



# THE VOLUNTEER

September 2020

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4TH ARW



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Cover: Maj. Willis Parker, KC-135R Stratotanker pilot, taxis as a flight from adjacent McGhee Tyson Airport takes off. (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

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

# August feature stories



## September is Suicide Awareness Month

Learn how every Airman is vital in preventing suicide, and how you can help.



## Empowering Leadership

The 2020 Empowering Leadership Summit adapted to provide valuable training to Airmen in the time of COVID-19.



## Farewell from Chief Master Sgt. Kaleth Wright

The 18th Command Chief Master Sgt. of the Air Force shares his thoughts on his career and his hopes for the future.



## JEAA update

Meeting this Sunday, time for a new council, and scholarship applications due!

# Monthly columns



## The Chaplain's Cup

Lt. Col. Derick Wakefield explains the power of life's teachable moments.



## The Chief's Corner

Get to know this month's Chief: Chief Master Sgt. Greg Jennings



## Medical Service Hours

By appointment only



## Do you 'Gram?

Follow the 134th ARW @134\_ARW



## Rank Up

September promotions!



## OPSEC

Tips for how to protect your important data



## Suicide Awareness Month

Tips from Dr. Dean Sinclair, 134th ARW DPH, on recognizing the signs and symptoms in your fellow Airmen.

# Every Airman plays a role in suicide prevention

By J.D. Levite, Air Force Surgeon General Public Affairs

The Air Force is determined to prevent suicide, but an Airman doesn't need to be a specialist or doctor to do that. Sometimes all it takes is starting a conversation. Everyone has a role to play. That's a key part of the Defense Department's #BeThere campaign, which encourages making a difference through every day connections.

"We're sending the message that it's OK to have problems and it's OK to talk about them. Having problems and talking about them with people you work with openly is a sign of strength, not weakness," said Maj. Joel Foster, chief of Air Force Deployment Health who supports the suicide prevention program with annual training. "The fact that everyone can intervene is part of the messaging we're trying to promote. Every Airman is a censor."

He said Airmen should look out for certain red flags, like changes in mood or behavior, substance abuse, indications of problems at home or domestic violence. Problems like these can lead to thoughts of suicide, but a person is only going to notice if they're paying attention.

For this reason, supervisors, commanders, first sergeants, and peers need to get to know their Airmen more personally because they're the ones Airmen should feel comfortable turning to for help.

"Supervisors and commanders really need to get involved with their Airmen and get to know them personally so they can identify when things are not going well," Foster said. "They can see subtle changes in their behavior, and in their personality and in their work productivity, so they can intervene early and help that Airman get the tools and the right resources that they need."

Commanders have a huge role to play in preventing suicides because they have such a large amount of influence, Foster said.

"They have the influence to create an environment that is conducive to help-seeking behavior, to promoting a healthy lifestyle and encouraging a sense of balance in life," Foster said. "If we have all of those factors operating, then Airmen will feel a sense of connectedness. They'll have a strong support system to buffer against the stressors of life."

There are already a number of resources for Airmen in need, such as Wingman Online or Military One Source, and the Air Force is introducing new initiatives all the time. For example, Airmen always have access to mental health clinics on base when they need help. Plus, they can always find military and family life consultants at Airman and Family Readiness Centers.

Something new the Air Force is doing is embedding military and family life consultants directly into the squadrons. MFLCs don't replace mental health or medical services, but they do provide access to a short-term counseling service. Airmen with embedded MFLCs will have increased access to this service at the point where they need it.

"We're decreasing the barriers, decreasing the stigma, increasing availability and increasing the use of services," Foster said. "They know the culture of the squadron they're a part of and that makes it easier for Airmen to trust them and feel like they can go to them."

He said by catching things early or referring Airmen to the appropriate care at the right time, MFLCs could help Airmen in all four areas of Air Force resilience by keeping them physically, emotionally, psychologically and spiritually fit.

"The bottom line here is if you have your life well-ordered, and you are engaged in all four domains of Airmen fitness, suicide is not something you would resort to," he said.

