



THE VOLUNTEER

December 2021

THE VOLUNTEER MAGAZINE
IS PUBLISHED MONTHLY BY:
134th ARW Public Affairs
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ABOUT THE VOLUNTEER
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Cover:
The frost-covered Great Smoky Mountains offer a cool backdrop for a KC-135R Stratotanker sitting on the tarmac at McGhee Tyson ANG Base, Tennessee. (U.S. Air National Guard photo by Senior Master Sgt. Kendra M. Owenby)

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. UTA



The Chaplain's Cup

Expect the unexpected!



Honoring our veterans



Give yourself the gift of peace!



Top III & JEAA Meetings

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



Health Promotion

Dec. 2021



Rank Up!

December Promotions



Medical schedule

December 134th MDG Medical Schedule



A word from your DPH

Protecting your mental health
during the holiday season



McGhee Tyson Christmas 2021



Christmas Party Sat. Dec. 4th

Location: Hangar 113

Happy Hour: 1630-1800

Party/Dinner: 1730-2100

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

Entertainment events

- * Food trucks for dinner (Full Service BBQ and CJ's Tacos)*
- * SEC Championship Game on TV*
- * Ugly Sweater contest*
- * Air Force Band*
- * Door prizes*
- * Club providing cash bar on site*

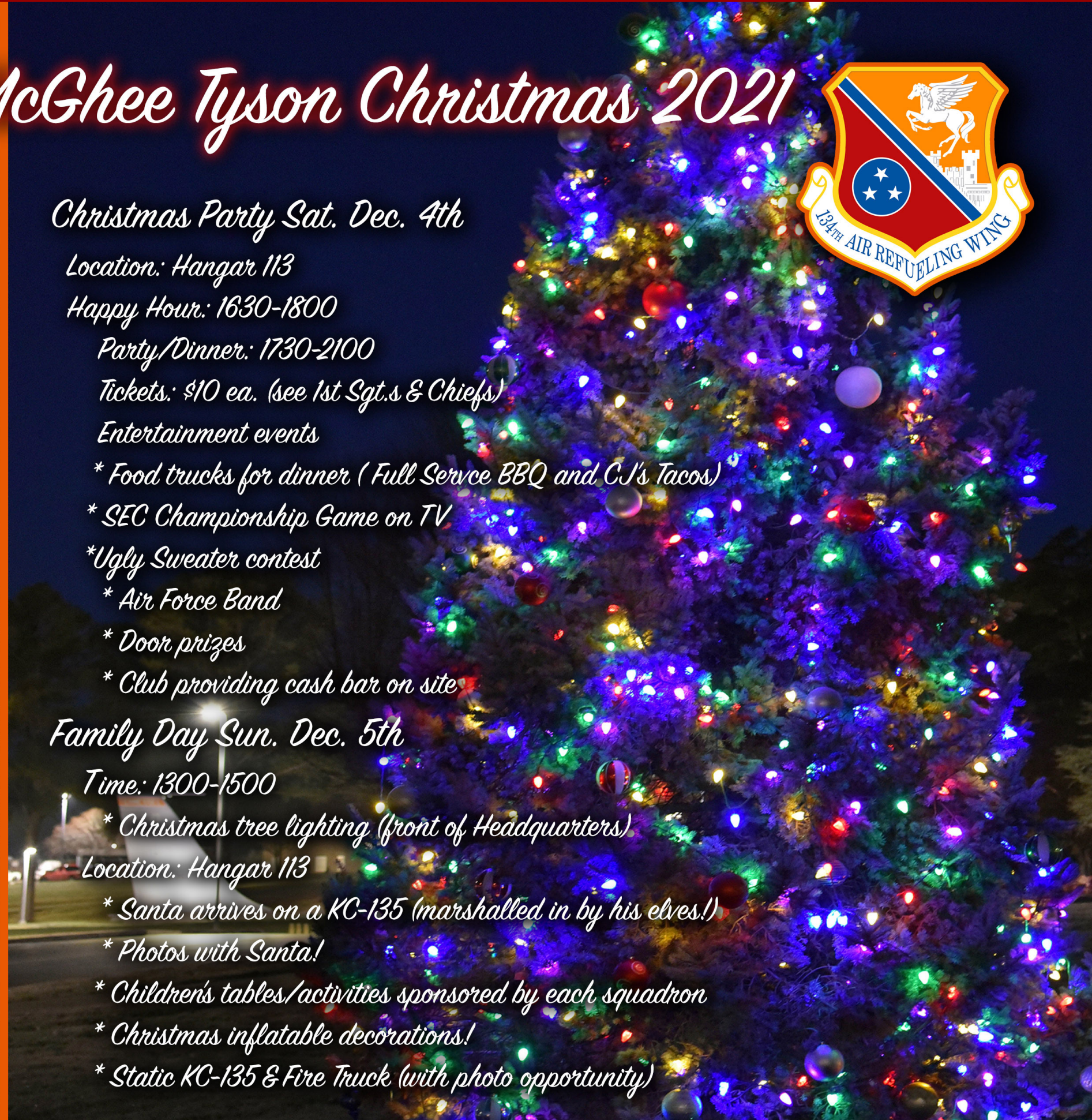
Family Day Sun. Dec. 5th

Time: 1300-1500

** Christmas tree lighting (front of Headquarters)*

Location: Hangar 113

- * 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 - Expect the unexpected!

By 1st. Lt. Christopher Hodge, 134th Chaplains Office

