



THE VOLUNTEER

September 2021

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ABOUT THE VOLUNTEER
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Cover:
Lt. Col. David Cline, KC-135R Stratotanker pilot with the 134th Air Refueling Wing, waves to his friends, family and fellow Airmen after completing his “fini” flight in preparation for his retirement of 32 years of service. The fini flight, or “last flight” is a tradition in the military to celebrate a pilot’s career. (U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)

This page:
F-16 mid-air refueling image by Master Sgt. 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



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



Never Forget

Sept. 11th - 20 Years later



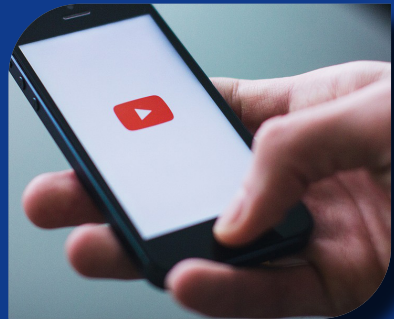
Fini - A Tradition!

Lt. Col. David Cline accomplishes his final flight



Falcon Defender 2021

134th SFS train with Bulgarians



Give that phone a break!

Airman & Family Readiness

Columns



134th Airman & Fam Readiness

Give that phone a break!



The Chaplain’s Cup

“It’s Just War”



Promotions & Retirements

September Promos & Farewells



Medical schedule

September 134th MDG Medical Schedule



A word from your DPH

Recognizing signs of suicide

134th Security Forces participate in Falcon Defender 2021

By Staff Sgt. Darby Arnold, 134 ARW Public Affairs

GRAF IGNATIEVO AIR BASE, Bulgaria – U.S. Air Force Airmen from the Tennessee Air National Guard and the 435th Contingency Response Group, Ramstein Air Base, Germany, participated in Falcon Defender 21 alongside Bulagarian air force Airmen here, July 19-26.

Falcon Defender 21 is a bilateral training exercise with the Bulgarian air force that increases operational capacity, capability and interoperability for security forces and force protection measures.

“This exercise allows us to utilize training and tactics to support the warfighter through rapid global deployment,” said Lt. Col. Matthew Bailey, 134th Security Forces Squadron Commander and Falcon Defender 21’s lead coordinator. “It also allows us to work closely with our NATO allies through training and operational skills.”



(U.S. Air National Guard photos by Staff Sgt. Darby Arnold)

protection measures,” said Bailey. “It enhances the U.S. Air Force by further reinforcing our ability to rapidly deploy and integrate with allies.”

The Total Force team developed five major training scenarios to enhance interoperability with their Bulgarian counterparts. Developing tactical expertise through the Shoot-Move-Communicate, Tactical Maneuvers, Combative Hand-to-Hand Skills, Base Defense Operations Center Functions, as well as a Shoot-No-Shoot, and Handcuffing scenarios sustains a ready coalition force.

Mihaylov expressed his support for the Tennessee Air National Guard’s long-standing relationship with Bulgaria saying, “I believe that the friendships we’ve made make us stronger. We are stronger together.”

“I’ve been working with our U.S. Counterparts for many years, but this exercise with the Tennessee Air National Guard has been one of my best experiences,” said Chief Sergeant Georgi Mihaylov of the Bulgarian air force. “We’ve learned a lot from each other. We’ve received training but we have also gained commaratory; friendships have been built.”

The Republic of Bulgaria has had a bilateral agreement with the Tennessee National Guard under the U.S. National Guard Bureau’s State Partnership Program since 1993, prior to joining NATO in 2004. The SPP links a unique component of the Department of Defense – a state’s National Guard – with the armed forces or equivalent of a partner country in a cooperative, mutually beneficial relationship.

“It is important for members of the Tennessee Air National Guard to continue that relationship between our two countries utilizing exercises such as Falcon Defender 21,” said Bailey. “By

including both defenders from the Tennessee Air National Guard and the airmen from the Bulgarian air force in the training revolutions, it allows relationships to develop and foster connections to be made for future events.”

Falcon Defender focused on security forces and force protection capabilities, including armory and equipment operation, vehicle and radio operations, installation entry control point procedures, logistical coordination, law enforcement and integrated base defense.

“This exercise helps the Bulgarians by allowing them to see training and tactics that the U.S. Air Force uses

to further develop their force

Got a minute? Savor it!

