



# THE VOLUNTEER

DECEMBER 2022

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134 Briscoe Dr  
Louisville, TN 37777  
(865) 336-3214

CHIEF OF PUBLIC AFFAIRS:

Lt. Col. Travers Hurst

PUBLIC AFFAIRS OFFICER:

2nd Lt. Maggie Nave

PUBLIC AFFAIRS SUPERINTENDENT:

Senior Master Sgt. Kendra Owenby

PUBLIC AFFAIRS SPECIALISTS:

Master Sgt. Nancy Goldberger

Master Sgt. Jonathan Young

Tech. Sgt. Teri Eicher

Staff Sgt. Justin Lillard

Staff Sgt. Melissa Dearstone

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ADMIN:

Senior Airman Sarah Costen

Senior Airman Christa Pellham

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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](mailto:travers.hurst@us.af.mil).

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Cover:

Lt. Col. Glen Beam, 134th Air Refueling Wing KC-135R Stratotanker pilot, taxis back in after completing his "fini" flight, or final flight. (U.S. Air National Guard photo by Senior Master Sgt. Kendra Owenby)

This page:

KC-135R Stratotanker image by 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



### Fini Flight...Check!

Congratulations to Lt. Col. Beam!



### Train like we fight!

SFS training maneuvers



### Sen. Blackburn visit

Airmen have opportunity to share valuable skills



### Skeet for Santa!

Airmen gather to raise funds for Santa Cops

# Columns



### A word from your DPH

Hygge for your holidays!



### Blue Skies Airmen!

Dec Retirements



### Rank Up!

Dec Promotions



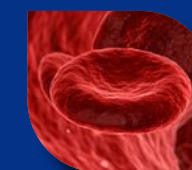
### Top III & JEAA Meetings

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



### Chaplain's Cup

"Don't miss the big news!"



### Medical schedule

Dec 134th MDG Schedule



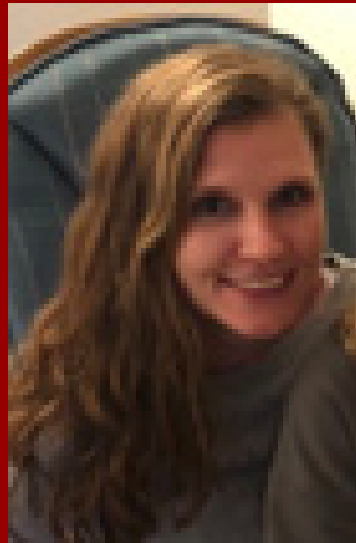
# FINI-FLIGHT...CHECK!

Blue Skies Lt. Col. Beam!



# A word from your DPH, Natalie...

By Natalie Pankau, 134th ARW Director of Psychological Health



**Hygge for your Holidays...and all the other days, too!**

**Ever heard of hygge (pronounced hoo-gah)? Embraced by the Danish culture since the late 1700's, hygge is a way of living that's all about comfort, coziness and peace. The concept has become trendy over recent years, but its definitely a trend worth keeping – and it even has health benefits, too!**

**As we head into the holiday season, many of us brace for a whirlwind of emotions. Joy, stress, happiness, loneliness, peace, sadness and/or contentment are just some of the feelings we may experience. Finding ways to add hygge in our environments and activities can help increase positive feelings to improve our emotional well-being.**

**To create a hygge atmosphere at home, use warm, soft white lighting with lower lumens as opposed to super bright, harsh lightbulbs. Add a lamp to the space if there's currently only overhead lighting. Bring in neutral, warm colors like cream, light brown, beige in your décor. Less is more, so simplify your space to reduce clutter. Have a variety of soft textures with accessories like throw blankets, rugs, and pillows. Candles and relaxing scents, like lavender, also facilitate calm and comfort in the space.**