Expect the unexpected! It doesn't have quite the same ring to it as "Merry Christmas" or "Happy Holidays," but hang with me for a minute. Christmas is a big deal, like it or not. It's an industry in our culture. It means a lot of different things to different people, and they're mostly good things too. Fundamentally though, Christmas is a message. It's proof that there is quite literally nothing God won't do for those He loves. Beneath and above all the gifts, and the time off work, and meals and family bonding, is God sending that message loud and clear.

There's no other way to explain it. God being born to come live among us – to feel the things we feel, to see the things we see, and to experience life: the good, the bad, and the ugly – is beyond crazy. Of course the ugly is far worse than we can even comprehend, given that what Christmas celebrates doesn't end where it begins. Most of us know the rest of the story; the baby in the manger is headed for a Roman cross to die. It's strange and humbling that something so terrible could be such infinitely good news to you and me.

Because it is. I don't know where your head space is as 2021 ends and 2022 is about to begin. 2022 sounds like it came from a cheap science fiction movie. The crazy reality is, it's just a few weeks away. Whatever it is you're facing, be encouraged that while December 25th almost surely wasn't Jesus' birthday, I don't think it's a mistake we celebrate his birth at the end of the year. Nothing you might be carrying is too big, too scary, too intimidating, or too difficult for God. Don't look at your situation and think, "This can't be fixed." There is simply nothing God cannot do. Christmas is proof! Expect the unexpected!



(photo courtesy of Pixabay.com)

Honoring our Veterans

By Tech. Sgt. Teri Eicher, 134th Public Affairs

It was a chilly morning as over a hundred volunteers gathered at the East Tennessee State Veterans Cemetery on November 6th to prepare for Veterans Day.

After a few words about the importance of protocol and placement, the volunteers fanned out through the fog and began to adorn each grave with a flag.