The Air Force is also collaborating with chaplains, who have 100 percent confidentiality when Airmen need someone to talk to about the troubles they're facing. Foster said they're working with the chief of chaplains to give chaplains the tools to enhance their ability to assess suicidal risk.

"We're hoping to give them the tools to be more effective in evaluating the level of risk of Airmen," Foster said. "Then they can use that information to inform Airmen about the next steps to take and what they need to do to get the right services."

Foster said recent studies have shown when one person commits suicide it can impact up to 100 other people that they knew and worked with, and eventually those numbers can impact productivity and readiness. If one suicide can impact that many people, then it's important for an organization, like the Air Force, that values its people, to develop concrete ways to prevent it.

"Every Airman matters and every single Airman has a role to play and makes a difference," Foster said.

Airmen should think about all the different ways they can #BeThere for friends, family, fellow service members, and veterans. Other helpful resources are the Wingman Toolkit and the National Suicide Hotline at 1-800-273-8255.



Originally published on af.mil





**CONNECT TO PROTECT**



# SUICIDE PREVENTION MONTH SEPTEMBER 2020

*Make it Your Mission to...  
#BeThere*



## 20 Ways to Take Part in Suicide Prevention Month



Each September, the Department of Defense observes Suicide Prevention Month by raising awareness about suicide prevention and urging Service members, their families, DoD civilians, and Veterans to #BeThere for themselves and others. Below are suggestions on how you can participate and raise awareness about suicide prevention on your installation.



### Take Part in Suicide Prevention Month

Check out these ideas to help promote Suicide Prevention Month.

- 1 Download and display the 2020 Suicide Prevention Month poster. You can download the print ready file to print multiple copies and display at your installation.
- 2 Download and use the Suicide Prevention Month 2020 logo banner to display on your website, social media cover photos, etc.
- 3 Take the Suicide Prevention Month #ConnectToProtect Pledge and encourage your friends and family to do so as well.
- 4 Hold a contest between members or groups within your installation to see who gets the most #ConnectToProtect pledges.
- 5 Be social. Use the #ConnectToProtect Facebook, Twitter, and Instagram materials to promote Suicide Prevention Month to your installation and community.
- 6 Take a selfie! Use the #ConnectToProtect Selfie Sign template to write in how you are connecting to protect with friends or family. Then take a selfie with it and post it to social media using #BeThere #ConnectToProtect.
- 7 Wear yellow on World Suicide Prevention Day, September 10, 2020, to raise awareness about suicide prevention and encourage others to do the same. Use the social media materials to help spread the word.
- 8 Share outreach materials at resource fairs, electronically, and at other community events.
- 9 Share the Defense Suicide Prevention Office (DSPO) Public Service Announcement videos on social media or play it before your next team meeting to encourage colleagues to #ConnectToProtect.
- 10 Organize a Resource Fair on your installation. Invite organizations that share the same mission; distribute Suicide Prevention Month materials to attendees.





# Promotions

## Lieutenant Colonel

Jason Reed	OG
Matthew Bailey	SFS
Derick Wakefield	HQ

## Major

Christina Curry	MDG
Adam Duggan	MDG

## 1st Lieutenant

James Lucas	MDG
Janel Miller	119th

## Master Sergeant

Amy Cornett	Bradley Davis
Rachel Wilson	Matthew Finrock
Kevin Jackson	Audrey Manis
Mitchel Morrow	Lauren Lloyd
Daniel Metcalf	Jon Singleton

## Technical Sergeant

Joshua Strobel	Steven Davis
Ethan Richardson	Micah Church
Travis Trentham	Joshua Smithson
Caleb Toney	Sherry Hovorka
Michael Fierley	Jamie Sexton
Tucker Giles	John Hedley
Jeremy France	Michael Davis
Joshua Graham	Matthew Declercq
Jonathan Dyer	

## Staff Sergeant

Layla Marshall	Tanner Roberson
Shalyn Templin	Cody Vaughn
William Roberts	Andrew Cummings

