



THE VOLUNTEER

May 2021

EDITORIAL

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ABOUT THE VOLUNTEER

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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:

A KC-135R Stratotanker from the 134th Air Refueling Wing preps for takeoff at Gulfport Combat Readiness Training Center, Gulfport, Miss., Mar. 30, 2021. (U.S. Air National Guard photo by Master Sgt. Daniel Gagnon)

This page:

F-16 mid-air refueling image by Master Sgt. Daniel Gagnon

Body:

*Chaplain's Cup' image courtesy of Pixabay.com
Medical 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



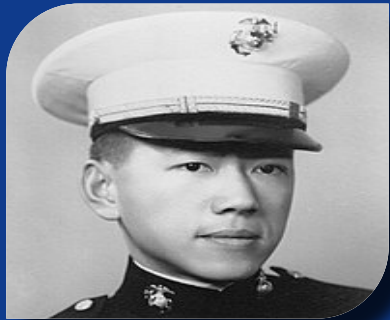
Prescription drug changes

Important changes you must know!



241 EIS Airmen awarded for their bravery

For life-saving actions on citizen



Asian American/Pacific Islander Heritage Month

Celebrating the achievements of Asian Americans, Pacific Islanders & Native Hawaiians!



Girl Scout cookies!

Local Girl Scouts/Hugs for Our Soldiers deliver 1404 boxes of sweets!

Columns



Chaplain's Cup

Seeding the lawn of healthy relationships



Retirements

Blue skies to all our May retirees!



Rank Up!

May Promotions



Medical schedule

May 134th MDG Medical Schedule



OPSEC

No trick to security!



Social media links

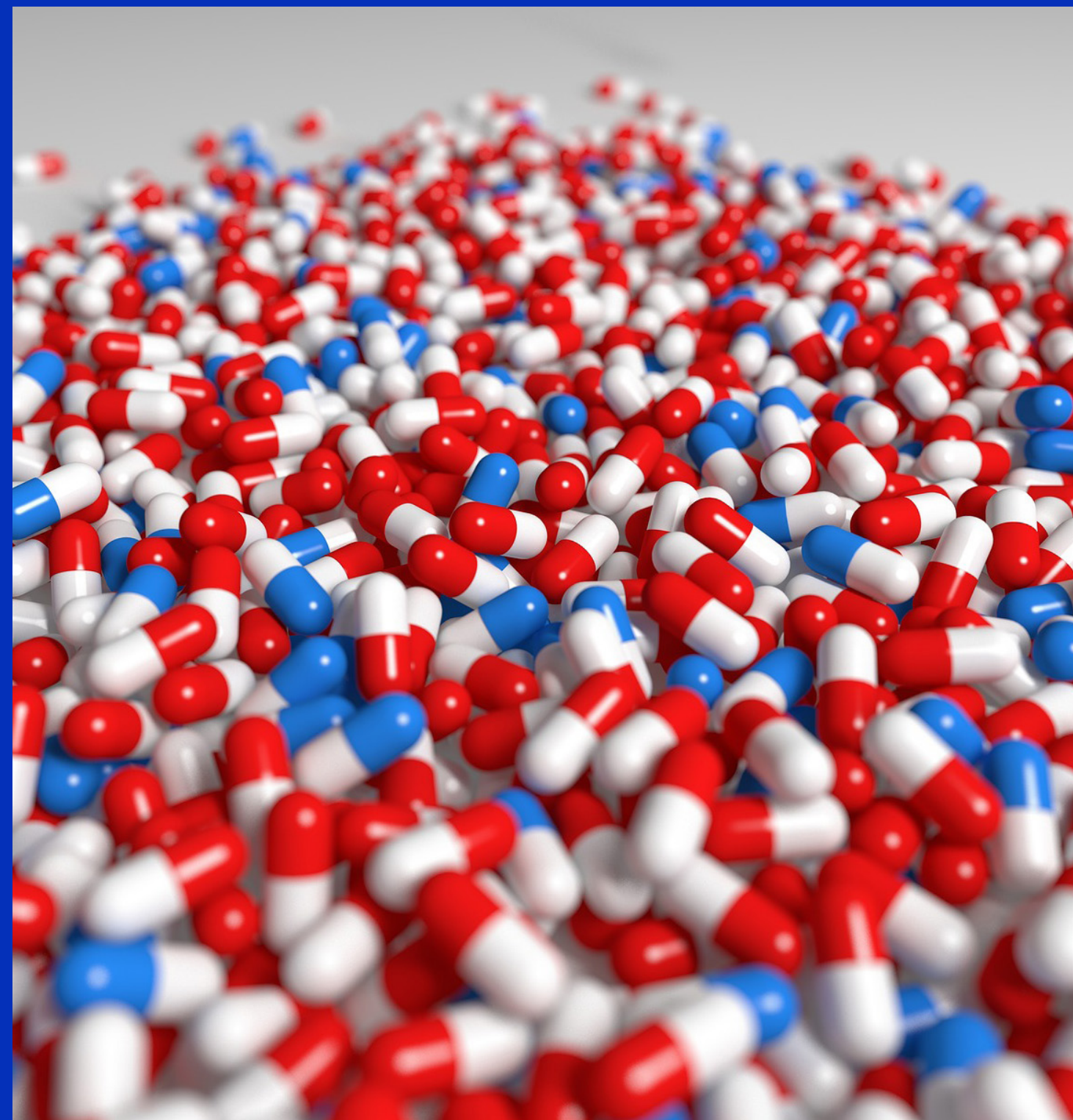
Follow the 134th ARW @134_ARW & Facebook

