



THE VOLUNTEER

NOVEMBER 2022

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ABOUT THE VOLUNTEER
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Cover:
134th ARW Maintainers perform "phase inspections" on a KC-135R aircraft. Phase inspections ensure the aircraft are in tip-top shape to complete the mission. (U.S. Air National Guard photo by Senior Master Sgt. Kendra Owenby)

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



Falcon Defender!

SFS Airmen train with Bulgarian Counterparts



Lookin' Sharp!

McGhee Tyson Car Show a Success



Medical Minute

Flu season is upon us



A Party to Remember!

Children's Halloween party filled with fun and great memories

Columns



Information Assurance Awareness

Cyber threats



A word from your DPH

Mood-boosting foods!



Blue Skies Airmen!

Nov Retirements



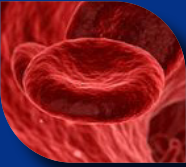
Rank Up!

Nov Promotions



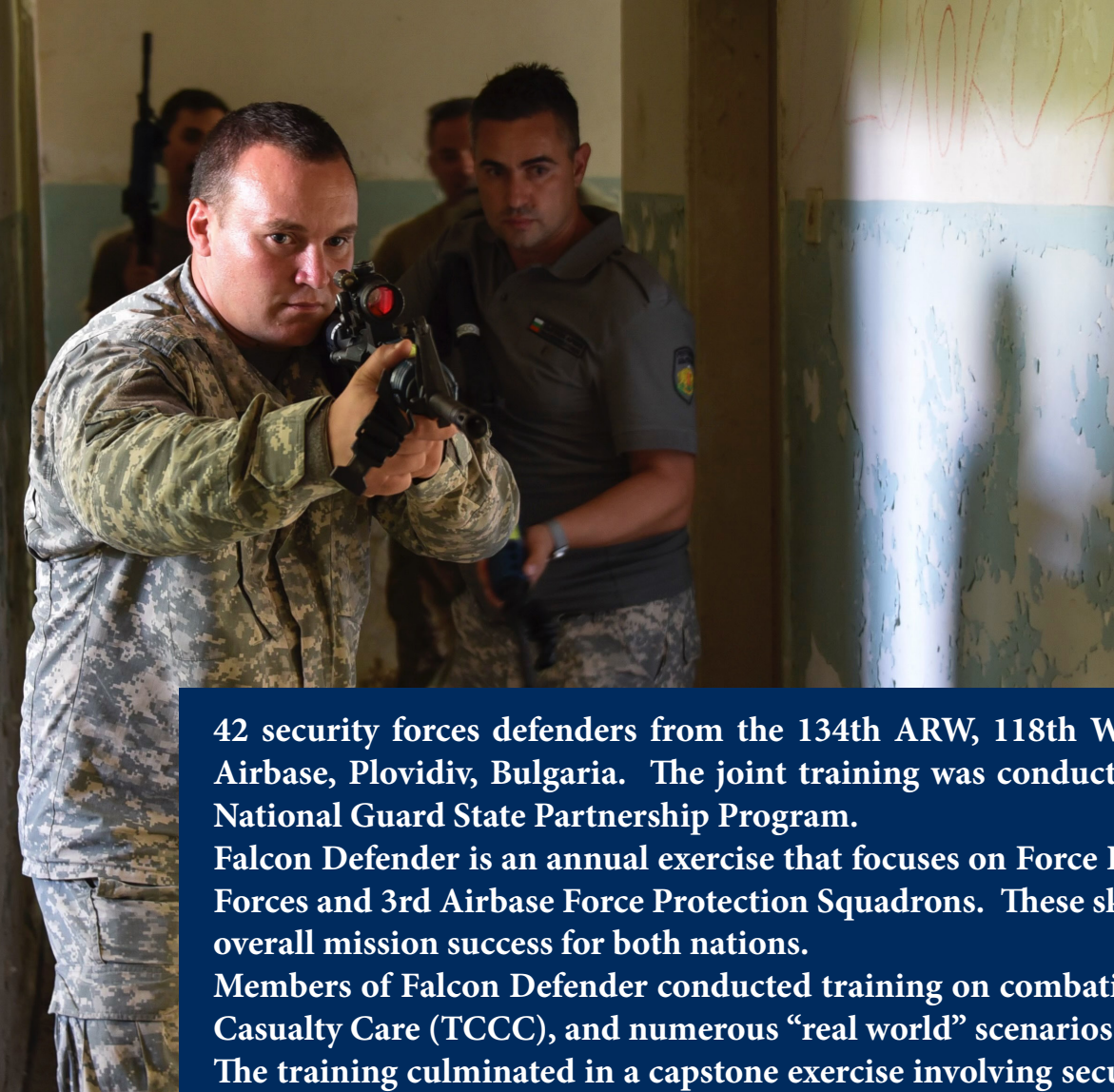
Top III & JEAA Meetings

E-7's and above welcome!
E-6's and below welcome!



Medical schedule

Nov 134th MDG Schedule



42 security forces defenders from the 134th ARW, 118th Wing, and 164th AW completed training recently at 3rd Airbase, Plovdiv, Bulgaria. The joint training was conducted as part of Exercise "Falcon Defender '22", under the National Guard State Partnership Program.

Falcon Defender is an annual exercise that focuses on Force Protection training for both the Tennessee ANG Security Forces and 3rd Airbase Force Protection Squadrons. These skills are crucial to installation security and help to ensure overall mission success for both nations.

Members of Falcon Defender conducted training on combatives, Shoot Move Communicate (SMC), Tactical Combat Casualty Care (TCCC), and numerous "real world" scenarios using an advanced weapons simulator.

The training culminated in a capstone exercise involving security and the 164th AW/3rd AB Firefighters at the end of their SMC/TCCC training, showcasing the skills they learned throughout the week.

The Tennessee ANG and our Bulgarian counterparts continue to engage in long term efforts to make us "Better Together".



Falcon Defender 2022!



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





Information Assurance Awareness: Staying aware of today's cyber threats!

26 October 2022

By: TSgt Tyler Renner | Ref: <https://www.microsoft.com/en-us/security/blog/2022/10/04/cybersecurity-awareness-tips-from-microsoft-to-empower-your-team-to-becybersmart/>

