



THE VOLUNTEER

November 2021

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ABOUT THE VOLUNTEER
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Cover:
The sun sets behind 134th ARW Security Forces Airmen guarding KC-135R Stratotankers from the 151st Air Refueling Squadron during a routine training exercise. (U.S. Air National Guard photo by Staff Sgt. Melissa Dearstone)

This page:
F-16 mid-air refueling image by Master Sgt. (Ret.) 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*



Christmas Time's A Comin'!
Christmas events scheduled for Dec.



The Chaplain's Cup
How do you see your personal growth?



Cybersecurity Awareness!
Social Media Security



Approaching a Season of Thanksgiving
Be Thankful!

Columns



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



JEAA Meeting
E-6's and below welcome!



Rank Up!
November Promotions



Medical schedule
November 134th MDG Medical Schedule



A word from your DPH
Coping through the holiday season



McGhee Tyson Christmas 2021



Christmas Party Sat. Dec. 4th

Location: Hangar 113

Happy Hour: 1700-1800

Party/Dinner: 1800-2100

Tickets: \$10 ea. (see 1st Sgt.s & Chiefs)

Entertainment events

- SEC Championship Game on TV*
- Air Force Band*
- Door prizes*
- Club cash bar*

Family Day Sun. Dec. 5th

Location: Hangar 113

Time: 1300-1500

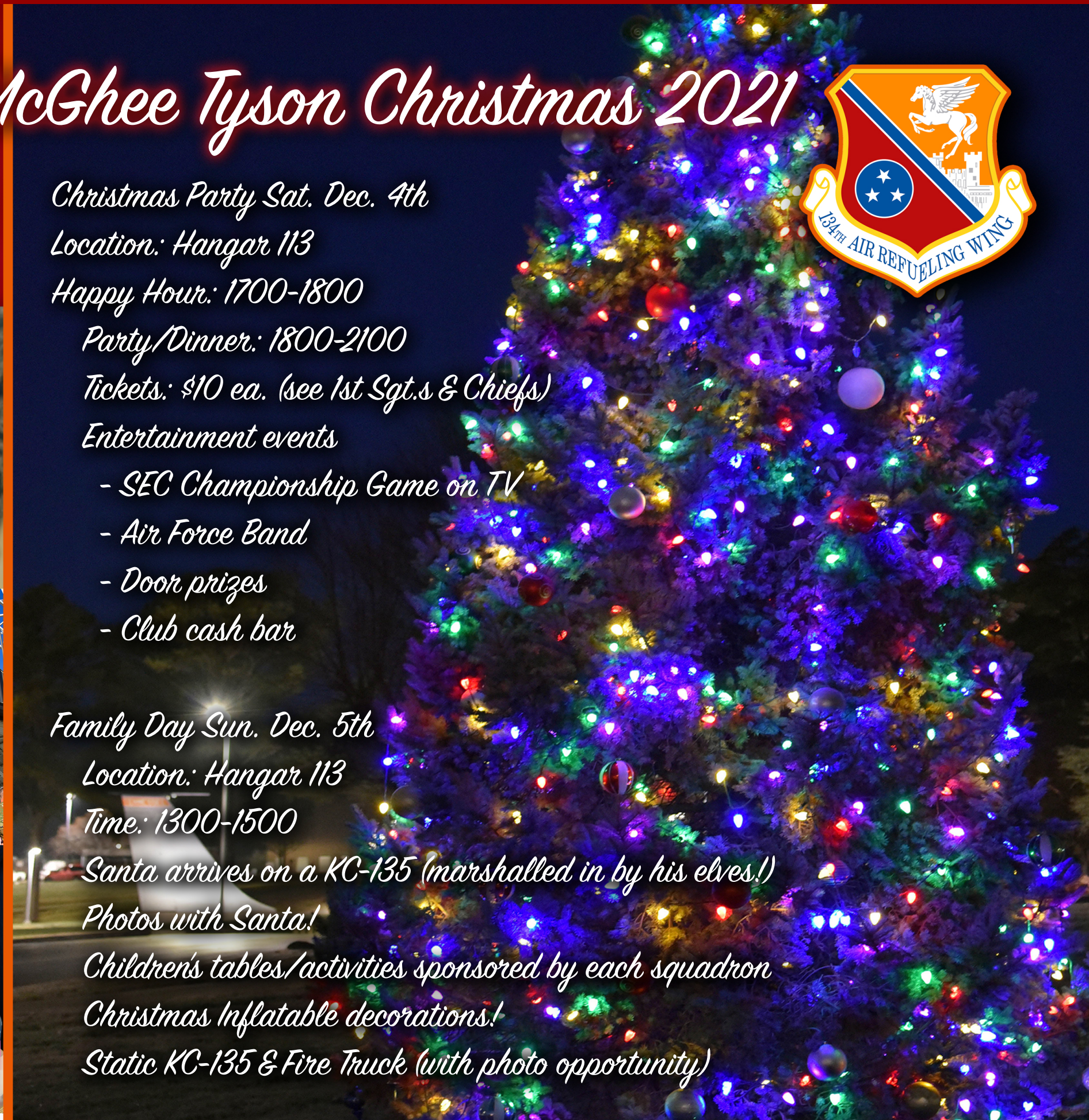
Santa arrives on a KC-135 (marshalled in by his elves!)

