



THE VOLUNTEER

August 2020

**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:

1st Lt. Jonathon LaDue

PUBLIC AFFAIRS SUPERINTENDENT:

Senior Master Sgt. Kendra Owenby

PUBLIC AFFAIRS SPECIALISTS:

Master Sgt. Jonathan Young

Tech. Sgt. Daniel Gagnon

Tech. Sgt. Teri Eicher

Staff Sgt. Melissa Dearstone

Staff Sgt. Darby Arnold

Staff Sgt. Treven Cannon

Staff Sgt. Justin Lillard

Airman 1st Class Kaylee Patterson

ADMIN:

Airman 1st Class Christa Pelham

Airman Sarah Costen

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

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

Cover: The ANG Band of the South forms up in front of a KC-135 at McGhee Tyson Air National Guard Base. (U.S. Air National Guard photo by Staff Sgt. Treven Cannon)

This page: 'Starbucks', 'Runner', 'Beer' and 'Cup', courtesy of Pexels.com

'Honor Guard' (U.S. Air National Guard photo by Tech. Sgt. Daniel Gagnon)

'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)

August feature stories



Guard of Honor

The 134th Air Refueling Wing performed at the funeral for country legend Charlie Daniels.



The price of coffee

Mr. Bill Conner discusses ways to find a little wiggle room in your budget when things get tight.



Focus on your health

Dr. Dean Sinclair discusses ways to maintain your mental and physical health in the time of COVID.



JEAA update

Scholarships, council votes, and t-shirts, oh my!

Monthly columns



The Chaplain's Cup

1st. Lt. Chris Hodge and finding the good in a dark time.



The Chief's Corner

Get to know this month's Chief: Chief Master Sgt. Jason Graf



Read the latest from the IG

Learn about combatting human trafficking.



Do you 'Gram?

Follow the 134th ARW @134_ARW



Rank Up

Check back next month!



OPSEC

Not all phone apps are as safe as they appear!



Medical Service Hours

By appointment only

134th Honor Guard performs at Charlie Daniels' funeral

by Tech. Sgt. Teri Eicher, 134th ARW Public Affairs

Recently, members of the 134th Air Refueling Wing Honor Guard were asked to perform honors at the funeral of Charlie Daniels, along with members of the Tennessee Army National Guard. Senior Master Sgt. William Harness, Master Sgt. Rachel Harness, and Staff Sgt. Joshua Alley all traveled to Nashville to honor a man who was a well known supporter of the military.

"It was such an honor to watch our 134th Airmen perform for such a great man," said Harness. "As friends began to speak about him, it became apparent how he had touched their lives; not only with music, but his love for this country, our troops and most importantly his faith."

Harness was grateful for the opportunity to take part in the event, and was deeply moved by the impact Charlie Daniels had on the people around him.

As an avid supporter of the military, Charlie Daniels was also well known to many in the Tennessee National Guard.

"The great memories I have of Charlie Daniels span my entire 40-year career when I was a young private attending his 'Charlie Daniel Days' event as he hosted our unit's participation," said Maj. Gen. Jeff Holmes, Tennessee adjutant general. "The memories continued with him visiting our unit in the most remote regions of Iraq. I'll never forget his determination to visit us in spite of the dangers, and his few hours on the ground playing music with our soldiers allowed them to turn their memories to home at least for that brief period."

Charlie Daniels passed away on July 6th, 2020, at the age of 83 years.



(Air National Guard photo by Tech. Sgt. Daniel Gagnon)



Coffee, Cable, and Cutbacks

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

As your Airman and Family Readiness Manager, I've adopted a Mission Statement that keeps me focused on how to direct my efforts. "Foster and Maintain Resilient, Mission-Ready Airmen and Families" is how it would read on a plaque or a PowerPoint slide, but "I'm just here to help where I can," is probably a more accurate description.

When a customer comes to see me, the topic is often about finances. Specifically, "I'm in a bit of a jam, and I need to find out how I can take care of a few bills." Most of us have been in a situation like this at one time or another, and taking care of folks in a tough situation is something the Air National Guard is very good at. I'm very proud of how we look after our people, but I have to admit I'm sometimes at a loss as to exactly what type of support we can provide.

In most conversations two things are usually evident: the customer has not put together a budget recently, and they have not made any immediate cutbacks in their spending. In other words, "I really don't have a firm handle on my finances, and I haven't made any changes to the spending that got me here."