## Senior Airman

Sean Pharris	Marcus Salazar
Christopher Lieb	Haley Howard
Noah Waters	Sky Huffstetler
Shelby Gallagher	Seth Gates
Alexander Colclough	Craig Asher

## Airman 1st Class

Donald Watson	William Purdy
Karl Griffith	Charles Davis
Jacob Gornto	

## Airman

Zachariah Parsons	Leslie Sullivan
Sarah Costen	



# Empowering Leadership - Career and Connection

by Staff Sgt. Treven Cannon, 134th ARW Public Affairs

From August 4th through 7th, 2020, the 134th Air Refueling Wing hosted a variety of personal and professional development presentations in an event known as 'Empowering Leadership.' Whether in person or via teleconference, the guest speakers discussed a variety of topics, including coaching, public speaking, financial advice, and suicide awareness.

"The event focused on giving tools to the participants they can turn around and use the very next day," said Chief Master Sgt. Chrystie Shawhan, of Wing Staff. "COVID-19 presented a unique challenge for wing leaders to plan this, but in turn allowed us to utilize the ability to hear from leaders all the way from Nashville, via video chat."

In years past, the presentations were exclusively in person. This year, multiple guest speakers tuned in from all over the state, to be cast on the big screen of the Spruance Hall auditorium for the Airmen in attendance.

Airmen practiced social distancing and remained spaced apart throughout Spruance Hall for their safety, while still enjoying the educational opportunity.

Over the four days of the summit, the presentations were divided into categories for junior enlisted, senior enlisted, and officers. The categories allowed the organizers to tailor the content to better serve the particular demographic and specific career goals.

This was the third Empowering Leadership Summit, and the first to invite senior enlisted members and officers to attend.







**TENNESSEE AIR NATIONAL GUARD**  
HEADQUARTERS 134<sup>TH</sup> AIR REFUELING WING  
MCGHEE TYSON ANG BASE TENNESSEE

1 Sept 2020

MEMORANDUM FOR ALL MCGHEE TYSON PERSONNEL

FROM: 134ARW/CC

SUBJECT: Suicide Prevention Program

1. The largest factor in a successful suicide prevention program is the core value that every Airman is a Wingman and we are responsible for taking care of each other. Every member of the 134<sup>th</sup> Air Refueling Wing and our tenant units has a vital role to play in both the success of the Wingman concept and the suicide prevention program. People in distress will often confide in those they trust. Often it is the men and women that they work with on a regular basis. Please speak up if you have concerns about your Wingman.
2. A key component of the suicide prevention program is the training we have received on recognizing and responding to potential risk factors associated with suicide. For this program to be successful, every member of the 134<sup>th</sup> Air Refueling Wing must remain vigilant in responding to those in distress. It is vital that we are all aware of the many resources available to include your Wingman, the Wing Director of Psychological Health and our Chaplains. Seeking assistance is not only encouraged and acceptable, but is a sign of resilience. Also actively practicing the Four Pillars of Resiliency which include Social, Mental, Physical and Spiritual fitness could help prevent manageable setbacks from escalating into overwhelming, seemingly unmanageable problems.
3. Suicide is **not** a 'solution' to a temporary problem. If you see, hear, or think someone is contemplating suicide, swift action is necessary; never assume you are over-reacting. Use your chain of command to inform them of the situation and utilize all the available resources to help. Every one of us has deep roots, and it must be emphasized to anyone at-risk there are people who care about them; who will be left behind if they act on a passing impulse; and will have all the associated guilt and doubt as to what they missed or did wrong.
4. If **you** feel severely depressed and are contemplating suicide, talk to someone **now!** Seek out your Wingman. Call the Military Crisis Line @ 1-800-273-8255 and press #1. You can confidentially chat with a counselor at MilitaryCrisisLine.net or text 838255. See the Wing Director of Psychological Health located in building 420 or the Wing Chaplains located in the Wing Headquarters building. There are people who care and who stand ready to help.
5. Make no mistake: preventing suicide is a challenge that will require a serious individual, organizational and leadership commitment. **I am 100% "All-In"** to meeting this challenge, and expect and require everyone at McGhee Tyson to be equally committed!