Photos with Santa!

Children's tables/activities sponsored by each squadron

Christmas Inflatable decorations!

Static KC-135 & Fire Truck (with photo opportunity)



The Chaplain's Cup - Toyota, Mark Twain and your Personal Growth

By Chaplain Nathan Tarr, 134th Chaplains Office

The military emphasizes continuous process improvement (CPI); taking regular audits to see how a process is working and making regular tweaks when we discover an area of that process that can be improved.

This approach is built around two convictions. First, we need to get started. Processes like designing and distributing uniforms or providing AFCS-specific training has to be happening. Second, those processes can always become more efficient. The key insight of CPI is that these two convictions need to be held together. If we waited until we had the perfect process, we would never get started. But if we never bothered to improve our processes once they were underway, the mission would suffer.

We can apply a similar insight to our own personal growth. If you watched the summer Olympics, you may have seen the Toyota commercial that encouraged us, “you don’t have to be amazing to start, but you have to start to be amazing.” Mark Twain said something similar one-hundred years before, “continuous improvement is better than delayed perfection.” The point is that personal development works a lot like process improvement. We won’t grow if we don’t start. But once we begin, we need to look for ways to keep getting better.

So, what kind of growth would you like to see in yourself over the last quarter of 2021? The area you have in mind might be professional, financial, relational, spiritual, musical, intellectual, moral, physical? How are you hoping to grow as a person, as a citizen, as an Airman? Once you get clear on that vision, get started. What would it look like to take the first few steps forward toward the goal? Then, as you move forward, interpret challenges that arise as invitations to adapt your approach.

This ongoing process of personal growth is good work. It is also difficult to sustain without a wingman. So grab a trusted friend and share your goals with them. Share your challenges too as they come. Receiving insight and encouragement from key people in our life is key to staying on track.

(photo courtesy of Pixabay.com)



Approaching a Season of Thanksgiving

By Maj. Seth Hammond, 134th Chaplain's Office

Many of us live by the phrase, "If only."

- If only I had a new car.
- If only I had a nicer home.
- If only I had \$10,000 more dollars.
- If only I got this promotion.
- If only I had more hair (well now you know my "If only" statement).

As we say, "If only", we grow discontented in life. Discontentment is a feeling of dissatisfaction, restlessness, and unhappiness. Are you dissatisfied with something right now? Are you restless or unhappy? If this is you, I would encourage you to change your "If only" to "I'm thankful for..."

November is a time of thanksgiving, and there is something powerful when we show gratitude for the things we have been given. When was the last time you thanked God for the car you drive, the good health you have, the relationships of those close to you, or even the food you have in your refrigerator? A heart of thanksgiving will destroy a heart of discontentment. When you take time to thank the Lord for what He has given you, it will turn your perspective from dissatisfaction, restlessness, and unhappiness to one of gratitude.

