



THE VOLUNTEER

OCTOBER 2022

EDITORIAL

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Cover:
Two F-18A Super Hornets from the U.S. Navy's Blue Angels Flight Demonstration Team take off at McGhee Tyson ANG Base during the 2022 Smoky Mountain Air Show, Sept. 10. (U.S. Air National Guard photo by Staff Sgt. Brandon Keys)

This page:
KC-135R Stratotanker image by Senior Master Sgt. Senior Master Sgt. Kendra M. Owenby

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 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

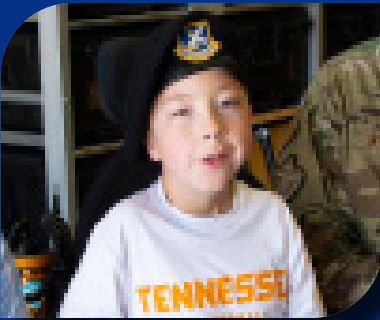
PRIORITIES
*Mission/Readiness Focused Activities
AFSC Focused Training
Developing Airmen
Saving Airmen's Time
Wrapped in a Culture of Safety*



Smoky Mtn Air Show
Air show draws crowd



Photo Highlights!
Smoky Mountain Airshow 2022



Pilot for a Day
There's a new pilot in town!



Let's Party!
Children's Halloween party scheduled

Columns



Chaplain's Cup
Instilling confidence in others



A word from your DPH
Take care of yourself!



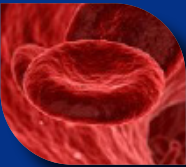
Blue Skies Airmen!
Sept/Oct Retirements



Rank Up!
Sept/Oct Promotions



Top III & JEAA Meetings
E-7's and above welcome!
E-6's and below welcome!



Medical schedule
Oct 134th MDG Schedule

McGhee Tyson ANG Base hosts 2022 Smoky Mountain Air Show

By Staff Sgt. Melissa Dearstone, 134th Public Affairs

The 134th Air Refueling Wing welcomed more than forty thousand visitors as it hosted the Smoky Mountain Air Show Sept. 10 and 11.

This was the first air show since 2016, and an opportunity for the 134th ARW to interact with the local community.

Col. Lee Hartley, commander of the 134th Air Refueling Wing said air shows provide an open house for the community to come in and see what it is that we do.

“We really hope to inspire and educate that younger generation that’s going to follow us here, and show them what we do,” said Hartley. “There are a lot of other things we do here besides fly, like security, communications, administrative. None of what we do happens without those functions.”

The 134th Airmen, along with members from other Tennessee National Guard units and volunteers all worked together diligently to make sure the show ran smoothly.

“The communication throughout the show was great and we always had people volunteering to make sure that all the jobs got done that were needed,” said Senior Airman Elizabeth Hall, member of the Emergency and Air Show Operations Centers.

Hall said this was a great opportunity for her and she was able to learn a lot about the logistics and planning it takes to put on an air show.

Even though air shows are primarily set up to give back to the local community, the performers get just as much back in return.

“I’ve spent 22 years in the Navy,” said Capt. Brian Kesselring, commanding officer and flight leader of the Blue Angels. “One of the reasons I keep active on the team and keep reaching out is because we are America’s team and we are given this opportunity to inspire.”

Hartley said that the air show, and giving back to the community, has been awesome all the way around.

“This is an amazing place to be, live, work, worship, serve and our local community shows that,” said Hartley.

The show included seven aerial acts, over 30 local vendors, numerous static displays, as well as performances from the Air National Guard Band of the South, and other activities for children and families.

Aerial acts included the A-10 Demonstration Team, Aeroshell Aerobatic Team, Commemorative Air Force, Greg Koontz Air Shows, U.S. Army’s Golden Knights Parachute Team, U.S Navy’s Blue Angels Demonstration Team and Younkin Air Shows.

To check out more highlights from the Smoky Mountain Air Show, visit the Air Refueling Wing Facebook site at www.facebook.com/134ARW.



(Air National Guard photos by 134th ARW Public Affairs)



2022 Smoky Mountain Air Show





Chaplain's Cup: "Instilling confidence in people"

By Maj. Seth Hammond, 134th ARW Chaplain's Corps.

Part of leadership in the military means that we need to help instill confidence in Airmen, especially when they face an uncertain situation. Years ago, in an interview in Leadership Magazine, Gen. Norman Schwarzkopf was asked how a leader can instill confidence in people facing a fearful situation. The General's response had to do with character – what's on the inside. He said it this way:



I have two dogs. One is a fifteen-pound wire-haired dachshund. The other is a ninety-pound German shepherd. The dachshund is the leader. Why? Because he never looked in a mirror. He's not focusing on the fact that he weighs only fifteen pounds. He thinks, "I can take on this big dog and prevail." Even though the German shepherd is bigger by order of magnitude, the dachshund doesn't focus on his inadequacies.