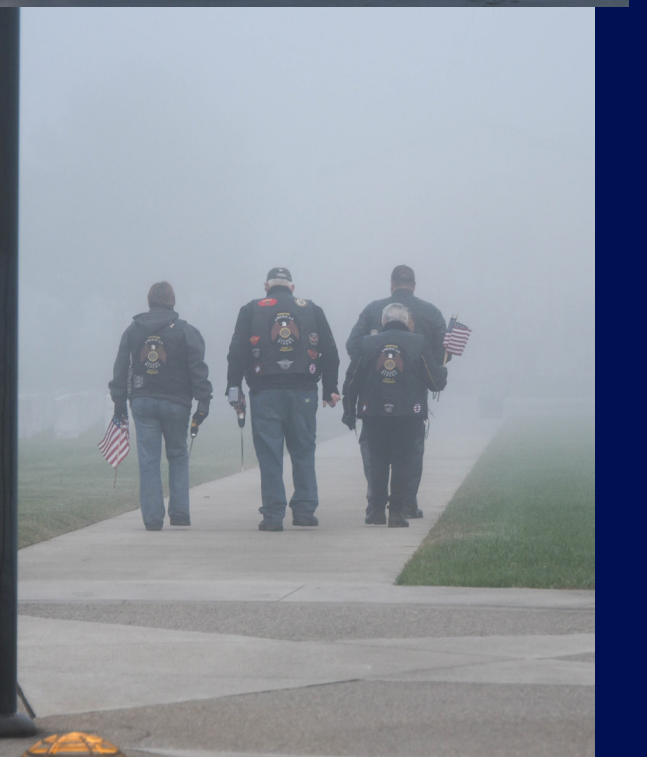
Flags are traditionally placed at state and federal sites on Memorial Day. Kevin Knowles, Director for the East Tennessee State Veterans Cemetery, explained why many state cemeteries have also marked Veterans Day for several decades.

"For people who have lost someone that's a Veteran, they're honoring them not only on Memorial Day, but also on Veterans Day, because that might be the only veteran they have in their family," Knowles said.

The Veterans Cemetery was opened in 2011 and currently has up to four burials a day. Knowles estimated that the seventy-acre property will be completely full in by 2085.

"I'd like to encourage veterans to pre-register," Knowles added. "I think it's important—people don't like to think about death and arrangements. But when something happens suddenly and unexpectedly, it makes it so much easier on the rest of the family that this is already done. You can go online and pre-register, or come in our office and ask questions."

The next event at the East Tennessee State Veterans Cemetery will be the Wreaths Across America wreath-laying on December 18th.



This holiday season, give yourself a gift of peace!

By Mr. Bill Conner, 134th Airman & Family Readiness Manager

As we start into the holiday season, many of us look forward to some much-needed downtime. 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 and you'll lean in and persevere like always. 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 noon. 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 scrolling social media. Take a walk with- you haven't already seen the pattern, your When we talk about mindfulness, we're 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. Recently a group of 134th members and their families took a painting class at Painting with a Twist. While the class was all about having fun, some of the attendees said they felt both relaxed and invigorated when the one-hour session was over. None of them realized they were truly practicing mindfulness, because they were busy focusing on learning the painting process in the present, without televisions and telephones to distract them from savoring the moment. 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. 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! (photos by Bill Conner)

a book, turn off the television and put your phone completely out of sight. Watch a movie WITHOUT out talking on the phone. Watch your kids do an activity without taking photos and posting them. If phone is almost always a constant distraction in our activities.

looking at focusing our attention on one specific thing at a time. We're not dwelling on things that

Protecting your mental health during the holiday season

By Natalie Pankau, 134th ARW Director of Psychological Health



Here we are – December has arrived! Happy Hanukkah to those celebrating –hope it is wonderful so far!

This month has so much going on that it is easy to feel overwhelmed and stressed, even when it's the “most wonderful time of the year.” Taking some steps and making plans at the beginning of the month can help us to alleviate some stress & take care of our mental health, so that we can enjoy all that December has to offer.

Budget, budget, budget! Gifts, parties, travel expenses, hosting expenses, fancy dinners...they all add up quickly! If you don't have a plan for your spending, it can get out of control and leave you feeling regretful and stressed come January. There are many budgeting apps available so you can make your plan at the start of the month, track your expenses, and stay on course. Just to name some of them – EveryDollar, Mint, Mvelopes, and Wally. If you're not a fan of apps, then good ol' pen and paper work just fine, too.