Robert Louis Stevenson said, "The person who has stopped giving thanks has fallen asleep in life." It's important for us to make gratitude a part of our lives. There are 140 references in the Bible instructing us to give thanks. This Thanksgiving season, take some time to thank God for His provision. Give thanks for the job you have been given in the Air Force. Thank other Airmen for supporting you. Thank those who have helped you get you where you are today.

The more thankful you are, the less discontented you will be.

(photo courtesy of Pixabay.com)





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

OCTOBER 2021 – Cybersecurity Awareness Month: Social Media Security

How to Recover from Identity Theft:

By: MSgt Adam S. Huskey

Identity theft and identity fraud are terms used to refer to all types of crime in which someone wrongfully obtains and uses another person's personal data in some way that involves fraud or deception, typically for economic gain. The Federal Trade Commission has set up a site to help victims of Identity Theft at IdentityTheft.gov.

What to Do Right Away:

1. *Call the companies where you know fraud occurred.*

- * Explain someone stole your identity
- * Ask them to close or freeze the account(s).
- * Change any logins, passwords or PINS for the account(s).

2. *Place a fraud alert and get your credit reports.*

- * Place a free, one-year fraud alert by contacting one of the three credit bureaus. That company must tell the other two (Experian, TransUnion, Equifax).
- * Get your free credit reports from Equifax, Experian and TransUnion. Go to annualcreditreport.com
- * Review your reports. Make note of any account or transaction you don't recognize. This will help report the theft to the FTC and police.

3. *Report Identity Theft to the Federal Trade Commission (FTC).*

- * Complete the online form at IdentityTheft.gov or call 1-877-438-4338. A report will be created.

26 October 2021

By: SSgt Tyler Renner | Ref: <https://www.DefendingDigital.com>

Social media plays a vital role in our daily life. Sites like Facebook, Twitter, and Instagram are the most common social channels with over 3 billion users. But with that many users, they are also perfect targets for people with malicious intent. It takes a combination of the social media platform and you, the user, to ensure data is secure.

1. Use Strong Passwords and a Password Manager

If your password is weak, your account could be compromised. Also, if you are using the same password for different accounts, all of those accounts can get hacked easily. Each site needs to have a separate, strong password which is changed regularly. A password manager can assist with this task.

2. Update Security Answers and Privacy Settings

Social media platforms give users the option to limit their audience. But many are unaware just how important this is to the security of data. You can ensure only people who require access to your data can see it by updating your privacy settings.

3. Be Careful What You Share

Avoid sharing personal information online because it can be used for identity theft or malicious actors can simply sell your personal information for big money. When setting up a social media account, leave your profile as empty as possible. People who need to know your birthday, address, age and other personal info already know.

4. Use a Virtual Private Server and Network (VPN)

One of the most effective ways to ensure your data is transmitted securely is to use a VPN. It encrypts your data and creates a secure internet "tunnel" to the destination. Many companies offer VPN services for a small fee.