There are many, MANY resources to help you learn more about your financial readiness, some are even directed to you by the ANG as part of your ongoing military training. But let's try to look at some of the spending we are so accustomed to that we don't even think about what we're paying for, much less how much it costs.

For example:

Cable or satellite TV: \$100.00 per month,	\$1200.00 per year
Internet: \$60.00 per month,	\$ 720.00 per year
Cell phone: \$100.00 per month,	\$1200.00 per year
Pizza: \$30.00 per delivery, once a week,	\$1560.00 per year
Starbucks: \$5.00 per visit, twice a week,	\$ 520.00 per year

Of course, this is just a list things that people often spend a lot of money on. The numbers I'm using are examples, they're not specific and your amounts may differ quite a bit. You may think this is crazy expensive, or perhaps you wish it was this cheap. Either way, the point still stands.

All together, the total is \$5,200, which may not seem like much when you have a steady job and all the bills are being paid. But keep in mind that these are the **extras**; not the mortgage, car payment, utility bills and other essentials that you **have** to cover. When money gets tight, you need to be able to see exactly where you can make immediate cutbacks to make sure you'll have the money you need to pay for the essentials. In personal finances it's often referred to as 'The Starbucks Budget', or the idea that you could drink cheaper coffee and bank the \$5-\$10 dollars you're saving each week, in order to cover a bill or two that may pop up unexpectedly.

Now, I'm not suggesting that you have to immediately cut all these extras from your life. Full confession, I love pizza and I stop at Starbucks at least once a week. However it only takes a couple of hours to see if you can find cheaper solutions for the "extras".

You can do it, but it will take a little work on your part. And don't stop there, look into refinancing your car for cheaper interest rates, or ask your credit card companies if a lower rate is possible; sometimes a call is all it takes. A little less coffee, a few less pizzas, and ditching a few movie channels can go a long way in improving your financial readiness!

As always, Airman and Family Readiness is here to help with finances and many other issues you may be working through. Please call the office at (865) 336-3107 or email me at william.a.conner4.civ@mail.mil.

The Chaplain's Cup

by 1st. Lt. Chris Hodge, 134th Air Refueling Wing Chaplaincy



If you're like me, 2020 has seemed more like a season of *Stranger Things* than an actual year. I don't even remember if I had goals or New Year's resolutions. Needless to say, we've all had to adjust. Here's where I *should* mention the popular phrase 'new normal', but it's still too painful. Nobody expected this.

Many have lost jobs and seen their livelihoods change. Some have dealt with health issues and watched family members struggle with uncertainty. For others—like me—one of the biggest challenges faced so far is having to spend more time at home than we're accustomed to.

Full disclosure, I have an 8-month old baby boy at home. When I stop to think about the bitterness I've felt about having my *normal* disrupted, I start to question why God has such loving patience with us lowly humans. To call this pandemic an inconvenience is a massive understatement, but I've just been gifted irreplaceable time with my newborn son in his first few months. I can't put a price tag on that. It's been precious time I didn't know I needed or wanted. The lessons are right there for the learning.

Thank goodness God sees the big picture, knows the big picture, is the big picture. Thank goodness for His patience with me when I'm so very impatient about so many things. Psalm 86:15 says, "But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness." Such a verse is true even during global pandemics, where in the midst of all the craziness God can be seen delivering countless blessings.

I hope you've learned what I'm trying to learn. I hope you're holding onto the things you've gained during this season of life and not what's been lost. God works through both.



The Chief's Corner



Get to know your Chief! Featuring: Chief Master Sgt. Jason Graf

- 1) Full name: John Jason Graf
- 2) Nickname: Jason
- 3) Years in the military: 25
- 4) I came into the military as: Hydraulic Mechanic on helicopters
- 5) Favorite food: Steak
- 6) Pets: One cat
- 7) Hobby: Tinkering on computers and cars
- 8) Originally from: Memphis until I was twelve, then Maryville, TN
- 9) Favorite vacation spot: Pawley's Island, SC
- 10) Best TDY Location I've ever been to: San Vito, Italy
- 11) Favorite movie: Top Gun
- 12) One thing you would go back to tell your AB self: Focus on getting the job done right, having a good attitude, and serving others.
- 13) The person who influenced your military career most, and why? Chief Castro, whom I deployed with to Qatar. He practiced leadership and mentorship that was deeply impactful, and has continued to be a great source of encouragement to me throughout my career.