October is Cyber Security Awareness Month, and as such, we are focusing on the industry wide initiative to: #BeCyberSmart

Here are some basic steps we can all take:

Phishing: Deceptive emails, phony websites, fake text messages—these kinds of phishing scams accounted for 30 percent of attacks in 2021.5 During Terranova's annual Gone Phishing Tournament last year, 19.8 percent of participants clicked on the phishing email link, while 14.4 percent downloaded the fake document.6 So, how can we avoid taking the bait?

Check the sender's email address for verifiable contact information. Common phishing tip-offs include a misspelled or unrelated sender address. If in doubt, do not reply. Instead, create a new email to respond. Don't click on links or open email attachments unless you have verified the sender.

For more tips, visit the Federal Trade Commission phishing site. Devices and software: Unpatched, out-of-date devices and software are a leading access point for cybercriminals. That's why practicing good cyber hygiene is so important for avoiding destructive malware that can steal users' personal information. To help keep your devices safe:

Enable the lock feature on all your mobile devices.

Activate multifactor authentication on your sensitive apps and accounts. Run antivirus software and install system updates immediately. Scams: Criminals will often contact you seeking to "fix" a nonexistent problem. The email or text message will contain a sense of urgency, such as "Act now to avoid having your account locked!" If you see this type of message, do not click the link. And remember to always report any suspected scam so the organization can take action. A few tips to remember:

Be skeptical of unsolicited tech support calls or error messages requesting urgent action. Do not follow any prompts to download software from any third-party website. When in doubt, open a separate browser page and go directly to the company's webpage.

Passwords: Passwords are our first line of defense against unauthorized access to accounts, devices, and files. However, the average person now has more than 150 online accounts; password fatigue is always a danger. Some tips on how to protect your passwords include:

Use your browser's password generator to create stronger passwords. Avoid accessing personal and financial data using a public wireless network. Use a password manager, or consider going passwordless.

