



THE VOLUNTEER

November 2020

EDITORIAL

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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: The Minuteman at the base entrance stands proud as flags fly in the wind at McGhee Tyson ANG Base, TN. (U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)

This page:

'Cup' courtesy of Pexels.com

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Children's Halloween Party (U.S. Air National Guard photos by Staff Sgt. Justin Lillard)

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'Griff' memorial photos (U.S. Air National Guard photos by Senior Master. Sgt. Kendra M. Owenby)

November features



A Goal Without a Plan is just a Wish!

134th ARW Airman & Family Readiness
See if your plan passes the SMART test!



Honoring "Griff"

Armory dedicated to late 134th SFS member, Master Sgt. Gabriel Griffin



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Treating wounded heros to a hunt of a lifetime!



National American Indian Heritage Month

Honoring the culture, traditions and history of the first people of the United States

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November 134th MDG Medical Schedule



Angel Tree

Opportunity to give back for the holidays!



Halloween Party a Success!

Photo page from Children's Halloween Party 2020



Social Media Links

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134th Air Refueling Wing Leadership



Col. Lee Hartley
Commander



Col. Robert Underwood
Vice Commander



CMSgt. Michael Johnson
Command Chief

A Goal Without A Plan is Just a Wish

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

Throughout the months since the covid pandemic began, many of us have been thinking about various things we'd like to do. Maybe we're looking at something completely new, like starting a new career or beginning a college degree. Some of us are just looking at doing things better, like an exercise program or helping our children with their virtual studies. Whatever it is, take a look at how it's going, and ask yourself if you feel you're succeeding. If it's going well, you probably have some sort of plan in place. If you just can't seem to get things rolling, chances are you are still in the "wish" phase, as in, "I wish I had a plan for reaching my goal".

Often we think we have made a plan, and can't understand why we aren't making progress. To see if your plan will actually get you to your goal, decide if your plan passes the S.M.A.R.T. test. S.M.A.R.T. stands for Specific, Measurable, Attainable, Relevant, and Timely.

Let's use losing weight as our goal, and apply the S.M.A.R.T. model.

Specific: For me to say I'd like to lose weight is still "a wish", there is nothing specific about it. If I say "I want to lose 15 pounds", that has specific parameters to it. Saying "I am going to lose 15 pounds" is even better.

Measurable: Ensuring you can measure or gauge your progress is essential. Without measurement, it's easy to lose motivation to continue. Losing 15 pounds is definitely measurable, every time I step on the scales.

Attainable: Make sure the parameters you set around your goal are feasible and practical. "I'm going to lose 15 pounds" is a practical goal, "I'm going to lose 15 pounds in 3 days eating nothing but tacos" is not attainable.

Relevant: The reason you decide to set a goal can play a large factor in your success. "I just want to" won't do much to ensure success. Your doctor saying you should lose weight for your health is very relevant. Wanting to look great at your high school reunion is also relevant, just don't try to do it in 3 days on the taco diet.

Timely: Setting a practical, feasible time element to your goal will help you to reach your goal. Again using weight loss as the model, there are apps and programs available that will take your height, weight, the amount of weight you'd like to lose, along with other factors and tell you approximately how long

it will take to safely lose the weight. A typical program might indicate that safely consuming X number of calories each day will allow you to lose 1 pound per week, and in 4 months you will lose 15 pounds.

If your goal satisfies all 5 elements of the S.M.A.R.T. model, you'll find your goal has now evolved from "I want to lose weight" to something like:

"I have decided that I am going to lose 15 pounds. My doctor has recommended the weight to improve my health, and looking better at my high school reunion is an added bonus, too. I've downloaded an app that will show me my target calorie range each day, with better choices for meals and snacks. I'll walk whenever possible, and I'll weigh myself each day to track my progress. Following this plan of action I can expect to lose 1 pound each week."

The wish you started out with now has a solid plan of action, and you have truly set a GOAL!

