



THE VOLUNTEER

October 2021

THE VOLUNTEER MAGAZINE
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ABOUT THE VOLUNTEER
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Cover:
The shadow of a KC-135R Stratotanker from the 151st Air Refueling Squadron passes over the crowd at Neyland Stadium during a pre-game flyover. (U.S. Air National Guard photo by Ben Cash)

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 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

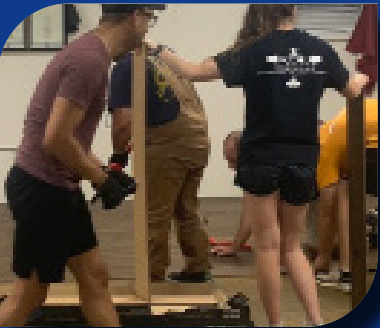
- Mission/Readiness Focused Activities
- AFSC Focused Training
- Developing Airmen
- Saving Airmen's Time
- Wrapped in a Culture of Safety



Flyover fever!
UT flyovers a fall hit



Fire prevention month
Oct is the time to replace all your batteries!



Teamwork makes the dream work!

JEM & Top III work together on community project



Winner!
Burruss takes 1st in base car show

Columns



Top III Meeting
E-7's and above welcome!



JEAA Meeting
E-6's and below welcome!



Rank Up!
October Promotions



Medical schedule
October 134th MDG Medical Schedule



A word from your DPH
About suicide and alcohol



“Flyover Fever”



(U.S. Air National Guard photos by Ben Cash)



Competition & camaraderie

Fire Prevention Month 2021

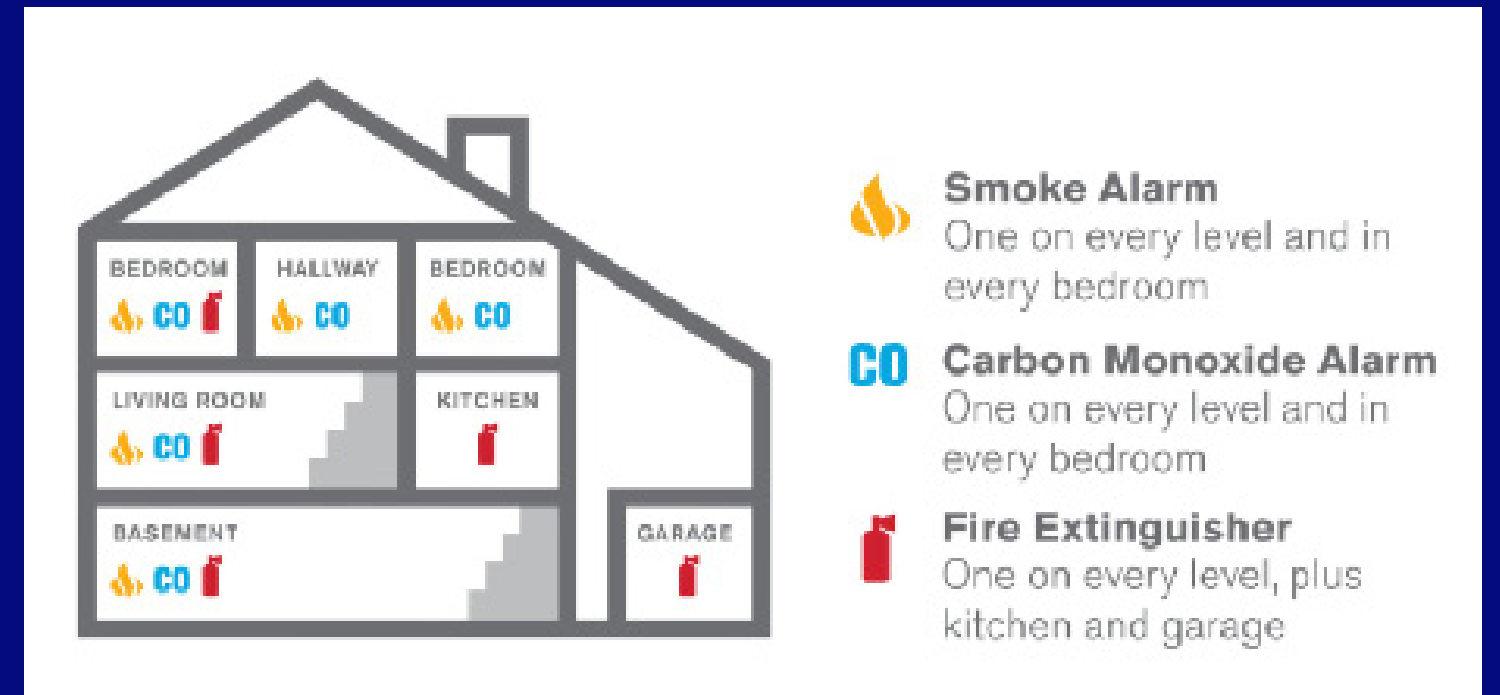
By Robert McCormack, 134th Fire Department