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6080948  
Date: 2020.09.01 12:54:18 -04'00'

RONALD L. SELVIDGE, JR., Col, TN ANG  
Commander

## Leadership Line

by 2nd Lt. Andy Cobb, 241st Engineering Installation Squadron

### Four Skills of Crisis Leadership

Leadership is often talked about in the military, but it is a trait that can take many forms. From the task manager assuring day-to-day operations are completed to the inspirational role model who inspires others to greatness and success, leaders certainly come from a multitude of backgrounds and bring their own skills to the table. There is, however, one thing that sets a true leader apart from the pretenders: a crisis. It takes a certain set of skills to shine when the chips are down. Four of the most important skills are the ability to maintain poise, decisiveness without impulsiveness, clear and frequent communication, and a high degree of adaptability.

A leader who cannot remain calm and maintain poise under pressure is already an ineffective leader. Leaders are usually center-stage and under the spotlight, but the lights shine even brighter during a crisis. Followers are frightened and looking to you for guidance on what to do, think, and feel. Panic is contagious and starts at the top. Keep your head clear of negative thoughts and watch what your body language is telling others. A clear head is needed for the next important skill.

Leaders must be decisive without being impulsive. That is an obvious skill needed in the best of times. Leaders are expected to make decisions and see them through. A crisis does not allow for second guessing and wasting time. There are no half measures. Impulsiveness is a pitfall that may be easy to fall into when deadlines are short. Impulsiveness is acting without thinking. Decisions need to be justified based on the best reliable evidence available at the time. Look to the experts and garner evidence from a range of sources while screening for misinformation.

Leaders need to know how to communicate concisely and effectively. A crisis increases the frequency a leader must be visible to followers. Followers will need information to calm fears and give them direction. Address the fears directly without downplaying them. Be sure you are honest and transparent. Maintain the trust expected between leaders and followers. This credibility will carry over after the crisis.

Finally, a leader must be highly adaptable. A crisis wouldn't be a crisis without unpredictability and changing information, known to us in the military as the "fog of war." Something that goes along with being adaptable is being humble. A leader should recognize mistakes and when the current direction isn't working. New intelligence should be accepted and implemented in decisions going forward. As the Marines slogan states: "Improvise, adapt, and overcome." Everyone is a leader to someone. You never know who is looking to you; whether it be friends, family, or new airmen. Remember the Air Force Core Values and work on improving the skills mentioned here. It will serve you well during times of crisis and pandemic such as these. I wish everyone well, and stay safe.



# Farewell from Chief Master Sgt. Kaleth Wright

Teammates,

Let me start with thank you.

Thank you first to the Airmen out there, for all you've done during the past few years. Thank you for welcoming Tonya and I with open arms, for helping us get our feet under us as we adjusted to life in the public eye. You have inspired us more than you know. Each time we were able to get out of the Pentagon, you welcomed us into your home bases and lifted us with your smiles, your stories and your love for our team. Each hand shake, hug and selfie reminded me of what all of this is about. It brought home the idea that leadership is truly an honor that comes with tremendous responsibility. That each decision and policy must be about taking care of you, our greatest asset.

Thank you for showing us the love. I never thought I'd have the distinct honor of being immortalized in memes, but I have to admit, they really made me smile. While I appreciate the support, it was actually Team 18 who deserved the admiration. I will never be able to thank my teammates enough for their dedication, and for the long hours they put in to serving our Airmen. They are the great secret behind my success and I will always be grateful for their leadership and friendship.

All that Team 18 accomplished would not have been possible without my amazing bride's support. The time on the road without her was definitely difficult, but when we were together she stood by my side, and often out in front, as a true champion for military families. She's my rock when I need to lean, and my coach when I need a pep talk. Thank you baby for walking with me ... pushing me forward, and keeping me grounded. I look forward to repaying your selfless love over all of the years we have ahead.