****More info available from 134 ARW / CFP @ 336-4357**

Ransomware: Protection & Prevention By: MSgt Adam S. Huskey

Ransomware is on the rise for both consumers and enterprise companies. But security software and a bit of common sense can help minimize the odds of a ransomware attack.

Prevention:

1. Install reputable security software on all your devices.
2. Delete suspicious emails and text messages purported to be from your bank, internet service provider (ISP), credit card company and so on. Clicking on a link may take you to a phony site asking for personal information.
3. Download apps (programs) only from trusted sources, such as the Microsoft Store, the Mac App Store, Apple's App Store, etc.
4. Regular backups are critical! They can be an offline solution (such as an inexpensive external hard drive) or an online cloud service (iCloud, Google Drive, etc) or both.

What to do if ransomware finds you:

If you are the target of a ransomware attack, the first rule of thumb is not to give in. Even if you pay for a 'decrypter,' there's no guarantee you'll get your files back. And it may encourage more criminal behavior.

If you're attacked, experts suggest the following:

1. Disconnect the computer from the network physically or turn off Wi-Fi.
2. On another device, do an online search to determine the kind of ransomware. Look for information on your hijacked computer screen, and perhaps take a photo as a backup.

Retirements

**Lt. Col. Richard Beam (OG)
SMSgt. Hubert Hall (AMXS)
SMSgt. Marlene Chester (ARW)
MSgt. Cherie Spence (LRS)**

Blue Skies Airmen!

PROMOTIONS

Amn *Ethan Jagger (MXS)
Avery Ribich (241st)*

AIC *Riley Smith (119)*

SrA *Abigail Wade (ARW)
Alex Lambert (SFS)
Nicholas Corbitt (119)*

SSgt *Natalia McElhaney (MDG)
Caleb Plantholt (241st)
Trenton Kimbler (FSS)
Kaylee Patterson (ARW)
Christian Perez (FSS)
Davari Reeder (CF)*

TSgt *David Farmer (241st)
James Lillquist (241st)
Steven Alvis (MXS)
Adam West (CES)
Jeremy Coffman (241st)*

MSgt *Travis Powers (LRS)
Aaron Johnson (CF)
David Johnson (241st)*

SMSgt *Patrick Hydo (Band)*



Medical Minute

By Lt. Col. Jennifer King, 134th Medical Group

Happy Flu Season...ahem...I mean Happy November! That's right. It's time for our routine discussion of what the flu is and what we can do to protect ourselves and our families. I'll include COVID as well, since the same preventative measures apply and only slightly different treatment for the great majority of us.

Starting with the basic characteristics of the flu and COVID, these viruses are highly contagious, meaning they are easy to spread from person to person. The typical flu creates fever, chills, body aches and upper respiratory symptoms (runny nose, cough, and congestion), with the possible added bonus of gastrointestinal symptoms (nausea, vomiting and diarrhea). COVID does the same, plus possible loss of taste/smell and a predisposition to developing blood clots. The illnesses typically last one to two weeks and symptoms typically start 1-4 days after exposure. The ill person is able to spread flu to others from 1 day prior to symptom onset to 4-5 days after symptom onset and COVID from 1-2 days prior to 1-2 weeks after symptom onset (sometimes kids can spread flu for up to a week or so as well).



How do we protect ourselves and our loved ones? Vaccination is huge for prevention of symptomatic infection and severe disease. Having your immune system pre-programmed to recognize and fight the virus from the get-go helps. The virus is spread through respiratory droplets that are released into the air up to six feet away when we talk, cough or sneeze. Droplets are then inhaled into our lungs when we breathe in, or remain alive on our clothes or on surfaces such as counters for 2-48 hours. We then touch these surfaces or our clothes, then touch our mouths, nose or eyes, thereby transporting the virus into our bodies. Thus, if ill individuals remain home, “quarantine” themselves and cover their mouth or nose with a mask when in public, the virus is less likely to go anywhere. From the other side, if healthy individuals wear a mask and wash their hands frequently when around known illness, they are less likely to contract it. This advice is great for known illness, yet the most contagious time is before people even realize they are ill and this is where precautions can have the greatest effect. As with all viral illnesses, one of the biggest changes you can make to protect yourself is to stay out of other people's personal bubbles and wash your hands with soap and water before eating and after touching public surfaces. Hand sanitizer works, but is also very drying, so use it only when soap and water are not available. The other biggie is to STOP TOUCHING YOUR FACE! I just screamed this in caps because I need someone to yell it at me too! Even when the germs are on your hands or clothes, if you don't touch your face and you wash before you eat, they don't get in. This one is HUGE!