The fact is, we all have inadequacies. We have all messed up many times in the past. None of us are perfect, and we don't need to pretend to be. If we spend most of our time with our heads hanging low and fret over our past mistakes or our limitations, we will have trouble moving forward and will lack the confidence to face the battles that are thrown our way. However, if we forgive ourselves and others and learn from our mistakes, we can begin to move forward and will be better able to face the fights that come before us.

In the Bible, Paul said, "One thing I do: forgetting what is behind and straining towards what is ahead" (Philippians 3:13). Today is the beginning of the rest of our life. To instill confidence in others means we must help them deal with their past mistakes and inadequacies and inspire them with courage to face the day.



134th Kids Halloween Party!

Saturday, October 22

12:00-2:00 PM

Wilson Hall

We will be having a haunted house for the children!

TRICK
or
TREAT

HOSTED BY THE TOP3

Knoxville Airmen welcome “Pilot for a Day”

By Staff Sgt. Melissa Dearstone, 134th ARW Public Affairs

Elliott Crabtree, age 7, was given the opportunity to become an honorary pilot during the 134th Air Refueling Wing’s “Pilot for a Day” event on Sept. 9.

The day started with a ride to the base operations building escorted by 134th Security Forces Squadron defenders.

During his visit Elliott was presented with a flight suit with personalized patches, squadron coins and a few other items. He had the opportunity to tour the Air Crew Flight Equipment facility and learn about life saving-equipment tht Aircrew depend on.

Elliot experienced the Boom Operator Simulator System and learned what it takes to perform aerial refueling from a KC-135R Stratotanker. Afterwards, he had the opportunity to tour one of the 151st Air Refueling Squadron’s KC-135R Stratotanker aircraft in person. He then moved on to the 134th Security Forces Squadron’s facility where he learned first-hand about weapons used by military defenders, along with the protective equipment that keeps them safe.

Angela Crabtree, Elliott’s mother, said Elliott had a hard time picking what his favorite part of the day was.

“He really liked the simulator because he loves playing video games,” said Angela.

Elliott’s day wrapped up with he and his family attending the Smoky Mountain Air Show practice and a meet and greet with members from the U.S. Navy’s Blue Angels.

“We as Airmen are here to protect and serve our local communities and I am just thankful we were given this opportunity to give back,” said Col. Ronald Selvidge, commander of the 134th Operations Group.

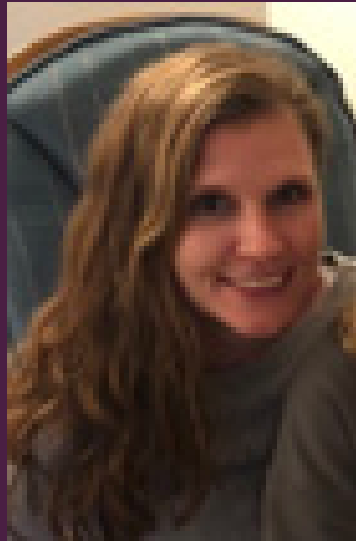
This is the second Pilot for a Day event held by the 134th ARW.



(Air National Guard photos by Staff Sgt. Melissa Dearstone, 134th ARW Public Affairs)

A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



I often get writer's block when I start my newsletter articles – struggling to find the right words to convey my intended message succinctly and effectively. This month is no different – but it's because I cannot put into words the awe, admiration, respect, appreciation, and gratitude I have for everyone who was involved with the planning, preparation, support, and execution of the Air Show. Seriously- there are not enough words. I am beyond amazed & impressed!

I realize that it will be October when you read this, but I still want to highlight that September was Suicide Prevention & Awareness Month. For those of you who have already completed your SP training for this year – you'll recall that there was a big emphasis on connectedness as an important protective factor. Voicing our care and concern for others, practicing active listening, and asking direct questions about suicide are all things we can do to work towards suicide prevention.

I would also strongly encourage everyone to tend to their self-care regularly. No, this doesn't mean you have to go to a spa or anything fancy like that. You deserve to feel your best and prioritizing your self-care is not selfish – it's a must for your overall health and wellbeing. Our regular, daily self-care includes:

- *Practicing good sleep hygiene to get at least 6 hours of quality sleep every night
- *Meal planning and prepping for a healthy, balanced diet
- *Using healthy coping skills to navigate through stressors
- *Exercising regularly – I know it can be challenging to get started, but the benefits that you can reap by pushing yourself over that hump are so worth it! Even a 20-30 minute brisk walk can do wonders for your mood, energy level, and physical health.
- *Spending time with others – in person or phone calls, not just text messages or social media posts. Socialization is so important – we need to feel connected to and supported & understood by others.
- *Stimulating your brain by learning new information, skills, activities. Yes, this is part of self-care because it keeps our brains healthy.