Some type of new normal

by Dr. Dean Sinclair, 134th ARW Director of Psychological Health

I know we're all eager for life to settle into some type of new normal, but it's just not happening yet. The pandemic has not stopped the world's rotation, so we just have to modify the way we spin. Here are a few things to consider as you muddle your way through:

Stay Connected: With modern communication capabilities, we have a myriad of methods for socializing with family and friends. Find ways to make the connections you need for your mental health.

Live Healthy: The gym may be closed or require a mask, but that doesn't have to stop you from working out. You can go for a walk or run, do pushups, even practice yoga. Join an on-line work-out group. Just keep moving!

Keep Perspective: The pandemic and all the dramatized news can be overwhelming. Try to avoid irrational thinking, and keep things in perspective.

Get Organized: Do you have a closet, garage, or attic full of "stuff?" Now is a great time to go through all those boxes and determine what you still need. Rearrange your furniture, pull weeds from your garden, finish those projects you've been putting off. You can still be productive!

Eat Healthy: Has the pandemic left you with nothing to do but stay on the couch eating potato chips and watching Netflix? Not really; even though it may feel that way, you still have lots of options. Learn new recipes and cooking techniques, and find new activities to do if some of your favorites are canceled.

Be your own Reality: You decide how your day is going to go, because you are in control of your attitude. Try to have a positive outlook and adopt a 'glass half full' perspective.

Ask for help if you need it: We all can fall into a funk. If you stumble and fall into the blues, ask for help. Being resilient is about adapting to and overcoming adversity, but it doesn't have to be on your own. Asking for help is a sign of growth and courage.



JEAA Update!



*** No meeting this month.** Due to continued COVID-19 concerns, there will be no meeting in August UTA. Plan on meeting in September!

*** JEAA needs a new council for FY 2021-2022!** There are four council positions, open to any Airman E-6 and below. None require an extensive time commitment, but it is better if at least one person is full time or near base and can stop by occasionally. ***The new council will be voted on in the September meeting, so we're hoping for a big turnout!*** If you'd like more information about the roles, you can speak to the current council: Tech. Sgt. Teri Eicher (PA), Staff Sgt. Laura Reagan (HQ), Staff Sgt. Hannah Short (SFS) or Staff Sgt. Louis Guillibeaux (HQ).

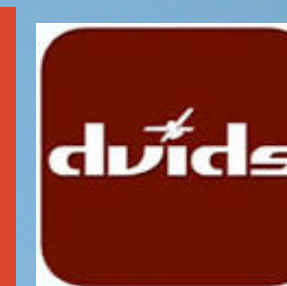
*** Scholarships!** Thanks to support from the Air Force Association, JEAA is offering two \$500 scholarships for Fall 2020! Applications will be emailed basewide, and are due September UTA, to be announced October UTA.

*** Need a shirt?** We have a limited number of the 'Combat Ready' shirts left. Contact Tech. Sgt. Eicher, if you'd like one.



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

Combating Trafficking in Persons (CTIP)

What is Human Trafficking?

The exploitation of individuals through threat, use of force, coercion, abduction, fraud, and/or deception

Who are the Victims?

Trafficking victims can be any age, race, gender, or nationality.

Have you heard?

The 134th has a new CTIP Representative!!!!

134th ARW Installation POC:



Major Lauren Cotney
Bldg. 90100, Rm 12a
Ext. 336-4444



DoD INSTRUCTION 2200.01

COMBATING TRAFFICKING IN PERSONS (CTIP)



Where does it occur?

Human trafficking can happen anywhere, both domestically and across international borders



OPSEC

Be mindful of how “harmless” apps can divulge information about you and the places you go. This is an excellent article about using apps and social media to determine people’s home address and work locations, to include military installations. This is crazy, it’s just a beer app, right? Read on...

“For people in the military, neither drinking beer nor using social media is newsworthy on its own. But Untapped users log hundreds, often thousands of time-stamped location data points. These locations are neatly sorted in over 900 categories, which can be as diverse and specific as “botanic garden.” “strip club,” “gay bar,” “west-Ukrainian restaurant,” and “airport gate.” As the result of this, the app allows anyone to trace the movements of other users between sensitive locations — as well as their favorite bars, hotels, restaurants, neighborhoods, and, sometimes, even private residences.”

<https://www.bellingcat.com/news/2020/05/18/military-and-intelligence-personnel-can-be-tracked-with-the-untappd-beer-app/>

Thanks!

Your friendly OPSEC team