



THE VOLUNTEER

MAY 2022

THE VOLUNTEER MAGAZINE
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ABOUT THE VOLUNTEER
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Cover:
A KC135R Stratotanker prepares to take off at McGhee Tyson Air National Guard Base, Tennessee during a routine training mission. Training is critical to keeping the aircrew and the aircraft mission-ready. (U.S. Air National Guard photo by Mr. Ben Cash)

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



"Fini-Flight Feelin"

Blue Skies to Maj. Jason Hood!



ICP Course

Helping Airmen communicate better



Graduates!

Wear your military pride!



Education!

Tennessee Army NG recruiters host local educators

Columns



Rank Up!

May Promotions



A word from your DPH

Let's talk about stigma



Blue Skies Airmen!

May Retirements



Airman & Family Readiness

Benefits of working with a life coach!



Top III & JEAA Meetings

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



Medical schedule

May 134th MDG Schedule



Blue Skies!



Congratulations to KC-135R Stratotanker pilot and 151st Air Refueling Squadron member, Maj. Jason Hood, on completing his "fini-flight", or final flight, recently. The "fini-flight" is a tradition with military pilots as they near retirement. Thank you Maj. Hood for your many years of service! Blue skies!



ANG course prepares Airmen as instructors

By Staff Sgt. Melissa Dearstone, 134th ARW Public Affairs

The Air National Guard Instructor Certification Program is a course designed to teach Airmen how to develop lesson plans and effectively teach them to mentor their fellow Airmen.

ICP is held approximately six times a year and is taught over a two-week, 80-hour time period.

“This course is only offered here and teaches our students how to develop and arrange a lesson, and then actually teach that lesson to students,” said Master Sgt. Jesse Ball, ICP instructor. “It is a balance between educational principles, communication and development skills, and also test writing skills.”

Ball said ICP not only helps with lesson planning and development, but also with overall communication skills.

“ICP opens up an Airman’s overall communication skills to be able to help with their ability to achieve any objective by helping them center and focus on their task or subject,” said Ball. “We go over different methods of instruction and train our students to teach the adult learner and different ways people learn.”

Ball said this course is taught on a standard that is not just specific to the Air Force, but in civilian life as well.

“When you go out to the colleges or learning institutions you are going to get the same training that we teach in the ICP course,” said Ball. “This course awards three Community College of the Air Force credits, as well as 7.6 Continuing Education credits from Pellissippi State Community College.

Staff Sgt, Cody Watson, recent ICP graduate, said if you are in any teaching environment, or you are going to be in a situation where you are going to be teaching, then he would highly recommend this course.

“Before this course, it was just handing me a PowerPoint presentation and then I would teach from that without actually taking the time to study it and get a sense of what the main points are,” said Watson. “This is a hard, rigorous course and you have to really apply yourself, but what you get out of it is immeasurable and makes you a better instructor and professional.”

Ball said that the Air National Guard ICP course is available to all members.

“Anyone who is a trainer, or is going to be a trainer, in your unit can take this course regardless of rank,” said Ball.

For more information, visit the I.G. Brown Training and Education Center website at www.angtec.ang.af.mil.



(U.S. Air National Guard photo by Staff Sgt. Melissa Dearstone, 134th Public Affairs)



GRADUATES!

Wear your military pride!

Do you have children graduating from high school or college?

Are YOU a 2022 college graduate?

The 134ARW 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.



134ARW 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!

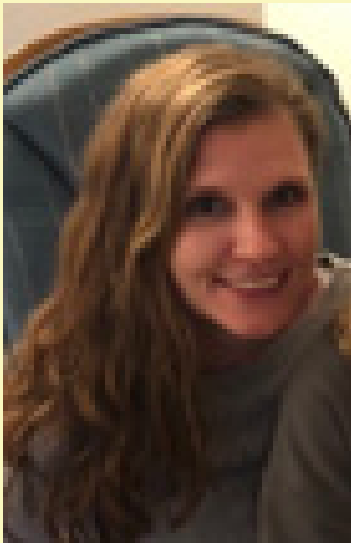
*Cap and Gown is welcome for individual shots, group photos are in OCP uniform.

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

CONGRATULATIONS TO ALL OF OUR GRADUATES!