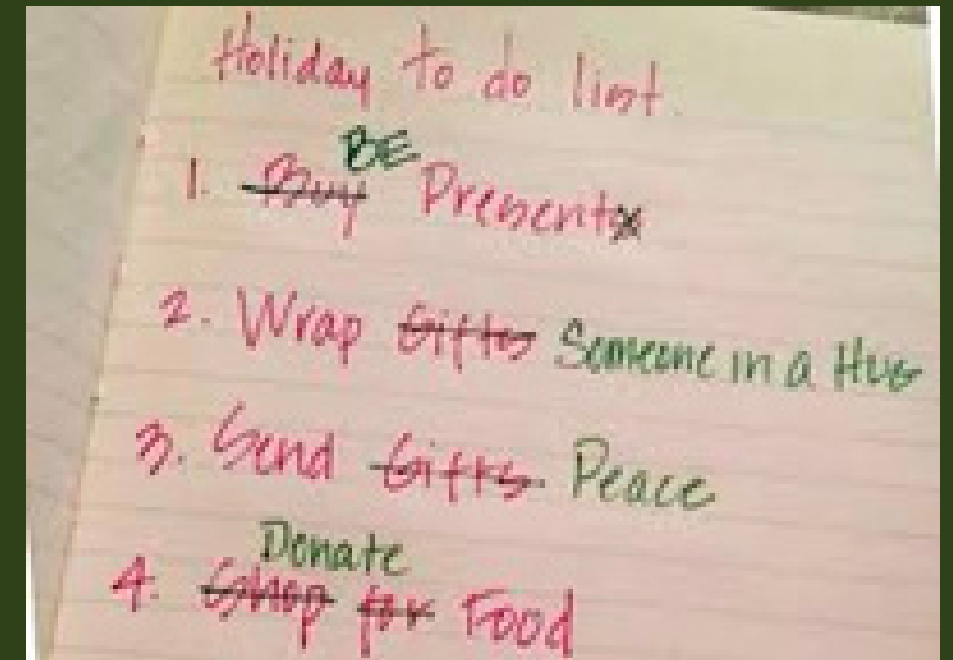
Don't play the comparison game. Social media can be great to keep in touch with others, but it can also create feelings of insecurity, jealousy, envy, anxiety, depression and discontent. Limit your social media

time – or take a break from it altogether. Everyone posting their very best lives doesn't mean that they don't have their own stressors, problems and issues. Work on being content and comfortable with who you are, what you look like, the clothes you wear, the place you call home, and even with the gifts you get for others. Don't dig yourself into debt trying to match or outdo others, to fit in, or to avoid anticipated feelings of embarrassment or inadequacy. You are more than enough – please don't forget that. ☺ If you are a parent, this applies to your kids too. Someone in their lives, or that they see online, is going to get some ridiculously expensive gifts that they didn't – but don't let that get you or them down. Instead, help them focus on gratitude for what they have and the gifts they did receive.

Schedule your time. Along with making your budget early on – schedule time on your calendar (not just a good intention plan in your head) to do your shopping, cooking, cleaning, card sending, party attending, traveling, etc. Being the Queen or King of Procrastination is not a title we want to compete for this month. Waiting til the last minute is going to cause you a lot of stress and anxiety that you can avoid by getting focused and intentional with your time and To Do list. Not only does procrastinating make us frazzled, but it can be a budget buster as well. When you're desperate and running out of time– you're likely to overspend- on gifts, on shipping costs, on prepared foods that you could've made for less, etc. Trust me – you will feel calmer, more in control, and more able to enjoy the month, if you plan ahead.

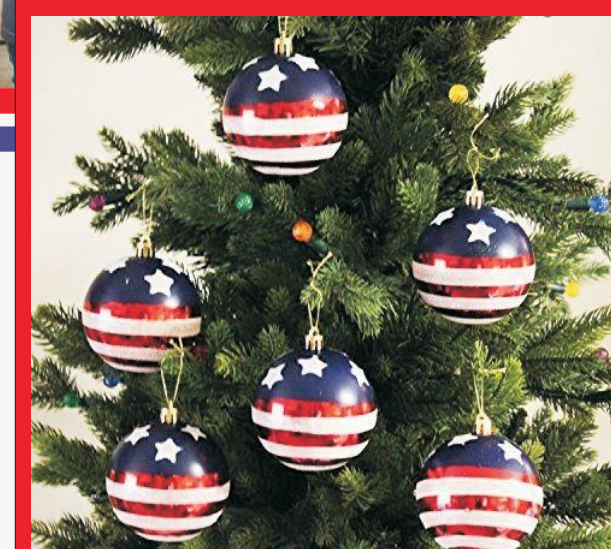
Know your limits. This can apply to so many areas – like the obvious ones being food, sweets and drinks. Also, know your limits when it comes to accepting invites, hosting get-togethers, or any other time/energy commitments. Sometimes, you need to decline for your own wellbeing – and that is perfectly ok. You don't want to overcommit and spread yourself so thin that you are going from one thing to the next, exhausted and stressed, and not enjoying any of them.