October is Fire Prevention Month! The goal of Fire Prevention Month (and week October 3rd - 9th) is to raise fire safety awareness, and help ensure your home and family is protected. In 1922, the National Fire Protection Association (NFPA) named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871. Today, we celebrate Fire Prevention Week and Month by raising fire safety awareness and educating families, students and communities across the United States. During this month, fire departments provide education to their communities, and encourage parents and loved ones to practice fire prevention and whole home safety.

The NFPA's 2021 campaign for Fire Safety Month is "Learn The Sounds of Fire Safety."

Fire Prevention week is the perfect time to educate and talk with your whole family about fire safety - include testing alarms, changing the batteries or upgrading to 10-year sealed battery alarms, how to use a fire extinguisher and escape route planning.

- **3 of every 5 home fire deaths resulted from fires in homes with no working smoke alarms**
- **Less than 50% of homeowners have an escape plan**
- **Carbon monoxide (CO) is the #1 cause of accidental poisoning in the US**
- **60% of consumers do not test their smoke and CO alarms monthly**
- **Only 47% of people report having CO alarms in their home**
- **Just 43% of homeowners have an escape plan**
- **Unattended cooking is the #1 cause of home fires**



Help Protect Your Whole Home

We urge you to practice whole home safety, so you and your family are prepared not only during Fire Prevention Week and Month, but throughout the entire year. Having functioning alarms installed throughout your home is the first line of defense for fire prevention. They work around the clock to provide your family an early alert in the event of an emergency, providing you time to safely escape. Smoke and CO alarms should be placed on every level of the home, including the basement, as well as inside and outside each bedroom to keep your home and family safe. Fire extinguishers should also be placed on every level of the home, especially in the kitchen and garage.

If you have any questions regarding fire safety in your home or work place, please call the Installation Fire Department, Fire Prevention Office at 865-336-3319.

Members of JEM and Top III Council recently worked together to complete a community project at the local America Legion Post 70. They removed the old carpet and replaced with new laminate flooring. Great job guys on a worthy mission complete!



Teamwork makes the dream work!



HOT RODS GALORE!



Congratulations
to Capt. Andy Burrell, 151st ARS!

Winner of the McGhee Tyson Car Show
held during Sept. drill's
base resiliency day/down day

Member Appreciation Day at ETMA Federal Credit Union

When? October 21, 2021, 11:00am-1:00pm

Where? 1828 Airbase Rd Louisville, TN 37777

Who? You, we hope!

Why? Because we love our members, and you are worth celebrating!

Be sure to mark your calendar and come help ETMA Federal Credit Union celebrate 65 years of YOU, our members!!

We will be serving a delicious lunch on the grounds catered by the Meatballs, Madness & More food truck from 11:00am to 1:00pm.

You can register any time beginning Friday, October 15th for prizes to be given away on Thursday at 3:00pm. You do not have to be present to win!

Not a member?! That's an easy fix!! ETMA is a full-service credit union with very competitive rates. While the lobby will be closed the day of the celebration, you can become a part of our local military credit union (*whose sole purpose is to serve all honorable Veterans and their families*). You can either apply for membership online at www.etmafcu.net, by phone at (865) 268-2007, or in person at 1828 Airbase Rd Louisville TN 37777. Each share account must maintain a \$5.00 par balance and we must have a valid Driver's License and proof of honorable service for identification verification.

A Word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health

Although it's the beginning of October and no longer Suicide Prevention Awareness Month, I'm squeezing in this article because it's definitely a topic to highlight and be aware of. I am sure that it comes as no surprise to you that there is a strong correlation between alcohol misuse and suicide. Researchers have conducted numerous studies over decades to prove the connection and the latest reports state that alcohol misuse and dependence can increase risk of death by suicide 6-10 times, respectively, compared to the general population.

Why is that? Well, there are several reasons to explain why and here are just a few:

- Alcohol intoxication can lower a person's inhibitions.

- Alcohol intoxication can make a person act impulsively.

- Alcohol misuse can destroy relationships, lessening a person's support system.

- Alcohol is a depressant and can exacerbate feelings of loneliness, hopelessness and depression.

What is also concerning is the significant increase of alcohol misuse as a result of the COVID-19 pandemic, as evidenced by several studies that have explored the topic. Many respondents reported increasing their alcohol intake to cope with the stress of the pandemic.