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

When you hear the word “savor”, do you automatically think of food, maybe a particularly great meal? When we tell stories of a vacation there’s often a special meal or a wonderful drink we enjoyed, and we tend to mention that we “savored every moment”. The word is most associated with culinary



(photo courtesy of pixabay)

adventures, there’s even Saveur (French for Savor) magazine, “the global guide to cooking, entertaining, and food travel”. It’s great that we have an understanding of savor as it relates to food experiences, but we only spend about two hours of our day actually eating. What about the other 22 hours? How much of the rest of our day, week, month, and year do we spend savoring the other parts of our life? It’s easy to savor the days when we’re on vacation, because we have no place we have to be and all day to do it, but I’m guessing that savoring our day-to-day life is not something most of us would claim that we do. The two most common reasons for that have to do with multitasking and the speed with which we do things. When I go through a drive-through to get a bacon-egg-cheese on a bun instead of a biscuit, savoring is definitely not part of the plan. Swapping out the biscuit means I can eat it in the car without it crumbling into pieces and falling into my lap. I’m simply getting breakfast in the fastest way I can, without making a mess while driving to work. No savoring happening here, it’s all speed and multitasking. That’s just breakfast. We can easily go through just about every part of our day and see where we try to get as many things done as quickly as possible. And for each of those things we’re rushing through we’re almost always multitasking as well, thanks to those electronic rectangles glued to our hands.

Our cell phones live next to our keyboards at work, and when we get home we watch television and movies while scrolling. Restaurants are quieter than ever because most customers have screens to their faces, and there are a lot of parents who will never admit to how much of their children’s activities they’ve missed because they were looking at their phone instead. To make it all seem even crazier, when we do find something interesting enough to take notice, we shoot video instead of just enjoying the moment.

If you really want to savor more of your life as it happens, start by putting the phone away. Pick one activity a day where your phone is not involved in any way. Whether it’s a movie, a walk, a meal, it doesn’t matter, just by taking the phone out of the equation you’ll be dedicating more time to experiencing and truly savoring a part of your life. After you’ve mastered an activity or two without the phone, discover more things to savor by giving them more time. Dinner at the dining table without the TV or phones nearby can almost always generate the time and environment for a quality conversation with your family or friends. If you have to drive somewhere of any significant distance, give yourself time to take the scenic, enjoyable route instead of the boring, often miserable I-40 way. If you’re doing something photo-worthy, shoot the event but no posting until the event is over. Without even realizing it, you’ll soon be savoring experiences instead of just blasting through them. To mangle a little Latin and French at the same time, Carpe Diem et Saveur! Seize the day, and SAVOR IT!

A close-up, slightly blurred image of the American flag, showing the red and white stripes and a portion of the blue field with white stars. The flag is draped and appears to be moving, creating a sense of depth and texture.

20 YEARS

NEVER

FORGET

9.11.2001

The Chaplain's Cup - "It's just war"

By Chaplain Thaddeus Davis, 134th Chaplains Office



With the recent withdrawal from our nation's longest war, opinions have been tossed around enough that I'd like to suggest a grounded experience and point to a larger purpose that helps each of us process our service and the sacrifice of so many.

Understanding that we can read this title from a few perspectives, we can see how this phrase can mean 'a type of conflict where messy outcomes happen' or 'this was a war like many prior conflicts with unintended casualties and human costs on many sides' or we could hear 'this war was justifiable since we met certain objectives (see Just War Theory).' I'm going to leave those conversations for later and focus on the complicated experience of those servicemen and women who have served during this war. For those, any talk of this war will fall far short of valuing your service and honoring your sacrifice.

The hard truth is that all of us have been impacted to some degree by the war in Afghanistan. Those of us who began our service before 9/11 saw the huge shift in our nation's stance toward global terrorism. Many of us saw the war first hand in the 'Stan' and had a role to play in the numerous operations throughout the last 20 years. As a

former Marine, my frustration with the withdrawal turned into raw anger at the 13 seemingly senseless deaths (and even as a chaplain, I needed to call my chaplain). And now there is an untold number who carry wounds, some physical, mental, or emotional, and even wounds to the soul in the form of lost brothers at arms, broken trust at various levels of leadership, personal guilt, shame, and lingering doubts of whether it was worth it...

To those groups, let me start by saying each and every act of service is valued and carries with it the honor deserved by the higher cause we serve. Some carried a heavy weight in their role and often a more significant sacrifice and now that burden might seem crushing. And I don't say this lightly, but in each role, no matter how overwhelming or seemingly minor, there is a larger purpose, a higher calling of service. Not just if the war is for a just cause, not solely weighed by mission accomplishment, but in the service to a purpose that is bigger than all of us and yet can bring our story through the chapter that seemed to be closed too soon and too abruptly.