Hopefully one or more of these can help you to decrease your stress and increase your well-being and enjoyment of this month. I am here for you, so please don't hesitate to reach out anytime – 865-201-8129 or Natalie.Pankau@af.us.mil. Wishing you all a blessed holiday season! Happy Hanukkah, Merry Christmas, Happy Kwanzaa & Happy New Year 2022! (photo courtesy of macrosw.com)



Retirements

Lt. Col. Frederick Ritter
Master Sgt. Jan Bridget
Master Sgt. Michael O'Neal
Master Sgt. Gary Farmer
Tech. Sgt. Kendall Whitehorse
Tech. Sgt. Kevin Hair



Holiday Hours:



ETMA FEDERAL
CREDIT UNION



Christmas:

Closed December 24th (Friday)



New Years:

Closed December 31st (Friday)



Christmas tip: put your Christmas trash in your neighbors bin so they get robbed instead of you.



We are just kidding,

but

**THINK
OPSEC**

this holiday season!!

Health Promotions December 2021

By Lt Col. Jennifer King, 134 MDG

Well, we've almost made it to 2022 and mostly in one piece. I don't know about the rest of you, but 2021 was a rough year for me. My family, my friends, my civilian job...we all saw illness, death, accidents, strife, loss and disappointments. Despite the amazing moments that also came, for me and mine, 2021 was just a challenging, and often exhausting year.

Each December, I make it a point to spend some time thinking about the accomplishments and failures of the past year, what I want to see in the following year, and then,



I choose a word. Many of you are familiar with my "word of the year" habit. It's chosen based on one of three things; who I want to become, what I want to see done or what course correction I feel is needed. Past words have fallen essentially into three categories. Words that spur one on to action (ie - push, persevere, strive, do), that remind one to stay centered and be gentle with one's self (ie - breath, rest, release) or that focus on something that is lacking (ie - joy, faith, love). Each year, I use this word as a rudder; weighing it against whatever the circumstance is and it helps me to keep my bearing.

This year I have struggled with this word. There are so many facets of my world that are changing, yet also seem to be unendingly stuck. This seems to be a theme for most of those around me as well. When multiple life areas are in flux or out of your control, it can be hard to find your footing enough to even figure out what you want or need. How do you choose which is most important, if something is even reachable or what will have the most impact? To honest, at this point, I'm not even sure about the answers to these questions. What I am sure about, however, is that

what is most important to me going into 2022 isn't a word, a concept or even a thing. It's my people. I want to see my people healthy, happy and thriving. The crisis and losses this year have been a lot. I've watched many of my people be knocked down, some more than once. What's even worse is when the hits seem to be so many, that we struggle to get up. Yet, this is the most important thing...this getting up and helping each other up. It's one thing when life knocks one down. It's another thing entirely when one never gets back up.

Of course, I recognize that you can't prevent crises. People will pass away, get hurt and fall ill; they will lose relationships and positions, possessions, and hope. Life happens and you can't control it. Yet, we can prepare ourselves for crises and set ourselves up for success in responding to, getting through and overcoming the difficulties. Not by preparing for specific circumstance, but for the handling of crises in general. If you take care of yourself on a daily basis and I take care of myself and we take care of ourselves, we are much more likely to bounce back. If I take care of me, I have the emotional reserves to help you through your dark times and vice versa. There's a lot that goes into "taking care", including all my typical Health Promotions soap boxes...nutrition, exercise, stress management, etc; yet, it's not about any one answer or method. It's about taking the moment to pause, take stock of our little world and really see what it needs to be more healthy.