This type of approach can be applied to anything you'd like to improve upon in both your personal and professional goals. If you would like to discuss ways that you can improve your goal-setting and goal-achieving, please give me a call or stop by the office anytime.



Bill Conner
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william.conner.6@us.af.mil



The Chief's Corner

GET TO KNOW YOUR CHIEF:

Featuring Chief Master Sgt. Timothy Thiele, MDG Chief

- 1 - **Full name:** Timothy John Thiele
- 2 - **Nickname:** none
- 3 - **Years in the military:** 31
- 4 - **Favorite food:** Love a thick and juicy steak
- 5 - **Pets:** My family has one wild and spoiled Goldendoodle named "Cash"
- 6 - **Hobby:** snowboarding, motorcycling and all lake activities
- 7 - **Originally from:** La Crosse, Wisconsin
- 8 - **Favorite vacation spot:** Any snowy mountain
- 9 - **Best TDY Location I've ever been to:** Gotta love Germany and Hawaii
- 10 - **Favorite movie:** Forrest Gump
- 11 - **One thing you would go back to tell your Airman Basic self:** Study and try harder!
- 12 - **Person who influenced military career most:** My brother, Chip. He pushed me to stay in the military when I was younger. So grateful!





Promotions

Captain

Sean Baxter MDG

Senior Master Sergeant

Lydia Circello LRS

Master Sergeant

John Howell 241 EIS
Lucas Yontz LRS
Ryan Boyd CES

Technical Sergeant

Kyle Branson ARW
Caleb Hargraves 241 EIS
Matthew Hines MDG
Christopher Stoeck MXS

Staff Sergeant

Shana Hudson FSS
James Williamson BAND
Dawson Biddle MXS
Blake Teston OSS
Dylan Wyatt OSS
Seth Huffman 241 EIS
Andrew Jackson 241 EIS

Senior Airman

Natalie Mcelhaney MDG
Kaylee Patterson ARW
Aaron Atkins MXS

Airman First Class

Christian Perez FSS
Chantal LeBon ARW
Jared Newvine 119 COS

Airman

Michael Keck OSS

The Chaplain's Cup

Know Thyself

By Chaplain Nathan Tarr

In the civilian world I sometimes attempt to teach philosophy to high school students. Because philosophy can seem both irrelevant and intimidating, I open the class by asking students for the first thing that comes to their mind when they hear the word, “philosophy.” Without fail one of the responses I get is a version of Socrates’s statement that the un-examined life is not worth living. On one occasion, after a thorough discussion of this idea, I had a student raise his hand and remark that the over-examined life didn’t seem to be much better. It was a point well taken!

A shorter way to say what Socrates was getting at comes from an inscription over Apollo’s temple at Delphi: know thyself. What I find interesting is that my students often think of these statements as the ancient equivalent of a personality test, as if the really important thing is to find out how I respond under stress, or whether I work well in groups, or what I most often eat for breakfast. We are used to thinking about ourselves in very individualistic terms.

But self-knowledge for the ancient philosophers was more about understanding what it meant that we are human beings—that we have a human nature—than it was about jotting down whether we prefer to receive love through words, time, touch, gifts, or acts of service. To

“know myself” is to know, to take one example, that we are limited creatures (rather than, say, a god).

Think about how this realization changes the way we live our lives. Think about how it changes the way we picture the good life. If “know thyself” pushes us down inside our own personality—our

own quirks and preferences—it also cuts us off from one another. Other people can only get in the way of us living our best life. But if “know thyself” is a reminder that we don’t have all that we need within ourselves, then we open up to those around us because none of us are meant to make it on our own.

We can sum it up like this: the love of wisdom is about letting other people in to our lives. When we “know ourselves,” we know that we are built to do best when we are hearing from others, helping others, and having them with us to split the burden of the hard

times and double the joys of the good ones. Even better, everyone who has taken the time to know themselves will recognize how normal and right this kind of outreach is. It won’t seem strange. It will seem wise. So come on by the chaplain section and drop some wisdom on us. We look forward to it!