So let's turn the page, share some stories when we need to, and see where God takes our story for the worthy purpose he has intended all along.



That "Fini"-Flight feelin'...



Congratulations Lt. Col. David Cline, on your final flight!



CLAIM YOUR ACCOUNT TODAY!

**I don't want you to be in a position where we can't
pay you.....Help me help you. - Col Hartley**

COMPUTER SET UP

Use Internet Explorer Internet Explorer Tool

- Compatibility View Settings
- Add this website
 - Disa.mil
 - Osd.mil

Exception List

- Click on the Microsoft Start (lower left hand corner)
- Control panel
- Category
- Small Icon
- Java
- Security
- Edit site list
- Add
- Scroll to the bottom
- Copy and paste: <https://milpds-prod.csd.disa.mil/>
- Ok
- Ok
- Restart the computer

****Please write down your DOD # + N prior to logging into MilPDS****

*If you experience issues claiming your account, please follow these steps. If the issue does not resolve,
please send a detailed e-mail and screenshot to TSgt Stephen Sullivan*



CLAIM YOUR ACCOUNT IN 2021

1

USE YOUR CAC

to follow the link in your AFIPPS invitation
email to claim your account at
<https://milpds-prod.csd.disa.mil/>



2

SELECT

your "Authentication" certificate and AGREE to the
DoD consent



3

FOLLOW

the instructions on the "Claim MilPDS User" screen



4

CHOOSE

"US Air Force Employee Self Service" and verify your
information in the MilPDS Navigator window



5

IDENTIFY ERRORS

and report to your servicing personnel agency
to resolve the issue



6

RETURN

to your AFIPPS profile to verify your record as
you encounter career or life events



ADDITIONAL RESOURCES

- www.afpc.mil/support/afipps
- a1dta.afipps.ocm@us.af.mil
- AFIPPS on MilTube and Youtube
- AFIPPS MilPDS ROSS User Guide on AF Portal
- AFIPPS Account Creation Video on AF Portal
- AFPC on Facebook

A Word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health

September is here! Time for football, the start of autumn, changing leaf colors...and National Suicide Prevention Awareness Month. But unlike football, autumn and changing leaf colors – suicide prevention efforts do not stop. Every day we all can help to prevent suicide by reaching out for help when we need it, by reducing the stigma of seeking help and encouraging others to do so, and by connecting with and checking on one another regularly and in meaningful, sincere ways.

I know how acronyms are big in the Military, so here goes another one for you: IS PATH WARM. “Huh?” you may be thinking with raised eyebrows. The American Association of Suicidology developed ISPATHWARM as an acronym for warning signs to be on the lookout for. I encourage you to not only look out for these signs in others, but to also look out for yourself. If you are experiencing any of the feelings or having the behaviors below, PLEASE talk with someone – me, your friends, your family, your leaders, your fellow Airmen. The earlier the better – why suffer in silence when you don’t have to? You are not alone and there is help available to you, so please let someone know how you’re feeling. It’s the first step you can take to getting to feel better.

Here are the ISPATHWARM warning signs to be aware of:

- I – Ideation – talk or threats of wanting to hurt or kill one’s self
- S – Substance abuse – increased use of alcohol or drugs (can be prescription drugs, too)
- P – Purposelessness – expressing no reasons for living, cant identify reasons to live
- A – Anxiety – agitation, restlessness, unable to sleep
- T – Trapped – feeling like there is no way out of the current situation, no good options or solutions
- H – Hopelessness – feeling like self has no value, others do not care, cant see any positive change in the future
- W – Withdrawal – closing self off from friend and family, preferring to be alone, sleeping a lot, inability to feel pleasure from things once enjoyed
- A – Anger – uncontrolled or excessive expressions of anger
- R- Recklessness – engaging in high risk behaviors, acting on impulse
- M – Mood changes – dramatic shifts from one’s typical mood state

We do not have to wait until someone is actively suicidal before we can work on suicide prevention. Check in with people and don’t accept an “I’m good” when you know deep down, they are struggling- keep the conversation going and let them know you care and encourage them to talk.

I am here and encourage you to come talk to me anytime. I am located in Bldg 412-A, 2nd floor. My cell phone is 865-201-8129 or you can email me at Natalie.Pankau@us.af.mil. You are welcome to stop by my office anytime during business hours – if the door is closed, Im either meeting with someone or out of my office on base somewhere, so please just contact me so we can set up a time to talk. I promise I am not scary and outside of what I am mandated to report, what you talk about with me is kept confidential.