If I could ask one thing of each of you this year, it would be to take care of yourselves and of each other. Rough things will come, but my sincere hope is that when they do, we weather them with resiliency and get through 2022 with no spiraling out of control. I'm tired of seeing my people hurting, but more so of seeing them quit. It's okay to be knocked down, but please, please don't stay down. Take care to rise again so we can all look back on 2022 with a lighter heart than we are carrying now. Guess that's it...my words for the year are an encouragement to be there for yourself and yours . Please, TAKE CARE. (photo courtesy of Pixabay.com)

134 ARW MEDICAL GROUP

SATURDAY - 04 DEC

- 0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)
- 0800-1500 HOURS COVID VACCINATION CLINIC (WILSON HALL)
- 0900-1130 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/ 412A)
- 1300-1430 HOURS HEARING EXAMS/ANAM (Bldg 246)

SUNDAY - 05 DEC

0830-0900 HOURS FITNESS FOR DUTY EVALUATIONS (Bldg 412A)

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

Lieutenant Colonel

Thomas Dearing 134 LRS
Timothy Silfies 151 ARS

1st Lieutenant

David Wenger 134 MDG

Chief Master Sergeant

John Kiely 134 SFS

Senior Master Sergeant

Traci Carico 572 Band
Christopher Grubb 134 CES

Master Sergeant

Stephanie Benson 241 EIS
Chad Colvin 119 COS
Jonathan Hedrick 134 LRS
Michael Bowers 134 CES
Logan Shamblin 134 MXS
William Rutherford 134 MXS

Technical Sergeant

Darby Arnold 134 ARW

Staff Sergeant

Nicholas Holshue 134 MXS
Camryn Parrish 134 LRS

Senior Airman

Christopher Wilkes 134 MXS
Caleb Swanson 134 MDG
Haven Fisher 134 MSG
Neftali Melendez-Vasquez 134 MXS
Jonathan Thompson 134 CES
Levi Ables 134 CES

Airman

Constance Shoffner 134 FSS
Sebastian Whittle 134 LRS

Top III



will meet 1030, Sat.,
Dec. drill @ the Air Park
Open to all E-7's
and above! (In the case of
inclement weather, location will
be Bldg 101, MXS conf. room)

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



Resilience for the Holidays

By Col. Pat O'Brien, Chief, Aerospace Medicine/S&P

This time of year brings many challenges, both on the military and civilian side of our lives. The one constant right now is stress from all sides: stress from COVID, stress from our jobs, stress from family interactions, and it goes on and on.

What I want you to think about is the great support system you have here at the 134th, in the form of the Resilience Team: composed of our Wing Chaplain, Family Readiness director, the SARC, the Wing Drug Demand Reduction Program manager, our DPH, Col Simmons and myself, Col O'Brien. We want to support each of you in times of stress and trouble, but also in times of celebration and growth. Our collective job is to be a foundation for each of you when you need structure and support dealing with life's trials and tribulations.

Also, you can support those around you as a good wingman. If you see something, say something. Don't be afraid to act and speak up. In my job for NGB, I help review and attempt to find solutions to suicides in the ANG. We have had an uptick in suicides, suicide attempts, along with drug and alcohol abuse recently. If you are having a problem with any thoughts of severe depression, suicidality, drinking too much or using illicit drugs, take a step back and talk with one of us to help get you on the road to recovery. We really care for each and every one of you. Don't feel you are walking this road alone. You have brothers and sisters here among us ready to step up.

We wish each of you the best this holiday season and many blessings in the coming year. Find resilience and prosper going forward!

SARC/SAPR Helpline - 865-336-3206/865-405-2828

Family Readiness - 865-336-3107

Wing Drug Demand Reduction Program Manager - 865-336-3131

Director of Psychological Health - 865-201-8129

Wing Chaplain - 865-336-2931

Col Simmons - 865-336-3007

Col O'Brien - 865-336-4015



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 04 Dec

Honey Dijon Chicken
BBQ Pork Loin
Brown rice
Oven Browned Potatoes
Brussels Sprouts
Squash
Pinto Beans

Sunday 05 Dec

Ham
Turkey
Beef Roast
Mashed Potatoes
Glazed Sweet Potatoes
Dressing
Creamed Corn
Green Bean Casserole
Broccoli Casserole
Turkey Gravy