Now, what if you're already sick? How do you know the difference between a cold, the flu, mild COVID and a life threatening process? A cold is a cold is a cold. Runny stuffy nose, post nasal drainage, cough and wimpiness, but you can still function with a cold, it's just not fun. With the flu, you feel like you've been hit by a truck. Sudden onset of above symptoms plus fever, body aches, GI symptoms and just plain misery. COVID runs the gamut from mild and cold-like to moderate and flu-like to severe and life threatening. We have antivirals for the flu and COVID but they need to be started early. Whether you have the flu or COVID, the same principles apply for when it's time to seek advanced medical care. Any fever that will not break with Tylenol/Motrin, any trouble breathing, dehydration (trouble keeping fluids down, decreased urination or impressive weakness) and getting suddenly worse or getting worse again after feeling better...all of these need to be seen immediately. The above described conditions; over functioning of the immune system, respiratory distress, dehydration and secondary bacterial infection; are what cause deaths from flu and COVID. When caught early, they can be treated much easier and with more success than when treatment is delayed. Do NOT try to tough it out. Seek medical care sooner rather than later. Have a safe and happy holidays, stay out of others spaces and wash your hands!

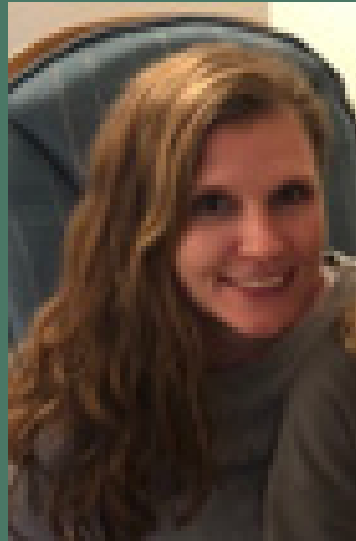


Children's Halloween Party 2022!



A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



Happy November everyone! As the weather cools down a bit and with Thanksgiving just weeks away, cravings for warm, comforting, fall foods may be on the rise. As you plan to prepare and indulge in some of your favorites, I encourage you to incorporate mood boosting foods. What would those foods be and how can they possibly improve your mood? Well, I'm glad you asked.

Tryptophan-rich foods. Tryptophan is an amino acid that helps with serotonin production. Over 90% of serotonin is produced from our gut. Serotonin is a neurotransmitter that plays a big role in our mood and sleep, as well as several other body systems. Low serotonin levels are associated with depression and anxiety. Tryptophan-rich foods include turkey, whole milk, chicken breast, firm tofu, eggs, oats, pumpkin seeds, peanut butter, sockeye salmon, and edamame. The World Health Organization recommends that adults get 1.4mg of tryptophan per pound of body weight daily.

Anti-inflammation foods. Inflammation in the body is linked to depressed mood, so it's important to include anti-inflammatory foods in your diet, like berries, tomatoes, broccoli, avocado, fatty fish, mushrooms, peppers – and even dark chocolate (70% or more cocoa).