134 ARW MEDICAL GROUP

SATURDAY - 11 SEPT

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

0800- 1000 HRS COVID VACCINATION CLINIC (WILSON HALL)

0900-1130 HRS PHYSICAL HLTH ASSESSMENTS/IMMUNIZATIONS (Bldg 246)

1000-1100 HRS DEPLOYMENT PROCESSING/ANAM TESTING (Bldg (246)

0830-1100 HRS QNFT TESTING (Bldg 246)

0930-1000 HRS PRIOR SERVICE INPROCESSING BRIEF (Bldg 246)

1130-1230 HRS LUNCH

1300-1500 HRS IMMUNIZATIONS (Bldg 246)

1300-1500 HRS WAIVER/MEDCON/LOD APPS w /DOCs & Pas (Bldg 246/ 412A)

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

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

SUNDAY - 12 SEPT

0730-0800 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.



Promotions

Staff Sergeant

Gregory Brackin - 119 COS

Joshua Buttram - 134 CES

Senior Airman

Lauren Witt - 134 MXS

Kylie Gates - 134 MXS

Kaylee Wilson - 134 MSG

Airman First Class

Ryan Williams - 119 COS

Abigail Wade - 134 ARW

Airman

Matthew Haun 134 FSS

Shelby Hoogenboom 241 EIS

Hunter Mims 134 CES



Retirements

Lt. Col. David Biddle - 134th MDG

CMSgt. Kenneth Meyers - 134th MXS

OPSEC IS ALWAYS WATCHING YOU



Top III



will meet Sat., Sept. 11, 1000

@ the Air Park

Open to all E-7's and above!

HELP LOCAL JROTC PROGRAMS

RECYCLE YOUR ABU'S!

Local High School JROTC Programs Need Your Help!

Please drop by any unused ABU items
(blouses, pants, hats, and boots accepted)

Drop Off Area:
Force Development Office (headquarters bldg)

POC:
SMSgt Bertie Wiggins
336-3253
bertie.wiggins@us.af.mil



Children's Halloween Party



1200, Oct. 23rd @ base track

Games, candy, costumes!!

Stay tuned for more info next drill!

VOLLEYBALL TOURNAMENT 12 SEP @ TRACK
5 PLAYERS PER TEAM \$5 PER TEAM- that's \$1 per person
THE PRIZES WILL BE ANNOUNCED
SIGN UP STARTS AT 1230 GAMES START AT 1300



DID THE OLYMPIC GAMES GET YOUR ATTENTION?

BRING YOUR GAME TO THE VOLLEYBALL COURT NEXT TO THE TRACK AND SEE HOW GOOD YOU ARE!

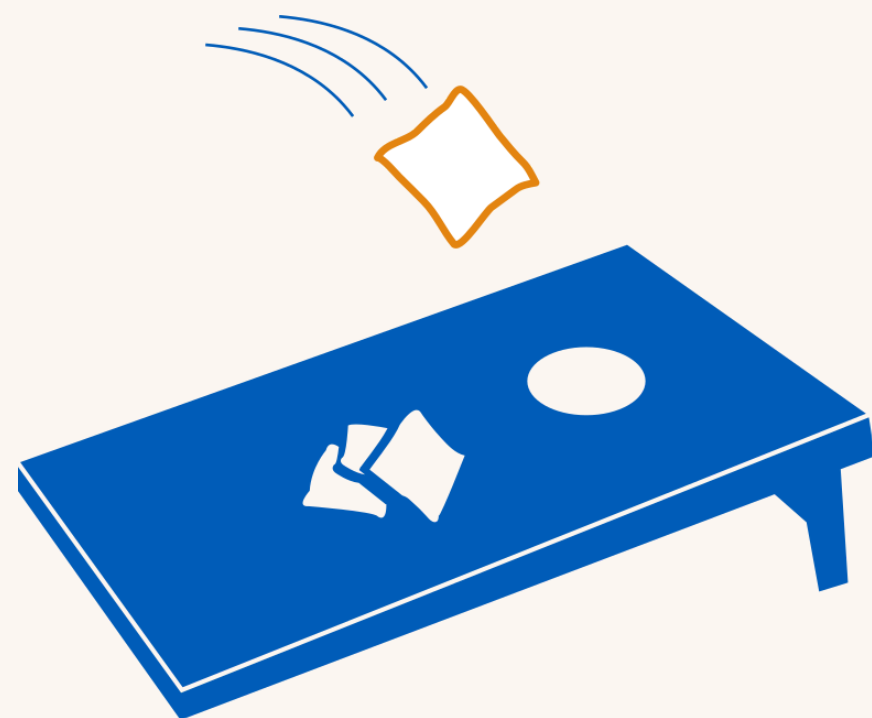
CORNHOLE TOURNAMENT

SUNDAY, SEPT 12TH @ WILSON HALL

- \$5 PER PERSON TO PARTICIPATE; ALL PROCEEDS GO TO SANTA COPS
- TEAMS OF TWO SIGN UP; PARTNER MUST BE FROM YOUR SECTION/SQUADRON
- SIGN UP BEGINS @ 1200; BAGS FLY @ 1230
- IF AVAILABLE, BRING YOUR OWN BOARDS/BAGS