5. Verify friend requests and block fake accounts

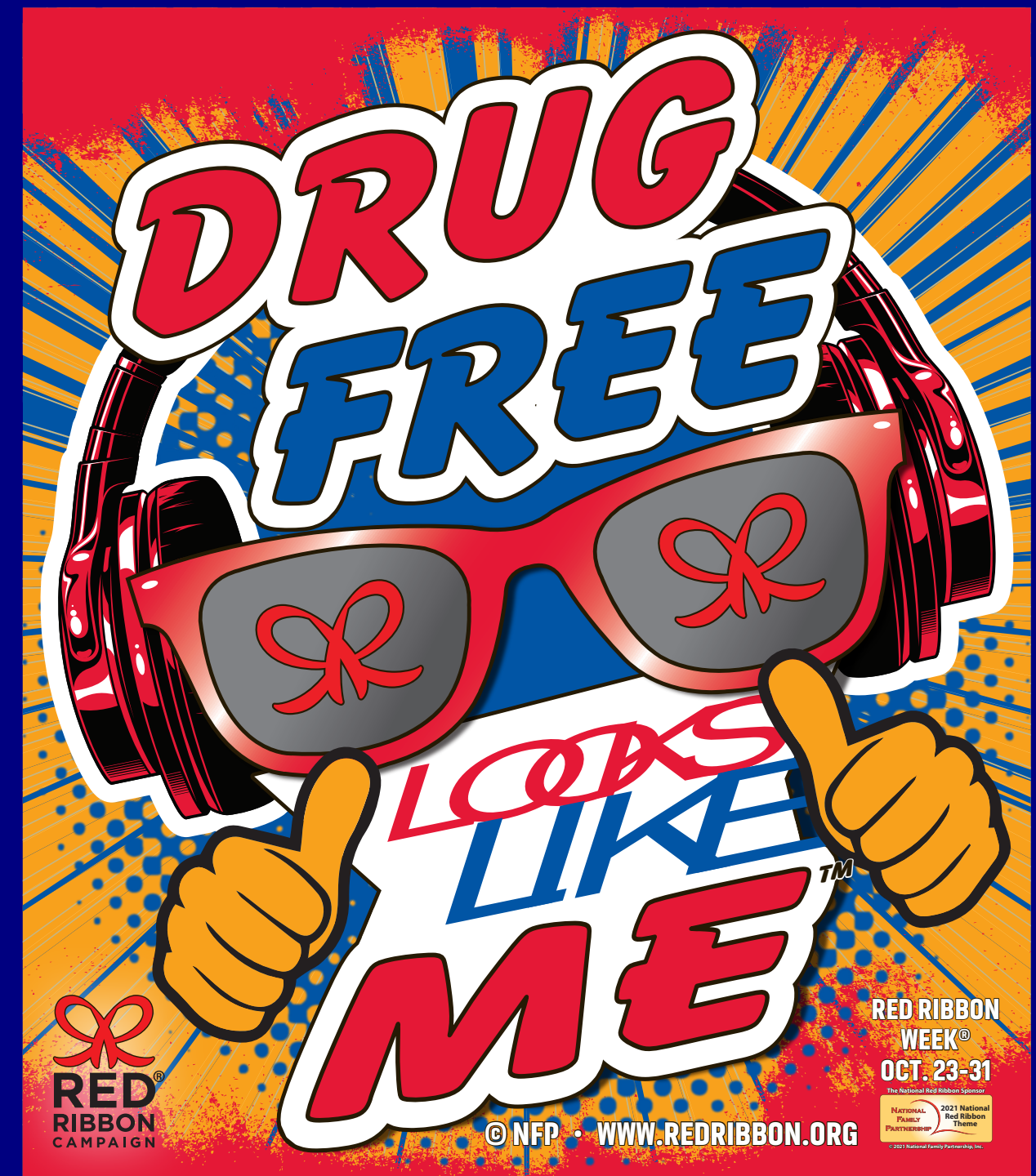
Social media platforms like Facebook or Instagram are full of fake profiles. Don't accept any friend request without verification. If someone is disturbing you, it's good to report and block such profiles.

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

What IS Red Ribbon Week?

Red Ribbon week is the oldest and largest drug prevention program in the nation running the last week of October each year. It started when drug traffickers murdered DEA agent Enrique Camarena in 1985. In honor of his memory and his fight against illegal drugs, friends and neighbors began to wear red badges of satin while adopting his belief that one person can make a difference.

This year's theme, "Drug Free Looks like Me" was created by 7th grader Marin Wurst in Solon, Ohio.





“RANGE TIME”

(U.S. Air National Guard photo by Staff Sgt. Darby Arnold)

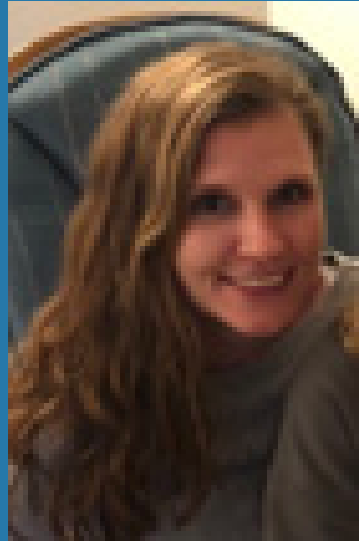
Mission/Readiness Focused Activities
AFSC Focused Training
Developing Airmen
Saving Airmen's Time
Wrapped in a Culture of Safety



Are YOU
Volunteer Ready?