Of course, none of this would have happened without a bold decision from one of the best leaders I've ever known. Thank you to my Wingman, General Goldfein for choosing me as his connection to the enlisted corps. I am especially grateful for the late night talks, the laughs and the tough conversations he never shied away from. He and each of our three Secretaries of the Air Force have stood by Team 18 in good times and bad. They have trusted our team and supported our efforts with their whole hearts. I will always be grateful for that.

Although we left it all on the field, it wasn't a perfect game and I'll be the first to tell you that we didn't get everything across the finish line. I take with me some lessons learned that I hope will lead to growth for myself and each of us as we continue our leadership journeys. We made solid efforts toward giving Airmen time back, helping evaluate them based on leadership potential, retaining skill and rewarding innovation, but there is still much to be done. At the end of the day, I know we won't be remembered for the policies we updated, or the programs we put in place. Please don't think of Team 18 as the folks who got rid of A1C EPR's and distance PME. Instead, I hope you think of us as good people who cared about Airmen, and as a team who tried to make things a little better. We valued progress over perfection – and woke up every day to do whatever we could to help Airmen succeed and to reach their goals.

But it's not going to be hard for us to hang it up because of leaders like Chief Master Sergeant of the Air Force JoAnne Bass and Team 19. We leave knowing that Jo will forge a path centered on the principal that Airman must come first. That's who she is at her core ... taking care of Airmen is what drives her. She won't be doing it alone. Over our time, we've watched with awe as young leaders have broken the mold and helped us drive toward a culture in which asking "why" is welcomed. These new leaders have learned to listen, and to make decisions with their hearts as much as their heads. That's why I know we are in good hands with Jo and Team 19. And it's why I'm especially proud to hand her the reigns and to watch her lead.

While I'll put on the uniform for the last time this week, I will always be an Airman. Although I won't serve in a position with the power to affect change on an enterprise level, I hope to always be a champion

for you and your families. I will always be grateful for your hard work. And I will rest easy knowing that you are supporting and defending this great Nation. I will never forget the sacrifices you make every day. The early mornings. The deployments. The unexpected challenges that you overcome through sheer determination and will.

I've learned so much from this experience and I want you all to know that you've changed me forever. You've shown me that no matter how difficult the circumstance, no matter what the mission, you will find a way to carry it out. You've shown me that there is no replacement for mentorship; and there is no shortcut to a healthy team culture. That it takes caring leaders who understand that "tough love" starts with love. I've learned that people can recover when we allow them to. And that there is no better teacher than failure – as long as failure is met with support from above.

Before I go, I have one request. Please look after each other. If you are blessed with the title of "leader," lead with compassion and trust that you will be rewarded with excellence and the admiration of those you lead. Trust each other. Trust that we are all worthy individuals, who deserve respect and deserve to serve with dignity. No matter what challenges we face, we can always overcome them if we are united. Please don't let those who are set on dividing us win. Don't let them drive us apart. Treat your teammates like the sisters and the brothers that we are, no matter how different we may seem.

Remember that we are all Airmen serving in the World's Greatest Air Force ... and we will always, always be family.

Thank you.  
KW



*Air Force photo by Staff Sgt. Michael Washburn, courtesy of DVIDS*



# The Chaplain's Cup

by Lt. Col. Derick Wakefield, 134th Air Refueling Wing Chaplain



*Thank you for making me so wonderfully complex!  
Your workmanship is marvelous — how well I know it.*

*Psalms 139:14 NLT*

A man was exploring caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls, as if someone had rolled them then left them out in the sun to bake. They didn't look like much, but they intrigued the man, so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time into the ocean as far as he could.

He thought little about it, until he dropped one of the clay balls and it cracked open on a rock. Inside was a beautiful precious stone. Excited, the man started breaking open the remaining clay balls. Each contained a similar treasure, and he found thousands of dollars worth of jewels in the 20 or so clay balls he had left.

Then it struck him: He had been on the beach a long time, and had thrown maybe 50 or 60 clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he had just thrown it away!

