



THE VOLUNTEER

December 2020

EDITORIAL

THE VOLUNTEER MAGAZINE IS PUBLISHED MONTHLY BY:

134th ARW Public Affairs
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ABOUT THE VOLUNTEER

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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: KC-135R Stratotanker aircraft line the tarmac at sunrise at McGhee Tyson ANG Base, TN. (U.S. Air National Guard photo by Staff Sgt. Justin Lillard)

"Chaplain's Cup", "Retirements", "Medical" pages images courtesy of Pixabay.com

'Chief's coin on flag' (U.S. Air National Guard photo by Tech. Sgt. Teri Eicher)

'Air Force Thunderbirds' photo courtesy of DVIDShub.net

Eagle & Flag photo courtesy of Pixabay.com

December features



134th ARW Leadership



JEAA Spreading Holiday Cheer!

Members of JEAA decorated the base Christmas Tree during Nov. UTA



Updated Fitness Schedule

New fitness schedule due to Covid19



Gas!, Gas!, Gas!

Members conduct CBRNE training to maintain mission readiness

Monthly columns



The Chief's Corner

Get to know this month's Chief: Chief Master Sgt. Doug Taylor



Rank Up!

December promotions are released!



The Chaplain's Cup

Prioritizing Anger or Angry Priorities?



Blue Skies!

December Retirements



OPSEC

Don't Let Your Guard Down During the Holidays!



Medical Schedule

December 134th MDG Medical Schedule



Social Media Links

Follow the 134th ARW @134_ARW



134th Air Refueling Wing Leadership



Col. Lee Hartley
Commander



Col. Robert Underwood
Vice Commander



CMSgt. Michael Johnson
Command Chief

JEAA Getting in the holiday spirit!!





The Chief's Corner

GET TO KNOW YOUR CHIEF:

Featuring Chief Master Sgt. Douglas Taylor, MXS Chief

- 1 - **Full name:** Douglas Taylor
- 2 - **Nickname:** Doug
- 3 - **Years in the military:** 28
- 4 - **Favorite food:** pizza
- 5 - **Pets:** a bird
- 6 - **Hobby:** Classic car restoration
- 7 - **Originally from:** Knoxville
- 8 - **Favorite vacation spot:** Destin, Florida
- 9 - **Best TDY Location I've ever been to:** Warsaw, Poland
- 10 - **Favorite movie:** Scent of a Woman
- 11 - **One thing you would go back to tell yourself as an Airman Basic:** Be patient and listen more!!
- 12 - **Person(s) who influenced military career most:** Master Sgt. Searcy (active duty), Col. Jason Brock, Command Chief Mike Johnson





Promotions

Captain

Melia Loughheed	AMXS
Stephanie Humphrey	OSS
Jonathon LaDue	ARW

1st Lieutenant

Richard Michelhaugh	119 COS
Nicholas Wytrwal	151 ARS

Chief Master Sergeant

Kimberly Bowers	CES
Patrick McLaughlin	MXG

Senior Master Sergeant

Christopher Henry	SFS
William McDonald	LRS

Master Sergeant

Walter Buckner	151 ARS
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Technical Sergeant

Heather Davis	ARW
Stacy Alexander	MDG
John Mason	CES

Staff Sergeant

Jaron White	MXS
Zachary Daugherty	SFS
Gene Gunter	SFS
Stephen Matthews	CES
Emerson Peacock	CF

Senior Airman

Jacob Hancock	MXS
Dylan Burkhalter	MXS

Airman First Class

Haven Fisher	MSG
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Airman

Zachary Sawyer	FSS
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The Chaplain's Cup

“Prioritizing Anger or Angry priorities?”

By Chaplain Thaddeus V. Davis, 1Lt, NC ANG

We are all wired to get angry. And angry looks different for everyone, even depending on the day. I might get ‘hangry’ after missing my mid-morning smoothie, or hit the ceiling from traffic-rage seeing another I-77 backup. There might be bitterness I feel or envy I hold onto, resentment that blows up or unresolved tension that simmers.

So how does this fit with my priorities? I believe an approach to resilient relationships



(Photo courtesy of pixabay images)

requires that I prioritize resolving my anger, rather than letting my anger drive my priorities, whether those are daily tasks or career goals. And letting apathy takeover is also dangerous once cynicism starts driving an attitude that says ‘things won’t change so maybe I shouldn’t even try... or care.’

Why “anger”...? Because there is benefits and huge detriments to anger. David Powlison in his book, “Good and Angry” defines anger as “active displeasure toward something that is important enough to care about.”(Powlison, 30) There are some times and certain responses that should cause feelings of unfair treatment, stir our sense of injustice, and cause us to wonder why that irritates me and gets under my skin so much. In other words, there are wrong things that should not be. BUT, prioritizing our anger means we take time to process what we are feeling, why we feel that way, and most importantly, what I should do about it. And of course, there are really minor issues that brings out inappropriate anger. Powlison recognizes that the most common problem with anger is not the source but what I choose to do with my anger. Not making angry priorities takes time and gives relationships their proper value rather as I work to reconcile and restore relationships. In a sense, prioritizing family, friends, co-workers, and neighbors above my anger is one way to “love our neighbor as ourselves.”