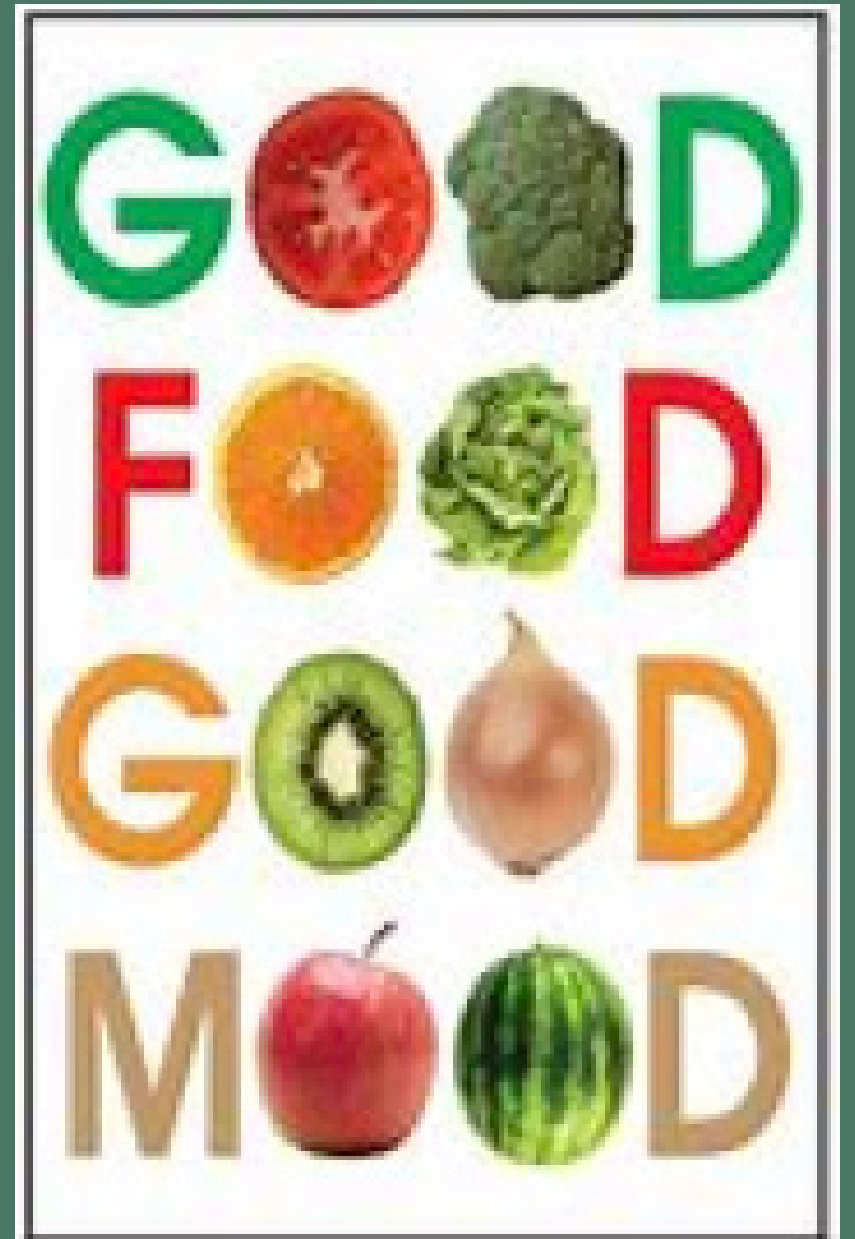
Complex carbohydrate foods. Sugary, processed, simple carbohydrate foods spike your blood sugar and then abruptly drop it shortly after, leaving you with low blood sugar that can cause irritability and moodiness. Instead, choose complex carbohydrate foods that take your body longer to digest and help to keep your blood sugar steady. Foods that have complex carbohydrates include quinoa, raspberries, whole grain bread/cereal, steel cut oats, beans, sweet potatoes, and chickpeas. Eating meals on a regular schedule and not skipping meals will also help to keep blood sugar levels steady – and to keep “hangriness” at bay.

There are many more foods that fit in the above categories and tons of lists and articles online that can tell you more options if you'd like. And don't forget to stay hydrated! Even mild dehydration can have a negative effect on your mood.

As always, I am happy to help and support you in any way that I can. Please don't hesitate to contact me during the week or over drill weekends. I'm here for YOU!

Natalie Pankau, Director of Psychological Health ~ 865-201-8129 ~ Natalie.Pankau@us.af.mil

Picture credit: <https://www.pinterest.com/pin/45317539987144617/>



THIS HOLIDAY SEASON, GIVE YOURSELF A GIFT OF PEACE!