Changes concerning prescription medications you need to know

Submitted by Col. Patrick O'Brien, 134th MDG

As members of the Air National Guard we are required to take medications as prescribed and notify the Medical Group of any/all changes to medications. A big change occurred in June 2020 when DODI 1010.16, which oversees all military drug testing for the DOD, established a new standard for the expiration of certain medications. If you take a scheduled drug such as an opiate pain medication (like Lorcet or Vicodin), an anti-anxiety medication (like Xanax or Ativan), or ADD medicine (like Adderall or Vyvanse), prescriptions expire after six months. If you take a pill from one of these classes of drugs after that time, and happen to be screened, this will pose a problem for you. Only take scheduled medication from a pill bottle that meets requirements. Make sure you have your civilian providers, including your pharmacy, fax updated records to the MDG to include in your medical record. No photos of pill bottles, please. Do not take other's medicine, don't take old medicine, and keep your military medical records up-to-date. If you have questions, do not hesitate to contact me at 865-336-4015.

Col Pat O'Brien, USAF, MC, FS
Chief, Aerospace Medicine/SGP
Chief Medical Review Officer, Drug Demand Reduction Program,
NGB/SGOH



(photo courtesy of Pixabay.com)

241st Members receive Ribbon of Valor for performing life-saving actions on citizen

Story provided by 241st EIS

The Adjutant General's Ribbon for Valor was recently awarded to six members of the Tennessee Air National Guard's 241st Engineering Installation Squadron for their acts of heroism. Members of the team include Master Sgt. James Buchanan, Technical Sgt. Timothy Holcomb, Technical Sgt. Patrick Tallent, Staff Sgt. Jeremy Coffman, Staff Sgt. Scott Smith and Airman First Class Ethan Steele.

The team was traveling on a routine temporary duty assignment when they noticed a disabled vehicle with an injured individual inside, just off interstate 24 near Manchester, Tennessee.

The team chief directed the lead vehicle of the convoy to stop, so they could assess the situation. Without hesitation, the team proceeded to administer self-aid buddy care to the victim who had suffered a gunshot wound to the face. While caring for the victim, the team members began to hear gunfire in the area and were made aware of a potential gunman nearby.