Fitness Guidance due to COVID-19 Due Date Matrix W/ ANG Edits

Current as of 21 Sep 2020

Official Physical Fitness Assessment Due Date Matrix EXCELLENT -SATISFACTORY- PASS SCORES	
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019	Mar 2021
Apr 2019	Apr 2021
May 2019	May 2021
Jun 2019	Jun 2021
Jul 2019	Jul 2021
Aug 2019	Aug 2021
Sept 2019	Sept 2021
Oct 2019	Oct 2021
Nov 2019	Nov 2021
Dec 2019	Dec 2021
Jan 2020	Jan 2021
Feb 2020	Feb 2021

Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON-CURRENT SCORES	
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019 – Mar 2020	Jan 2021

FITNESS CATEGORIES	
Excellent	All Components have been tested and the member received a score 90 or higher
Satisfactory	All Components have been tested and the member received a score 75 to 89
Pass	Member Passed the Components with an Exemption in one or more Components
Unsatisfactory	All Components have been tested and the member didn't pass one or more components
Fail	Member failed one or more Components with an Exemption in one or more Components
DNF	Didn't finish the Assessment




(U.S. Air National Guard photo by Master Sgt. Daniel Gagnon)



CBRNE

VOLUNTEER READY!

RETIREMENTS



LT COL RACHAEL NEISNER	MDG
LT COL TIMOTHY SMOTHERS	OG
CMSGT PHILLIP DUNN	241 EIS
CMSGT TIMOTHY THIELE	MDG
SMSGT GARY SEYMOUR	ARW
MSGT GREGORY WALDROUP	MXS
MSGT SCOTT PRITCHARD	MDG
MSGT JASON PARRIS	FSS
MSGT PAUL HOOD	119 COS
TSGT CYNTHIA BROWN	MXS
TSGT JACOB DANIELS	FSS
SSGT JERRY VEACH	MXG

CONGRATULATIONS AIRMEN & BLUE SKIES!!!

Sing to the tune of "Santa Claus is Coming to Town"

He prowls your social media

All his accounts are fake

He knows all of your posts by heart

So think OPSEC for goodness sake!

O! You better not tweet

Do not be that guy

Better not share

I'm telling you why

Adversaries are trolling the net

Adversaries are trolling the net

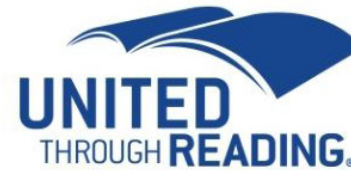
Adversaries are trolling the net

Don't Share
Critical Information (CI)

THINK OPSEC!



Happiest of Holidays from 134th Airman & Family Readiness!



2020 Holiday Recording Challenge

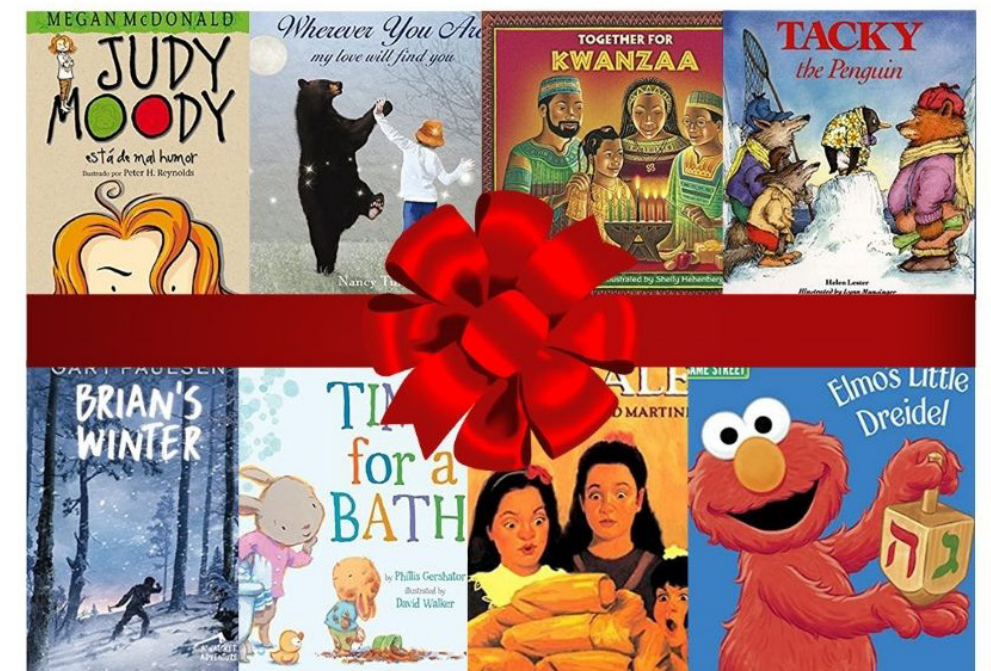
November 23 - December 31

*Give the gift of storytime
and earn prizes along the way.*

How to participate:

- 1) Register at utr.org/holiday2020
- 2) Download and login to the app
- 3) Record and upload your story
- 4) Earn prizes starting with your 5th recording
- 5) Make more recordings, earn more prizes

Need a book to get started? We now have ebooks or
order one for FREE at utr.org/app



134 ARW MEDICAL GROUP

SATURDAY - DEC 5

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 - DEC 6

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.

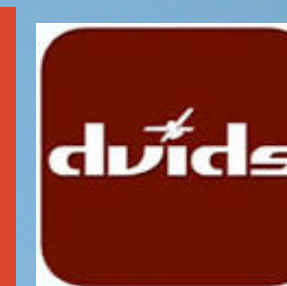
NOTE 4: IF YOU ARE DEPLOYING, PLEASE CHECK WITH THE CLINIC WELL IN ADVANCE OF DEPARTURE DATE FOR IMMUNIZATION REQUIREMENTS.

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



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the App store & Google Play



Click to visit each app or website

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