Coping through the Holiday Season after the Loss of a Loved One

By Natalie Pankau, 134th ARW Director of Psychological Health



November is here and in just a few weeks, Thanksgiving will be upon us to kick off Holiday Season 2021. For many, holidays are exciting and joyous –time to get together with family and friends, eat delicious food, and get the day off of work. For others, the approaching holidays can feel like a looming rain cloud as they think about a loved one they have lost. Perhaps this is the first holiday season without that loved one here...or maybe it's the twentieth. Just like the anniversaries of losing loved ones, the holidays can bring feelings of grief, bereavement and sadness. If you can relate to this, please know that you are not alone and that it is ok to have these feelings- no matter how long ago your loss was. There are lots of different things you can do to honor and remember your loved one, all while helping yourself to cope with your grief. Here are just a few ideas...

Start a tradition in your loved one's memory – even if this is not the first holiday season without your loved one, it's never too late to start a tradition to honor them. You could get an ornament or other special holiday decoration that reminds you of your loved one, and then encourage yourself to think of good, happy memories when you look at it throughout the season.

Donate time or resources to a cause you care about in honor of your loved one – like volunteering at a community organization or donating food to a local food pantry or even signing up for a walk/run for a special cause that honors your loved one.

Have a good cry – yep, this one's pretty self-explanatory and truth be told, sometimes it's exactly what we need to do. Listen to music, look at old pictures, write a letter to your loved one, get together with others and share stories of happy memories – and allow yourself to cry, don't try to suppress it or feel like you shouldn't for whatever reason. Let.It.Out. It's ok and it's a healthy coping skill. We never “get over” losing our loved ones; instead, we work to get to a place where we feel more at peace with our new reality. Experiencing grief of your loved one over the holidays, on their birthday, on your birthday, on the anniversary of their loss, or any other day that was special to you and them – it doesn't mean that you are taking steps backwards in your grieving process, nor does it mean that anything is wrong that you still feel sad about them at times. Grieving is a very personal process that has no set rules or timeline. And when you get to a peaceful place with your new reality, remind yourself that your loved one would want you to be happy and at peace – you are not betraying or forgetting them if/when you get to a place where you can focus on the happy memories and your grief and sadness have lessened or stopped.

As always – I am here for you if you want to talk about grief, loss or anything else that may be on your mind or causing you stress. I am in Moon Hall, Building 412-A on the 2nd floor. If you come up the stairs that are closest to Spruance Hall, my office is the first on the left. My work cell is 865-201-8129 and I am on base full time during the regular work schedule and on Drill weekends. Im not scary, I promise. ☺