At risk to their own lives, the team chose to stay with the victim, providing aid until the arrival of emergency responders. Additionally, members of the team assisted law enforcement by directing traffic around the scene.

"Such selfless performance of duty above that expected, reflects the greatest credit upon themselves and the armed forces of the State of Tennessee", read the citation to accompany the Airmen's awards.

Congratulations, and thank you to these outstanding Airmen for the bravery and honor they displayed during this citizen's time of need! You represent the United States Air Force and the State of Tennessee proudly!

Below are links to more info on the story.

<https://fox17.com/news/local/suspect-at-large-after-deadly-shooting-on-i-24-multiple-carjackings-in-middle-tennessee-coffee-county-tbi-wanted-fugitive>

<https://www.newschannel5.com/news/one-killed-three-hurt-in-shooting-on-i-24-in-coffee-county>



(photo from 241st EIS archives)

RETIREMENTS

CMSgt Jana Johnson

CONGRATULATIONS
& BLUE SKIES!

The Adjutant General's

Tennessee Combat Marksmanship Program
2021 TAG Rifle and Pistol Exercises and Matches

VOLUNTEER TRAINING SITE-TULLAHOMA
TULLAHOMA, TENNESSEE

Opportunity to gain familiarity with new weapons platforms

Learn fundamental and advanced marksmanship skills

Awards for three highest scoring Individuals and Unit Teams

Excellence in Competition points will be awarded

Governors Twenty tabs will be awarded

Chance to be selected for Regional, and National level competition

- This is an officially sanctioned training/competition event. Members must be in a military status, and permissive TDY/ Admin leave may be authorized
- Weapons, Equipment, Transportation, Barracks, and Rooms Provided.



Rifle Match- June 25-27

Pistol Match- August 20-22

For more information contact:

TSgt James S. Cavin DSN: 266-4043 COM: 336-4043 james.cavin@us.af.mil
SMSgt Kendra Owenby DSN 266-3214 COM: 336-3214 kendra.owenby@us.af.mil



Welcome Home!



Chaplain's Cup - Seeding the Lawn of Healthy Relationships

By Capt. Thaddeus Davis, 134th ARW Chaplains Office

For some of us in the (amateur) lawn maintenance business, keeping healthy grass is a love/hate relationship. The more I fertilize, the more I have to mow, and then the rain adds more variables that I can't keep up with. It's that messy place where art meets science and beauty has to grow outside of my control. But there are many details that I can control: the ways I cultivate my soil, the ways that I proactively nourish the grass I want to grow and weed out the crab-grass before it takes over. Spring is the season to fertilize, reseed, and plan a healthy watering schedule before the heat of summer arrives. This type of yard-work reflects other sides of life where healthy relationships mean taking a caring approach that balances a few key variables. Let me suggest four types of soils, or approaches to life, and where the grass of healthy relationships grow best.

The Well-Worn Path: With the busy-ness of work, family, sports, hobbies, comes a lot of traffic for the inner social butterfly; but the ground is often too hard for deep friendships to take root and stress tramples the seedlings of joy and calm before they get established.

Rocks: This type often reflects a hard personality with little room for spontaneous change. Hardscaping gives nice features to a yard, but nothing will grow around these heavy, rough, and immovable personalities. (Ok, maybe cacti, but nobody wants to hug those.)

Thorns: Briars can produce sweet berries, but the relationships with these friends might cause more wounds. Sure, dodge the prickles; but eventually there will be a scrape, even for those with thick skin.

Cultivated Soil: Achieving healthy soil takes intentional patience and active nourishment, balancing the nutrients of social interaction and good ol' fashion soul-care. The fruit of this yard will benefit families, neighbors, and endure the long, roasting summer heat.