By Bill Conner, 134th ARW Airman & Family Readiness Manager



As we start into the holiday season, many of us look forward to some much-needed downtime, and even though we take a fair number of days of vacation, it seems like we stay busy from the time we start leave, until the day we come back to work. Granted, there are some days that are crazy that we can't do much about. Thanksgiving Day, Christmas Day, travel days - they are going to be hectic so lean in and persevere like always. But for the other days, I'd like to offer some tips that may be helpful for making the holidays a little more restful and hopefully a little more enjoyable.

First, divide the day into thirds. When you have things that just HAVE to be done, do them in the morning, just knock those serious tasks out and be done with them by lunch. You'll feel like you won the day, and it's only lunchtime. Things that aren't as necessary, but you feel like getting them done, schedule them for the afternoon. Pick just a few and if you get to them, great. If not, shoot for tomorrow. Finally, and this is the big one, do ONE thing in the evening.

I can read your mind about this one. "Wait, what? Do ONE thing? What one thing is he talking about?" It really doesn't matter, the point is to pick one activity and do only that one activity. Make an intentional decision to eliminate all other distractions and just do the one thing. So, if you decide to read a book, turn off the television and put your phone completely out of sight. Watch a movie WITHOUT scrolling social media. Take a walk without talking on the phone. Watch your kids do an activity without taking photos and posting them. If you haven't already seen the pattern, your phone is almost always a constant distraction in nearly all of our activities.

When we talk about mindfulness, we're looking at focusing our attention on one specific thing at a time. We're not dwelling on things that happened in the past, and we're not worried about what might happen in the future. We're picking something important or relevant to us that's happening right now, and focusing on it without distraction. When we give our brain a break from constant multitasking by eliminating distractors, the activity we focus on will bring about a sense of relaxation and a greater sense of joy in the activity we're doing.

Pick a few activities you think you can do without distraction or interruption. Give them a try throughout the holiday season, and I'd love to hear how it went for you. When you're out and about, stop by and pick up a copy of Start Healthy, a new magazine from your 134th Resilience Team. It's full of fun ideas and recipes for the holiday season. If I can help in any way, please stop by the Airman and Family Readiness office or call me at 336-3107. I hope you have a peaceful and MINDFUL holiday!



The 134th Air Refueling Wing Resilience Team
134ARW TN Air National Guard
92 Briscoe Drive
Louisville, TN 37777

Top III Council

Top III meeting will be held at 1030 Sat.,
@ OPS training room
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!

Remember...



THINK OPSEC

134th Force Support Squadron

ID Card & DEERS Office – UTA Hours



Saturday – 0900-1100 & 1300-1530

Sunday – 1300- 1500

**For new ID Cards bring two forms of state
or federal ID**

**(Drivers License, Social Security Card,
Birth
Certificate, Handgun Carry Permit,
Passport, etc.)**

**To add new dependents please bring
Birth Certificate, Social Security Card,
and Marriage Certificate.**

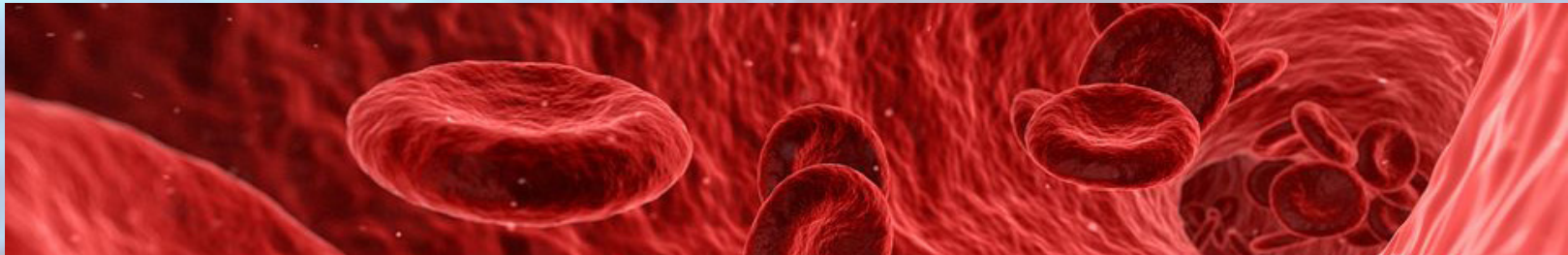
**ALL DOCUMENTS
MUST BE THE ORIGINAL COPIES**

**For questions please call
865-336-3255 or 865-336-3256**

134 ARW MEDICAL GROUP

SATURDAY - 05 NOV

- 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 - 06 NOV

- 0900-0930 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 417)
- Sat and Sun-Flu Shot Teams TBD

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.