(Photo courtesy of pixabay images)



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 4332 KENILWOOD DR
 NASHVILLE, TN 37204-4401
 (Phone) 615-833-9100 (Fax) 615-833-9173
jj@ngatn.org

2021 Membership Form

Make checks payable to NGATN for the total amount

Name & Rank _____

Home Address _____

Home Phone _____ Cell Phone _____

Civilian email _____ Business email _____

Type of Card: Visa Master Card Discover American Express

Name on card _____

Credit card billing address (if different) _____

Card Number: _____

Expiration Date _____ / _____ Security Code _____
 (Security code is the last three digits on the back of your credit card or 4 digits on the front for American Express)

Amount _____ SIGNATURE: _____

NOTE: There is a 2.5% administrative fee for Credit Cards. There is a \$25.00 fee on all Returned Checks.

Annual Membership Dues for the NGAUS and NGATN are as follows:

Rank (Grade)	NGAUS DUES	NGATN DUES	TOTAL
Lieutenants (0-1)	\$40.00	Free	\$40.00
Lieutenants (0-2)	\$40.00	\$10.00	\$50.00
Captains (0-3)	\$40.00	\$25.00	\$65.00
Majors (0-4)	\$80.00	\$20.00	\$100.00
Lieutenant Colonels (0-5)	\$80.00	\$40.00	\$120.00
Colonels (0-6)	\$80.00	\$50.00	\$130.00
General Officers (0-7)	\$130.00	\$50.00	\$180.00
General Officers (0-8)	\$130.00	\$50.00	\$180.00
Warrant Officer (W01)	\$40.00	Free	\$40.00
Chief Warrant Officer (CW2)	\$40.00	\$10.00	\$50.00
Chief Warrant Officer (CW3)	\$40.00	\$10.00	\$50.00
Chief Warrant Officer (CW4)	\$80.00	\$10.00	\$90.00
Chief Warrant Officer (CW5)	\$80.00	\$20.00	\$100.00
Retiring in 2020 (Lifetime Retired Membership)	\$125.00	Free	\$125.00
Lifetime Membership	\$750.00	\$250.00	\$1000.00