Please call/text/email me or come by my office (Moon Hall, Bldg 417, 2nd Flr) anytime during the week or over drill weekends if there is anything I can do to help and/or support you. Nothing is too big or too small to talk about, and I can answer any questions/concerns you have about confidentiality, impact on your military career, etc up front to alleviate those. Let's talk!

Natalie Pankau ~ 865-201-8129 ~ Natalie.Pankau@us.af.mil ~ Moon Hall Bldg 417, 2nd Floor

Picture credit: <https://www.interiminc.org/2020/08/04/as-a-community-lets-observe-national-suicide-prevention-month-by-removing-the-stigma/>



Retirements

Lt. Col. James Rickman
Lt. Col. Scott Wenger
Maj. Katrina Hunt
CMSgt. Joey Hungate
SMSgt. Sherry Reed
MSgt. Trampus McDaniel
MSgt. Christopher Fehlman
MSgt. John Ewing
MSgt. Martha Stanley

Blue Skies Airmen!

PROMOTIONS

AIC Travis Ferrell (CES)

SrA Zachary Sawyer (FSS)
Briana Irwin (FSS)
Mackenzie Overby (MDG)
Zachary Weaver (SFS)

SSgt James Fusaro (AMXS)
Gregory Adamson (FSS)
Joel Colton (MSG)
Quinn Perry (AMXS)
Daniel Torkelson (MXS)

TSgt Tyler Renner (CF)
Joseph McNulty (MXS)
Levi Sanders (MXS)

MSgt Rodney Shell (241)
Taylor Gamache (MDG)

CMSgt William Harness (MXG)

Resiliency Team



Mrs. Natalie Pankau, LCSW
Director, Psychological Health
(865)201-8129/Bldg 420



Maj. Seth Hammond
Chaplain
(865)336-3217/Bldg 134



Mr. Terrell Patrick
Sexual Assault Response
Coordinator
(865)352-9048/Bldg 134



Mr. Bill Conner
Airman & Family
Readiness Manager
(865)336-3107/Bldg 92

Leadership

Top III Council

Top III meeting will be held at 1030 Sat.,
@ CES classroom
Open to all E-7's and above!

JEAA

(Junior Enlisted Advisory Association)

Meeting will be held Sun. 1300
@ bldg. 102 Conference Room

Open to all E-6's & below!



134 ARW MEDICAL GROUP

SATURDAY - 01 OCT

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 417)

0830-1130 HOURS PHYS. HEALTH ASSESSMENTS (PHAs) /IMMUNIZATIONS (Bldg 246)

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

0830-1100 HOURS QNFT TESTING (Bldg 246)

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

1130-1230 HOURS LUNCH

1300-1500 HOURS IMMUNIZATIONS (Bldg 246)

1300-1500 HOURS WAIVER/MEDCON/LOD APPS w /DOCs & PAs (Bldg 246/ 417)

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

SUNDAY - 02 OCT

0900-0930 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 417)

PLEASE ENSURE MILITARY MEMBERS REPORT ALL PRESCRIPTION MEDICATIONS THEY ARE TAKING TO THE 134MDG IMMEDIATELY!

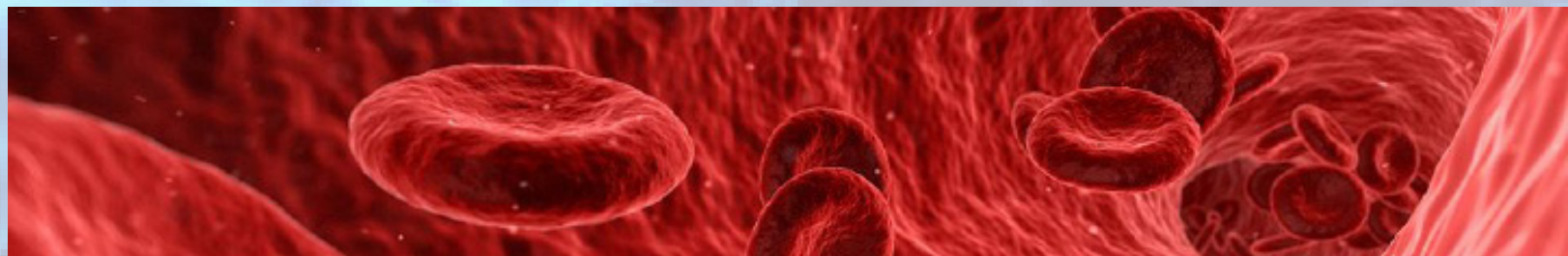
NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.

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.