PRIZES FOR 1ST, 2ND, AND 3RD PLACE WINNERS

1ST PLACE WINS NEW CORNHOLE BAGS AND T-SHIRTS
2ND PLACE WINS ONE YEAR OF FREE CUSTARD FROM CULVERS AND T-SHIRTS
3RD PLACE WINS CHICK-FIL-A GIFTCARDS AND T-SHIRTS



THE CHAPLAIN CHALLENGE PRESENTS.....

BEAT THE CHIEF

September UTA on Sunday @ 2:30pm.
Contact: 134Chaplain@gmail.com

1ST, 2ND, & 3RD PLACE PRIZES WILL BE AVAILABLE. EVERYONE WHO OUTRUNS CHIEF JOHNSON WILL RECEIVE A BASE-WIDE HONORABLE MENTION.

We will meet at the track, jog to the back gate, and jog back to the track.



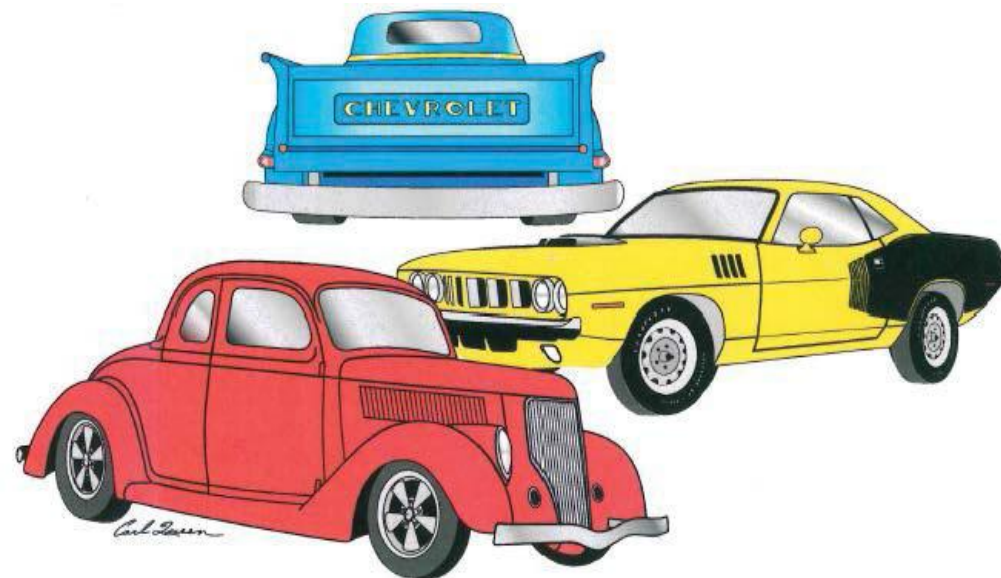
Volunteer Ready Car Show

McGhee Tyson ANGB Show & Shine Sunday

12 September 2021

1200-1530 (Hangar opens at 1200)

Awards at 1400



BLDG 111 (inside Brown Hangar)

**Hot Rod, Classic, Sports Car, Motorcycle, Exotic and 4X4's
If you're proud of your ride and want to show it BRING IT.**

People's Choice Award (most donations)

Donation Box will be set at each vehicle proceeds go to Santa Cops

Music and Refreshments Provided

Bring your own chairs

Please Register

Contact SMSGT Bill Harness 336-3428 (william.harness.1@us.af.mil) for info and registration

CAR SHOW REGISTRATION

Name _____

Vehicle Year _____

Vehicle Manufacture _____

Vehicle Model _____

Engine _____

Additional INFO _____



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 11 Sept

Chicken Cordon Bleu
Hamburger Steak/gravy
Steamed Rice
Baked Potato
Corn
Pinto Beans
Spinach Maria

Sunday 12 Sept

Chili Mac
Sweet & Sour Chicken
Rice
Mashed Potatoes
Mixed Veggies
Egg Rolls