Rank _____ Date of Rank _____ ARNG _____ ANG _____ Duty Status _____

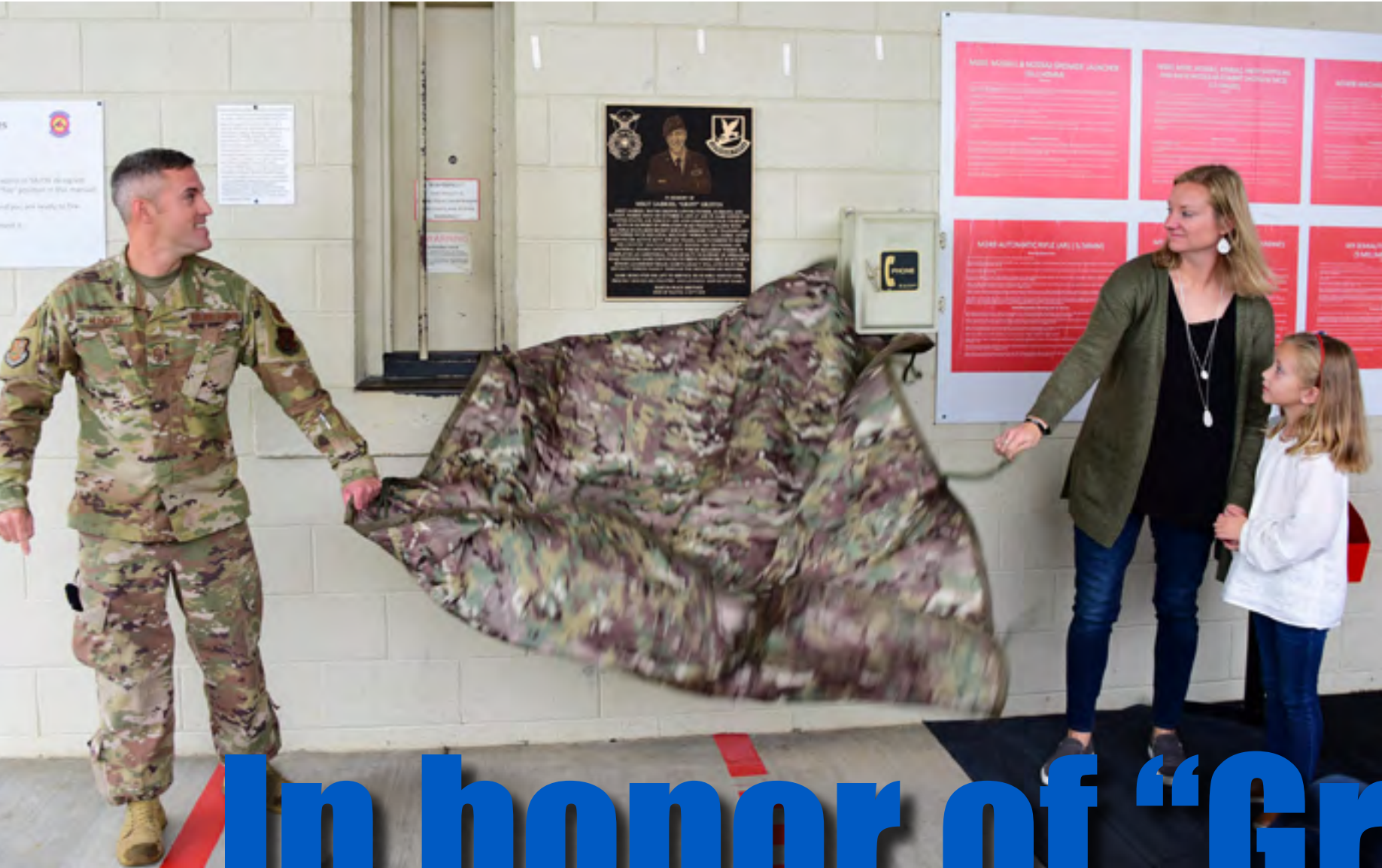
Unit & Unit Name _____

Return this completed form, along with your payment, to your unit Membership Drive POC



November is National American Indian Heritage Month. It is a time to reflect on the rich and diverse cultures, traditions, and histories of American Indians and Alaskan Natives, the first people of the United States. American Indians and Native Alaskans are technically U.S. citizens first who have the additional option of becoming citizens of their tribe or village as enrolled tribal members. Sovereignty is the right of a nation or group of people to be self-governing and it is the most fundamental concept that defines the relationship between the government of the United States and governments of American Indian/Alaskan Native tribes. Today there are 573 federally recognized tribes. For a list of Federally Recognized Tribes scan the QR code located on the bottom. American Indians and Alaskan Natives have served our nation valiantly and with distinction in times of peace and war for over 200 years.

Visit <https://www.defenseculture.mil/Portals/90/Documents/Observances/NAIHM/2019/MPOSTF-NAIHM-20190926.pdf?ver=2020-01-13-101003-483> or contact the 134th Equal Opportunity office at 865-336-3222



In honor of "Griff"



**KNOW
SOMEONE
DEPLOYED
OVER THE
HOLIDAYS?**



**WE'D BE
HONORED TO
SEND THEM A
STOCKING
FULL OF
GOODIES!**

STOCKINGS FROM US

ANY
BRANCH OF
SERVICE AS
LONG AS
THEY ARE
DEPLOYED
OVERSEAS
OVER
CHRISTMAS



Contact MSgt Jennings
@ 336-4924 or
dora.jennings@us.af.mil

Deadline is 8 November 2020





Blount County Foster Families

Angel Tree

**Make a Child's Christmas
Wish Come True!**

Select an Angel from the tree in the **HQ lobby**, each Angel shows whether the gift is for a boy or girl, their age and their Christmas wish.