It's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside; it isn't always beautiful or sparkling, so we discount it.

We see that person as less important than someone more beautiful or stylish, well known or wealthy. But we have not taken the time to find the treasure hidden inside of them.

There is a treasure in each and every one of us. If we take the time to get to know that person, and if we ask God to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth.

May we not come to the end of our lives and find out that we have thrown away a fortune in friendship because the gems were hidden in bits of clay. May we see the people in our world as God sees them.

I am so blessed by the gems of friendship I have with others. Thank you for looking beyond my clay vessel.





# The Chief's Corner



## Get to know your Chief! Featuring: Chief Master Sgt. Greg Jennings

- 1) Full name: Gregory L. Jennings
- 2) Nickname: Greg
- 3) Years in the military: 30
- 4) I came into the military as: Air Crew Life Support
- 5) Favorite food: Cheeseburger
- 6) Pets: One dog
- 7) Hobby: Lake Life!
- 8) Originally from: Knoxville, TN
- 9) Favorite vacation spot: Destin, FL
- 10) Best TDY Location I've ever been to: Istres, France
- 11) Favorite movie: Tommy Boy
- 12) One thing you would go back to tell your AB self: Success in life is not solely success in your career or status. Success is defined in maintaining balance. Invest if your family and relationships as priority.
- 13) The person who influenced your military career most, and why? My family. Everything I do and am privileged to have by living in and serving this country is ultimately motivated by the example I set and the safety and security of those I cherish most.



# September is Suicide Awareness Month

however.....

## Every Day is Suicide Prevention Day

Remember the Smokey the Bear commercial where he says, “Only you can prevent forest fires.” Well, to borrow from that adage,

“Only you can prevent Suicide.”

Do you know how your fellow Airman is doing?

Have you asked?

Do you care?

If you or someone you know exhibits any of the signs of emotional distress below, do not avoid them, help them.

- Inability to eat, sleep or concentrate
- Negative outlook or depression
- Financial challenges
- Relationship problems
- Thoughts or attempts of self-harm
- Irritability, inability to control anger
- Impulsive behavior
- Chronic sadness
- Feeling emotionally numb or detached
- Flashbacks to traumatic event
- Confusion or disorientation
- Withdrawing from everyday activities
- Extreme mood swings
- Loss of work ethic
- Poor self-care
- Unexplained suspicion or fear
- Feelings of helplessness or hopelessness
- Fearfulness, nervousness or anxiety



Director of Psychological Health: 865-201-8129

## No amount of locks can protect sensitive and critical information as well as you can...



Protect personally identifiable information from strangers.

Shred sensitive and critical information when no longer needed.

Secure critical information when it is unattended.

Limit details about personal life on social networking sites.

Remove your CAC from your PC when departing your workstation.

Ensure persons asking for information over the phone have a need-to-know.

Always challenge strangers wandering around your workplace.



## Practice OPSEC.

# Think OPSEC





# JEAA Update!



- \* **Socially distanced meeting this month:** We need to vote in the new council. Plan on a short meeting at 1215 Sunday at the airpark, masks required, and rain location will be announced as necessary.
- \* **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. 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 are in your inbox, and are due by end of day Sunday of September UTA - winners will 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.



# 134 ARW MEDICAL GROUP

## SATURDAY SEPT 12TH

0800-0900 HOURS FITNESS TESTING EVALS

0815-1115 HOURS PHYSICAL HEALTH ASSESSMENTS  
(PHAs)

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS

0830-1115 HOURS IMMUNIZATIONS

0830-1115 HOURS QNFT TESTING

0830-1100 HOURS DEPLOYMENT PROCESSING/ANAM TEST-  
ING (REPORT @ PH)

0930-1000 HOURS MDG NEWCOMERS BRIEF

1130-1230 HOURS LUNCH

## SUNDAY SEPT 13TH

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 REQUIRE-  
MENTS.

NOTE 5: DNA TESTING WILL BE CONDUCTED FROM 0830 - 1100 HOURS  
SAT. UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT THE  
SCHEDULED TIME.





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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