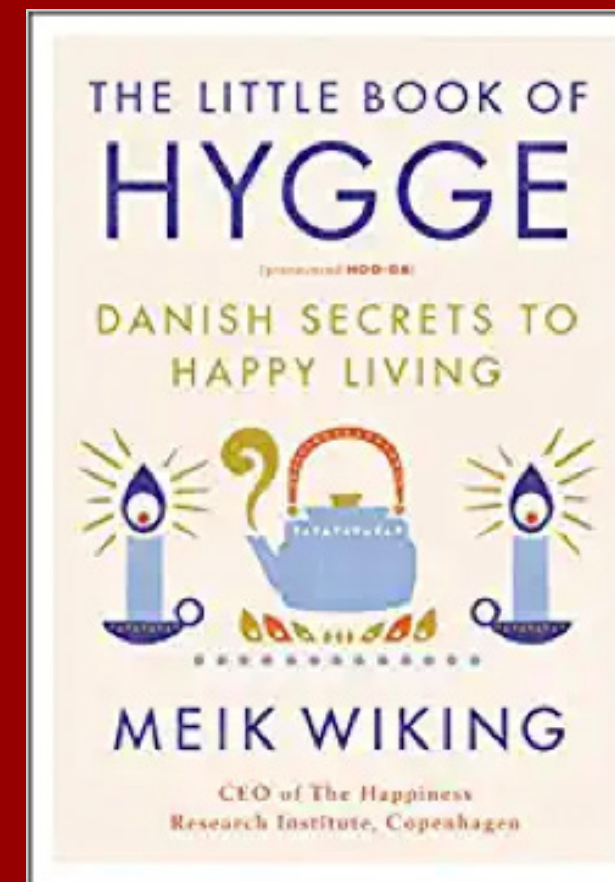
**Hygge is not only about creating a cozy environment, its also about authentically connecting with others and enjoying life's simple things together. Put those phones and iPads away and enjoy sitting with family and/or friends for a meal or a good ol' fashion board game. If your loved ones are far away, get comfy on the couch and call them for a visit.**

**There are several great books and articles available to give you more ideas and tips on how to add hygge to your life – not just at home, but at work and even outdoor spaces. Here are a few options:**

**Please schedule (yes – schedule it or it won't happen!) some time each week for yourself to relax, rest and slow down from the hustle and bustle. As always, I am here for YOU- so please don't hesitate to call 865-201-8129, email [natalie.pankau@us.af.mil](mailto:natalie.pankau@us.af.mil), or stop by Bldg 417, 2nd floor during the week or on drill.**

**Wishing you and your loved ones wonderful holidays for all that you celebrate.**

**Happy Hanukkah, Merry Christmas, and Happy Kwanzaa!**





**Train like we fight**



**CONGRATULATIONS to Mr. Bobby Yates, Food Service Manager,  
on 39 years of service at the Rocky Top Dining Facility!**



(Photo courtesy of Force Support Squadron)

## *Retirements*

- SMSgt Travis Culpepper (MXS)**
- SMSgt Andrew Schneider (LRS)**
- MSgt Ryan Kuykendall (AMXS)**
- TSgt Joshua McKinzie (CES)**
- TSgt James Moshier (MOF)**

*Blue Skies Airmen!*



*A Warm, Heartfelt  
Holiday Greeting...*

**From your Friends at ETMA  
Federal Credit Union!**

1828 Airbase Road  
Louisville, Tennessee 37777  
865.268.2997

[etmafcu.net](http://etmafcu.net)



## **PROMOTIONS**

- |             |  |   |
|-------------|--|---|
| <b>AIC</b>  | <i>Mycol Trumble (LRS)</i>   | <i>John Williams (SFS)</i><br><i>Joshua England (SFS)</i>   |
| <b>SrA</b>  | <i>John Batson (SFS)</i><br><i>Jessica Sharp (MDG)</i><br><i>Avery Donohue (LRS)</i>                             | <b>MSgt</b> <i>Robert Kelly (241st)</i><br><i>Jeremy Kidwell (LRS)</i><br><i>Joshua Graham (119th)</i>      |
| <b>SSgt</b> | <i>Samuel Parker (SFS)</i><br><i>Logan Wagner (LRS)</i><br><i>Sarah Morris (OG)</i><br><i>Aaron Atkins (MXS)</i> | <b>SMSgt</b> <i>Samantha Jorgenson (MXG)</i><br><i>Stephanie Justus (ARW)</i><br><i>Ronald Martin (MXG)</i> |
| <b>TSgt</b> | <i>Nicole Erb (MDG)</i><br><i>Kristin Byrum (OG)</i><br><i>Jessica Ball (MXS)</i>                                | <b>CMSgt</b> <i>Bertie Wiggins (FSS)</i>  |
|             |  | <b>Capt</b> <i>Richard Michelhaugh (119th)</i><br><i>Nicholas Wytrwinal (151st)</i>                         |