In order to move toward healthy, cultivated relationships, I need to start good habits on my own by watering, fertilizing, and allowing the sun to shine on my own yard, before I invite others in. The good news is that this is the season to start cultivating healthy habits, growing nourished roots, and reaching out to others in relationship that encourage, refine, rejuvenate, and build resilient roots. Reflect on the soil of your life, ask a close friend or spouse how to better nourish the soil of your life, and contact your Chaplain to ask how this works.



(photo courtesy of Pixabay.com)



Promotions

Senior Master Sergeant

Scott Baum 241 EIS

Master Sergeant

Cynthia Baxter 119 COS

Zachary Dailey 151 ARS

Fred Syrett 134 MXS

Scott Debusk 119 COS

Kevin Risney 134 CES

Kirk Lewellyn 134 SFS

Technical Sergeant

Paul Good 134 ARW

Alfred Rodriguez 151 ARS

Cory Barton 151 ARS

James Badgett 119 COS

Tod Plott 134 SFS

Hannah Short 134 SFS

Rebekah Swanger 134 SFS

Senior Airman

Gregory Adamson 134 FSS

Noah Seiple 151 ARS

Brandon Wright 134 MXS

Michael Keck 134 OSS

Airman First Class

James Rogers 134 OSS

Blaine Moyers 119 COS

Airman

Harrison McNabb 119 COS

Colby Clark 134 LRS

Staff Sergeant

Ryan Sharp 134 SFS

Blaine Connell 134 MXS

Jacob Fowler 119 COS

Lauren Krahwinkel 119 COS

Congratulations to all!

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

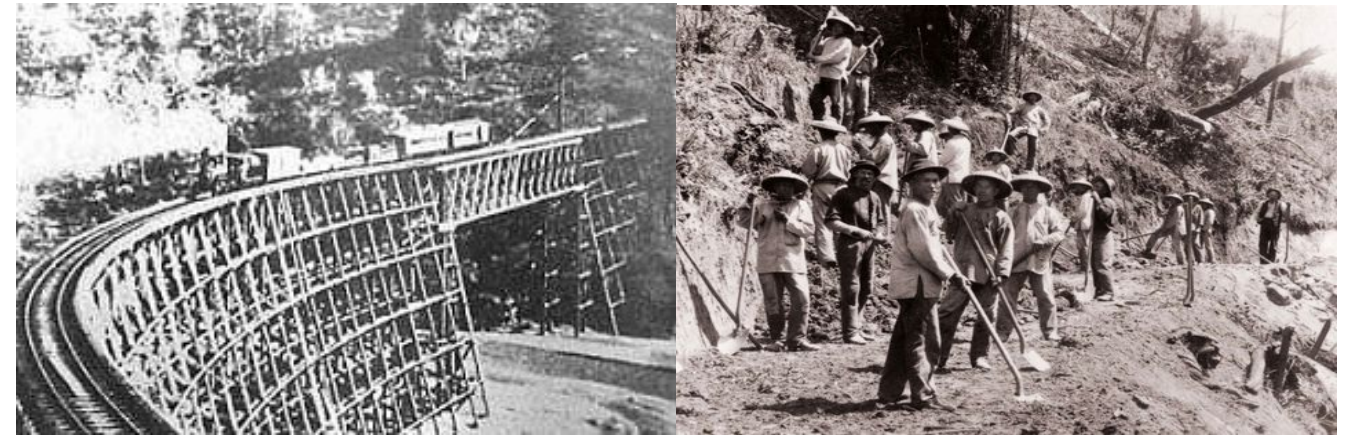


Are YOU
Volunteer Ready?