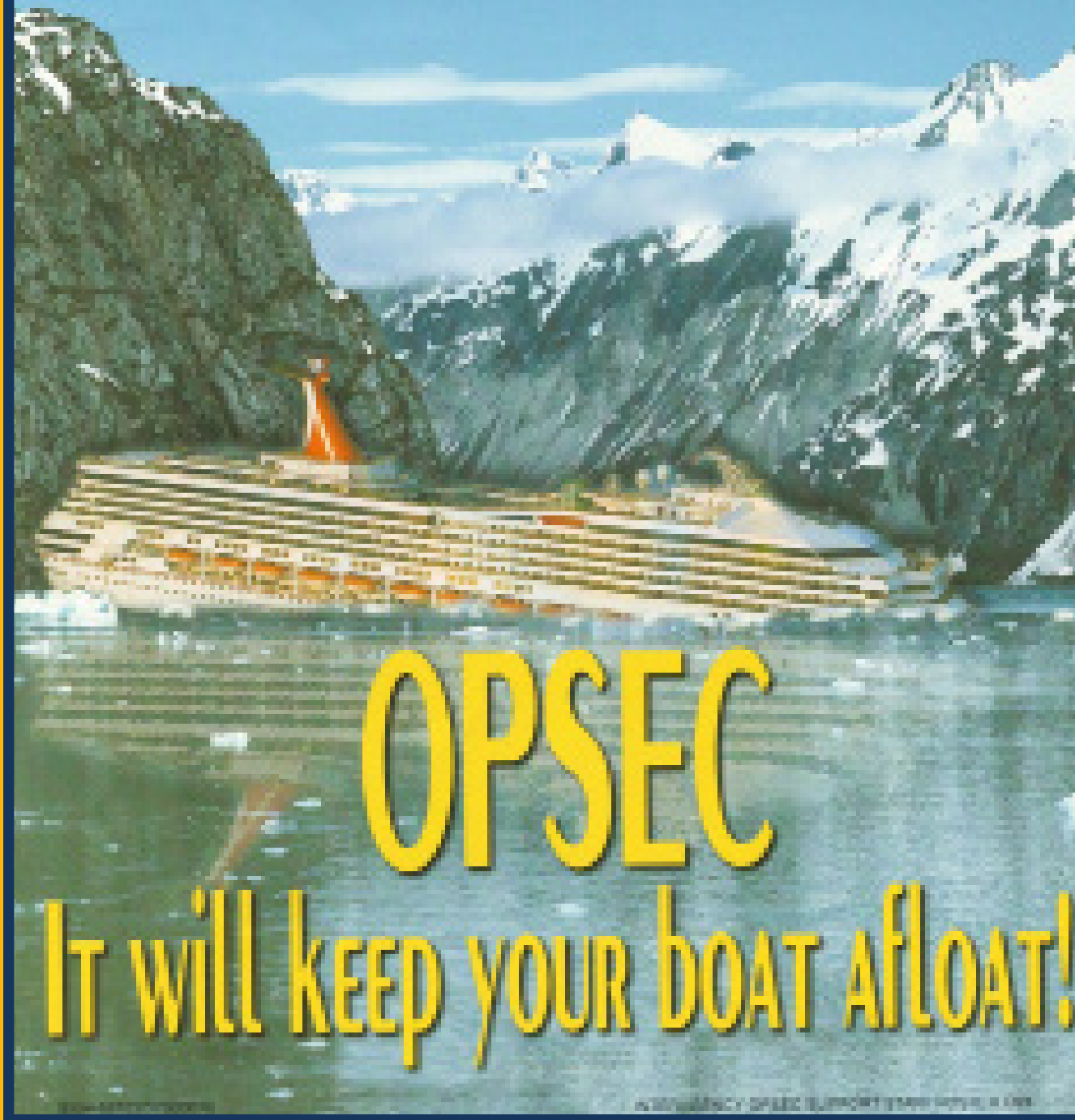
NOTE 4: IF YOU ARE DEPLOYING, PLEASE CHECK WITH THE CLINIC WELL IN ADVANCE OF DEPARTURE DATE FOR IMMUNIZATION REQUIREMENTS.

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



IT WASN'T A BOMB...
IT WASN'T AN ICEBERG...

It WAS JUST A **LITTLE LEAK!**



OPSEC

It will keep your boat afloat!



ROCKY TOP

DINING FACILITY MENU

Saturday 01 Oct

Cajun Butter Chicken
Braised Beef
Oven Browned Potatoes
Brown Rice
Zucchini
Fried Cabbage
Corn Nuggets

Sunday 02 Oct

Mexican Chicken Casserole
Beef Tacos
Spanish Rice
Scalloped Potatoes
Fried Okra
Refried Beans
Green Beans
Grilled Chicken Breast
French Fries