How much is too much, you ask – well, here's how the CDC defines excessive drinking:

Binge drinking: For women, binge drinking is 4 or more drinks consumed on one occasion (one occasion = 2-3 hours). For men, binge drinking is 5 or more drinks consumed on one occasion.

Heavy drinking: For women, heavy drinking is 8 drinks or more per week. For men, heavy drinking is 15 drinks or more per week.

But at the most basic level, misusing alcohol is when you continue to drink despite it having negative effects on your life, health, wellbeing, etc.

The moral of the story here is that if you think (or know) that you are using alcohol to cope or are drinking excessively because you can't control it – please get help. All it takes to attend an Alcoholics Anonymous meeting is a desire to stop drinking, and you can find a current schedule of local meetings at <https://aa.org>. There are also local treatment programs and counselors that can help; I am happy to talk with you about this and help get you connected. For your safety, wellbeing, health, quality of life, relationships and a million more reasons – please reach out for help if you need it. Call, text, email or stop by to see me anytime: Natalie Pankau – Dir of Psych Health – 895-201-8129; Bldg 412A 2nd flr.

References:

[Epidemiological Evidence on the Link Between Drug Use and Suicidal Behaviors Among Adolescents \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/32811111/)

[A Closer Look at Substance Use and Suicide | American Journal of Psychiatry Residents' Journal \(psychiatryonline.org\)](https://ajphaph.org/content/108/12/1940)

[Suicidal Behavior and Alcohol Abuse \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/32811111/)

[Americans are using alcohol to cope with pandemic stress: Nearly 1 in 5 report 'heavy drinking' \(yahoo.com\)](https://www.yahoo.com/news/americans-are-using-alcohol-110000000.html)

[What is excessive alcohol use? | Infographics | Online Media | Alcohol | CDC](https://www.cdc.gov/media/releases/2019/s0918-alcohol-use.html)



134 ARW MEDICAL GROUP

SATURDAY - 02 OCT

0830-0900 HOURS	FITNESS FOR DUTY EVALUATIONS (Bldg 412A)
0800-TBD HOURS	COVID VACCINATION CLINIC (WILSON HALL)
0900-1130 HOURS	PHYSICAL 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/ 412A)
1300-1430 HOURS	HEARING EXAMS/ANAM (Bldg 246)

SUNDAY - 03 OCT

0730-0800 HOURS	FITNESS FOR DUTY EVALUATIONS (Bldg 412A)
0900-TBD HOURS	COVID VACCINATION CLINIC (WILSON HALL)

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

Captain

Skyla Guigou 134 MDG

1st Lieutenant

Ralph Powell 241 EIS

Master Sergeant

James Cavin 134 OSS

Technical Sergeant

Misti Red Horse 134 MDG

Gage Seymour 151 ARS

David Brown 134 MXS

Brandon Lee 134 OSS

Caleb Crisp 134 MXS

Ryan Taylor 134 MXS

Staff Sergeant

Christopher Williams 134 MXS

Joseph Tarr 134 CF

Alan Crabtree 241 EIS

Kevin White 134 FSS

Abigail Palmer 134 LRS

Shelby Gallagher 134 AMXS

Christopher Lieb 134 AMXS

Haley Howard 134 MSG

Senior Airman

Daniel Torkelson 134 MXS

Bradley Spurgeon 134 CES

Ethan Steele 241 EIS

Colton Edlin 151 ARS

William Beverly 134 MXS

Erin Robinson 134 AMXS

Charles Davis 119 COS

Jacob Gornto 119 COS

Airman First Class

Breanna Johnston 134 ARW

Nicholas Corbitt 119 COS

Megan Trivette 134 MSG

Airman

William Isbill 134 LRS

Top III

**will meet 1000, Sun.,
Oct. drill @ the Air Park**
Open to all E-7's and above!

Children's Halloween Party

1200, Oct. 23rd @ base track

**Games, candy, & costume contest!!
(\$1.00 entry fee for costume contest)**

(photo courtesy of all-free-download.com)

JEAA Meeting

will be held Sunday UTA at 1300
Location is TBA

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**



Critical
Information

**ENDANGERED
WHEN
NEGLECTED**

**IRREPLACEABLE
WHEN LOST**

Practice OPSEC

R

1

YOU

2

USING

3

OPSEC

4

TO DENY YOUR

5

ADVERSARY VITAL

6

MISSION INFORMATION

7



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 02 Oct

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

Sunday 03 Oct

Chicken Casserole
Fish Tacos
Mexican Rice
Scalloped Potatoes
Fried Okra
Black Beans
Green Beans