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



Let's talk about stigma. To me, it's one of those things that I know what it is, but if asked to provide a definition, I would fumble to put it in words. When I looked up the definition online, I was surprised to find several – but the stigma I want to address is the one that Britannica Dictionary defines as “a set of negative and often unfair beliefs that a society or group of people have about something.” Now think about stigma around mental health. It comes in many forms – stereotypes, jokes, judgements, gossip, rude/ insensitive comments, discrimination, etc.

In 1949, the National Association for Mental Health established May as Mental Health Awareness Month to spread awareness of and educate about mental health conditions, and to reduce the stigma around mental health. While there have been big strides made over the past 73 years, we still have a lot of work to do. Per NAMI's (National Alliance of Mental Illness) latest statistics from 2020, over HALF of U.S. adults with a mental health condition did not receive treatment. NAMI also reported that the average delay between the onset of mental illness symptoms and treatment is 11 YEARS! With 1 in 5 U.S. adults experiencing a mental illness each year (and 1 in 20 experiencing a serious mental illness), we have to break the stigma around mental health so that people do not suffer in silence for fear of negative consequences or judgements if they seek the help and treatment they need and deserve.

How do we do this? As with any stereotype/prejudice/judgement, start with self-awareness. Be honest with yourself about your thoughts, feelings and opinions about mental illness. If you find that you have some that are negative, these likely influence your words and actions, maybe without you even realizing it. I would ask and encourage you to learn about mental health conditions, their causes, treatments, symptoms, etc. Misinformation and fear of the unknown perpetuate stigma, so get the facts from reliable resources so you can eliminate these.

Your words matter. Would you say, “they're cancer” or “he's hypertension”?...no, of course not. So, please don't say things like, “she's bipolar.” People have a condition, they are not that condition.

Talk openly about mental health. We want to create a culture where mental illness and physical illness are seen as equally acceptable to talk about without fear of judgment or shame. Someone should be able to comfortably say “I have an appointment with my psychologist today” just as easily and acceptable as saying they are going to see their dentist or primary care doctor. It is ALL health care.

You may think that stigma around mental health is no big deal. What's a comment or joke here or there? But please think about it this way - would you want to deter someone from seeking the help and treatment they need because of your comments or jokes? Of course not. So, please don't take the risk. You never know what someone may be trying to deal with and/or how much influence your attitude and words have on them.

As always, I am here for YOU! Please don't ever hesitate to contact me, I am happy to help and support you in any way that I can. Cell #: 865-201-8129 ~ natalie.pankau@us.af.mil ~ Moon Hall Bldg 417, 2nd floor. I am available during the week and on drill weekends.



Photo credit: hrscsb.org

Retirements

Lt. Col. Bradley Cook - 151 ARS
SMSgt Patrick Gates - 134 OSS



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**



PROMOTIONS

Chief Master Sergeant

Eric Spangler

134 LRS

Senior Airman

Dalton Searcy

134 MXS

Hunter Carter

134 FSS

Michael Spitler

134 AMXS

Quentin Wright

134 MXS

Caroline Wilson

134 FSS

James Rogers

134 OSS

Michael Keck

134 OSS

Briana McDaniel

134 MSG

Blaine Moyers

119 COS

Staff Sergeant

Jacob Hancock

134 MXS

Lance Burton

241 EIS

Noah Seiple

134 OSS

Samantha Bailey

134 MXS

Nash Scalf

134 AMXS

Mason Young

134 CF

Zoie Godwin

134 SFS

Technical Sergeant

Christopher Ray

134 MDG

Robert Garneau

134 MXS

Ryan Tell

134 CES

Airman First Class

William Isbill

134 LRS

CONGRATULATIONS TO ALL!

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



Are YOU
Volunteer Ready?

Tennessee National Guard recruiters host local educators

By Staff Sgt. Melissa Dearstone, 134th ARW Public Affairs

Educators throughout East Tennessee gathered at the Knoxville National Guard's Army Aviation Support Facility #2 to learn about educational benefits the Army National Guard offers, April 9.



Maj. Gen. Jeff Holmes, Tennessee's Adjutant General, along with Army National Guard recruiters, provided information and answered questions to provide the local community with more detailed information about the Guard.

"Our job is to expose senior leaders, educators, and elected officials on what we do," said Holmes. "We want you to be advocates for us. There are a lot of young men and women, ages 18-25, that we want to provide information to about what we do, have to offer, and offer an opportunity to serve our nation."

