

"By applying Theory of Constraints we are going to see improvements in how we train, task, and communicate with our Guardsmen," said 2nd Lt. Daniel Simmons, aircraft maintenance officer. "The efficiencies gained will lead to a more proficient operating reserve force."

Air Force senior leaders have outlined the importance of accelerating change in order to stay ahead of America's adversaries. Tesseract completes this mission by evaluating each wing the team visits. The evaluations show instructors' and leaders' areas of improvement at each wing.

"Throughout this week we have been providing training and we've been able to have a lot of very good discussions with different Airmen at various levels of the organization," stated Master Sgt. Shanan Vigil, Senior Program Manager for Process Advancement on Tesseract. "We had a core team where we discussed how they could put the tools into practice and arm themselves with these techniques going forward."

Teams like Tesseract and partnerships across the Total Force are more important than ever, as the Air Force faces a constantly evolving battlespace.

"With the principles and techniques learned this week the Airmen of the 134th are going to be forming solutions that not only maintain readiness, but improve the quality of our readiness," Simmons said. "The Air National Guard KC-135 mission set supplies unique challenges that will have to be addressed rapidly and the 134th takes pride in leading the way in those efforts."



(photos courtesy of Tesseract AF)

The background is a solid pink color, decorated with numerous colorful Easter eggs scattered around the edges. The eggs feature various designs, including solid colors like blue, purple, pink, and orange, as well as patterns like polka dots, stripes, and abstract shapes in colors like yellow, blue, and orange.

Easter Egg Hunt

Date: Saturday, April 16th

Time: Noon

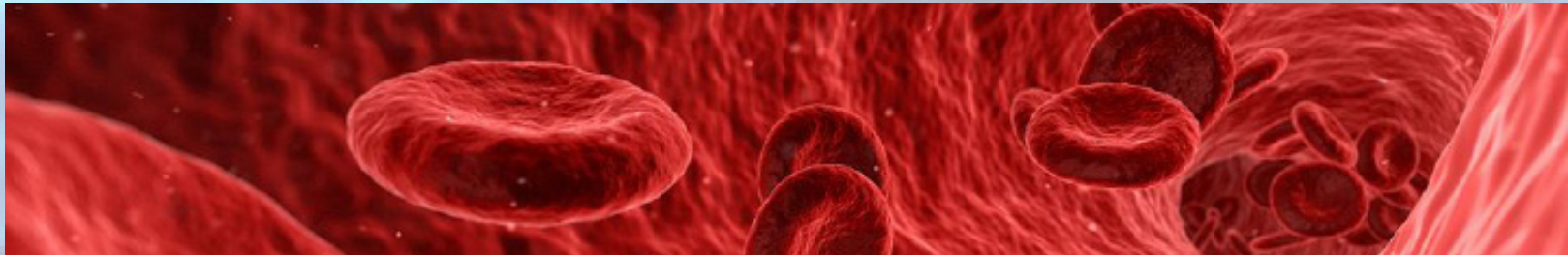
Location: Track

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

134 ARW MEDICAL GROUP

SATURDAY - 09 APR

- 0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)
- 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)



SUNDAY - 10 APR

- 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!**

Due to the inspection this UTA weekend, April's TOP III meeting was held earlier, Wed, Apr. 6 @ 1100 at the Base Club. The next meeting will be held during May UTA.

Romines named Air Force Emergency Manager of Year

Congratulations to Master Sgt. John Romines, 134th Civil Engineer Squadron! He was selected as the Air Force Emergency Manager of the Year for 2021.

"On behalf of Lt. Gen. Loh, Director of the Air National Guard, please join me in congratulating the 2021 Air National Guard team and individuals who competed for and won our ANG Civil Engineer Awards for ANG Emergency Management...it is our privilege and honor to recognize and congratulate the 'best of the best'," - Air Force Emergency Management Association.

The Air Force Emergency Manager of the Year award recognizes superior job performance and contributions to the Air Force Emergency Management Program and is graded on areas such as job performance, leadership ability, innovation, agility & resourcefulness, accomplishments and technical competence.

Job well done, Master Sgt. Romines! - Volunteer Ready!



Volunteer Ready!

Aerial Port Airmen from the 134th Logistics Readiness Squadron recently assisted with loading of pallets of medical aid items that were shipped overseas to help Ukraine.



(Photos courtesy of 118th Wing Public Affairs)



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 09 Apr

Hamburger Steak w/Gravy
Lemon Rosemary Chicken
Mashed Potatoes
Confetti Rice
Broccoli
Beets
Great Northern Beans
Grilled Chicken
French Fries

Sunday 10 Apr

Baked Pit Ham
Baked Fish
Mashed Potatoes
Coconut Rice
Corn
Creamed Spinach
Carrots
Hamburgers
Tater Tots