# Chaplain's Cup: "Don't miss the big news!"

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

In December 1903, after many attempts, the Wright brothers were successful in getting their "flying machine" off the ground. Thrilled, they telegraphed this message to their sister Katherine: "We have actually flown 120 feet. Will be home for Christmas." Katherine hurried to the editor of the local newspaper and showed him the message. He glanced at it and said, "How nice. The boys will be home for Christmas." He totally missed the big news--man had flown!

Christmas time is a time for us to rest, recharge, and reset. It's a time where most of us will be with family, take time off work, and enjoy a break. There are a lot of great things about this season that make it "the most wonderful time of the year": the lights, the carols, the presents, and the food. It would be easy for us to get caught up with all the festivities of Christmas that we forget the big news of why we celebrate Christmas as a national holiday.

On the night Jesus was born, we learn from Luke 2:10-11:

And the angel said to the shepherds, "Fear not, for behold I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord."

The people of God thought a King was coming to deliver them from the Roman oppression they were under, but this King would not bring war, He would bring peace on earth. He would come to offer forgiveness of our sins and would bring peace to our troubled souls.

Many of us today are filled with anxiety and stress. All the "aches" in life get to us from our heartaches, headaches, backaches, and bellyaches. One doctor said, "You don't get stomach ulcers from what you eat, you get ulcers from what is eating you."

If the difficulties of this life are weighing you down, I would encourage you to remember the reason for the season. Remember there is a King who brings peace for our souls and peace for our struggles. Find hope in the Lord and focus on your spiritual resiliency this season. Don't allow all the fun things of Christmas to drown out the most important. Don't miss the big news!

(photo courtesy of pixabay)



**Senator Marsha Blackburn recently visited with Airmen at the new 134th Air Refueling Wing aircraft maintenance hangar, where she was given a tour of the new facility. Aircraft Structural Maintenance Specialist, Master Sgt. Steven Patty, demonstrated the sheet metal shop's fabrication abilities that could potentially cut long-term costs and wait times for parts.**



**Work smarter, not harder...**





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

22 November 2022

By: TSgt Tyler Renner | Cyber Defense Operations Specialist

**Fraudsters are smart, but you're smarter.**

Join us, and let's all: **#BeCyberSmart**

### Stay secure with these best practices

By: SSgt Casey J. McKenna

- *As a rule of thumb: 99% of companies won't ask you for "that." They'll never call you to request a one-time verification code, PIN, password or other personal identification details.*

- *Look for a Company's Security Seal. A security seal is like a personalized stamp, your first and last name and the last four digits of your member number, for instance. It is meant to verify that the sender is authentic. Not all companies use this.*

- *Enable multifactor authentication, or what we call "2FA." Websites offer a "remember me" feature also to help you login without compromising security.*

- *Use strong passwords. Always. Traditional passwords aren't secure enough. Use the strongest authentication options provided, and don't share or save these details on public devices.*

- *Monitor your accounts frequently. Keep a close eye on your accounts at all times, respond to fraud alerts and report unauthorized transactions right away.*

- *Don't ever respond to unsolicited messages. Ignore and delete random texts and e-mails that ask you to click a link or provide personal information. Don't ever click links from untrusted sources.*

- **Identify the imposter.** Imposters pretend to represent legitimate companies, a bank, a government agency, or close family member. These fraudsters are impersonating actual employees through text and phone calls. Even if it looks or sounds legitimate, most companies will never call you and ask for login information or one-time codes. Ever. Ask yourself this... why would they need it?