Asian American and Pacific Islander Heritage Month (AAPI)

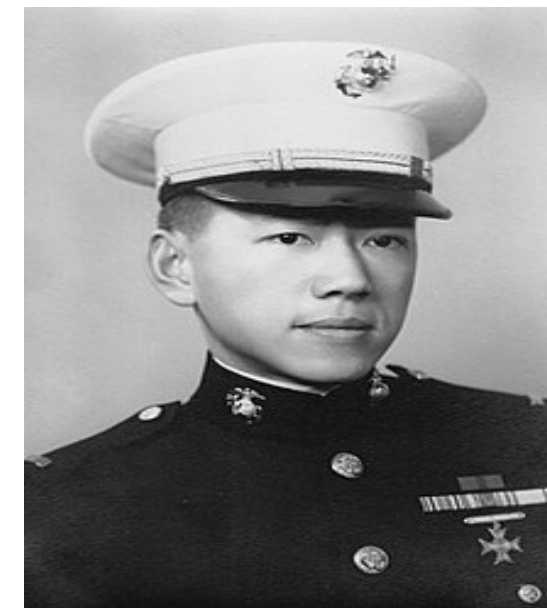
Since 1977 The United States has recognized May as a time to acknowledge the achievements and contributions to the American story by Asian Americans, Pacific Islander, and native Hawaiians. We celebrate the cultural traditions ancestry, native languages, and unique experiences represented among ethnic groups from Asia and the Pacific Islands who live in the U.S.

May denotes several events in the AAPI history, including immigration of the first Japanese people to the U.S. May 7, 1843. The finalization of the transcontinental railroad was accomplished May 10, 1869 by predominantly Chinese immigrants



Generations of Asian Americans and Pacific Islanders have helped develop and defend the U. S. often in the face of tremendous racial and cultural prejudices.

Source and for additional information and facts go to: <https://deomi.org/SpecialObservance/SupportDOR.cfm>