Bring your unwrapped present in a gift bag and place under the tree with the Angel card attached.

**PLEASE RETURN THE GIFTS BY THE
DECEMBER UTA TO ENSURE
DELIVERY BEFORE CHRISTMAS!**



HALLOWEEN PARTY 2020



U.S. Air National Guard photos by Staff Sgt. Justin Lillard

134 ARW MEDICAL GROUP

SATURDAY - NOV 7

0815-1115 HRS - PHYSICAL HEALTH ASSESSMENTS (PHAs)

0830-0900 HRS - FITNESS FOR DUTY EVALUATIONS

0830-1100 HRS - DEPLOYMENT PROCESSING/ANAM TESTING

0830-1130 HRS - IMMUNIZATIONS

0830-1130 HRS - QNFT TESTING

0930-1000 HRS - NEWCOMERS BRIEF (CC CONFERENCE ROOM)

1130-1230 HRS - LUNCH

1230-1500 HRS - IMMUNIZATIONS

1300-1700 HRS - WAIVER/MEDCON/LOD APPS w/DOCs &

PAs

1300-1500 HRS - HEARING EXAMS/ANAM 1300-1700 HOURS

WAIVER/MEDCON/LOD APPS w /DOCs & PAs

SUNDAY - NOV 8

0730-0800 HRS - 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.

241st EIS Hosts Wounded Warrior Hunt 2020

By Master Sgt. Christopher Hartman, 241st EIS

To begin, let me just say what a pleasure it is to be able to help out fellow brothers and sisters that have served and given so much for their country. This year was the 6th Annual Wounded Warrior Hunt, where the 241st EIS served as host to these hero's. Master Sgt. David Denney and I have been doing this since 2015 and it's always a great time. We have met and made some good friends over the years.

The hunt is organized by Tennessee Wildlife Resources Agency and Safari Club International for a two-day hunt at Enterprise South Park in Chattanooga. TWRA, Region 3 biologist Ben Layton has coordinated the hunt since its inception.

"These men and women are so humble about their service", stated Layton. "Many have lost friends and have been away from their families during their service just as we have, so it's actually healing in many ways to spend time with them and trade stories. I think it's actually great therapy for us all."

Every year we basically set up barracks at the 241st to provide a place to bed down while on the hunt. Most of the guys are former Army, Marines, and Navy, so as you can imagine, there's quite a bit of ribbing among the different forces, especially after they see our great facility for the first time. I just smile and say, "should've joined the Air Force." They laugh and reluctantly agree.

This year, Master Sgt. Denney and I were joined by another one of our unit members, Tech. Sgt. Doug Haveman, who's hobby is grilling and smoking meat. Doug graciously cooked steak, ribs, and sides for everyone.

The warrior hunt is supported by many organizations, local businesses, and tons of volunteers who provide meals, equipment, and other services. Kelly Shell is only one of those volunteers who goes above and beyond. She makes certain the warriors are well fed and taken care of every year. All the full time staff at the 241st EIS pitch in to help set up the unit for the event.

Lt. Col. Moss, our commander, always contributes to be sure the warriors have snacks and beverages while they are at our unit. This year, of course, brought new challenges with COVID-19, but we were able to pull it off while following guidelines to keep everyone as safe as possible. It helped bring some sense of normalcy to this unusual year to be able to do this event again for the warriors.



The biggest takeaway for me every year is just how many individuals and businesses in the community, even during a global pandemic, will still drop everything and donate their time and money to the cause. They do it simply to honor these great men and women who have given so much and asked nothing in return (courtesy photo).

Master Sgt. Christopher L Hartman
241st EIS
Volunteer Air Station
Chattanooga, TN



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the App store & Google Play



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from the 134th ARW, go to DVIDS:
<https://www.dvidshub.net/unit/134arw>



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