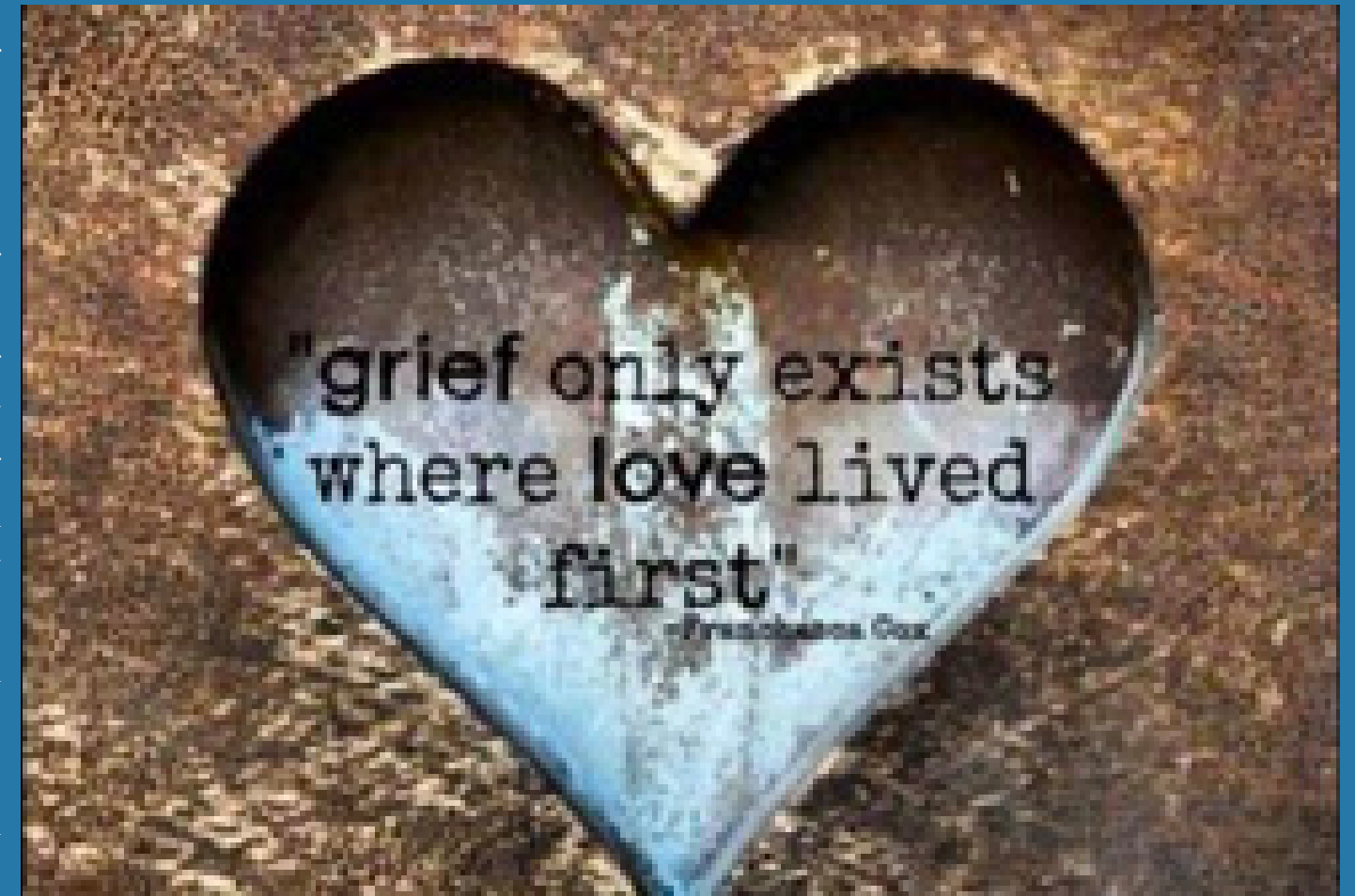


Photo courtesy of bing.com

134 ARW MEDICAL GROUP

SATURDAY - 06 NOV

- 0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)
- 0800-1500 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 - 07 NOV

- 0730-0800 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)
- 0800-1200 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

Master Sergeant

Gary Washburn 134 MDG
Tyler Pritchard 134 MDG

Technical Sergeant

Chad Roysden 119 COS
Jesse Souza 134 MXS
Daniel Kabtah 134 MOF

Staff Sergeant

Alexander Stewart 119 COS
David Morgan 134 OG
Hunter Ricks 134 OG
Michaela Cundari 572 Band
Dalton West 134 AMXS
Jesse Holzman 134 FSS

Senior Airman

Christian Perez 134 FSS
Kailyn Johnson 134 MXG
Morgan Hardy 134 MXG
Jordan Skiles 134 CES
Rachel Ribman 151 ARS
Chantal LeBon 134 ARW
Takoda Hacker 134 SFS
Tyler Williams 119 COS
Jared Newvine 119 COS

Airman First Class

Harrison McNabb 119 COS



Retirements

Lt. Col. Dean Thiele - 01 Oct
CMSgt William Terry - 01 Oct
MSgt Christopher Berney - 11 Oct

Top III



**will meet 1030, Sat.,
Nov. drill @ the Air Park**
Open to all E-7's
and above!

JEAA Meeting

Sunday UTA @1300

Location: Air Park

All E-6's & below welcome!

Come learn about our
upcoming food drive!

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



Be careful
what you say
& where you
say it!

THINK OPSEC!

CARELESS TALK
COSTS LIVES



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 06 Nov

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

Sunday 07 Nov

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