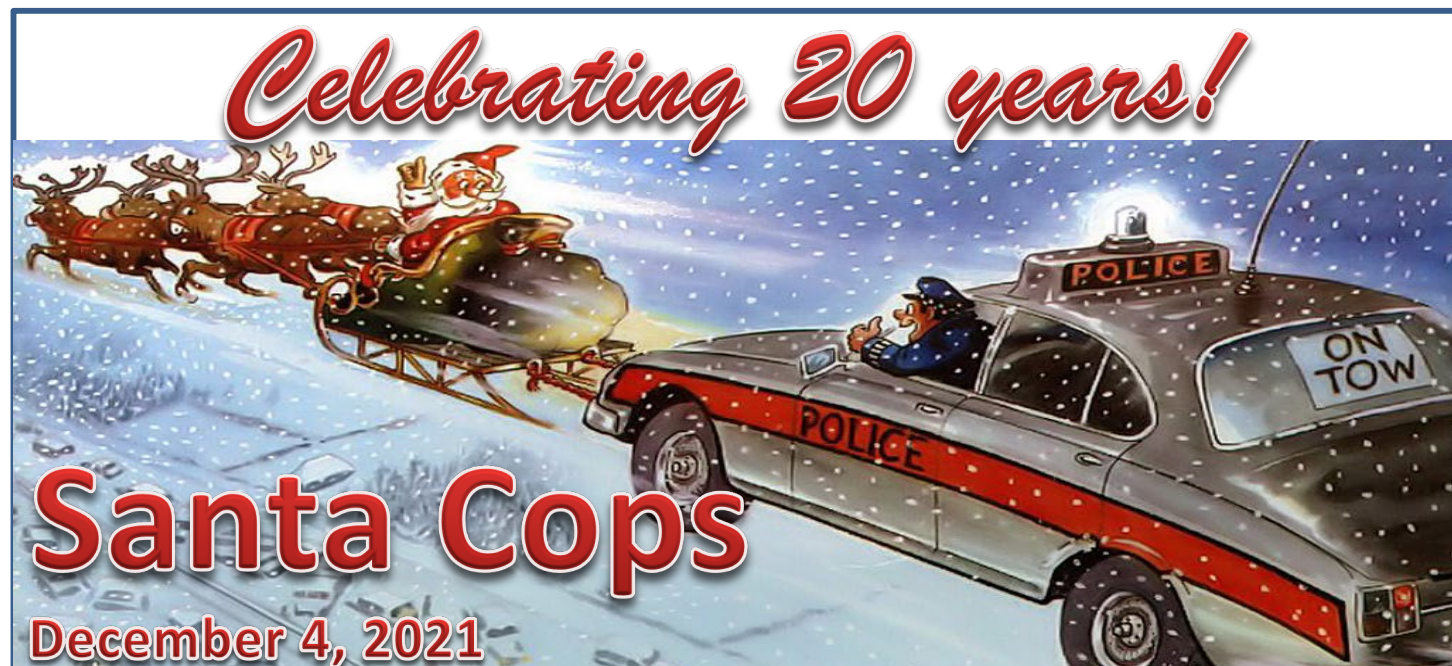


Major Kurt Chew-Een Lee was the first United States Marine Corps officer of Chinese descent. Lee earned the Navy Cross under fire in Korea in September 1950, serving in the 1st Battalion 7th Marines. Source and for additional information and facts go to: <https://www.wikipedia.org/>



Thank You to the Little River Service Unit Girl Scouts & Hugs For Our Soldiers for COOKIES!!





WE NEED YOUR HELP!

Santa Cops is a private organization that focuses on hospitalized children and their families at Christmas. Donations to Santa Cops will be used to purchase toys, games, and other "wish list" items. These items will be distributed by Santa, his elves, and a team of Cops to hospitalized children to make their holidays brighter.

How Can You Help? Donate today!

- Make Checks payable to Santa Cops C/O Security Forces Association

Can't Donate Money and still want to Help?

- Help us shop for toys on 3 Dec 2021*
- Contact the email address listed below for more details

*Shopping times/date may change due to COVID-19

ALL PROCEEDS TO BENEFIT THE SICK CHILDREN OF EAST TENNESSEE

Contact SMSgt Joe Hungate
120 Briscoe Dr ~ Louisville, TN 37777 ~ Phone: (865) 336-3130
Email: joseph.Hungate@us.af.mil

"This is a private organization. It is not a part of the Department of Defense or any of its components and it has no governmental status."



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.af.mil

Follow us on social media!



134th ARW App - available on the App Store & Google Play



134 ARW MEDICAL GROUP

SATURDAY - MAY 01

0815-1030 HOURS PHYSICAL HLTH ASSESSMENTS (PHAs)/IMMUNIZATIONS

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS

0830-1100 HOURS DEPLOYMENT PROCESSING/ANAM TESTING

0830-1100 HOURS QNFT TESTING

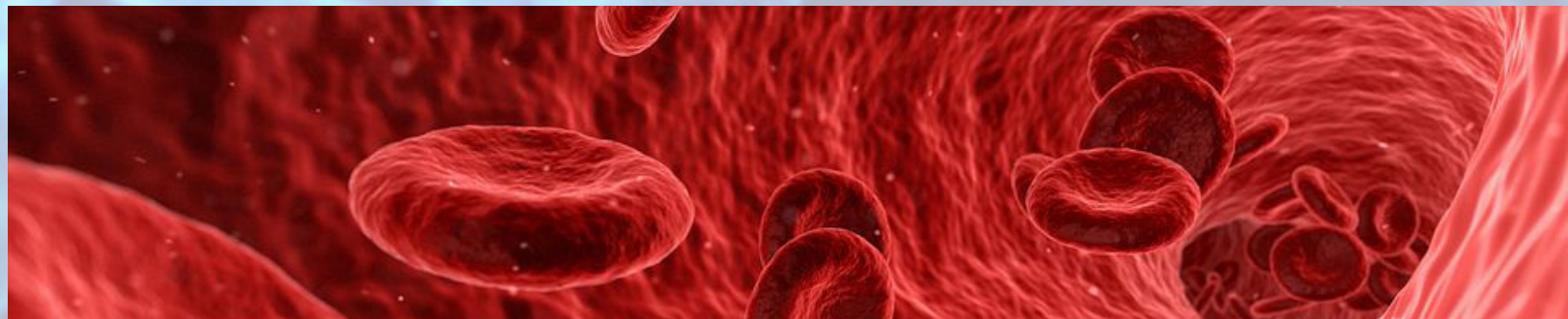
0930-1000 HOURS PRIOR SERVICE INPROCESSING BRIEF (CC CONF RM)

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 - MAY 02

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.