- **If it's too good to be true.** You found that perfect job online. You get hired quickly and receive a check to buy supplies. You're asked to deposit the check and send back the money you don't use. Unfortunately, their check bounces and now you're at a loss. If you're ever asked to deposit a check and send money elsewhere, don't do it. It's a scam!

- **Protect yourself from phishing emails.** Pay attention to any email claiming to be a bill or a security alert. If anything looks odd such as misspelled words, your name not appearing on the email, links that don't appear to go to the right place, requests for you to "verify" account or personal information, delete the message and report these requests to the company being impersonated.

- **Recognize pressure tactics.** Fraudsters will create a false sense of urgency to get you to act. Don't fall for it. There is nothing that you don't already have that you need that badly!

- **Go to the source.** Trust your gut. If you're questioning the person who called you, texted you, or sent you an e-mail, hang up and call the phone number on the back of your card. Visit the actual website of the company in question for more authentic information.

- **Be a smart sender.** Never send money to someone you don't know in real life, especially through third party services such as Zelle®, Venmo and Cash App. Don't send a payment with gift cards. Legitimate businesses will never request a gift card to satisfy a bill.

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

# SEASON'S GREETINGS to all 134th ARW Airmen, families & friends!

## Don't forget to check on your wingman during the holidays!



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



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

## Resiliency Team



## Leadership



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



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

# Top III Council

Top III meeting will be held Sat, 03 Dec.  
@ 1030 in Bldg 190 (new MXS hangar)  
**Open to all E-7's and above!**

## JEAA

(Junior Enlisted Advisory Association)

Meeting will be held Sat.03 Dec  
@ 1300 in Bldg 102 briefing room

**Open to all E-6's & below!**



# SKET FOR SANTA!

**Airmen eagerly gather to raise funds for Santa Cops holiday event for youth at the East Tennessee Children's Hospital**



# 134 ARW MEDICAL GROUP

## SATURDAY UTA - 03 DEC

- 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 UTA - 04 DEC

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

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

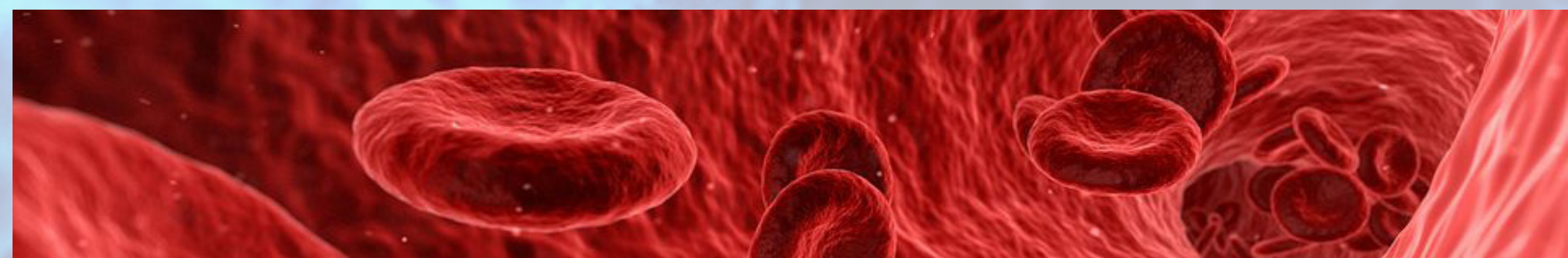
**NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION. FASTING IS NO FOOD, YOU SHOULD DRINK WATER AND TAKE ANY MEDICATION PRESCRIBED TO YOU.**

**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.**



# 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**



# ROCKY TOP

DINING FACILITY MENU

## Saturday 03 Dec

Ginger Soy Pollock  
Beef Bulgogi  
Fried Rice  
Lo Mein Noodles  
Veggie Stir Fry  
Mushrooms  
Egg Rolls  
Sweet & Sour Sauce

## Sunday 04 Dec

Ham  
Turkey  
Steam Ship Round  
Mashed Potatoes  
Glazed Sweet Potatoes  
Dressing  
Cream Corn  
Green Bean Casserole  
Broccoli Casserole  
Gravy