The Tennessee STRONG Act was emphasized during the presentation. According to the Tennessee National Guard Educator's Program, the STRONG Act is a program that provides eligible members of the Tennessee National Guard with tuition towards a first bachelor's or masters degree, certificate,

(U.S. Air National Guard photo by Staff Sgt. Melissa Dearstone, 134th Public Affairs)

or diploma from a vocational or technical school.

Along with educational benefits, other benefits such as healthcare and retirement savings plans, while still being able to have a civilian career, were discussed.

Holmes said Tennessee is the seventh largest National Guard state and 80 percent of the Soldiers and Airmen have dual careers that they balance.

"I'm always amazed how our local youth continue to have that patriotic gene that they want to serve," said Holmes. "It amazes me the talent that we have in our Armed Forces. These individuals are bright, they are driven, and they can do anything."

As part of the event the educators and other community leaders were able to fly in a UH-60 Blackhawk demonstrating even more of what the Tennessee National Guard has to offer.

BENEFITS OF WORKING WITH A **LIFE COACH**



Did you know that an assured way to success is to find a coach, mentor or role model who can help you discover your inner voice and arrive at you goals with confidence?

A life coach is someone who helps you reach a goal or bring about a change in your life.



CONTACT BILL CONNER AT
(865) 336-3107 OR
WILLIAM.CONNER.6@US.AF.MIL
TO SEE IF COACHING
IS RIGHT FOR YOU!

COACHING IS FREE FOR
134ARW MEMBERS
AND THEIR FAMILIES!

134ARW AIRMAN & FAMILY READINESS

FACEBOOK.COM/VOLREADINESS

Inaugural Santa Cops Golf Tournament and Fundraiser

0730 July 25th, 2022 Tennessee National Golf Course



venmo



— TENNESSEE —
NATIONAL
MARINA RESORT VILLAGE GOLF

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

DETAILS: \$440.00 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), or you can pay with venmo or credit card by scanning the appropriate QR code. 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).

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

Team POC phone number _____

*Rated a Top 10 Golf Course in Tennessee by Golf Digest

Presented by the 134th Top 3 Council, JEAA, & JEM

134 ARW MEDICAL GROUP

SATURDAY - 30 APR

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 417)

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/ 417)

1300-1430 HOURS HEARING EXAMS/ANAM (Bldg 246)

SUNDAY - 01 MAY

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 417)

PLEASE ENSURE MILITARY MEMBERS REPORT ALL PRESCRIPTION MEDICATIONS THEY ARE TAKING TO THE 134MDG IMMEDIATELY!

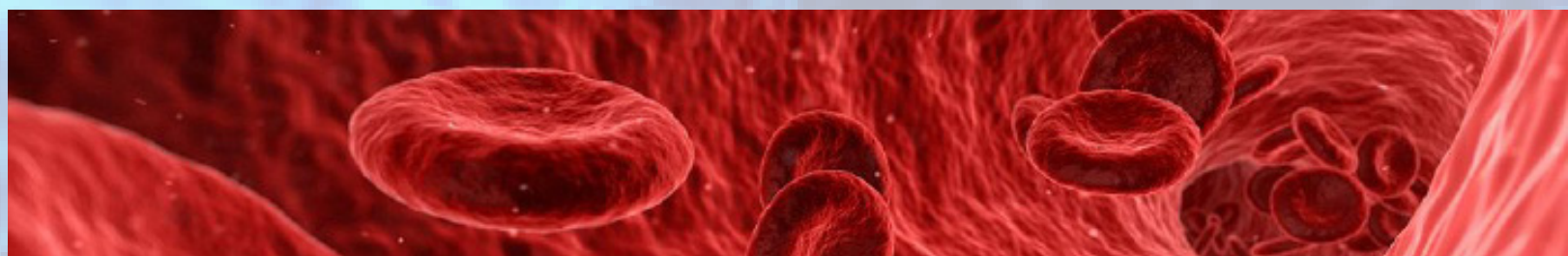
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

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



TOP III meeting will be held Sat, Apr. 30 @ 1030
at the air park. Open to all E-7's and above!

Junior Enlisted Advisory Association Meeting - TBD



Open to all
E-6's
and below!



ROCKY TOP

DINING FACILITY MENU

Saturday 30 Apr

Jerk Chicken
Orange Pork
Red Beans & Rice
Potato Wedges
Fried Okra
Squash
Grilled Chicken
French Fries

Sunday 01 May

Hamburgers
Grilled Chicken
French Fries
Corn Nuggets
Assorted Veggies