Leadership 134 needs your ideas!

Leadership 134 is a group of Field Grade and higher Company Grade Officers and Senior Non-commissioned Officers selected by leadership for opportunities that go beyond their Air Force Specialty Code. As part of their program, Col Hartley has asked the members to create and implement a base project that will endure and last for years to come. The group has decided to come up with some designs for a monument/structure that would represent past present and future history of the base. They are asking for input for design ideas. The structure will be placed in front of the 134th HQ building and will be in place for many years to come for all to see.

The goal is to present 2-3 ideas to Col Hartley for approval by early DEC. If you have ideas for the monument, please send your drawings/digital designs in .jpg format to Maj. Latashia Posey at latashia.posey.1@us.af.mil NLT than 15 NOV.

WHAT DO I DO WITH MY USED/BROKEN FURNITURE?

1. **Identify what can/cannot be turned into DLA-DS.** DoDM4160.21 Vol 4 page 31. (https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodm/416021_vol4.PDF)

2. **Customer determines if furniture is Usable Property or Scrap Property**

- Scrap Property?**- Contact CE to coordinate disposal.
 - Usable Property?** - Customer and DSR decide if Reutilization, Transfer, Donation (RTD) not an option, submit turn-in using **ETIDS** (used to generate DD 1348 - complete prior turn-in.)
- Customer to palletize/package the furniture for transport. Palletize required.
 - Attach 2 copies of the 1348 to the asset and provide 1 copy to TMO. Maintain one TMO signed copy, f/records. Prep 4 copies total.
 - All drawers, cabinets, shelves are empty free of debris/documents.
 - Contact TMO to bring to LRS warehouse for turn-over. TMO takes possession of the shipment and adds it to manifest f/pick up. *LRS no longer takes truck loads to DLA Disposition Sites*

- Are you receiving new furniture?** - Work w/ Supply on turn-in process ahead of new furniture arrival.



Accurate identification is important!

Usable Property—Property that is still functional as designed. This can be any excess/surplus property.

Scrap Property— Waste and discarded material derived from items rendered useless beyond repair (original function has been destroyed)

Recyclable Waste— Materials able to be segregated by type; e.g. metals, plastics, etc. (a metal and plastic chair is not recyclable unless material is physically segregated.)

WebFLIS— <https://fp.logisticsinformationservice.dla.mil/>
Link w/ info to help fill out the DD Form 1348-1A.(NSN, manufacturer, etc.)

Supply (TMO)	336-3355
CE Work Control	336-4219
Environmental Mgmt	336-4256

Be a good steward of our Base! In caring for our Base and carrying out our mission, make sure you follow the Air Force tenants, integrity first, service before self and excellence in all we do. We have inherited this place from those who have come before us and should leave it better to those who will follow. Stewardship is voluntary.

Keep it clean! Our base is our house. The way we keep it is a reflection of our dedication to it. Putting discarded items in their right place and keeping our areas clean is a way we can all show what this place means to us.

If you don't know, then ask. The key to good management is asking questions. You are not required to know everything, just that you are willing to be a part of the process. Call Supply or CE and we will get to the right solution together.

Government Use ONLY! On-base disposal is only for broken and unserviceable government furniture.

Personal/home items are NOT AUTHORIZED for on-base disposal.



ROCKY TOP

DINING FACILITY MENU

Saturday 05 Nov

Lemon Garlic Butter Fish
Porcupine Meatballs
Egg Noodles
Cilantro Lime Rice
Broccoli
Black Beans
Corn

Sunday 06 Nov

Ham
Roast Turkey
Mashed Potatoes
Sweet Potato Casserole
Cornbread Dressing
Roasted Carrots
Green Beans
Turkey Gravy
Cranberry Sauce