Top III



will meet Sat., May 01 @ 1000
Bldg 101 - MXS Conf. Room
Open to all E-7's and above!

JEAA MEETING

Sunday @ 1300

Location - TBA

All E-1's through E-6's
encouraged to attend!



THINK OPSEC!!



No Trick to Security
IT'S JUST
COMMON SENSE

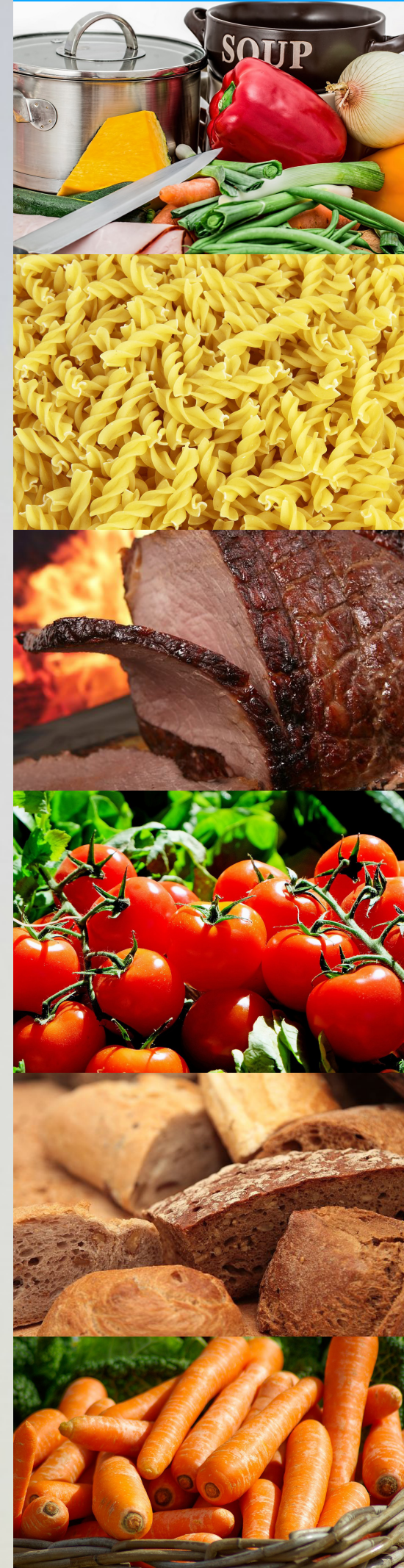
It's time to order your Tennessee National Guard license plates!!

For OFFICERS the deadline is Jun 10., 2021

- 1. Officers can request a maximum of 3 license plates. All officer plates must be purchased at the normal state and county fee.*
- 2. Issue/Renewal date for TNNG officer license plates is September. Officer plates must be picked up as soon as possible as these plates expire the following September and will no longer be valid.*
- 3. To order your officer license plate (you must order before June 10, 2021)*

*From a NON-DOD COMPUTER, go to:
<https://www.tn.gov/military/resources-military/license-plate-request.html>*

IF YOU DO NOT RECEIVE A CONFIRMATION EMAIL after submitting the online form, do not submit another request. Please contact the Tennessee Military Department at (615)313-0633 to confirm that your request was processed.



ROCKY TOP

DINING FACILITY MENU

Saturday May 1

Szechuan Chicken
Beef Bulgogi
Fried Rice
Vegetable Stir Fry
Egg Rolls

Sunday May 2

Chicken Enchiladas
Mexican Pork Loin
Spanish Rice
Refried Beans
Mexican Corn
Mexican Cornbread